



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

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**Knights
Of The
RECTANGULAR
ROUND
TABLE**
CLUB extreme

School Holiday Program

Mon 6th -
Fri 10th July
9.30am-12.30pm

Prep - Grade 6
\$5 per child per day
or \$10 per family

More Info:
CHURCH - 9764 4242
www.rowvillebaptist.org.au

Rowville Baptist Church
Cnr. Wellington Rd &
Le John St, Rowville



Sorry Day Service - Knox



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

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Paratea Drive, Rowville Humphreys Way, Rowville
Ph | 9755 4555 Fax | 9764 5087
Email | rowville.sc@edumail.vic.gov.au
Website | www.rowvillesc.vic.edu.au



Rowville–Lysterfield Community News Supported By



**Rowville Neighbourhood
Learning Centre Inc.**

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

Our Team

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From the Editor's Desk



It is a sad day indeed when we have to abandon deliveries to two areas of Rowville because we can't find volunteers. We have over 170 families involved with deliveries and most of

the rounds take less than half an hour a month. Is our inability to unearth a volunteer a sad indictment of our residents who claim to enjoy the paper and feel that it adds to the cohesiveness of our community, yet they aren't prepared to offer their time for a mere 30 minutes a month. The residents who will be affected by our decision can of course pick up a copy at newsagents and other centres such as the Library and the Community Centre, but it is a gamble as those copies are largely snapped up by non local residents. The RLCN has had an uninterrupted distribution for 33 years and we have people who have been delivering the paper for over 25 years so the community spirit is alive, but unfortunately it seems in a diminishing number of residents.

The people who produce our paper gain tremendous encouragement from the community and have built up

What's On Locally



Sponsored by:
**Lions Club
of Rowville**

June 2015

DIRECTORY

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

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

Baptist Church Services every Sunday 10am

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

Body, Mind & Spirit All classes at old Lysterfield School, Yoga, Stretch, Dance, Meditation, **Fitness Centre** Pre-natal etc.

Contact Donna Jordan on 9758 6636 or 0400 679 888

CFA Juniors Meet every Thursday 7pm

Cake Decorators Assn Bi-monthly 2nd Sunday - 10am-3pm Feb, Apr, Jun, Aug, Oct, & Dec. Scout Hall, Turrumurra Drive Contact 5998 4067

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 on 0409 583 847

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

Knox & District Over 50s Meet 4th Tues each month at 10.30am (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 Wednesday – 7pm for 7.30pm at the Knox Club. Meal available. Contact Roger on 0428 105 121

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

wonderful relationships with our schools, churches, organisations, businesses and community service providers. We also have a strong advertising base, marvellous support from local politicians and councillors and our schools benefit from our end of year scholarships to selected students.

It just seems a shame to me that two areas of our community will no longer receive the paper in their mailbox. Come on Rowville residents, volunteer just 30 minutes a month. The two areas are listed in the special "Announcement" further on in this issue of the paper. Call Peter Rumble on 9752 7592 if you can help.

All history lovers were saddened this month by the news of the passing of Roy D'Andrea. Roy was a stalwart of the community (and a RLCN distributor for 25 years), both with the CFA and the Rowville Football Club. His family history, originally printed in 1992, is reproduced this month as a tribute to a wonderful man. He will be sadly missed.

The sale of a 6.3 hectare parcel of land adjacent to the Stamford Park Homestead was endorsed by council. It will be a medium density development with a minimum of 151 dwellings including a proposed four storey apartment complex. Council says international interest will be high

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 Kaye: 0412 660 734

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 Catherine 0418 102 064

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 - Heather 0438 545 483 or Kaye 0408 038 363

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 in Knox. Open to all levels of Yoga. \$15 casual - \$120 for 10 class pass. For all bookings call Karen: 0421 349 520

as the release is only 30 minutes from the City centre. The original master plan has three distinct precincts, the residential release, the already opened wetlands and the homestead itself. Neither one will impact adversely on the other.

David Gilbert

Delivery People Needed

The following delivery areas need volunteers. Less than an hour a month. Please help.

Pia Dr (Trisha to Sheridan), Suzana Place, Edmond Court – 86 papers

Heany Park Rd (even #'s 24 to 30), Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl – 72 papers

Quail Way (even #'s 4 to 26; odd #'s 3 to 45), Goldfinch Pl, Whipbird Ct – 60 papers

Quail Way (even #'s 28 to 88; odd #'s 47 to 69), Harwood Ct, Chatsworth Ct – 60 papers

Lakeside Blvd, Winnipeg Street - 57 papers

Delivery in these areas depends on you. Think of the exercise. Think of your community.

For a full list of the areas looking for delivery people see 'Walking The News' on page 3.



WELCOME to NEW distributors - Angelica Frangoudis, Janusz Klepka, Keith Melor and Lyn & David Stephens.

THANK YOU to retiring distributors – Elaine Kortholt (6 yrs), Christine Mitchell (6 yrs); Nicky Laughton – retiring from Captain of Area 4D and to Janet Soo – for taking on extra distribution.

Voluntary Positions

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

*Pia Dr (Trisha to Sheridan), Suzana Place, Edmond Ct - 86 papers

*Heany Park Rd (even #'s 24 to 30), Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl, - 72 papers

*Quail Way (even #'s 4 to 26; odd #'s 3 to 45), Goldfinch Pl, Whipbird Ct – 60 papers

*Quail Way (even #'s 28 to 88; odd #'s 47 to 69), Harwood Ct, Chatsworth Ct – 60 papers

Please contact – Shirley Oudshoorn – 9764 4672

*Lakeside Blvd, Winnipeg Street – 57 papers

Please contact – Peter Rumble – 9752 7592

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

1. (ACP & Captain) – The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road

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

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

4. (Captain) – The area bordered by – Wellington Rd, Vista Cr and Pitfield Dr

Peter Rumble - 9752 7592 - Distribution Co-ordinator

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

Announcement

It has always been the hope of the Rowville Lysterfield Community News that we would never have to take the drastic action we had to pass at our last committee meeting.

Having been requesting delivery people for twelve months for the following areas, we now have to announce the cessation of deliveries to these houses. We are saddened to take this step, but it is unfair to expect other deliverers to double and in some case triple and quadruple up

every month.

If you can at this late juncture help out, please contact Peter Rumble on 9752 7592. We will continue to advertise for deliverers and hope that deliveries can be resumed sooner rather than later.

Pia Dr (odd #'s 1 to 65; even #'s 4 to 64), **Suzana Place, Edmond Court, Gearon Av** (1 house) - 86 papers

Heany Park Rd (even #'s 24 to 30), **Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl** - 72 papers

David Gilbert

on behalf of the RLCN Committee

Calendar of Events June 2015

Cytomegalovirus (CMV) Awareness Month.
www.stopcmv.org

Bowel Cancer Awareness Month -
www.bowelcancerawarenessmonth.org

1 June – Day of Vesak/Saka Dawa (Tibetan) – Buddhist www.un.org/en/events/vesakday

1-7 June – Medical Research Week - www.asmr.org.au

1-7 June - Thyroid Awareness Week
www.thyroidweek.com

1-7 June – Heart Rhythm Week - info@aa-australia.org

2 June - Immunisation – Rowville Community Centre - No appointments necessary. Bring your Medicare card and child's Health Record book. 1.30pm -3.00pm

3 June – Mabo Day - maboday.com.au/

4 June – Intn Day of Innocent Children Victims of Aggression www.un.org/en/events/childvictimday

5 June – World Environment Day - www.thinkeatsave.org

7 June – National Whale Day
www.nationalwhaleday.com.au

8 June – World Oceans Day
www.un.org/en/events/oceansday

8 June – Queen's Birthday.

9 June - Immunisation – Australia for Christ Fellowship – 1070 Stud Rd - No appointments necessary. Bring Medicare card & child's Health Record book - 6-7.30pm

11 June – On Your Feet Australia - www.onyourfeet.org.au

12 June – World Day Against Child Labour
www.un.org/en/events/childlabourday

12 June – National Buddy Day - www.buddyday.org.au

14-20 June – Refugee Week - www.refugeeweek.org.au

15 June – Global Wind Day - www.globalwindday.org

- Deadline - July 2015

EDITORIAL & ADVERTISEMENTS

Wednesday 10th June

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

PHOTOS: please email SEPARATELY,
do not embed in documents

ALL ADVERTISING
TO BE SENT TO:
RLCNadvertising@gmail.com

DISTRIBUTION
Saturday, 27 June 2015

15 June – World Elder Abuse awareness Day
www.un.org/en/events/elderabuse

15-21 June – Intn Men's Health Week
www.menshealthweek.org.au/En/Default.aspx

17 June Immunisation – Rowville Community Centre - No appointments necessary. Bring your Medicare card and child's Health Record book. 9.30am-11.30am

18 June – Red Aussie Apple Day - www.redappleaday.org

21 June – June Solstice (shortest day)

22-28 June – World Continence Week
www.continence.org.au

23 June - Knox Council Meeting 7.00pm.

23 June – Int. Widows Day
www.un.org/en/events/widowsday

26 June – Red Nose Day - www.rednoseday.com.au

26 June - World Drug Day: International Day against Drug Abuse and Illicit Trafficking
www.un.org/en/events/drugabuseday

29 June –World Scleroderma Day
www.sclerodermaaustralia.com.au

29 June – United Nations Public Service Day
www.un.org/en/events/publicserviceday/

30 June – Social Media Day - mashable.com/smday



Rotary Club of Rowville

The Club held its Autumn Charity Business Breakfast on Thursday 30 April at the Kingston Links Function Centre, Rowville. It was a very successful event with 98 local business people attending to hear Holly Ransom talk to us about "Innovation and Impact: Leadership in the 21st Century". Holly gave us an inspiring address and challenged everyone to think more about the "WHY – HOW – WHEN" of the things we set out to do. Particularly we should examine/identify the WHY. Early in her address, Holly asked us to team up in pairs and ask each other the "WHY" question, for example "Why did you join Rotary?" The buzz around the room was tremendous and somewhat enlightening as well!

Part of the proceeds of the Breakfast were donated to DEBRA Australia, an organisation formed to raise awareness of one of the most debilitating diseases one could imagine. It is Epidermolysis Bullosa or EB for short and it is a rare disease whereby the skin blisters and peels at the slightest touch. Living with EB has been likened to living with third degree burns, as it is very painful and sufferers must be bandaged with dressings every day to protect and medicate their wounds. DEBRA – "working for a life free of pain". For more information go to: www.debra.org.au

"A donation was also made to support the RYLA Program of Rotary that provides a Youth Leadership Camp held annually for young people aged 18 – 30 and provides a great opportunity to meet other young people, share experiences, receive leadership training and develop friendships, some of which have become lifelong associations. Holly Ransom developed a keen interest in leadership development with



Holly with Lana Whitehouse and members of Rowville Secondary College Interact Club

young people when she was a participant in a RYLA program several years ago and she credits this with her passion.

The Next Charity Business Breakfast will be the Spring event and is scheduled to be held next October. We hope to line up another inspiring speaker and will make a further announcement next month so stay 'tuned' and mark the date in your diary.

MUNA – what on earth does this stand for? Well it means *Model United Nations Assembly* and is an event held every year for the past 15 years at the Victorian Parliament House. MUNA simulates the workings of the United Nations (UN) by having teams of two (2) Year 11 students represent UN member countries and engage in debate on matters of world political and social concern. The program gives students the opportunity to develop their public speaking and debating skills through informed and researched discussion on international issues. It runs for a full day and is held in the Legislative Assembly (Lower House) at Parliament House. Our Rotary Club sponsored two (2) students from Rowville



L to R: Samantha Gogis, Rotary 9810 District Governor Elect David Tolstrup and Hannah Teo.

Secondary College, Hannah Teo and Samantha Gogis and their allotted country was Lebanon, a real challenge in itself. By all reports the girls acquitted themselves very well and had a great experience taking part in MUNA.

If you are a local business person (working or retired and with time on your hands) and would like the opportunity to give back something to your local community and have some fun along the way, then come along to one of our weekly Rotary Club meetings and check us out. Come as a guest on the first night, just call Jeff Somers on 0413 150 587 or Murray Wilson on 0402 088 999. Details of our meeting place, dates and times can be found in "What's On Locally" on page 2. Join us for an evening of fellowship and networking. Look us up on www.rowvillerotary.com.au follow us on Facebook and also on Twitter@RotaryLyster.

Rotarian James Wilson

Lions Club of Rowville



Lions Maggie and Antony were a dynamic duo, as they cooked and served sausages for the patrons of the Anzac Day BBQ at Bunnings in Scoresby. For the first two hours the sausages were free, courtesy of Bunnings and patrons responded generously in their donations to Legacy, our nominated charity for that day.

The previous day, April 24th, Rowville Lions manned the Anzac Day BBQ at the Anzac Memorial outside the Library at Stud Park Shopping Centre.

Worldwide, the focus for Lions in May is 'Recycle for Sight'. Used spectacles and sunglasses of all types, for both children and adults, are collected, packed and forwarded to a central depot in Queensland (for Australia), where they are sorted, cleaned, graded and categorised before they are sent on for free distribution, by Lions, to people in need in developing countries.

Since July 2014, Rowville Lions have collected 945 pairs of used spectacles.

Stamp collecting is another activity Rowville undertakes. The stamps are collected, trimmed, soaked if necessary,



packed and then forwarded to the Lion who supervises this activity for our District. He takes the stamps to Philatelic Sales in Sydney and the money raised is used by ALCMF (Australian Lions Children's Mobility Fund) to finance the provision of any type of walking device for children with cerebral palsy or similar disabilities. Old stamp albums / collections are gratefully received by Rowville Lions. Phone 9754 4027 if you can donate stamps.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Phone Roger on 0428 105 121 for further information.

Julia Young

Sizzling Sausages & Serving Slices Workshop

This session will be of particular interest to people who prepare and sell food to raise funds for their community group or are looking to do so in the future.

Whether sizzling sausages, making jams or cakes for public sale or consumption, safe-food handling knowledge is essential. Don't jeopardise your group's fund raising activities!

Be prepared and learn more about safe food

preparation, new legal obligations, notifications and statements of trade.

When: Monday 22 June, 7pm to 9:30pm

Where: Knox Civic Centre, 511 Burwood Highway, Wantirna South

RSVP before: Thursday 18 June

Cost: Free

Registration: Book for the 'Sizzling Sausages & Serving Slices' workshop 9298 8000.



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Life Activities Club Knox

I wonder if we will need to take our lunch on the June 'Garden Outing'? Our destination is an Edible Forest Garden, also in Wonga Park. This garden provides food for the owner, including surprisingly, black and blue tomatoes, edible flowers and maybe we will discover that some of these plants are in our own garden!

Scoresby Recreation Reserve will be searched by the 'Street Orienteering Walkers'. This activity too, is growing in numbers. Getting together at the Metro in Boronia is always enjoyable; we do this on the second Saturday each month. For card players, as well as 'Canasta', we have

Knox & District Over 50s

Reminder:- For 2015 Our Monthly Meetings Start At 10.30am

Winter seems to have started early this year with snow being reported on nearby hills. The recent drop in temperature seems to confirm this. It's time to put on the thermal underwear and the woolly jumpers and to start having the warming bowls of soup. With all this chill in the air why not come and join us at the Knox Over 50s. The warmth of the welcome you will receive will help to dispel the chill of winter. It will also ensure that you get some fun and laughter into your life, so much so that the chills of winter will be forgotten. Friendship and laughter are our top priorities and everyone is welcome and made to feel that they are part of the Club.

The activities of the Club are numerous. A group of

'Bolivia' and a '500' group.

The Music Appreciation Group meet in members' homes, to enjoy various entertainers on video or CD. Armchair Travellers also meet in members' homes and there they travel the world on a comfortable seat and a cuppa.

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

For more information, please call Melva on 9762 3764 or Helen on 9729 1511

Photo right: A Group Of Members who Delivered Crime Prevention Pamphlets for Knox Police.



members has just returned from a weeks holiday in the Snowy Mountains and from all accounts a very good time was had by all. Another group have been to the theatre to see The Lion King. Our Coffee morning at Myers Knox City and the lunch at the Ringwood Club were all well attended and highly enjoyable and many more events are planned. Subscriptions for the year 2015 are due now and the subscription cost for 2015 is \$15.00 which is unchanged from 2014. You can of course visit us three times before deciding to join and become a member. 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 day trip to Marysville and a tour of the Chinese Museum as well as Theatre outings both local and

City.

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. 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, 23 June 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.

Remember for this year our meetings start at 10.30am

Jim McLoughlin



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A young woman with brown hair, wearing a white shirt and a light blue cardigan, is smiling and supporting an elderly woman with white hair. The elderly woman is wearing a light blue sweater and looking directly at the camera. They are in a bright, indoor setting.

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Jock Laing A Long-Time Member Of The Hut With His Sketch Of Flinders Street Station

Ferntree Gully Art Society

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(03) 9758 8955 the_hut@outlook.com
http://thehutgallery.wordpress.com

The Ferntree Gully Art Society are pleased to announce that entry forms are available for young artists to showcase their work in the upcoming "Young at Art" exhibition which runs from 14th June to 5th July at The Hut Gallery, 157 Underwood Rd FTG.

Young artists from 12 to 19 years will have the opportunity to win prizes totalling \$900.00 for their hangable artwork in any medium, generously sponsored by the FTG Bendigo Bank.

There will be a formal opening and judge's presentation of awards at 2pm on 14th June. For an entry form and further information: the_hut@outlook.com or call 9762 9429

Please note that we also have a competition coming up in September titled "Street Art on Canvas". This is another fabulous opportunity for artists to showcase their less "traditional" creations and a chance to win a \$500.00 prize.

Take advantage of seeing artists at work by coming along on 28th June for our "open day". It's a great opportunity to meet some of our artists as well as watch them demonstrate painting, printmaking and other "arty" skills as well as checking out the exhibition of works from young artists.

In July, the FTG Art Society will be showing an exhibition of "Print and Drawing" works. The exhibition opens on Sunday 12th July and runs until Sunday 2nd August.

Gallery opening hours for both exhibitions are 11am to 4pm on Sundays. Entry is free.

Shirley Dougan

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Dining In

On a cold Tuesday evening we were warmly greeted and shown to a table for two.

The welcoming décor had a colour scheme of red which according to the first page of the extensive menu is special to the Chinese.

There were lots of meals to choose from and after a discreet period of time we were approached for our order. Our waiter was pleasant and called us Sir and Lady.

When our meals arrived, within an acceptable time, everything was hot, well presented and the taste was most

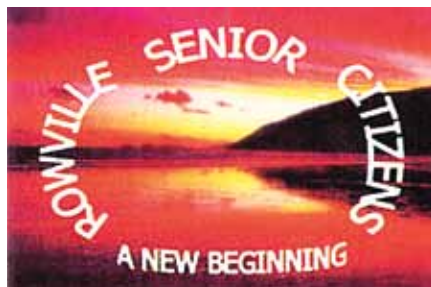
高朋 PEKING LAND

enjoyable.

We were disappointed that there was no fried ice-cream but the banana fritters were just right.

Our night ended with coffee and as we left after paying, we were thanked for our visit, which completed an evening of quality customer service.

Peter and Pauline Rumble



What a great time we had at the Karralyka Theatre on Tuesday the 21st April. We saw the "Rod Stewart Legend" show and had a fantastic time, singing along with all our favourite songs. Afterwards, we enjoyed a lovely lunch at the Club Ringwood, where some of our members tried their luck on the pokies!

On the 8th May, we had another Trivia Day, which was very successful and enjoyed by many of our members.

Our thanks to Norma Douglass for organizing it and for all the laughter. Any enquiries regarding our activities, please contact Anne Berg on 9873 0226 or 0404 007 174.

Anne Berg (President)



Annual Community Grants

Knox Community Bank® Group has again shared with the community the rewards of banking locally by presenting over \$30,000 in community grants to local community groups.

The grant presentation was also an opportunity for the Community Bank® to celebrate the achievement of reaching \$250 MILLION in footings. Footings is bank language for lending and deposits. Achieving this significant level in banking is due to the hard work, dedication and diligence of the Group's leaders, John Surridge, Tina Leslie, Mick Spruhan and their teams at the branches. It needs to be also noted that this level of footings could not have been made without the ongoing commitment of the local community to support the Community Bank® model. The more banking that is done with the Community Bank®, the more money can be distributed back through community grants, sponsorship and donations.

The community grants and footings celebration was held at the Club Rooms at the Wally Tew Reserve in May. Hurtle Lupton, Chairman of the Community Bank® branches emceed the event with fellow directors, dignitaries, managers, staff, shareholders and recipients present.

Almost \$100,000 was applied for this year and the \$30,000 available for distribution needed to be apportioned over many deserving groups and associations. A sub-committee of Community Bank® Board members and bank staff made the difficult decisions regarding this year's funding. Local charity Intofish received \$1500 towards making modifications to their boat to make it wheel chair accessible. SpanEAST, an organisation that promotes suicide prevention and supports families who have experienced the loss of a loved one received money to purchase a laptop, software and display screen to produce a slideshow to be displayed at their community walk events, to honor loved ones who have died. Knox Historical Society received some money towards the beautification of Ambleside, their homestead museum. Churchill Park Golf Club received funding to introduce Big Hole Golf to the local community – an opportunity for beginners, families and school groups to experience healthy, outdoor exercise. Many other local organisations



received funding and will be highlighted in the months to come.

Janine Shepherd



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Rowville Community Library

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



Investigating your family history! : On Wednesday 17th June from 2-5 pm book a Family History session with Charles who can assist with a range of research options based on years of experience! Free!

When great minds don’t think alike: Join Nadine from “ReMinds” as she suggests strategies to assist children with differing learning needs at 6.30pm on Friday 12th June. Bookings please.

Coming up soon: Technology Talks:

Book now! In Term 3 we have a series of talks on Thursday afternoons at 1pm at Rowville Library. **16th July:** Internet Safety & PayPal, **23rd July:** eMagazines, **30th July:** Catch up TV, **6th August:** Twitter, **13th August:** eBooks, **20th August:** Skype, **27th August:** Music & Radio on Your Device, **3rd September:** Photo editing, **10th September:** iCloud (iPad and iPhone only) and **17th September:** iMovie (iPad and iPhone only)

Children’s Book Council of Australia: Children’s Book of the Year Awards - short list 2015: has been announced and is available for viewing on their website <http://cbca.org.au/ShortList-2015.htm>

Biggest Morning Tea: was held on May 28th in Centre Court of Stud Park Shopping Centre. Thank you to all who attended, made a donation or contributed in some way. Once again our main sponsors were the Coffee Club, Ray White and Stud Park Shopping Centre Management. (More details will be available for next month’s issue)

Afternoon Bookchat! Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. The next meeting will be on Monday 1st June at 2pm.

One-on-one eHelp: 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 Tech Help sessions held every Tuesday, Wednesday and Thursday morning from 10am – 12 noon. All welcome. Free event.

Bookclubs: There are three bookclubs running in the library which meet once per month - Friday evening Thursday evening or Tuesday afternoon. Interested? ... Ring Rose 98006439.

Tech Help!: On Tuesday and Wednesday and now Thursday mornings a tutor is available from 10am to assist people to use the computers (ours or yours!). 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 23rd June at 1pm.

Chinese Friendship Group: This group normally meets weekly at the library on Thursdays **at 10.30am** but during June will meet **Fridays** instead.

Family History Help: Rowville Library offer **FREE** one-on-one assistance, but first please telephone 9800 6443 for a time to ensure staff availability. By the way did you know that you can access Ancestry.com from the library for free? Charles is available to assist you with any Family History question.

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

Children’s activities

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

List of regular storytimes held during school terms:

Bookings are not required.

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

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

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

Bedtime storytime is held on first **Friday** of the month at **7pm**. This month it will be on the **5th June**. 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!) All Welcome.

Are you a member of the Rowville Community Library? Joining is easier than you think....all you need to join is a driver’s licence with your current address (or similar ID). Joining is free. Borrowing is free. Normal **opening hours** are Mondays to Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 9-4 and Sundays 1–4. Details about the library service are available from our website at www.erl.vic.gov.au, and you can even join on-line.

Rose Thompson, Manager – Rowville Community Library
9800 6443



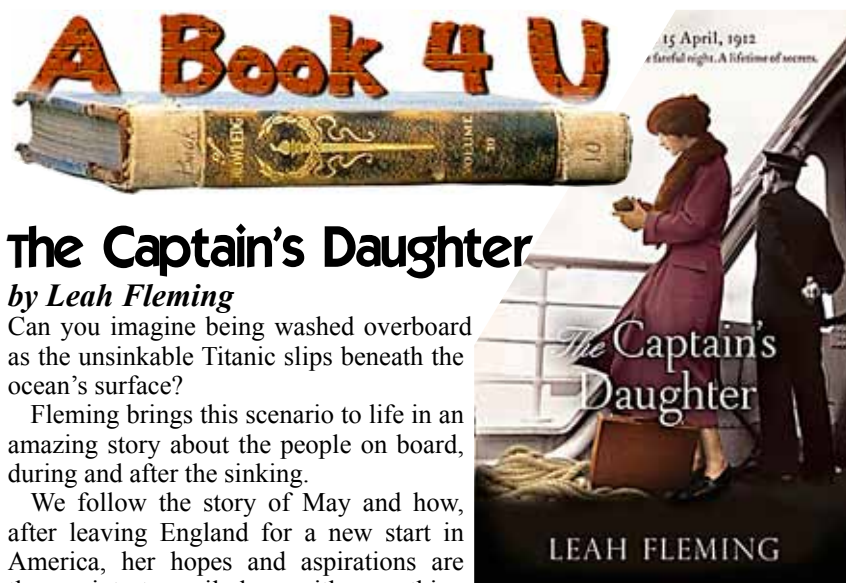
Making a Mark

When I was at school, I was told that I would never amount to much because I wasn’t very intelligent. Spelling and associated disciplines were like a foreign language to me but I knew I wasn’t stupid. Back in the 1950s when I went to primary school, reading was taught by using cards with a sentence written on them. The punishment for not being able to read the cards was a sharp wrap on the knuckles with a blackboard ruler. This was something I got to experience frequently.

When it came to grammar, this was totally incomprehensible to me. No matter how hard I tried, I could not recognise syllables. Even though I couldn’t spell, I’m told that my essays were always imaginative, very interesting, but because a mark was deducted for every spelling mistake, my marks were extremely low. In fact, in secondary school I scored only nine out of one hundred for an English exam. During this period, I was very good at science and most other subjects where spelling wasn’t an issue. I compensated for my shortcomings by being the class clown, always making jokes and fooling around. It wasn’t until I was in my fifties that it was recognized that I’m a bit dyslexic.

Throughout my life I have constantly tried to prove to the world, and myself, that I’m a lot more intelligent than everybody gave me credit for. Chemistry, physics and mathematics are areas where I excelled. I was also pretty good at practical subjects like woodwork, technical drawing and machine shop practice. My first job was at the University of Melbourne working in the bacteriology laboratory. Because I didn’t go to university I was treated as an outcast by the other staff. This turned out to be blessing for me, because it gave me the incentive I needed to get up and go out into the world and prove that I’m actually a lot more clever than anybody had given me credit for up to this time.

After a very unhappy six months, I changed jobs and went to work in the laboratory of a shoe company. The company was making its own rubber shoe soling material and was about to start making plastic shoe soles. My job was to develop plastic formulations to be used as shoe soling. This was right up my alley. I had virtually free reign to do whatever I wanted to do with the formulations. The company’s limited production equipment placed some restrictions on the final product, but nevertheless the product worked brilliantly and the company’s shoes were widely recognized as the best of their type produced in Australia. The product was so good that I was asked to



The Captain’s Daughter

by Leah Fleming

Can you imagine being washed overboard as the unsinkable Titanic slips beneath the ocean’s surface?

Fleming brings this scenario to life in an amazing story about the people on board, during and after the sinking.

We follow the story of May and how, after leaving England for a new start in America, her hopes and aspirations are thrown into turmoil along with everything else on board. Adrift in the sea, she becomes separated from her husband and baby. Luckily she is rescued and taken aboard a lifeboat where she befriends a well to do woman, Celeste, and their friendship endures throughout

the years.

While in the lifeboat the Captain swims up with a baby swaddled in blankets and presents May with ‘her’ baby. Everyone, including May, presumes that this is her baby until later, when she unwraps the baby and sees that it is not. Being saved by the Carpathia, the survivors are taken to America where May continues her friendship with Celeste in spite of their social differences.

The fact that the baby was not hers became a secret which May kept for many years even though it did trouble her as she was not without conscience.

Stories of other survivors of the shipwreck are also introduced in this gripping tale with excellent character development.

An interesting read with some thought provoking issues, I found this an excellent book and would recommend it to others.

Elaine Wallace Rowville Library Bookchat and Bookclub groups

A Young Person's View

Teens in Politics #3

Hello again from your resident hypothetical enthusiast Katrina!

I'm here to bring you the latest in what's going on in the world of Australia's politics as well as the hypothetical version happening just in this series. Today we're going to look at the current party in charge of our country, the Liberal

National Seniors

On the 12th May, members of our group travelled into the city to visit the Shrine of Remembrance and on the 21st we will enjoy a meal at Casalinga Restaurant in Croydon. At our May meeting, held at the Knox Club on the 27th May, our guest speakers will be John and Isabelle Mentha who will speak about the "History of Modern Magic".

On 19th June we are going to the Mooroolbark Theatre to see the comedy "Rumours".

So you can see our Club is very active. So why don't you join us at one of our meeting/social times and enjoy our fun loving group of people aged from 50 upwards. New members are warmly welcomed. After the speakers if you wish to stay for lunch you would be most welcome..

Please contact the President John on 9778 6784 for any further information or just turn up.

Rhondda Cowen

sell it to all the other shoe companies. Before long, I was supplying all the other shoe manufacturers that used this type of soling material. At last, I had started to make a mark for the company and a little for myself.

After twenty years with the same company, I decided to part ways. By this time, it was the second biggest of its type in Australia. The company by now had certainly made its mark but I was only a mere employee. Even though I had developed all the products and was selling them at a rate of twenty million dollars per annum, I felt largely ignored and unrecognised. Since my schooldays, I felt that I had to prove myself. Not to be noticed by other people but for the self-satisfaction of knowing I could out perform all of the classmates and teachers who had given me such a hard time.

So I founded a new company with a business partner. The aim was to compete with the one I had just left. Within three years our new company was turning over a million dollars per month and growing exponentially. Our major raw material supplier was having trouble producing sufficient product to keep up with our demand. This supplier was a multinational company and it decided to make an offer to buy us out. We didn't want to sell. Our aim was to be the largest company of its type in Australia within the next two years. Negotiations went on for quite a while. Eventually a multi-million dollar offer was made and we accepted. The settlement was confidential, nobody outside knew the price paid. At this point, I felt that I had at last made a mark for myself, even though nobody outside knew.

Peter Gray

Party and the promises they make to the hard-working and the wealthy alike. This issue is also a very exciting one because today we're going to meet our politicians, the promising young minds that I have placed in a position of power to lead our great nation. Some of these will be based on real people but for privacy's sake, they will have new names.

Firstly, having a look at the Liberal portfolio website I can see many ambiguities. We are promised a government that is upfront and speaks plainly. I don't think I have to tell you the problem with that statement. Politicians don't speak plainly, that's their job! They're meant to befuddle us and mislead us with complicated words and metaphors so we don't see what kind of work they're actually doing! Sorry, I know I lost my cool a bit there. I'll bring it back.

In contrast to this, that's what makes our teens ideal for the job in a different way. Being still partly children themselves they see no need to tell a lie. From children and adolescents you'll get nothing but the truth.

One more thing I wanted to point out is that Mr. Abbott states he wants to run a "back-to-basics" government. What does that even mean?! The government is meant to be complicated... it's the government! That little titbit is just

Paul's Photography Patter

Following on from last month, some of the other "mode" settings you can consider using to improve your images rather than just "Automatic mode" are:

"Aperture Priority Mode" (A or AV):

This is really a mode where you choose the aperture and where your camera chooses the other settings (shutter speed, white balance, ISO etc.) so as to ensure you have a well-balanced exposure. This mode is useful when you're looking to control the depth of field in a shot. This applies usually for a stationary object

where you don't need to control shutter speed. Choosing a larger number aperture means the aperture (or the opening in your camera lens when shooting) is smaller and lets less light in. Consequently you'll have a larger depth of field (more of the scene will be in focus), but naturally your camera will choose a slower shutter speed.

Small aperture numbers mean the opposite as your aperture is large, depth of field will be smaller, so the background will be blurred, and your camera will choose a faster shutter speed.

"Shutter Priority Mode" (S or TV): This is similar to aperture priority mode but is the mode where you select a shutter speed and the camera then chooses all of the other settings. You would use this mode where you obviously want control over shutter speed. For example when photographing moving subjects (like sports) you might

something for you, the readers, to think about.

Finally, it's time to meet our teens. Now bear in mind that our government is a huge thing, so for the sake of simplicity I'll only be filling those important slots.

I hate to throw the Hon Julie Bishop out with the water as Minister for Foreign Affairs but substituting for her will be my friend and lovely support of this project, Miss Natalie Renolo. Natalie is a very strong choice for this position as she is foreign and desperate to assist those in need. Next, a replacement for Senator Eric Abetz. Who I have in mind for this position is a very positive, bright and open person. He is a very supportive friend of mine, our teenage Senate Leader Mr Oscar Crowley. Finally I'm replacing Mr Joe Hockey with a very responsible teen I know, Mr Jamie Wilkes. These teens will be remaining as our new hypothetical government for the remainder of this series.

Next month we'll be continuing with the introduction of our new politicians as well as getting an insight into the promises they will make for their country. Don't forget to keep an eye out for the big announcement too. *Who do I think will make a better PM than the one we have now?*

Stay tuned!

Katrina



An "Aperture Priority" photo taken to maximise the depth of field (focus).

want to choose a fast shutter speed to freeze the motion. On the flip-side of this you might want to capture the movement as a blur of a subject like a waterfall, and choose a slower shutter speed! You might also choose a slow shutter speed in lower light conditions.

Why not try these mode settings on a photo scene, together with another photo of the same scene using your normal settings to see what difference it makes to your image? You may find you begin to use them!

Again, be warned; don't forget to reset your camera setting back to a more appropriate mode before taking the next different photo. Happy snapping.

HINT: Choosing an appropriate aperture can ensure you have everything in focus, as in this photo at the Blue Lotus Water Gardens.

Paul Lucas.

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Rowville Fire Brigade

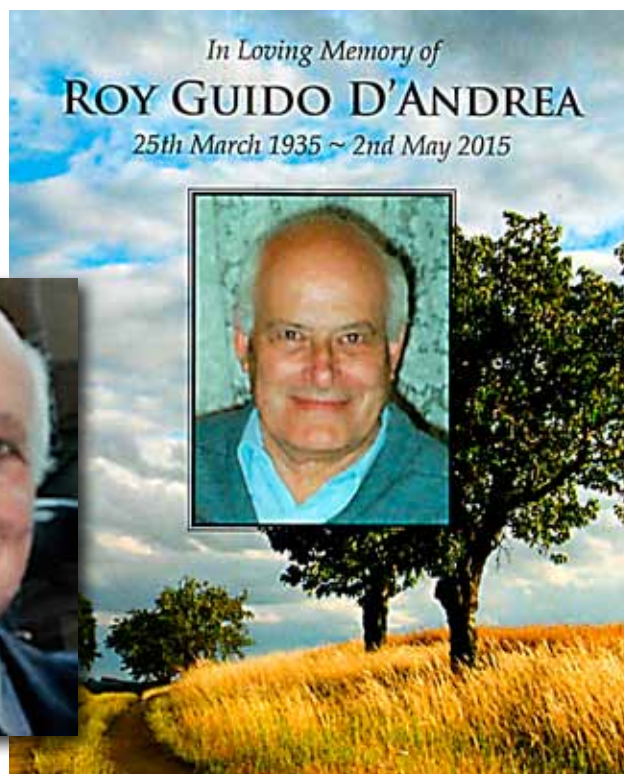
Roy D'Andrea

On the 2nd of May 2015, Rowville Fire Brigade lost a valuable link to our past. Roy D'Andrea had an amazing memory of the comings and goings of the then Rural Fire Brigade, which he was always ready to share with others.

Roy followed his father Guido in joining the rural brigade in December 1959 as an active fire fighter. Recognising his experience and potential Roy was appointed 2nd lieutenant ten years later. He held this position for five years. He then took on the position of 1st Lieutenant for two years, returning to the rank of active fire fighter for a further 24 years.

At age 65 Roy became a non-operational member of the brigade. He continued to be actively involved by updating and maintaining the historical records and artefacts of the brigade. He willingly updated local area maps using his unique and expert knowledge of the area. He also helped with displays and open days with a lot of pride.

Roy D'Andrea was awarded the National Medal with the First Clasp in 2002. Roy was bestowed with Life Membership from the Rowville Fire Brigade in 1996. His family received his 55 years' Service Award in 2015



Roy D'Andrea was a community minded man who enjoyed making a difference to the lives of people in our local community. He made sure that the Brigade was always dotting the "I"s and crossing the "T"s correctly. We will miss his many questions at the Brigade meetings as well as the great stories he could tell. This chapter of Rowville Fire Brigade may have closed, however it will not be forgotten. Thanks Roy for the memories!

Paula Robinson

VALE Roy Guido D'Andrea 1935 - 2015

To mark the passing of Roy D'Andrea, a well known, admired and much loved member of our community, we are pleased to re-print a history of the D'Andrea family that was first published in this paper in 1992.

The D'Andrea Family of Heany Park Road As told to Bryan Power by Roy D'Andrea

Guido and Giovanna D'Andrea came to Rowville in 1945 with their children Roy, Edda and Linda. They farmed land in Heany Park Road and became yet another example of an immigrant family who, through hard work, made successful lives for themselves in the district.

Roy D'Andrea came to Rowville in 1945 at the age of ten. His father Guido had bought 44 acres along Heany Park Road and the family moved into an old house on the property. Conditions were austere in those days and Heany Park Road was just an unformed dirt track and there was no water supply, electricity or telephone. Their light was provided by kerosene lamps, all meals were prepared on the wood stove and food was kept fresh in an ice chest.

Roy and his two sisters Edda and Linda walked each day to Stud Road to catch the bus to Scoresby State School. If they missed it they would have to walk to Scoresby. Later they attended Dandenong High School and also had to walk there at one stage when the bus service was suspended. Fortunately they were usually able to get a lift home with someone. There was not much traffic along Stud Road in those days and Roy recalled that the closest traffic lights were at the corner of Dandenong and Warrigal Roads.

Roy left Dandenong High at the end of Form Four (Year 10) and from then on worked full time on the farm with his father.

Roy's Parents

Guido D'Andrea was born in Northern Italy near the town of Udine which is located not far from the border with Austria. He was the eleventh and youngest child of a farm worker, so there were few opportunities for him to make a successful life for himself in his native area.

At the age of 23 he decided to emigrate to Australia and set sail for Melbourne without the companionship of friends or family. However, he became firm friends with a number of other young Italian men on the boat who, like himself, saw Australia as a land of opportunity.

He spent his very first night in Melbourne with the Molina family, well known now as restaurateurs.

He first worked as a timber cutter in the bush in East Gippsland. His gang produced timber for the Wonthaggi coal mine. Later he worked as a quarryman in the clay pit at Officer. The kiln there was a major producer of terracotta 'agi' pipes. From there he went on to work on market gardens in the West Gippsland area.

Through friends he was put in touch with a young woman living near Verona, which is a city in Northern Italy, located about 100 miles south west of Guido's home town of Udine.

Guido and Giovanna wrote regularly to each other and established such a warm friendship that Guido proposed that Giovanna marry him and come to join him in Australia. They were married by proxy in 1934 and Giovanna sailed for Melbourne alone but with high hopes for a new life with her hard working husband. She was not sorry to leave Italy which by then was under the domination of Mussolini and those who refused to join the Fascist Party had difficulty obtaining jobs.

They settled on a farm at Koo Wee Rup but not long afterwards Australia was to give Giovanna a rather rude welcome. One night they awoke to find water flooding into their house. (The famous 1934 flood put much of Victoria under water). Guido broke a hole in the ceiling intending to lift his young bride to safety there but fortunately the water level subsided.

Guido and Giovanna created a good marriage and a close family. Guido was a disciplinarian and Roy remembered him saying, "if you want to bring a tree up straight you must train it when it's young. It's no good trying to straighten an old tree". Giovanna was a very kind and warm hearted person with a wide circle of friends.

Glen Waverley to Rowville

Gradually Guido had built up his savings and was able to lease a twenty acre market garden on the south-west corner of Lum and Waverley Roads in Glen Waverley.

Roy and Edda first went to school at Glen Waverley Primary School and Roy remembered pulling Edda by her hand up the steep hill on the way to school each day.

The owner of the farm offered to sell it to Guido for 100 pounds an acre but he couldn't afford that price. (Of course, 20 years later it became very expensive real estate). Guido could, however, afford to buy 44 acres in Rowville and this move was to be his final one.

Using his horses, Guido ploughed his land on either side of Heany Park Road (including the area which is now

Achievers Page

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Federal Member for Aston



the Pets Cemetery) and established his market gardens, growing potatoes, tomatoes, sprouts, cabbages and lettuces. The rabbits were a dreadful pest in the 1940s and Roy remembered that in one night they ate a complete crop of young bean plants. From then on Guido had to build rabbit proof fences around all his plantings.

In the wintertime the ground would become very wet and unworkable so Roy and his father spent that time cutting timber on what is now called the "bald hill", and sold it for firewood. With the farm going well, Guido was able to afford to build a new home in the early 1950s and the family carried their furniture the 40 metres to their new residence with great delight.

When Roy was old enough to get his licence, he took over the job of driving their Commer truck to the Victoria Market. Twice a week he would leave home at two o'clock in the morning loaded with vegetables. Official selling was not permitted until 4.00am but lots of deals were arranged before that time. Now that he could drive Roy could take his sisters on Saturday nights to the pictures in Thomas Street, Dandenong, or to the old-time dances at the Dandenong Town Hall. These occasions were the highlights of the week. Two major family events were the purchase of a Vanguard car and a Ferguson tractor. Guido's market garden friends were sceptical that a tractor could replace horses and gathered with great interest to watch him demonstrate its capabilities.

Although times were getting better, they were still almost self sufficient on the farm. Apart from growing their own vegetables, they milked a cow and made their own butter and cheese. (The cheese was so good that Guido used to supply the Florentino Restaurant). Hens provided eggs and meat and they kept a pig for pork and ham at Christmas.

Guido bought grapes during February each year and made his own wine. Roy's mother was a skilled lace maker and her work has been displayed at exhibitions.

Rowville Fire Brigade

Guido was a member of the Fire Brigade when Jack Finn was the Captain. In those days their only equipment were beaters and knapsacks.

Roy joined the brigade as a young man and is its oldest member with over thirty years of service. He has held the positions of Second and First Lieutenant and for some years was the delegate to the Knox CFA Local Advisory Committee and the Knox Group Committee.

Rowville Football Club

As a young man, Roy was asked by Cr. Bernie Seebeck, "How would you like to be Secretary of the Football Club, Roy?" Naively thinking there wouldn't be much to do, he accepted but soon realised there was more to it than writing the minutes and the occasional letter. He stuck at it, however, for four years before taking on other positions with the club. He is proud to be a life member of the club and is currently (1992) the secretary of the Hawkers, the club's support group.

Giovanna died in 1972 and Guido in 1977. Edda and Linda are married with families of three and four children respectively. Roy still lives in the family home in Heany Park Road and, although retired, is still very busy in local affairs.

First published in the March 1992 edition of the Rowville-Lysterfield Community News.

Editor's Note:- Roy received a Life Membership of the Rowville Lysterfield Community News in 2010. He was a delivery person for 25 years, starting in March 1989 and finished in May 2014. He also gave us invaluable assistance with a new history project we are putting together. He was awarded the CFA National Medal with the First Clasp in 2002. Roy was bestowed with Life Membership from the Rowville Fire Brigade in 1996. His family received his 55 years' Service Award in 2015

Edda today has 10 grandchildren and 2 great grandchildren whilst Linda has 3 grandchildren. Coincidentally, both sisters' husbands died in 2012 within 3 days of each other. RIP Roy.

Knox Combined Probus Club



Some members were under the impression that searching a family history was an easy task. Our speaker last month, Allen Evans, dispelled that impression. He spoke to us about his family tree and how he has traced it back over the years. As a consequence of his very thorough investigations he now believes his surname could be Nevin or maybe Christmas. He also told us about discovering a 14 year old ancestor who was arrested in the UK and deported to Australia for stealing a small amount of clothing. She had been reported to the police by her uncle who later regretted making the report as he thought she would get a much lighter sentence. Belonging to a genealogical society has helped Allen greatly in tracing his ancestors and his endeavours certainly impressed, as well as encouraged others to 'start searching'.

Our cinema outing was to see "A Royal Night Out", which most of those present thought was OK, with a great deal of fiction surrounding some real facts. However, it was an enjoyable film.

On May 19th, 38 members travelled into docklands where we boarded the "Tramboat" for a cruise up the Maribyrnong River. We lunched at the "Anglers Tavern", then headed back, culminating with a short tour of Victoria Harbour. It was a first class day out for everyone.

At last month's 'Craft & Chat' get together, on an appropriately cold and blustery day, a small group of dedicated knitters explored and discussed many varied knitting techniques.

Looking ahead, we have a very full and interesting two months coming up, so why not come along and find out for yourself how we enjoy ourselves. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

Ray Stackpole



Our Happy Group Onboard The Tramboat

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FROM THE ARCHIVES

June 2010

The **Rowville & District Neighbourhood House** (As the RDLC was then known) held Limestone and Hebel sculpture classes. That must have created some dust!

The much travelled **Paul Lucas** gave a talk at the Library on Kenya/Africa. This was followed by a session by **Bill Handley** on Speed Mathematics. Diverse subjects. Did you enjoy them and are both you gents still holding presentations?

Matt Blackman was awarded Life Membership of the Rowville Cricket Club in acknowledgement of his 20 years as a player, committee member and Milo 'In-2-

Cricket' organiser. Are you still involved at the Club Matt?



On 27th April the **Lysterfield Junior Football Club** was formed and an arrangement with the Knox Junior Football Club saw teams start playing at Lakesfield Reserve. In 2011 it was hoped to field 4 teams as LJFC. How many have you this season Steve?

St Simon's Parish conducted a census and found that they had people from 2600 households and an average of 1,100 attended one of their four services each weekend. Have you done a subsequent census? What are today's figures?

Having been active in the local community for 19 years, the **Salvation Army** moved into their new premises at 16-18 Kingsley Place and invited local residents to come and see their new home.

You get a second opinion on the little things, why not on your home loan?



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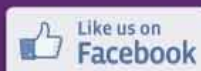
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It's Smart to Ask for a Second Opinion



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Eastern Community Legal Centre

'Taking Good Legal Care of Yourself'

is a regular contribution by Eastern Community Legal Centre (ECLC) to raise awareness of legal needs in the community, and encourage people to seek legal advice early. ECLC is a not-for-profit community service that provides free legal advice to Melbourne's outer-eastern communities, including Rowville and Lysterfield.

Financial Assistance for Victims of Crime

If you have been a victim of a violent crime, either directly or indirectly, you may be able to receive some financial assistance from the Victims of Crime Assistance Tribunal (VOCAT) for:

- Counselling and medical expenses;
- Safety related expenses;
- Loss or damage to clothing worn at the time of the incident;
- Loss of earnings;
- Funeral costs; and
- Other reasonable expenses to assist you in your recovery in 'exceptional circumstances'.

(Expenses relating to loss or damage of property as a result of the crime are not included.)

Urgent financial assistance may be available whilst your application is still being processed by VOCAT. This is generally for urgent medical, counselling or funeral expenses.

Eligibility for financial assistance depends on a number of

factors, including:

- When the crime was reported to police;
- The assistance provided to police in their investigation; and
- Whether financial assistance is available from another source such as WorkCover, the Transport Accident Commission and insurance schemes.

There is no application fee. **Application forms can be available on the VOCAT website www.vocat.vic.gov.au/how-apply.**

Mark's Story - Mark had a history of substance abuse and had successfully undergone rehabilitation. Mark was recently assaulted at a friend's party. He suffered depression and anxiety, and a relapse in substance abuse. Mark recommenced a rehabilitation program. ECLC assisted Mark in making a successful application to VOCAT for rehabilitation expenses and medical expenses incurred as a result of the assault. Mark felt unsafe in public places for quite some time after the act of violence, so ECLC also assisted Mark to obtain counselling through VOCAT.

How ECLC can help

ECLC can provide free legal advice on your eligibility for financial assistance, the application process and the type of supporting documentation required in making an application to VOCAT. You can also visit <https://www.vocat.vic.gov.au/> for more information.



www.vocat.vic.gov.au/ for more information.

- Contact ECLC on (03) 9762 6235 to make an appointment for free and confidential legal advice
- Call Vic Police on 000 while a crime is happening or if someone is in immediate danger
- Contact your local police station via phone or in person to report non-emergency crime incidents
- Call Eastern Victims Assistance and Counselling (EVAC) on 1300 884 284 for counselling support and assistance

Jacqui D'Sylva



The real cost of keeping up with the Joneses

Enis Vural

There's a common perception that the cost of living is spiralling out of control and families are at breaking point, but according to the latest AMP.NATSEM Income and Wealth report Australians are better off than ever.

The report, *Prices These Days - The Cost of Living in Australia*, revealed incomes have outpaced the cost of living by around 20 per cent since 1984, with the average household having an extra \$224 spending money per week.

Households across all incomes and types are better off than they were in 1984, with even low income earners experiencing gains of \$93 per week. Pensioners also have an extra \$61 per week in their pockets, while the much discussed working families are \$306 per week better off.

The cost of basic necessities isn't what's eating a larger chunk of our budgets but rather our desire to 'keep up the Joneses'. We've become a nation of spenders, with the average household now spending 40 per cent on

discretionary items, such as recreation, holidays and eating out.

While splurging on our bigger lifestyles might be fun today, it may not be the best path to financial security. If people want to reduce debt, save and create wealth for the future, they need to reassess their spending and make sure their money is working as hard as possible.

Here are some simple steps for cutting spending and building wealth:

- **Do a budget** - Without a budget there's no real way of knowing how much is left at the end of the week to save, invest or go towards reducing debt. A simple way of crunching the numbers is to use one of the many online budget trackers provided by financial institutions. Of course, once you've completed your budget, you need to stick to it.
- **Reduce spending** - Look for ways to cut your discretionary spending such as taking your own lunch to work and cutting back on take-away dinners or restaurant meals. There are also plenty of ways to make savings on necessities such as buying generic brand groceries and using discount petrol dockets. Learn to differentiate between 'wants' and 'needs'. Don't be too hard on yourself, but do you really need the \$100 per month cable TV package? You probably don't watch half the programs. While it's nice to drive the latest and greatest, cars are a big trap too. Be sensible.
- **Target debt** - Once you've cut back on discretionary spending, you can use that freed up cash to reduce debt. Pay off high interest debt, such as credit cards,

as quickly as possible. To do this, you will need to make more than the minimum repayments each month. If you have several cards maxed-out, consider rolling all the debt in to one low interest-bearing card to save on interest costs. Once you've paid off the credit cards, tackle personal loans and the mortgage next. If you can, make extra repayments on your home loan to reduce interest.

• **Build an emergency fund** - As a contingency for life's unexpected expenses, it is essential to have an emergency fund or access to cash through a mortgage redraw facility or offset account. A good rule of thumb is to have at least three months salary in the kitty. This may seem a tall order for most, but it's worth starting to build this up as a vital resource.

• **Saving for the future** - While it's important to create financial security for your family today, it's also vital to set some medium and long term goals for the future. A financial planner can help you work out how much you will need to live the lifestyle you want in retirement. They can also assist with strategies to boost your super, such as consolidating multiple accounts to reduce fees and salary sacrificing.

Enis Vural*

*Enis Vural is an Authorised Representative of AMP Financial Planning Pty Ltd, ABN 89 051 208 327, AFS Licence No. 232706.

Any advice given is general only and has not taken into account your objectives, financial situation or needs. Because of this, before acting on any advice, you should consult a financial planner to consider how appropriate the advice is to your objectives, financial situation and needs.



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Helping Put The Pieces Together



Let's Talk Local Issues

With Cr Nicole Seymour



No Ordinary Life – Positive Ageing in Knox

The Invisible Truth and It's Ugly!

I have an ache in my heart as I write my column this month. I'm not one to be melodramatic, however as I have spent the last week researching the topic of Elder Abuse I can't help but be sickened and moved. June 15th is **World Elder Abuse Awareness Day**, so it seems good timing to start the conversation.

So What is Elder Abuse?

According to the World Health Organisation, Elder Abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person."

It can take various forms such as physical, psychological, emotional, social, sexual or financial abuse. It can also be the result of intentional or unintentional neglect.

Current statistics from the Victorian Department of Health [2014] suggest 1 in 20 older Victorians are being

abused by people they trust, with the highest proportion caused by sons and daughters. The most common type of abuse is financial. It is also believed that the real statistics are vastly under-reported with Elder Abuse considered an invisible epidemic. Many victims are silenced by shame, fear, guilt, family loyalty and/or intergenerational cultural beliefs.

Common examples of abuse include –

- Family member such as adult son/daughter moving back into elderly parent's home under guise of being there to care for that parent, only to take control and threaten the elderly parent with eviction or deny freedom of movement in own home. Elderly parent no longer has basic right of a safe and secure place of living.
- Family member such as adult son/daughter taking control of elderly parent's finances, limiting access to their money and skimming pension for own personal gain.
- Family member verbally torments or demeans elderly person telling them they are worthless, inept, hopeless, stupid and unloved.
- Family member physically hurts elderly person by pushing, shoving, kicking or grabbing with force.

Whilst both men and women can be affected by Elder Abuse, older women are more likely to be abused than older men and older men are more likely to be victims of family abandonment.

In terms of perpetrators, as mentioned earlier sons and daughters combined represent the greatest category of

abusers. It is worth noting that recent studies have shown women are nearly equally as likely to be perpetrators as men when it comes to Elder Abuse, that is there is minimal difference between daughters and sons.

According to most research there is no clear reason for elder abuse. Agencies in this area have identified key risk factors that are more likely to place an elderly person at high risk of abuse including: carer stress, dependency, family conflict, isolation, and family member mental health issues and addictive behaviours.

Regardless of underlying reason, there is no excuse for Elder Abuse. We are a civilised and educated society and should value our seniors with high regard and respect.

My final message is this..If this article resonates with you and you feel you are in a relationship where you are being abused, BE BRAVE. You are worthy of a better life. There is help available and if you're not sure, reach out to a friend, neighbour, local Church or Council. You can also call the Seniors Rights Victoria Helpline on 1300 368 821 where you can access free **confidential** information, support and advice.

To the rest of the Community, I have a simple request, BE PRESENT, notice Senior's in your life and don't be too busy to ask them "Are you ok?" from time to time. You never know, what a difference that simple question could make.

For more information on June 15 World Elder Abuse Awareness Day visit www.seniorsrights.org.au

Rowville Toastmasters

TOASTMASTERS INTERNATIONAL

Vote for new leadership team!

Rowville Toastmasters are currently going through the process of electing a committee for the new Toastmaster year. Becoming a committee member is a great way to support the club and also an opportunity to learn and develop leadership skills, in a positive and enjoyable environment.

Toastmasters have a number of roles on the committee so there is always a position that will attract every interest.

Roles range from the typical club structure positions of President, Secretary and Treasurer, all the way through to Sargeant at Arms and Vice President Public Relations, the person responsible for this article.

It is 'learn by action' at Toastmasters, so even a committee role is an opportunity to learn and develop leadership skills. All committee members receive instruction manuals, attend club officer training, are mentored and then put these skills into practice in their respective roles.

Leadership is one of the major learning streams offered by Toastmasters and the Competent Leadership program is the core of the Leadership track. The Competent Leadership manual features 10 projects that you complete while serving in various club-meeting roles. An evaluator will give you feedback on each project, helping you to improve. When you complete the manual, you are eligible for the Competent Leader award.

Leadership is a quality much in demand in our private lives and professional careers and many members have joined the club to enhance their leadership skills, in order to take advantage of advancement opportunities as they arise. A good leader commands our respect and that leader could be you.

The time is soon approaching when our president, Paul Broom, will stand at the lectern and call for nominations for the committee. He is also presenting an opportunity for members to learn how to lead. Leadership is one of the most positive benefits from Toastmasters and it is a shared journey with a



Toastmasters seize the opportunity to lead.

positive and friendly group.

You can find a new direction at Toastmasters. With the support from a team of experienced leaders, you could soon become the leader you always wanted to be.

Guests and New Members Welcome - Free

You can participate at Rowville Toastmasters by attending meetings as a guest, or by joining at any time. Guests can attend free of charge. Details of our venue, meeting 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.

Cake Decorators Association of Victoria Rowville Branch



Our next workshop will be held on Sunday June 14th with a great teacher, Jillian Crouch from Shepparton. She will be making small cutter and hand cut flowers.

A special thank you to our ladies who raised \$160.00 for the biggest cup of tea, at the last workshop.

Coming up is our "Demonstration Day". It will be held on July 19th starting at 9.30am

and concluding at 3.30pm. We will have four great demonstrators so there will be something for everyone. Bookings are essential and must be booked and paid for one week prior to the event, as we need accurate figures for lunch, plus morning and afternoon tea. The cost will

be \$20 for members and \$25 for non-members.

Details of our normal workshops can be found in "What's On Locally" on page 2. Members \$10 non members \$15.

Please direct all bookings and enquiries to - ph. Jean 9763 1702 or Velma 5998 4067

Velma Brown

A TIMELY REMINDER FOR RESIDENTS

be smart, and safe with winter heating

wood heaters & open fireplaces

It's that time of year again when the days are getting shorter and the nights are getting colder. It is now that many households turn to wood heaters to provide warmth and comfort. Wood heaters and open fireplaces are, however, a major contributor to outdoor air pollution. Most people are not aware that smoke from these devices can cause physical discomfort to those with respiratory illnesses, especially young children and the elderly.

smart heating

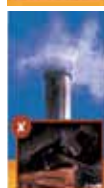
Air pollution can be minimised, and you'll get better use from your woodheater as a result. Follow this handy 4-point tip guide:

Fire should burn brightly with a good flame at all times. Refuel the fire before it turns to coals and never close the vent all the way down.

Inspect and clean the flue at least once a year. Check it regularly to see if smoke is being emitted (wood heaters should only smoke for about 20 minutes when first lit, and for 10 minutes after more wood has been added).

Refuel with small, dry logs.

Expect the ash to be a fine white powder. If coals are present after the fire has burnt out, there is a good chance your fire is smoking excessively.



To find out more information or obtain free brochures on the efficient operation of wood heaters, contact Knox City Council on 9298 8000 during business hours or go to www.knox.vic.gov.au



Aimee Seebeck Hall

Rowville Neighbourhood Learning Centre

School holidays can be a challenging time for parents and with holidays starting on 29 June, keeping kids entertained is every parent's aim. Rowville Neighbourhood Learning Centre has a fantastic Vacation Care Program on offer, with loads of activities planned for even the most active minds for the winter holidays. Our fully accredited program includes excursions, incursions and in-house days that are fully supervised by highly experienced, qualified staff.

We are excited to introduce our new Vacation Care Coordinator, Jenny Steele. Jenny has over 14 years' experience and joins us from Moreland City Council where she delivered a very successful program to the community. We welcome Jenny to Rowville Neighbourhood Learning Centre and look forward to another great School Holiday Program. For a copy of our program please visit our website or contact our office. Places are limited and bookings are now open.

As a local quality, affordable training provider, Rowville Neighbourhood Learning Centre also supports businesses with their training needs and as such is running a "Customer Experience" workshop on Friday 5 June 2015.

Research suggests purchasing decisions are based on not just customer service, but the whole customer experience that the consumer encounters. Our program focuses on empowering employees to be able to deliver unique customer experiences and we have designed a leading edge course that will support business in taking the next step in tailoring a service that meets the needs of their customers. For more information and to register please visit <http://rnlc.weebly.com>

Are you looking for an affordable, local space to hire? Aimee Seebeck Hall could be the ideal venue for your next function, meeting or event. With ample parking and a seating capacity for 50, it is spacious and accommodating, making it the perfect venue for your special event. Contact us today to find out more.

Check out all of our courses and activities on our website www.rowvillenc.org.au or drop into the centre and speak to our friendly centre staff.

Heather Mileto



Customer Experience Brochure



ANZAC DAY CEREMONIES LEST WE FORGET 100 Years Waterford Park Village.

Around 200 guests attended our Anzac Day service to celebrate 100 years since the Gallipoli landings. Our guests of honour were the Hon. Alan Tudge, Federal MP for Aston, Hon. Kim Wells State MP for Rowville, Knox Mayor Mr Peter Lockwood, Knox Councillor Tony Holland, Mr Hurtle Lupton OAM. JP and Lend Lease representative, Shanon Kahai, who all laid wreaths. A further wreath was laid by Mrs Glen Ramsay on behalf of the residents. The MC for the event was the Village Manager, Trevor Beattier JP. and everyone was welcomed by John Gall OAM who also read the requiem. Mrs Glen Salomons lead the Lords Prayer and Scoresby Secondary College student, Giles Simmonds read the Anzac Poem. The 'Ode' was read by village resident William Armer JP. Our piper was once again John Lipiatt and the bugler Jack Simmons. Our grateful thanks to both gentlemen.

Our special thanks go to the Waterford Park Craft Group for the crochet poppies, the Waterford Park Men's Shed for the Anzac Board and signage and not least to our ladies who provided lunch and refreshments.

Waterford Valley Lakes

A Centenary of Anzac Service, the thirteenth Commemoration Service held since the Village opened was again a most successful event. With 306 people attending it was the largest gathering ever held at WVL. With much favourable 'feed-back' received; the contributions from those present made it a day to long remember.

It was a privilege to have Max Lee OAM return to his old home for the Service. Max a WW2 Army Veteran resided for many years at the Village and while residing here he was very actively involved in planning the Anzac Day Services.

Elected representatives attending included: Alan Tudge, Aston Federal Member; Kim Wells, Rowville State Member; Councillor Tony Holland, Knox Friberg Ward; and Councillor Darren Pearce, Knox Taylor Ward Councillor.

After the flag was lowered to half mast, the call to order was read by Don Horsburgh followed by the official welcome from Facility Manager Greg Swinton. The Lords Prayer was lead by Bram Southwell followed by the reading of the Anzac Requiem by Rowville Secondary College

captain Nick Griffin.

Other young people who participated in the Service included cornet player Matthew Todd; highland-piper Ian Cameron; Heany Park Primary Year 6 student Keelin McGeehan who presented an Anzac Poem while Taylor Lindsay Rowville Secondary College co-captain; Rhianna Little and Zac Clarke Karoo Primary Year 6 co-captain's each laid wreaths on behalf of their Schools.

The organising committee particularly thanks staff members of the Rowville Secondary College and Rowville Primary School's who each year attends with students to support the Anzac Day Service. Finally, a successful event is always enhanced by refreshments, so our special thanks to our Village resident ladies and our social committee for organising the after event tea.

Don Horsburgh Chairman, Residents Organising Committee

Editor's Note:- The reading of the Anzac poem by Keelin was not only beautiful, but was a faultless rendition.

Stud Park

Our service this year was moved to 8am on Friday 24th April and unfortunately our attendance did not reach the heights of last year. However, many residents did brave the chill to pay their respects on this the 100th anniversary of Gallipoli.

Liana Mete, the Stud Park Shopping Centre Marketing Manager, welcomed visitors and introduced the Hon. Alan Tudge who spoke movingly of the tradition and importance of Anzac Day. Amat Binnoore from the Vietnam Veterans Association read the Anzac Requiem, which after prayers was followed by the Anzac Poem, read by Rowville Secondary College Captain, Jess Tyler. Wreaths were then laid by Knox Councillor Nicole Seymour, Anne Berg on behalf of the Rowville Senior Citizens Club, Hon. Alan Tudge MP for Aston and Amat Binnoore and by Jes Tyler and Maddi Di Blassio from Rowville Secondary College

The 'Ode' was read by Alan Small also from the Vietnam Veterans Association, before the sounding of the Last Post and a minute's silence. The flag was raised by members of the Victoria Police, followed by the singing of the National Anthem.

Our thanks to organisers, Lend Lease, Outer Eastern Vietnam Veterans Association, the Lions Club of Rowville for the sausage sizzle, Rowville Salvation Army and the Rowville Library for the anniversary cups and mini Anzac biscuits after the service.



Anzac Day From Gallipoli

Very early last year I saw an ad for school students to apply to go on a government run and funded trip to Gallipoli in 2015 to celebrate the 100 year centenary. I received a letter inviting me to an official ceremony at Parliament house in September 2014 to officially announce the touring party and I was on it. I was ecstatic, and then the countdown started. Throughout the journey to Turkey myself and the other 80 Victorian plus teacher chaperones were beyond excited to start of our trip in the beautiful country of Turkey.

Once we finally landed on the 21st of April we headed straight out to explore the including the Grand Bazar, Hagias Sophia and a river cruise along the Dardanelles. The second day we visited the Blue Mosque then headed to the underground Yerebatan Cistern which was an underground storage unit for water many thousands of years ago. Next we headed to a Turkish crematory which remembers all those



Jade Sheehan at Gallipoli, 2015

Turkish soldiers who fought but whose remains were never found. At this crematory there is a monument that stands 41.7 metres high, the 40 metres represent Mustafa Kemal Atatürk who was the first president of Turkey and the extra 1.7 meters on top of that represents how tall Atatürk was, so he is always watching over his people.

In leading up to our Anzac Day preparations we headed off to Anatole Lises Anatolia High School where we met the Turkish pen pal we had written to before the trip. We spent the day with them learning all about their culture and school life. The next day we departed for the Gallipoli Peninsula which was a long trip we didn't arrive at the first check point until 10.30pm. We were officially checked in and registered and from there we headed to Mimosa Park where we waited with all the other Australians to get a shuttle bus into the area where the Dawn Service would be held. We were shuttled into the Dawn Service site at 4.30am and we were one of the last groups to enter. As soon as we arrived up on the large screens there were headstones of soldiers killed at Gallipoli and on these headstones there were messages left from the family, for me this was one

of the most touching parts of the ceremony "A good son, noble brother, true friend his goal no more war" was on a headstone belonging to a 20 year old. These messages convey the loss felt by the families affected. Then there was a short film clip of the telegraph man before the ceremony started.

Ever since I knew that I was going on this trip I had looked forward to standing on the Gallipoli Peninsula at the start of the Dawn Service. When the sun rose and I turned around I was able to actually see the terrain our Anzacs would have had to climb up. Throughout the service I was thinking, that exactly 100 years ago, right where I was standing there would have been boys who were younger than me looking up to the hills they had to climb while carrying a 45 kilo pack and being shot at. After the ceremony as I stood near the beach watching the waves crash on the rocks I reflected on what a bloody, eerie scene this would have been.

After this service we headed up the road to the Lone Pine where had time to wander around the area and reflect on what we had just experienced. The Lone Pine service was specifically for our own Aussie soldiers then we quickly visited Ari Burnu and Shrapnel Valley cemetery where I and another member on the trip, wanted to visit relative's headstones. Soon it was time for us to leave and we got on our bus at 7.30pm that evening to head back to our hotel which was six hours away, giving us ample time to reflect on our thoughts and feelings of Gallipoli and the ceremonies.

The next morning we packed and headed off to the airport for our long journey home. The experience was completely life changing and now I have a different perspective on life. I only wish more people could have shared it with me.

If anyone would like me to share my experiences with school groups, youth groups or any group I would love to, so please get in contact. You can like my Facebook page to see more photos <https://www.facebook.com/100yearsonjadesheehan> and you can visit my Anzac Victoria page at <http://anzacentenary.vic.gov.au/jade-sheehan/>

Jade Sheehan Year 12 Rowville Secondary College



Australian Light Horse Memorial, Gallipoli



Stud Park Cenotaph

Anzac Day Thoughts From Heany Park Primary School

Anzac Day means thinking about the soldiers that fought and died. Anzac is having a minute's silence. Anzac is listening to the bugle and remembering the soldiers that died. Anzac is remembering World War 1. Anzac is remembering the men and women who died. Lest We Forget
Luke Grade 4

I think Anzac means thinking about all the soldiers who fought for our lives and remembering all who died. And that we stand silent every Anzac Day here at Heany Park to remember everyone who went to fight in WW1 and WW2. Lest We Forget
Shayla Grade 4

Anzac Day means to remember my great grandfather who fought in World War 1. My grandfather was a trench digger. When he died he left his medals with my grandmother, who gave them to my dad. Each Anzac Day, I lay a poppy to remember him. The Spirit Lives On.
Campbell Grade 4

What Anzac Day means to me is the men who sacrificed themselves for their country. Why people made Anzac Biscuits is so that they could send them overseas to their loved ones. If they sent something else it would rot. Lest We Forget.
Emily Grade 4

Anzac Day is a special day because people fought in the war. It reminds me of the poppies. The poppies are red and black and people wear them to remember the Anzacs who went to Gallipoli to fight for Australia's freedom.
Joel Grade 4



Churchill Park Golf Club

The Churchill Park Golf Club is no different to any other golf club in the south eastern suburbs. They are competing to attract golfers to their beautiful golf course with at least five other golf courses in the area.

With this in mind the Club have introduced a fantastic new concept called **Big Hole Golf** to their beginner friendly 9 Hole East Course. "This is a great new innovation which allows the frustrating art of putting to become a lot easier" explains General Manager Tim O'Sullivan. "Golf is challenging enough to play with a normal size hole, but Big Hole Golf has at least made one of the elements of the game a little easier. The feedback we are getting from our players is very positive."

So why not get the family together for a fun round playing Big Hole Golf. For more information go to: www.churchillparkgolf.com.au or phone 9700 4445

Tim O'Sullivan

Editor's Note:- *This sounds like my kind of course. Can you also make the ball a bit bigger!!*



Eildon Park Tennis Club

Muscillo Tennis Academy at Eildon Park Tennis Club continues to dominate the Rowville area with tennis excellence. In March, AJ Muscillo, Head Coach and Director of Muscillo Tennis Academy, travelled to Turkey to represent Australia in the 'Over 35s Davis Cup'. The team competed against 20 strong international teams and made it to the quarter finals. This was a solid performance in tough conditions on the European clay courts. In addition to the Davis Cup performance, AJ Muscillo has climbed to 4th in the world rankings for Over 35s.

Whilst in Europe, AJ, with some of his strong team of MUSTA coaches, visited many world renowned tennis academies including Sanchez-Casal in Spain, the Bob Brett Academy in Italy and the Monte Carlo Masters event, to further sharpen teaching philosophies. Travelling to these international academies really highlighted that MUSTA has

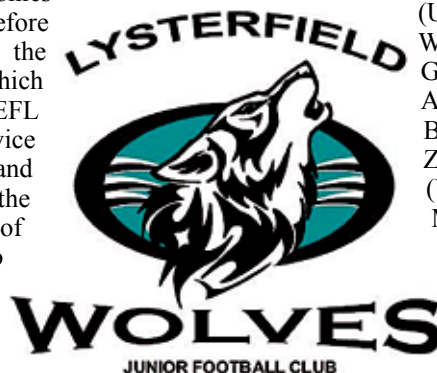
Lysterfield Wolves

Junior Football Club

Anzac Day is a special event for all Australians. It is a time to pay tribute and a time to pay respect. It is a time the Lysterfield Junior Football Club takes very seriously. Since 2011, the Lysterfield Wolves have developed a partnership with the Boronia RSL to commemorate the Anzacs. It is a link that we are very proud of and one that we are keen to continue into the future.

Anzac commemoration ceremonies were held at the club on 26th April before each game. Lysterfield Wolves and the Boronia RSL developed a ceremony which encouraged opposition clubs and EFL umpires to also get involved. The service included the last post, a minute silence and the rouse. The club's players in U8s all the way through to U17s were well aware of the significance of the occasion. We also had a couple of our teams attend dawn services on 25th April.

Medals were awarded to the



Sporting Roundup is sponsored by Kim Wells MP, State Member for Rowville.

SPORTING ROUNDUP

Lysterfield player in each team that best exemplified courage, determination and mateship during their Anzac round game. These medals were voted on by the families and medals were presented to the players by the Boronia RSL at our recent club night.

This year the Anzac medal winners were Blake Chambers (U8 Teal), Thomas Swainston (U8 Grey), Will Verrell (U9 Teal), Cooper Fisher (U9 Grey), Toby Whalley (U10 Teal), Ben Leehane (U10 Grey), Zach Tibballs (U10 Black), Morgan Arundell & Lewis Hayes (U11 Teal), Josh Bennetts (U11 Grey), Mitchell Sruk & Zach Paull (U12 Grey), Leroy Breeden (U12 Teal), Dylan Southcott (U13 Grey), Matthew Veen (U13 Teal), Jordan Drummond (U14), Jack Mo (U15) and Daniel Cocks (U17). Congratulations boys! Go Wolves!

Tanya Carroll



AJ Muscillo (EPTC Head Coach) – Representing Australia in Turkey for the Over 35s Davis Cup

relevant and up to date teaching philosophies that impressed these international masters of the game.

Now back in Australia, AJ and his team of coaches have been able to further enhance their program with techniques and strategies to help the future youngsters of the game get the most out of their tennis experience. Muscillo Tennis Academy offers a range of different tennis experiences for youngsters and adults from beginners to more advanced players. The progressive 'Hot Shots' program starts our

youngsters off in the sport and gets them into competition from an early age. For the high performance players, squads, tailored fitness and strength sessions plus private lessons, fine tune all the required skills for players to compete at a national or international level. Adult coaching classes are also offered for those adults who would like to begin playing, or who want to improve their game. 'Cardio Tennis' is for adults of any tennis ability who would like to get a great Cardio workout in a fun and relaxed environment. On this subject, MUSTA would like to congratulate one of their long term students, Nicholas Jovanovski, who recently won a title and also made another final at the Open Age AMT national level.

Muscillo Tennis Academy now includes the Rowville Community Centre as another venue for their tennis coaching. MUSTA is currently running a 'Hot Shots' competition for students already enrolled in the program. This is a step towards getting our players from the age of 6 ready for competition and developing their match play skills and confidence in a supported environment. This competition is being held at RCC every Friday evening and Sunday morning during Term 2.

This years Winter Pennant season began on May 2nd and Eildon Park Tennis Club have ten teams playing a range of different grades, boasting three teams within the top two divisions. This is an exciting competition with many of our coaches participating. It's played on Saturday mornings and afternoons so come down and see some of the best tennis in the State.

To get more information about coaching at the club, competitions, playing access and options, contact Giuliana (coaching) on 0478 097 377, Stuart Draffin (membership) on 0408 778 658 or either Eildon Park Tennis website www.eptc.org.au or musta.com.au.

Giuliana Saggin

The Knox Regional Netball Centre in Ferntree Gully has lots of programs and activities to suit all ages.

Net Set Go – for 5 to 9 year olds

We run an introductory netball program for 5 to 9 year olds on Thursdays and Fridays after school (4.15pm–5.00pm). This program is a great beginning for children who want to play netball. Learn new skills, make new friends and be active in a fun and safe environment. Enrolments for Term 3 are now open and forms can be found in the downloads section of the website www.knoxnetball.com.au



www.knoxnetball.com.au

If you don't have a team yet but would like to join one contact us with your details and we can link you with a team looking for players, simply email knox.netball@knox.vic.gov.au

Ladies Day Time Netball

The centre runs a daytime Ladies Netball Competition on a Wednesday and Friday.

Both competitions are supported by a free crèche, staffed by fully qualified and accredited child care staff. All matches are played indoors on sprung floors with qualified umpires. The new season begins in July and new teams are always welcome. There is no play on school holidays or public holidays. Forms for the new season can be found on the website in the downloads section. www.knoxnetball.com.au

Sunday Evening Mixed Netball

We have a large mixed netball competition running on a Sunday evening with over 20 teams competing. The new season will commence in July so get a team together and enter now! All games indoors with qualified umpires.

Mountain District Netball

Mountain District Netball Association run a Ladies Weeknight competition from Monday through to Thursday, new players and teams welcome. This Association also runs the Saturday competition based here at the Knox Regional Netball Centre. For more information on Mountain District competitions please head to www.mountaindna.vic.netball.com.au

We look forward to seeing you at the netball centre soon.

To find out more contact the us on 9758 7191 or log on to www.knoxnetball.com.au

Rosalind Montgomery

Rowville/Rowville Lakes Little Athletics

Athletes Shine At State Championships

Young athletes from Rowville and Lysterfield have once again proven they are amongst the state's best. Jordan Munyard is virtually unbeatable over the short sprints and brought home Victorian Little Athletics gold medals for the U15, 100 and 200m to add to his already healthy collection of state and national placings.

Hayden Walmsley continued his walk success of many years taking the Victorian U14 1500m walk title, while fellow walker Joshua Jensen won the same event for the U11 boys. Gemma Lille collected a creditable bronze medal in the U10 walk and Holly Hodges threw a Rowville club record in the U14 javelin, also securing a state bronze.

Lachlan Monteath had an exciting first year at state championships finishing in third place in the U9 boys high jump.

Several athletes did exceedingly well to place in Victoria's top 8 for their events, some narrowly missing a spot on the podium. Our fourth place getters were Joel Lotherington U15 400m; Chloe Beovich U14 Shot Put; Olivia Ryan U15 triple jump (as well as 6th in long jump and 7th for Javelin). Together Kaya Beagley and Tyler Gray were equal 4th in U14 high jump, while Lachlan Viney just missed the medals in the 300m hurdles to add to his 6th place finish in the 100m hurdles. Brianna Lillie was 4th in the U13 walk. Special mention also to our other athletes who were top 8 finishers in the state for their respective events:

Harry Blackburn U15 300 hurdles and discus
Brodie Richardson U14 1500w
Anaya Hodges U15 Shot Put
Anaya Hodges U15 1500m walk
Aranya Manchanayake U9 60m hurdles
Grace Louey U11 1500m walk
Nikey Oni U13 100m & Long Jump
Amelia Ma'O U14 100m
Jemma Stapleton U14 80m hurdles
Monique Louey U14 High Jump
Jessica Lillie U15 1500m walk
Anaya Hodges U15 1500m walk and Shot Put
Cedric Virginie U12 60m hurdles
Jesse Eickhoff U13 80m hurdles

Club Awards

In recognition of efforts for the track and field season each club presents awards. Congratulations to the following recipients.

Rowville Lakes

Best Overall Boy - Lachlan Monteath U9
Best Overall Girl - Olivia Ryan U15
President's Award - Liam Barnes
Team Managers Award Boys - Rory Jones
Team Managers Award Girls - Mikhala Hodges
Achiever's Award - Anaya Hodges

Girls Best in Age

Best in Age U6 Girls - Georgina Bice
Best in Age U7 Girls - Milan Keogh
Best in Age U8 Girls - Isabelle Creaton
Best in Age U9 Girls - Tansyn Keogh
Best in Age U10 Girls - Lily Ryan
Best in Age U11 Girls - Jennifer Sahely
Best in Age U13 Girls - Sophie Ryan
Best in Age U14 Girls - Brodie Richardson
Best in Age U15 Girls - Olivia Ryan

Boys Best in Age

Best in Age U6 Boys - Leo Ipradjian
Best in Age U7 Boys - Harrison Chapman
Best in Age U8 Boys - Adam Richardson
Best in Age U9 Boys - Lachlan Monteath
Best in Age U10 Boys - Mitchell Pentreath
Best in Age U11 Boys - Jared Hodges
Best in Age U12 Boys - Ben Pepper

Best in Age U13 Boys - Oliver Blackburn
Best in Age U14 Boys - Blake Tahlambouris
Best in Age U15 Boys - Harry Blackburn

Rowville

Best Overall Boy – Dharam Deol
Best Overall Girl – Teagan Sheldon
Most Improved Junior Boy – Lucas Henkel
Most Improved Junior Girl - Anantha Manchanayaka
Most Improved Senior Boy - Dharam Deol
Most Improved Senior Girl – Jess Lillie
Team Manager's Award U6 – Priya Deol
Team Manager's Award U7 - Ruby Danopolous
Team Manager's Award U6 – Aiden Turkkan
Team Manager's Award U7 - Anantha Manchanayake
George Orrock Cross Country trophy – Monique Louey
Encouragement Award – Callum Braemer

Girls Best in Age

Best in Age U6 - Ava Thomas
Best in Age U7 - Emma Neal
Best in Age U8 - Leah Woolmore
Best in Age U9 - Natasha Kindler
Best in Age U10 - Hayley Eickoff
Best in Age U11 - Grace Louey
Best in Age U12 - Hannah Hodges
Best in Age U13 - Holly Hodges
Best in Age U14 - Monique LaRose
Best in Age U15 - Jessica Lillie
Best in Age U16 - Teagan Sheldon

Boys Best in Age

Best in Age U6 - Sajan Deol
Best in Age U7 – William Woolmore
Best in Age U8 Boys - Ryan McLeod
Best in Age U9 Boys – Mitchell Gamel
Best in Age U10 Boys - Trent Stapleton
Best in Age U11 Boys - Ben Noonan
Best in Age U12 Boys - Dharam Deol
Best in Age U13 Boys - Jesse Eickoff
Best in Age U14 Boys - Tyler Gray
Best in Age U15 Boys - Jordan Munyard

It's Cross Country Time

The Cross Country season is now well under way. Many Little Aths first timers are getting the chance to race up hills, jump across ditches and splash through puddles as they make their way around the courses at their own pace. Some are determined to be at the front. Others are content to chat at the back, and many work at improving on their best somewhere in the middle. Wherever they finish all are keeping fit and hanging out amongst friends and families.

William Thompson, Priya Deol and Ava Thomas are some of our speedy little U6s. Meanwhile Tyler Walther raced well clear of the pack in the U8s on at least one occasion. Natasha Kindler has proven herself a quick U9 and we're happy to see Jennifer Sahely and Kaiden Browne out there amongst the U11s.

Cross country races are held most Saturday mornings




at varying locations around Knox. The shortest races are for 4-6 year olds, at 500m and graduate up to 3km for our teenagers. Parents now have the chance to run a range of distances, instead of their traditional 1km event, every 3-4 weeks. For further information contact Steve Pepper 0417 325 917 or Steve Lillie 0409 231 380.

Nationals

Congratulations to Rowville Club member Harry Mao who made the Little Aths Victorian Team, which recently competed at this year's National Championships. Based on his performance at the state Multi Event Championships, Harry was selected to compete in the U15 Multi Event. After starting well Harry was unfortunately forced to withdraw without completing the final two events, due to injury. Best wishes for a speedy recovery Harry.

Like all good athletes, remember your warm down. Thanks to KLAC photographers.

Rosemary Merrigan



Rowville Group Fitness

Pilates **Book Now**

In these sessions you'll not only improve posture and mobility, you'll also ease back and neck pain so that you can get back to doing the things you love.

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

"I have found that my overall fitness, strength and joint mobility have improved greatly" Lynda S.

"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!

Wednesday 9.15am
Wednesday 6.15 pm

All classes at the Rowville Community Centre

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

Knox Council Eat Smart – Healthy Good Choices Awarded

Making the healthy choice when eating out is easier, thanks to Knox Council's acknowledgement of three local businesses. Council recently honoured the Knox food outlets with an 'Eat Smart—Healthy Food Choices Award',

as part of the health-focused initiative which is now in its third year.

"It's my pleasure to congratulate **Kingston Links Golf Club in Rowville**, The Fresh Pantry of Ferntree Gully and Cafe Navona of Wantirna South with their Eat Smart—Healthy Food Choices Awards," Knox Mayor Peter Lockwood said.

The Eat Smart – Healthy Food Choices initiative, which is a joint program between Council's Health Services and Healthy Together Knox teams, aims to encourage local food outlets to provide healthy food options for the Knox community and recognise those who are providing healthier

Health Page

sponsored by
Cr Tony Holland



options.

Residents will be able to identify the Award recipients by a window decal to display on the premises, as well as a recognition certificate.

Chiro-Practicals Exercise To Overcome Depression

Depression is a serious health issue, whether we're talking clinical depression, mild depression, or just "feeling blue." Fortunately, there's a simple, natural solution to help deal with depression: exercise.

When you're depressed, exercise is probably last on your list of priorities; curling up on the couch may seem infinitely more appealing than heading off to the gym for a vigorous workout. Yet an abundance of research suggests exercise

is an ideal natural remedy when you feel depressed and studies have shown its efficiency typically surpasses that of antidepressant drugs. In fact, research has shown that in most cases these drugs *work no better than a placebo* and can also have serious side effects. One of the ways exercise promotes mental health is by normalizing insulin resistance and boosting natural "feel good" hormones and neurotransmitters associated with mood control, including endorphins, serotonin, dopamine, glutamate, and GABA.

Swedish researchers have also teased out the mechanism by which exercise helps reduce stress and related depression. As it turns out, mice with well-trained muscles have higher levels of an enzyme that helps metabolize a stress chemical called kynurenine. Their finding suggests that exercising your muscles actually helps rid your body of stress chemicals that can lead to depression. According to the authors: "Our initial research hypothesis was that

trained muscle would produce a substance with beneficial effects on the brain. We actually found the opposite: well-trained muscle produces an enzyme that purges the body of harmful substances. So in this context the muscle's function is reminiscent of that of the kidney or the liver."

Recent research has also shown the clear links between inactivity and depression. Women who sat for more than seven hours a day were found to have a 47 percent higher risk of depression than women who sat for four hours or less per day. Those who didn't participate in any physical activity at all had a 99 percent higher risk of developing depression than women who exercised.

The nett result is that for the long term health and wellbeing of your body and your mind – you need to keep it moving!

Dr Frank Whelan



Caring For Carers

When we take on the responsibilities of caring for an ill, disabled or elderly family member or loved one, we can feel pulled in many different directions all at once. It is important to look after our own physical and emotional well-being in order to continue caring effectively for our loved one. A good understanding of our loved one's condition and situation helps with that caring, both for ourselves and our loved one.

Who are Carers?

A *carer* is someone who helps and supports another person who needs assistance. This could be an adult or child

with a disability, a chronic or temporary condition, mental illness or someone who is frail and elderly.

Carers are paid or unpaid, formal or informal and can be parents, partners, siblings, other family members, friends, children of any age, health professionals, or community carers.

Caregiving time may be a few hours a week, all day every day, anything in between.

Most unpaid care is provided by family members.

"Informal" carers play a vital role in looking after family members or friends so that they can live at home and remain connected with their communities. Caring can bring a personal sense of satisfaction and achievement. However, many carers face challenges including lack of recognition, poor health and wellbeing, financial stress, and social exclusion. It can be hard for carers to access services and support for both themselves and the person for whom they care.

Other difficulties experienced by family carers are:

- balancing your life and your different roles

- confidentiality and privacy issues
- negotiating boundaries
- financial issues
- changed roles : as roles within the family or social group change, new responsibilities may appear and there may be less time and/or energy to maintain previous roles.

Burnout and depression is common within the carer community. Always remember the first principle of caring is self-care!

If you are a family carer, or know someone who is and you are feeling stressed, anxious, exhausted or any of the difficulties mentioned above, remember you are not alone and that it is OK seek support. Please talk to someone about this like your GP or other health professional. You can also call the Bridgewater Centre on 9752 4203 and we can offer advice and support.

The Bridgewater Centre is offering an information session for carers on **Tuesday 16th June from 7pm to 8:30pm** at a cost of \$5/person. This an opportunity to pick up some tips and also to ask questions.

To register for the session or to make a confidential counselling appointment, contact 9753 4203 or email office@rowville.unitingchurch.org.au

Suzanne Katzmann-Fogel

Clinical Social Work/Counsellor

Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rise Health Group

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

Physiotherapy 9763 9233 Sports Medicine 9763 3944

Pelvic Floor Exercises

Some facts you might not know

Pelvic floor muscle exercises aren't always easy.

The pelvic floor muscles are often hard to isolate and it can be very difficult to feel like you are doing the right thing. Many women (up to 50%) think they are doing their pelvic floor exercises correctly when in fact they are not.

Pelvic floor muscle exercises work!

Research shows that pelvic floor muscle exercises are effective for types of incontinence (from the bladder and bowel) when the exercises are done correctly and when taught and supervised by a physiotherapist, who specialises in continence and women's health or a Continence Nurse Advisor.

Pelvic floor muscle exercises aren't done by stopping the flow of urine over the toilet

Stopping the flow of urine on the toilet is not an exercise, but is one way of identifying the pelvic floor muscles. Try not to do this every time you go to the toilet to ensure you

empty your bladder completely.

You're never too old for pelvic floor muscle exercises

Some people say "Pelvic floor muscle exercises won't work for me, I'm too old". This is not true. Age is no barrier to the benefits of pelvic floor muscle exercises. There is evidence to suggest that older people are just as likely to benefit from pelvic floor muscle exercises for incontinence as younger people.

Men have a pelvic floor too!

Men do have pelvic floor muscles. These muscles can be trained to improve bladder control after prostate surgery.

If you want to learn more about pelvic floor exercises, talk to a pelvic floor physiotherapist.

It is World Continence Week from June 22nd to June 28th 2015.

Kathryn Oldman is a Pelvic Floor Physiotherapist from Rowville Physiotherapy/ Rise Health Group

Kathryn Oldman

IS YOUR SPINE ALIGNED?

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Kim Wells Reports

The previous Coalition government took plans to last year's state election to address capacity in the rail system in Melbourne's south-east which were critical to a future Rowville Rail-line. These were the construction of the fully-funded Melbourne Rail Link due to begin in 2016 and construction of the Cranbourne-Pakenham upgrade due to begin this year, with completion in 2019.

With a change of government, a key component of one of these several critical precursor projects has been scrapped, thereby threatening the ability to progress Rowville Rail in future. That vital component being the elimination of the proposed modern, high speed and high capacity signalling upgrade on the Cranbourne-Pakenham rail line that would have allowed increased capacity on the metropolitan rail network, particularly in the south-east.

This is contrary to comments last June from the Public Transport Users Association's President, Tony Morton, who said that signalling upgrades on the Cranbourne-Pakenham project were necessary for Rowville Rail. *"You need signal upgrades and you need grade separations.... they're all provided as part of the project". (The Age, 18 June 2014)*

Local residents, particularly those in Rowville and Lysterfield, have campaigned long and hard for a Rowville Rail line, and the alterations on the Cranbourne-Pakenham Rail line project will be an unfortunate setback for a future Rowville Rail line.

WACKY WISDOM

Growing old beats the alternative! --
dying young.



Alan Tudge Writes New Funding Available For Knox Community Groups

We have many great community groups throughout Knox. School groups, volunteer bodies, sports clubs, environmental groups and many other community organisations make Knox a great place to live. They are made up of great community minded locals who share a common passion to contribute to our local area.

These community groups will often need small amounts of funding for particular projects that contribute to Knox. The federal government will soon make available grants of between \$1,000 to \$20,000 to reputable, not-for-profit organisations, for local projects. Knox will receive funding of \$150,000 per year for two years to support these projects. That means that over the next couple of years, \$300,000 is available for Knox community groups for local projects.

Similarly, leading up to the last election, I made a number of commitments that, should the Coalition win government, we would put some money into our sports facilities, to make a contribution. I am pleased to say that many projects are now complete, with others due for completion in the coming months.

Contributions such as these make a real difference in our community and so I encourage you to let me know if there are particular groups who could use funding for a community project.

Sometimes the amounts allocated could be quite small, whilst on other occasions more significant. But if the investments mean more community engagement and social benefits for Knox, it will be worth it.

Look out on my website (www.alantudge.com.au) and Facebook page (www.facebook.com/tudgeMP) for more information in the coming months.



Samantha Star's Mother's Day Concerts

On Sunday 10th May, Mother's Day, singer Samantha Star of Rowville performed two concerts inside the Tea, Elegance, Aromatics (TEA) Company in Stud Park Shopping Centre.



Alan with the Southern Cross Search Dogs Association



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Mayor's Message

Sorry Day should be important to all of us. It represents an apology for the errors of previous governments and institutions for which we were not personally responsible, but for which we are collectively responsible.

What we can do now is acknowledge these errors and reconcile with current generations of aborigines and Torres Strait islanders and build a future that includes all people.

Knox Council celebrates Sorry Day with a flag raising and smoking ceremony every year. It has done so since 2006. The council has raised the flags every Sorry Day and Reconciliation Week since 2002. I am proud to have played a role in 2002 in making this happen.

Our indigenous people have been here at least 40,000 years. They should be part of our culture, blended with what Europeans initially brought here and now people from many other parts of the world bring. We are one people.



Rowville Group Fitness

Boxing Bootcamp

This high energy ladies-only class is great fun and will give you great results too. If you want the fat burning and strength benefits of a boxing class - you'll get them here! You'll also combine that with the power of high intensity intervals, amazing bodyweight exercises and the result is a killer workout!

You'll laugh a lot, sweat a lot and gain some serious fitness with this class! Beginners are welcome and this session is suitable for all levels of fitness. No memberships necessary and there's NO need to book.

**FULLY AIR-CONDITIONED AND TONS
OF SPACE IN HALL 2, MAIN CENTRE**

Wednesday 7.30pm - \$13

All classes at the Rowville Community Centre

**Like www.facebook.com/RowvilleGroupFitness
and get your first class FREE!**

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



PB-In wintry weather, the new track bypassing the landslide is taking shape in mid-1960.



[Right] Runners passing under the trestle bridge with Puffing Billy ready for the long climb. Photo courtesy Karen Gunn

Puffing Billy Saving Puffing Billy

Saving Puffing Billy tells the story of how Australia's most famous little train steamed again.

This high quality hard cover work of 217 numbered pages, well illustrated with 300+ photos and other graphic items, most of them in colour, is a 'must' for anyone who has an interest in Puffing Billy, historic railways and their preservation generally.

Saving Puffing Billy will be launched in early August and will retail for **\$59.95** including GST, plus a packing and postage cost of **\$12.50** per copy within Australia.

A special pre-publication price is now being offered if a pre-paid order is placed before 30 June 2015. To order a pre-publication copy for **\$49.95** plus postage (if applicable) and pay before 30 June 2015 then go now to the Shop Online facility at www.puffingbilly.com.au This limited edition book is expected to sell quickly!

For further information call Don Horsburgh on (03) 9764 0004 or 0411 027 732.

Editor's Note:- We will be reviewing this book in "A Book 4 U" in the July edition of the RLCN.

2015 Great Train Race

This year's Puffing Billy challenge saw 3,411 runners compete in the **34th Puffing Billy Great Train Race** over a distance of 13.5km, in one of the oldest and most popular events on the Australian running calendar.

Steve Kelly from North Balwyn crossed the line to win the event in 42 minutes and 27 seconds. Steve won the race in 2012 and 2013, but was beaten by local runner, Craig Appleby in 2014. However this year, Steve was victorious and Craig was second in 43 minutes and 42 seconds.

The first female to cross the line was Tarli Bird from Echuca, who finished in 48 minutes and 55 seconds. Tarli beat the winner from the last two years, Sarah Klein, who was trying to become a record holder for winning the race three years in a row. This year Sarah came third, crossing the line in 50 minutes and 54 seconds.

Puffing Billy crossed the line in 51 minutes and 47 seconds, which resulted in 48 runners being absolutely thrilled to have beaten this tourist icon.

Bruce Graham from Cook won the Veteran Male (aged 40 and over) who finished in 47 minutes and 33 seconds and Julia Edwards from Richmond won the Veteran Female (aged 40 and over) crossing the finish line in 53 minutes and 22 seconds. Julia was also the third female placegetter in 2014.

The Under 18 Male Winner was Corey Bruhn from

Vermont who completed the course in 55 minutes and 8 seconds, whilst the Under 18 Female Winner was Chelsea Saw from Port Melbourne who completed the race in 58 minutes and 3 seconds.

A full list of winners is available via <http://www.puffingbilly.com.au/news-events/great-train-race/>

The oldest male competitor this year was 82 years old and the oldest female 71. The race also featured a man who has competed in every race since it's inception, a man who flew in from the UK especially for the event and a team of AFL Boundary Umpires.

Over 300 volunteers were involved, including marshalling to manning water stations. The 'Not-For-Profit, Puffing Billy Preservation Society, successfully raised around \$95,000 from the event and these funds will go towards restoration of the Garratt Locomotive NGG 16 - 129 which was purchased in the 1990s from South Africa. The total restoration cost is anticipated to be \$3 million dollars. There is approximately \$900,000 of work to complete before the locomotive enters traffic. Currently the locomotive is having the wheels and brakes worked upon, and the boiler and engine units are awaiting assembly.

The Great Train Race wishes to thank Yarra Valley Water, Brooks, Active Feet and Gatorade for their on-going support.

The next Great Train Race will take place on Sunday 1st May 2016

For more information contact Puffing Billy Railway on 03 9757 0775 or visit www.puffingbilly.com.au

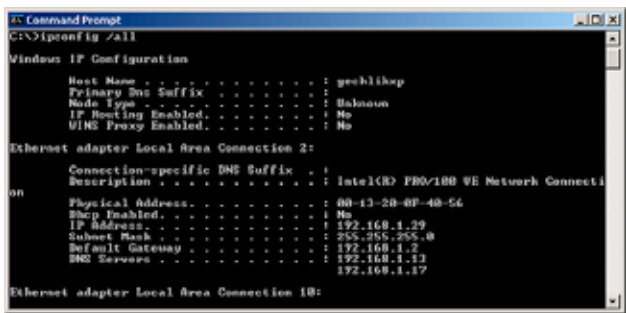


In this month's edition we will cover 7 simple steps to resolve your network problem

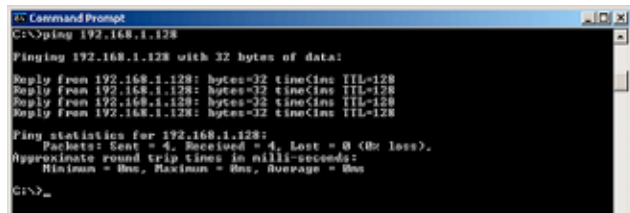
It is no secret that I deal with network and user issues every day within multiple corporate networks. I need to have an easy to use toolkit ready to go when I need to act fast. So my first line of defence (or troubleshooting) are built-in Windows tools.

There are a couple of basic commands to diagnose a network problem that might be helpful to understand your network issues. Let's get down to the nitty gritty.

You have an issue with a computer on your network. It cannot connect to the internet and doesn't have any network resources. The first thing you need to do is check the condition of the physical connection i.e. the network cable. After that is secured, I jump to a command prompt and do a **IPCONFIG /all** like so:



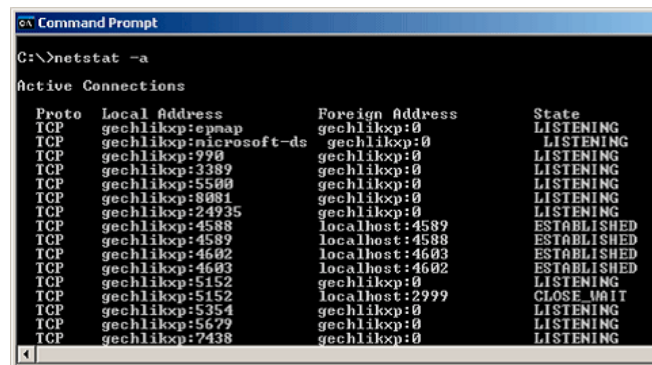
I check that the IP address, default gateway and subnet mask are all correct. If they are not, I make my modifications and we are back online. Too bad the problems don't usually go away *that* easily. Next up, I attempt to ping the servers by IP address using the **ping** command, like so:



Now I check for DNS issues by pinging the server's name. If this fails, it is our internal DNS issue and I know where to move on to.

If I get a correct response, I try to ping a website like www.google.com. This tests external DNS resolution. If that works as well, the trouble runs deeper. I would then run a **Netstat -a** and see who is connected to my machine and determine if maybe a Trojan or virus has gained control of it.

Everything looks clean. Now I would try **pathping** or **tracert** between the machine and the internet to diagnose any remaining network problems. This one I will not show



you as all the output would reveal my network settings and what not. I am not looking to create more problems!

I hope this article is informative for you and thank you for reading. If you cannot figure out what is going on and why you cannot get to the resource you are trying

to, then the issue might be network-related and has nothing to do with your machine. So pickup your phone and give us call today to help you resolve your issue. Your local computer/hardware solution company.

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Rowville Lysterfield Community News Annual Reception

The Annual Reception for the Rowville / Lysterfield Community News was once again held at the Rowville Neighbourhood Learning Centre on Thursday the 30th April. We were privileged to have the Honourable Kim Wells and Councillors Darren Pearce and Nicole Seymour attend and help with the presentations. Nicole gave a wonderful speech offering her insight into how important community is. We were also privileged to have former President, Bryan Power make the trip from Gisborne and enjoy a chat with just about everyone. Life Member Ray Vancam is also a welcome member at our receptions, but the night belonged to the award recipients who stepped up to receive certificates for their dedication to the paper for 5, 10, 15, 20 and 25 years.



20 Years & Life Membership:- (above)
Back Row Gary Morgan Hillview Church, Andrew Miller, Graeme Lloyd Park Ridge PS; Front Row Trish Welte RPS, Rosemary Massey Salvation Army, Glen Fankhauser and Daphne Clements RSC, Janet Evison Heany Park PS and Irene Harding Karoo PS, with Kim Wells MP. Inset Tina Clydesdale Lysterfield PS with David Gilbert.



25 Years:- Pauline & Peter Rumble with Cr Nicole Seymour and Rob James.

5 years Certificates were received by:-

Allan Billham, Robyn Covington, Karen Merridew, Shirley Oudshoorn, Les Pach, Helen Pongracic and Mark Walton, Noelle and Geoff Taig, and Tracy Van Eck.

10 years:-

Wendy Twaddle, Carmel Cox, Sue Ecker, Chandra Fernando and Kevin Lam.

15 years:-

Cheryl and Glenn Baldwin, Rhonda, Stephen, Jack and Kyle Church, Kerry Legg, John Woodward and Barry Plant Real Estate.

20 years:-

All our **20 year** recipients also received the honor of becoming Life Members of the paper:

Nola & Andrew Chapman, Andrew Williams, Hillview Community Church, Salvation Army, Heany Park Primary School, Karoo Primary School, Lysterfield Primary School, Park Ridge Primary School, Rowville Primary School and Rowville Secondary College.

25 years:-

Peter and Pauline Rumble

I wish to thank all our deliverers, contact people, proof readers, captains, sponsors and supporters for their efforts in making the RLCN a great newspaper while at the same time not forgetting my



15 Years:-Kerry Legg with Cr Darren Pearce and Rob James.

hard working committee. Keep up the good work and see you soon at our next annual reception.

If you want to be part of this amazing group and assist your community in a small way contact Peter our Distribution Coordinator on ph.9752 7592. We are always looking for new deliverers. Remember, many hands make light work.

Rob James President

Can You Believe It?

For nine years after the discovery of a human skull on an island in Lake Huron, Ontario Provincial Police hunted for murder suspects. They have now closed the case, having determined that the female remains are 900 years old.



10 Years:-Chandra Fernando with Bryan Power and Rob James



5 Years:- Shirley Oudshoorn, Karen Merridew, Mark Walton and Helen Pongracic with Cr Nicole Seymour



Back at work after a month in recess, U3A Knox subjects are again in full swing.

Our new Nature Club posted a **full** sign within a couple of weeks so there are no vacancies at this stage. However, the Beginners Esperanto class has vacancies as do several others, including, Opera Appreciation, Evening Musicals and Creative Writing.

The new website www.u3aknox.org.au is now operational and this will tell prospective pupils anything they need to know. Simply click on the name of any class which interests you to find all the details, including a brief description and the number of vacancies. About 130 subjects are available every week. If you are over 45 and not in permanent employment you are eligible to join U3A Knox, for \$60 per year.

The end of term lunch on 28th June will feature an antiques appraisal. Looking further ahead there will be a bus trip in August and a fashion show in September.

Alan Black's class on Tibet had an interesting visitor, Dr. David Templeman. David's main interest and the subject of his talk were the Tibetans themselves. He first met them in 1967 and has worked with them, in one way or another ever since. He travelled extensively on foot through the Himalayas alone and met Tibetans in their villages as part of his interest in how they managed to survive. Between 1969 and 1971 Dr. Templeman was a volunteer teacher

at the Tibetan Children's Village in Dharamsal, India, home of the Dalai Lama. He has written and lectured extensively on Tibetan religious beliefs and art, publishing 5 books and over 50 articles on these subjects. He has also lectured internationally and for various art galleries and universities in Australia. His lecture was of great interest to Alan's class.

We have had several new courses starting. One which is bound to turn out some fine floral artists is the Floral Art Course. Pat Hargreaves, the tutor, is a veteran of many years' experience and has taught this course at various Neighbourhood Houses around the area. Come along and learn to decorate with fresh flowers. It is being held on Tuesdays at 11:30. Richard Feuerbach is conducting two new language courses, French - An Introduction on Thursday mornings at 10:00 and German, beginning on Friday afternoons at 1:00.

Robert Kline will be tutoring in Australian History on Thursdays at 10:30am at Raft Church in Rowville this term.

We are delighted to announce that we now offer free computer lessons to seniors. Although a small charge has been made up until recently, the Committee decided at their recent meeting that there will be no charge from now on, so that as many of our members as possible can become competent with all aspects of computer use.

The annual Art Show, will be held as usual during October **as part of Seniors Week**. Entry forms will be available from July, and the show will be supported again



Our Garden Stall At The 2014 Art Show.

by the Bendigo Bank and Knox Council, as well as many local businesses.

This month are delighted to feature Ngaire Turner, one of our long term members, who joined U3A Knox (then U3A F.T.G.) in 1994, when our office was still a caravan! She is a volunteer at the art show and helps in many other areas around U3A Knox. She particularly enjoys discussion group.

Kath Brown



Our Pets In Winter

What Can We Do To Help?

While we are very good at looking after ourselves during the winter months, we often forget that our pets feel the cold as well. They look so cosy in their warm, furry jackets and cats especially seem to pass their days lazing on window sills in the sun or in the warmest spot on the lounge or bed.

It is important that owners of very young or old pets take extra care during the winter months. Cold can be fatal for young puppies or kittens, particularly during the first few days after birth. Orphaned puppies are particularly susceptible. Older dogs and cats tend to have more sluggish circulatory systems, which means they are more likely to find it harder to keep warm in the cold weather. Older dogs often suffer from arthritis and this is exacerbated by the cold, and being overweight.

Some cat and dog breeds have particularly short coats, such as the Devon or Cornish Rex cats. Pets with a low percentage of body fat such as Whippets or Greyhounds are also very susceptible to the cold and must be kept cosy during winter.

If your dog or cat is very short-haired, they will benefit from the added warmth of a jacket when they go outside. There are some great ones available but they need to be functional and waterproof, not just fashionable. Be sure to make sure jackets fit snugly but don't restrict movement in anyway. To protect your pets against the onset of the cold winter months, make sure they have a warm, safe place to sleep at night, free from any draughts and if your dog is an outdoor dog, be sure that his/her kennel is waterproof. Older animals should sleep on a cushioned bed that is elevated off the ground. An extra blanket in their bed or kennel will make all the difference. A natural fibre blanket such as wool

is not a pet-lover's indulgence; it actually retains the heat much better than a synthetic blanket! You can also buy heat pads from your pet store, which can keep an older or ill pet warm during the night. You can also get ones that you simply put in the microwave.

Some dogs may get too hot in a heated house, if they are restless or you notice them panting, it is good to have somewhere for them to retreat to, like a tiled floor. Don't forget to provide fresh water at all times. Just because it's cold, don't make the mistake of thinking that pets need less to drink. Clean fresh water should be available at all times.

Keep up the exercise and watch the diet. It can be too tempting to stay by the fire on winter days, or avoid a walk around the block after a long day in the office but it is important for you to maintain a regular exercise routine throughout winter. Remember to dry the dog if it becomes wet from walking in the rain and if it's muddy outside, regularly check between dogs' paws to make sure they haven't collected balls of mud.

Finally, be sure to keep up your flea control regimen, even in winter. With modern houses being kept warm through the winter months, fleas can breed and be a terrible nuisance all year round. A once a month oral or systemic application, kills fleas fast on your pet and breaks their life cycle. Please feel free to contact Greencross Vets Stud Park on 03 97636088 for advice on these products.

Jenny Poon

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100 Murrindal Drive, Rowville
murrindalplaygroup@hotmail.com

Winter is well and truly here!! Murrindal Playgroup runs all through winter (except school holidays) and have a wide variety of indoor play activities for you and your children to enjoy.

Winter Play at Murrindal

- Experience the elements! Encourage children during your playgroup session, or whilst at home, to watch rain and if it hails, send them out to collect some hailstones to watch them melt!
- Search for colour in the playgroup area – maybe collect up fallen leaves and thread them on string to make a necklace.
- Make music to imitate what is happening outside – a variety of instruments are available. Drums to imitate thunder, or a shaker to imitate rain
- If staying indoors is necessary, why not create a "cubby house" or "obstacle course" using materials in the playgroup room – cushions, boxes, blankets etc.
- Encourage children to paint what they see outside- the storeroom is fully stocked with paints, butchers paper, easels and drying racks. Take home your creations or display around the playgroup room for all the enjoy.

Our outdoor area is still accessible during the cold, winter months and we encourage our children and parents to rug up and head outside to enjoy this area! Our beautiful cubby house is a wonderful attraction for the children and is fully stocked with a toy kitchen, tables and chairs.

During the colder weather we often feel that it is hard to entertain the kids! Playgroup is a great weekly outing where, rain or shine, children can play together and parents experience valuable "grown up" time. We still have vacancies in many of our sessions. For further information please contact our enrolments officer Alison on murrindalenrolments@hotmail.com

Kristy Ackland

1st Rowville Scouts

Standing up in front of everyone is always nerve racking, but not for Aron Henry of 1st Rowville Scout Group. After being in Cub Scouts for three years, his hard work and dedication finally paid off with him recently receiving the Grey Wolf badge. The Grey Wolf badge is the highest award within Cub Scouts and is not easily attained. Readers who have been in scouting will have an idea of just how hard Cub Scouts work to achieve their goals. Luckily Aron had the help and support of his mum, pack leaders and fellow Cub Scouts, so the award was easily in his grasp.

To achieve the Grey Wolf award, Aron lead a group of other cubs on a 2 hour hike through Lysterfield Lake Park, participated in a range of camps, attended pack council meetings and met requirements for first aid, safety, fitness, citizenship and personal development.

He also needed to complete four Level 2 badges, including one from each badge category (Arts & Literature; Nature, Science and Technology; Sports & Recreation, and Our World). His final task was completing a special interest



badge on Local History of the Rowville area.

"I really enjoyed the challenge of the Grey Wolf award," said Aron, "My favourite activities were night hikes, canoeing, making rafts, playing chair soccer, billy cart races and camping in tents with my friends."

The scouting community of 1st Rowville would like to congratulate Aron on his achievement and commend him for his enthusiasm and persistence. Hopefully he will have the same attitude and commitment as he progresses into the Scout section.

Aron says that he owes a big thanks to all his Cub leaders, as they inspire him every day to continue working hard: Baloo (Laurie Zuccarini), Pukeena (Sarah Powis), Akela (Nathan Giulieri), Iagoo (Graham Adair), Chil (Richard Walsh) Mang (Andrew Cowan), Bagheera (Ben Breedon-Walton) and Kaa (Amy Gordon).

Encouraged by Aron's achievement, many younger cubs are now working towards the Grey Wolf badge so watch this space for more news from 1st Rowville Scout Group.



Aron being presented his Grey Wolf by leader Chil (Richard Walsh).



Enjoying The Morning Tea

Red Hat Society

It was another fun filled month for the Ruby Gumnut Goddesses Red Hat chapter. A Cancer Council morning tea was recently held and a group of thirty Red Hatters enjoyed the morning, with a total of \$970 dollars being raised for Cancer Council research, mainly through a raffle for a beautiful quilt, made by two of our ladies. Lots of lovely food, games and friendship made the morning very special. A trip to Coombe House, the home of the late Dame Nellie Melba, was enjoyed by eight ladies. Included was a fantastic tour of the garden and a lovely morning tea of scones and jam finished the morning. We have decided to go back for lunch and the wine tasting at a later date.

Our next play events include the coronation of our new chapter Queen and the celebration of international Tiara day. If you would like to join, you too could become a Red Hatter. We wear a red hat, purple clothes, have a sense of fun and like to laugh.

The Red Hat Society is much larger than a club or group. It has evolved into a women's movement, of sorts, consisting of women committed to supporting each other through fun and friendship, allowing each individual the empowering permission to play. Please contact Catherine on 0418102064 if you require any further information.

Gillian George



A New Brand Vision

After 25 years of operation in Australia and with 360 cafes, the Coffee Club is rolling out a new brand vision and Mark and Guiliana, the franchisee owners in Stud Park Shopping Centre, are embracing the occasion. The Aussie owned parent company, Minor DKL Food Group, have modernised the promotional material and updated the look of the tried and tested menu, but the choices and quality remain the same.

Mark has lived in Rowville for 25 years and met Guiliana whilst working in McDonalds. They are the proud parents of two young children and have owned two franchises previously in Doncaster and Fountain Gate. They have operated their current outlet for 2 years and employ 10 staff, all locally sourced.

Mark is a great believer in community involvement and has worked with and supported the library, the Salvation Army, schools, kindergartens and sporting clubs. As Mark says, "Don't be afraid to ask", if you think we can be of assistance. They can also cater for business meetings, supply hampers for special events and many residents would have seen Mark and the 'coffee cart' at last year's Stringybark Festival.

One of the interesting innovations of the 'brand vision' is the placement of a 'mobile phone box' on the tables to put your phone in, so that you can have some 'call free' time whilst enjoying with the company at your table.



Three Year Old Pre Kinder

The Rowville Community Centre runs a Three Year Old Pre Kinder program from Monday to Friday during school terms. There is a morning session from 10am-12pm and an afternoon one from 1-3pm

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. Our teachers are all fully qualified and the centre operates under the Department of Education and Early Childhood Education (DEECD) guidelines.

The sessions are run with only 10 children per group which is a higher children to staff ratios than other three year old groups. Parents are welcomed but not obliged to do kinder duty and there is no committee of management as the program is run by Knox City Council.

Limited places are still available. Please contact Juliet or Trish for enrolment details.

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

Patricia Massie



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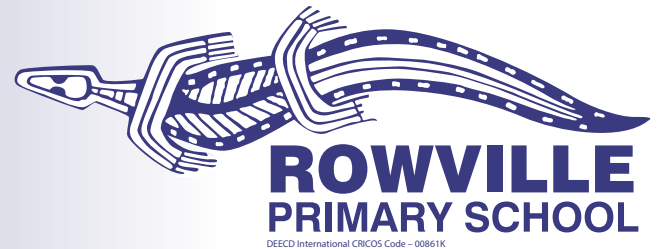
Rowville

9764 1119

Email: inquiry@boyddance.com.au



By Rowville Primary Kids FOR KIDS



Who is the Master Artist?



Spot the difference

There are 6 differences to spot.



The Newspaper

Written by Tyler

This week, I was reading a very exciting newspaper. It was filled with very captivating articles on subjects like, the conservative government, and how it represented the people efficiently when dealing with the environment.

There was also an advertisement promoting a brochure on the evolution of dictionaries throughout the 20th century. I might buy it.

The final article was about the Carlton vs. Brisbane game at the magnificent ETIHAD stadium. I wasn't in a very great mood, because I am a Carlton supporter. We got smashed!

It was not the best decision to read that passage, but you've got to love the newspaper!

If I Could Go Anywhere

Written by Teagan

If I could go anywhere, I would go to Perth to see my cousins, aunty and uncle so that we could jump in the pool and go to adventure world.

If I could go anywhere, I would go to Hollywood because I could go and audition for things so that I could be famous.

If I could go anywhere, I would go to the Gold Coast so that I could go to every theme park and have so much fun.

If I could go anywhere I would stay right where I am, because I can stay with my family so that I can be with them forever.

The Importance of Reading

Written by Tyler

This is the wonderful world of glorious books. You can read them, buy them and write them. Reading can take you anywhere. But what is the importance of reading?

Reading is super important, because the more you read, the more you learn to be a better writer. When I think of reading, there is always a link to writing.

You should definitely read, because then you can learn to understand what you read.

Reading is a powerful subject. It can help you with many things.

For example, reading is wonderful because it can help you with your writing. All of the great adjectives, nouns and verbs in all of the books you read can give you ideas for when you write. It is very important to read because you will learn lots of things and your knowledge will be stronger. I love reading and you should too!

Rain

Written By Jasmine

Rain makes the leaves gleam all as one,
Wax in my hair, shine in the sun.

Rain makes the pools for beetles
and bugs,

Makes all the water that fills all
the mugs!

Sun in the sky, devoured by rain,

There goes the burn, there goes the pain!

Jump up and down, have lots of fun,

Splashing and thrashing, who needs
the sun?

Open your mouth, stick your tongue out,

Except all the water from this
natural spout.

May the rain fall down to the end,

Rain is my hero, rain's my best friend.

Who is the Master Artist? Answers
Third one - Wassily Kandinsky
Fourth - Ken Done
Fifth - Vincent van Gogh
Second one - colourful with patterns cut
out from painted paper is Henri Matisse

For more information contact
Rowville Primary School

(03) 9764 1955

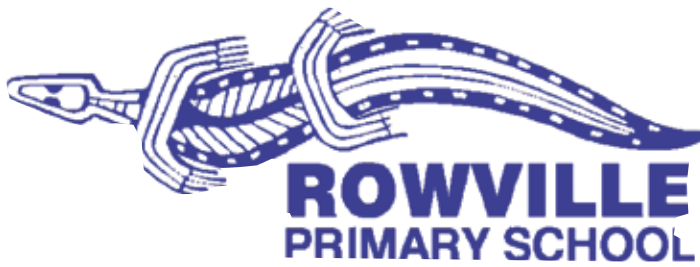
rowville.ps@edumail.vic.gov.au

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ROWVILLE PRIMARY SCHOOL
Paratea Drive Rowville VIC 3178

Kids' Page by Rowville Primary School



Rowville Primary Students are Keen Contributors to *Rowville Lysterfield Community News*

David Gilbert (Editor) and Rob James (President) recently attended a school assembly at Rowville Primary School and presented the school with a certificate to commemorate twenty years of contribution to the *Rowville Lysterfield Community News* and a plaque commemorating our new status as Life Members of the RLCN. As the first Primary School built in Rowville the contributions have documented the changes in the local area and in education in general



David, Anne & Rob)

Our students are regular contributors to the *Rowville Lysterfield Community News* and look forward to the arrival of each edition. While David was at Rowville Primary School, he met with the students who contributed to the May edition and together they discussed the features and highlights. It is remarkable that a local paper has continued to thrive in an environment that is becoming increasingly digitalised.



David with students looking over RLC News

One student actually created her own *Rowville Lysterfield Community News* entry in her Writer's Notebook.



Nepal's Earthquake Appeal Report

On Sunday 26th April, two student leaders at Rowville Primary School, Ryan and Max, sent an email to the Principal, Anne Babich, about the earthquake that struck Nepal on Saturday 25th April.

The next day the Principal accepted the request to run a fundraising activity called, *Nepal's Earthquake Appeal*. Ryan, Max and the Peer Support Parliamentarians visited every class and raised awareness about Nepal's Earthquake. The Rowville Primary School community is very saddened by the effects of this disaster, with around 7,800 deaths and over 1 million people affected by this devastating earthquake.

We have raised \$542.00. We are hoping that this money will make a small difference to those struggling from the devastating earthquake.



Ryan and Max

Lynette Furze



Waratah Bay Grade 6 Camp

The sun was blazing down on us on the third glorious morning of camp. The wind was gentle and the air was thick. The sea had caught ferocious waves which gathered into bubbly foam and the sun was giving a glinting shine to the depths of the ocean. Walking on the golden sand was quite tiresome. Fortunately the wind had helped to increase our activity from our previous lack of walking and we soon made it to the rock pools. There were big boulders sitting in the pools and mini sea creatures swimming in the water. We loved the rock pools and the prodigious scenery had caught our senses.

Sonali



Surfing

As we approached the beach it was a little chilly. Soon it became quite warm. Before getting into the water we had to do a bit of training. To achieve our goal of catching a wave and standing on the board, we went over the steps numerous times before running off into the choppy water. I continued to persist in trying to stand on my board many times. In the end I did need some assistance from the professional surfers also known as coaches. Eventually a wave came and I went over the steps in my head chicken wing, front, back then stand. I jumped up on the board repeated this over and over again. By the end of the day I not only achieved my goal but had actually achieved it five or six times.

Kaysea

As we rush down the stairs I can feel the cool breeze as I stomp on the soft mushy sand it's like I'm sinking in sand, the wave's look like they are amazing for surfing. My goal was to stand up and succeed all the way back to shore but first we had to do a little practice we got in the position of a surfer on the beach and did the chicken wing, Paddle, right knee to left foot, plant your left foot then stand up. Then we got straight into the water I mainly surfed around with friends but we went about 50m away from shore and surfed all the way back when a big wave came. We would then paddle back up and jump over the waves on the way back. It was awesome and I achieved my goal of riding a wave and standing up

several times

The moment I laid my eyes on the sandy beach I wanted to go into the silver, shimmering water. After training, my group and I sprinted into the choppy water. It was a glorious sight when the waves crashed into the sand. I sank my toes into the mousse-like beach. As the sun rose high and the waves smashed into me, I dropped onto my surf-board and caught a curled wave. I continued to paddle as fast as I could and again I achieved my goal. At the end everyone had the hang of it and in a minute or two everyone was surfing.

As soon as we arrived at the Waratah Bay beach we heard the waves crashing against the shore. The sight of the waves made everyone extremely tempted to go in the water. All I could see was the waves. The feeling of the waves hitting your toes before you began to surf felt like someone was pushing you towards the shore.

Simon

Bang crash goes the waves up against the surface. I was so excited to get the surf board in the strong waves as the sun glazes down on me. Everyone ran into the water where the waves took us in. salt water going in our eyes up ore nose that's the spirit of the beach. But that's only the beginning. Everyone was going deeper and deeper then all of a sudden yay I stood up the strong wind was pushing us down The waves were getting stronger and stronger as the day went on.

Ashlyn

PARK RIDGE

PRIMARY SCHOOL

House Cross Country Run

The House Cross Country Run was held on the 16th of April. It turned out to be an outstanding day for all ages from Prep to Year Six. Everyone put in an amazing effort although only eight from each longer race were selected to go to District cross country, which was held on the 15th of May. Each house gave it their all, but unfortunately only one of the four houses could win. It was very close but Flintoff came 4th Border came 3rd Lexcen



Sam and Georgia display their costumes for Gold Night

came 2nd and the overall winner was Curry.

We would like to thank Mr Gill for getting the day organised and we would also like to thank all the teachers and parents who supported the kids and helped out as marshals around the course. Everyone would like to thank Mr Round and Mr Gill for giving their time up before

school to help some kids practice for the District event.

William Harvey

Gold Night

A few weeks ago as a follow-up to the Beechworth Camp experience, the Year 5 classes took part in a gold rush role playing task at school. The main reason for doing this was to tell the parents and siblings about what they had been learning. There were bushrangers, troopers, even miners. The kids worked really hard on their outfits, their props and most importantly, their speeches. Each student adopted the role of a goldfields character and spoke to the audience about their life and role on the goldfields

The event was held in the classrooms, which were all decorated with the things you could have seen in the gold rush, so for example tents, candles and a few torches as well. The teachers were a big part of the success of gold night because they had to decorate, mark the work and choose who was to be each character.

The parents watched the trip back in time to the 1800's. They laughed, they felt sorry, but were amazed by how well it all came together.

Gold night was a huge success! But we couldn't have done it without the mums and dads, the teachers and the spectacular kids. It was a great night!

Hayley Tidd

Lysterfield Primary School



Aiming For Six Wins In A Row At Dancefair 2015

On Friday the 1st of May a number of Grade 6 girls participated at Fairhills Secondary College's Dance competition, Dancefair. We have been the winners of the competition for five years running and are aiming high for a six year in a row result. The girls arrived at 6 o'clock in the evening to warm up, get their hair and make up done and take many photos before the competition was to begin at 7 o'clock. It was a long day for these girls.

Lysterfield competed in 3 categories, the Solos, Duos and Teams. The girls who competed were – Steph, Jess, Jess, Jade, Bianca, Hannah, Isabella, Shanae, Sianna and Jemma. Steph and Jess came 1st in their category with a wonderful duo, while Hannah and Isabella came 3rd in the same category. We were successful in the Team category with Sianna, Jess, Jade, Bianca and Shanae placing 2nd while



Rehearse, Rehearse Is The Girl's Mantra

Hannah, Jess, Isabella and Steph placed 3rd. Our Soloists were brave going up on stage alone but unfortunately did not place. We have our fingers crossed for the year 5s who compete on the 29th of May.

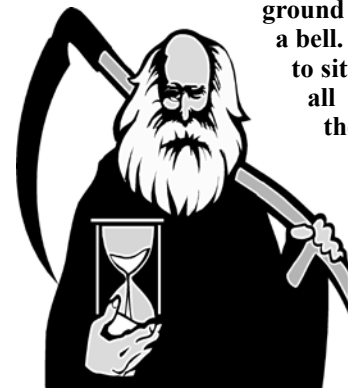
We work very hard during lunch times when the students practice and choreograph their dances during "Dance Club", run by Miss Meehan and Miss Meier. We'd like to thank the Lysterfield School teachers and community for all of the time and support given to enable us to take part in this competition. Wish us luck!

Hannah and Ryan with Miss Julie Meier

Origins of Words and Phrases

"Saved by the Bell" or "Dead Ringer"

England is old and small, so when they started running out of places to bury people they would dig up coffins after so many years and re-use the graves. In re-opening these coffins about 1 in 25 were found to have scratch marks on the inside and they realised they had been burying people alive. So they tied a string on the deceased's wrist, ran it through the coffin lid and up through the ground where they tied it to a bell. Someone would have to sit out in the graveyard all night and listen for the bell.



'Graveyard Shift' also refers to the practice of sitting there overnight to guard against the grave robbers digging up the bodies!

Anzac Day Tribute

Rowville Secondary College paid their respects to fallen soldiers and all those whose lives have been touched by war with special ceremonies at each of our campuses. Our college leaders gave speeches, recited odes and poems and a lead a minute's silence which allowed the College to reflect on the 100 year anniversary of Australia and New Zealand's campaign in Gallipoli. To mark this special occasion, the leaders also planted a Lone Pine seedling at each campus which will serve as a reminder of all that Anzac Day represents.



in Term One and the proceeds allowed us to buy the materials.

This project was heaps of fun and real opportunity for the Year Tens to contribute to the Rowville Secondary College community. We look forward to the tables getting a coat of bright paint and hope they are enjoyed for years to come by our student population.

Rowville Student In State Final Of Class Clowns

Alex Lowes of West General Excellence Year Twelve had some outstanding artistic and theatrical achievements recently. Alex competed in a number of heats at the Melbourne Theatre Company to eventually become runner up in the Victorian State Final of Class Clowns - the Secondary School's Youth Stand Up competition.

As a result, he competed in the National Final at Melbourne Town Hall as part of the Melbourne Comedy Festival. An amazing experience achieving recognition at such a high level within the National Arts community!

In the same week Alex also participated in the Knox Youth Film Festival "Green Foot Flicks" - a prestigious event screened at Knox Village Cinemas. Alex was awarded 1st prize in a field of 48 entries for his film "Anacrusis". The film was also shortlisted for Top Screen 2015. A great week for a dedicated student,

Soccer Students Travel To Taiwan

RSA Soccer student Loam McLure and Jayden Zahra were both chosen to be part of a 10 man U19s Australian Representative Squad to travel to Taiwan for 17 days with the Australian Futsal Association. This came about as a result of participating in the National Secondary Schools Tournament last September.

Currently they are traveling around Taiwan playing against University teams and Senior High School teams and will also be playing against Taiwan's youth team as well as a Thai Youth team. So far they have won all of their games and have been the most successful group to date to have travelled with the AFA for their Asian tour.

Primary School

KAROO Science at Karoo!

At Karoo Primary School, Science is integrated into the curriculum via Inquiry Learning or Integrated Studies topics. There are opportunities for both direct teaching and discovery learning. Students are encouraged to question, explore, research, experiment and finally to form their own conclusions about their observations. The school has a well-equipped science resource room, containing a large quantity of exciting and useful equipment. Some of the equipment available for students to use includes a recently



A Year 6 student building his electronic car.



Year 6 students busy working on their projects.

purchased handheld computer microscope, human body models and electrical circuitry equipment.

This semester, the Year 6 students at Karoo Primary School are taking part in a Science program led by teacher Bruce Armstrong. Every week, each Year 6 class has a chance to put their science knowledge into action when they visit the Science room. Teacher Bruce Armstrong says that the program is 'a mix of gaining theoretical understandings and applying knowledge through hands on activities.'

The first topic students have been focussing on is 'Electrifying Science'. Our Year 6 scientists have learnt how electricity is generated, transferred and transformed, the uses of conductive and non-conductive materials and the need to insulate circuits effectively. After practicing making circuits using playdoh as a conductor to light up LED lights, they used this knowledge to create a quiz board. When a correct answer is chosen, the circuit is completed and a light bulb lights up. Most recently, students have been designing and creating their own moving cars using an electric motor.

Here are some student thoughts about their science experience;



A Year 6 student testing out her quiz board.

'Science in our school is so fun! It is a great opportunity to learn about the universe as no one really knows what is out there. In 'Electrifying Science' we have been learning about series and closed circuits and electrical circuits. We even made fire! After learning all about the circuits, we had to make a quiz board that would light up when you chose the correct answer. These all worked well and looked good. Next we had to make a motorised car which had to run or move for more than a minute. Later on, we will test them out and maybe have a competition. Science for Year 6 students at Karoo is a great success and really fun.'

Blake T, Shaye C and Spencer B – 6R

Monique Watson



St Simon The Apostle Primary School

Alistair Lynch, a former AFL footballer, has written a book titled "Taking Nothing for Granted". In this book he writes the following about his family,

"As a father of three children I live by the creed that my main responsibility in life, in partnership with my wife Peta, is to provide our children with as many different experiences and opportunities as possible. To help them learn many lessons as they can; to understand the difference between right and wrong; to appreciate qualities like fairness honesty and integrity; and to recognise the invaluable worth of friendship, health and happiness. To help prepare them for adulthood so that when they have to make their own decisions and fend for themselves they will have a good foundation on which to base their adult lives.

From the moment they were born children have been the most important thing in my life - along with my wife. They are the reason I get out of bed every day, and go to bed at night with a degree of satisfaction and contentment."

I'm sure that we all share the same sentiments that Alistair Lynch shares with us when thinking about the values of family.

Quote of the Week - This week's quote from *Grade 4 Red* is "Some people want it to happen, some people wish it would happen and some people make it happen."

Anzac Day badges and tokens – The school would like

to thank all those children and parents who purchased an Anzac badge, token or wrist band. \$972 was raised and will be sent to Legacy.

The Good Manners Award goes to *Grace (Prep B)* and **Uniform Award** goes to *Daniel (2 Blue)*. Well done to these children.

Birthday Wishes

Modie Ida (Prep R)	Olivia (2G)	Cooper (5/6P)
Matthew (Prep Y)	Erin (Prep B)	Mia (Prep R)
Suzie (2B)	Catherine (4R)	Brady (2 G)
Hayley (5Y)	Zachary (5R)	Cooper (5Y)
Noah (6R)		

Student Of The Week Awards

The following students have been selected from each class for their outstanding achievements within the school. We congratulate the following

Prep B – Xavier	P R – Jacob-	Prep Y – Lucy
3 Blue – Tomas	1 Green – Dylan	1 Red – Jessica
Yellow – Whole Grade		
4 Green – Cassandra	5 Yellow – Rubey2	Red –
Amelia	2 Yellow – Peter	
5 Blue – Shania	Brianna	4 Yellow – Daniel
Red – Lolita	4 Blue – Cheryl	3

School Athletics

- Last Friday's Athletics Day was most successful and the school would like to thank Nick Frederiksen for all the time and effort he put into co-ordinating the day. We would also like to thank teachers and parents who assisted Nick. A special thank you to the families who stayed back after the sports to clean up the athletics area. The sports day was a great team effort.

Mother's Day Stall

A special thankyou to all the volunteers who worked on the Mother's Day Stall. The variety of gifts on offer catered beautifully for the range of children's tastes. The amount of consideration and thought that went into every present bought reflected the importance children place on Mother's Day. Thank you also to the Parents' Association on co-ordinating a most enjoyable Pizza Day last Tuesday.

Australian Mathematics Competition

Once again St. Simon's will be participating in the Australian Mathematics Competition. The competition is open to students in Years 3-6. The AMC is designed to be a fun event to promote Mathematics not a rigorous formal assessment. The date for the competition is Thursday 30th July at school. Good luck to all those students who apply.

Art Student Of The Week: This week's award goes to *Daniel (3B)*, *Joshua L (3R)* and *Angie (3G)* for working hard in Art!

Japanese Student Of The Week: This week's award goes to *Tyler (3 Red)*

Library Student Of The Week: This week's award goes to *Liam (5R)* & *Adam (2R)*.

Music News: Congratulations to *Lachlan (4R)* for achieving his Yellow Belt in Recorder.

Marathon Club: Every Tuesday & Thursday Morning On The St. Simon's Oval Between 8.20am And 8.40amAM. Everybody welcome, open to all year levels and parents. Practice for Cross Country. Gives you something to do in the mornings if you are bored waiting for the bell.

4, ‘Rotary Club of Rowville’, Column 1, Line 1: sentence should be “Thursday April 1”.

Page 4, ‘Rotary Club of Rowville’, Column 1, Line 9: the quotation marks at end of “WHY THE WORLD SHOULD BE



The Good Samaritan

When asked by a lawyer one day “What must I do to inherit eternal life?” Jesus asked him what he himself thought should be done. The lawyer replied “Love the Lord God with all your heart, with all your soul, with all your strength and with all your mind” and “Love your neighbour as you love yourself”. “You are right”, Jesus replied, “Do this and you will have eternal life”. The lawyer’s reply was the Ten Commandments in a nutshell.

The lawyer asked “Who is my neighbour?” Jesus then told the well-known story of the Good Samaritan who came to the aid of a man who had been viciously attacked and left half dead while heartless people passed him by. The obvious moral is that we should be ready and willing to help anyone in trouble.

But there is a deeper message. What if the neighbour

is of no personal interest to you, or worse, someone you find hard to like? Samaritans were held in very low regard by the Jews of that time. The injured man was ignored by a religious leader, of all people, who crossed over on the other side of the road to avoid him. Then a teacher of the law, a Levite, did the same. The Samaritan didn’t stop to consider if the man in trouble was of the race that despised him or not. The Samaritan’s heart was filled with pity. He treated his wounds, took him to an inn and cared for him. When he left the inn, he left money with the innkeeper to continue to care for him and promised to check in on him on his way back.

On more than one occasion Jesus used a Samaritan as an example of God’s freely dispensed love to people of all races. The woman at the well who was despised, not just because of her lifestyle but because she was a Samaritan, was the woman He spoke to gently with His message of hope and love, despite His own disciples’ disapproval of her.

The main message Jesus conveyed is encapsulated in that one word “LOVE”. Jesus said “By this shall all men know that you are my disciples, that you love one another”. Father God’s love extends to all. John 3:16 says “God so loved the world that He gave His only Son, that whoever believes in Him will not perish but will have eternal life.”



It is June and we are half way through the year. May has been and is always a busy month for The Salvation Army as we focus on our Red Shield Appeal. There is so much preparation and work involved, that we would not be able to do it without our fabulous army of volunteers. **I would like to thank all those who took time to help us with this year’s Red Shield Appeal** and now we can all have a rest

till next year.

Did you know that The Salvation Army is a church? The church service on Sunday is at 10am and open to everyone. It is wonderful to share with families of all ages and children are included in the service. We love to sing and we have a contemporary style of worship.

We love doing “life” together and it is great to be able to get together for coffee (or tea) at the Coffee Club at Stud Park Shopping Centre every Friday morning from 10am. Everyone is welcome to come and chat and it is a great way to meet new friends.

Do you love to do craft or hobbies? C.H.A.T. (craft, hobbies and talk) has commenced on Wednesday evenings from 7.30pm-9.30pm. The cost is a gold coin donation to cover supper. This is an awesome time to have fun as well as being creative and is for the whole family, men, women and children.

Have you been to one of our Car Boot Sales yet? These are usually held on the last Saturday of every month. Stalls



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

Australia For Christ Church is blessed in having people from 27 nations worship God and fellowship together. There are three services each week in English, Mandarin and Indonesian. Please feel free to join us on Sundays where you will feel loved and accepted. There is Kids’ Church on Sundays for the different age groups and a Stompers’ Playgroup every Wednesday for Mums with their babies and preschoolers.

This is a rapidly growing church and more room is being created to accommodate all those who are hungry to know God and to know Him more deeply. Service times are in “What’s On Locally” on Page 2

Marlene Smith

are available for \$10 outside and within our basketball court with tables available for \$15. Starting time is 8am and we finish at 1pm. The morning is a busy one and that creates a hunger for a BBQ and who can resist the smell of fresh coffee also available to enjoy. To book a space for the 27th June, please contact Kriss on 0415511588. You could also contact us via email corpsofficer.rowville@aus.salvationarmy.org

If you can’t make the car boot sale, pop on down to our Thrift shop in Wantirna South. The friendly manager and wonderful volunteers would love to see you. We value the support that you the community give to us and thank you for the donations you give to help those struggling in our community. The shop is open between 10am and 4pm Monday to Friday and 10am to 1pm on Saturdays.

I pray that God will continue to bless this community of Rowville.

Rosie Massey (Captain)



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Rosie Massey (Captain)



safeTALK

SUICIDE ALERTNESS FOR EVERYONE

Free Workshop:

presented by:

ARCvic (Anxiety Recovery Centre Victoria)
and organised by Ferntree Gully Uniting Church

Wednesday 24th June 2015

6.00-9.30pm

at the Rowville Uniting Church
Bridgewater Way & Fulham Rd, Rowville VIC 3178

Why come to a safeTALK workshop?

In this 3 hour workshop, you will learn how to become a suicide alert helper and be better prepared to:

- > Notice and respond to situations in which thoughts of suicide may be present
- > Apply basic TALK steps (Tell, Ask, Listen, & **KeepSafe**)
- > Connect the person with thoughts of suicide to suicide first aid help and further community resources

FREE resource manual to all participants
(Tea and coffee and light supper provided)

safeTALK is run by registered **LivingWorks** trainers and uses internationally standardised training materials.

BOOKINGS ESSENTIAL

RSVP by 5pm Monday 23rd June 2015

RSVP and for further information please contact

Rita on 9753 6522,

email – ftg.uca@gmail.com

or book online at <http://www.trybooking.com/HQLU>

The Ferntree Gully Uniting Church gratefully acknowledges the financial support of Knox City Council and the free hire of the premises by Rowville Uniting Church to enable this workshop to be provided at no cost to participants.

What is happiness? Is it some euphoric state? Or is happiness a contentment that comes from knowing you are being the best you can be? One image in the Bible speaks of the ideal life as being like a tree planted near water. It becomes a big and shady tree, but it does not start that way. At the beginning it is a sapling and its capacity to become a large tree is doubtful. I think we all have the capacity to be the best we can be, but we need to practice ingredients like kindness, respect, thankfulness and, I think, a God focus.

At our last third Sunday of the month family service, we looked at this idea. We made happy rocks and created a river to help us think of the kind of life God might desire for us. The Uniting Church meets each Sunday at 10am. Every third Sunday of the month has a messy, or creative, feel where we hope children can really join the worship.

As a church engaged in Kids Hope, a World Vision program of mentoring primary aged school children, we are aware that happiness is elusive for many children. We think every child deserves happiness in their life and we hope to add some through this program.

Perhaps this is in part why we offer Toddler Gym, a program that allows children and parents to have quality time in a safe and learning environment. This program runs on Tuesday and Friday mornings. Registration is vital. Please call the church office for information.

We had a great night last month at our Blues Brothers Trivia night. A big thank you to everyone who made this night a huge success, raising money to help us keep this service going.

The Bridgewater service recognises life does not always go as planned. We offer low cost counselling on a self referral basis. We are also offering parenting seminars and memory strengthening groups. For more information please contact the church office. We hope you are happy.

Trevor Bassett

Free Workshop to Increase Awareness of Suicide and How to Help

Nearly twice as many people die through suicide than die on our roads. In 2012 an average of 49 people per week died through suicide in Australia. Suicide is the leading cause of death for Australians aged between 15 and 44.

The rate of suicide is increasing (in 2011 9.9 people died by suicide per 1,000 – in 2012 this figure was 11.0 per 100,000)*. In the 2011 Census Knox had a population of 149,340 so I would estimate there to be about 15 suicides per year in the Knox LGA. In fact the figure is quite possibly up to 25% higher as many overdoses, single car accidents, drownings etc do not meet the level of proof required by the coroner to be ruled as suicide.

For every completed suicide, it is estimated that as many as 30 people attempt. Most people with thoughts of suicide invite help to stay safe. Many of us miss these signs. Alert helpers know how to use these opportunities to support the person's desire for safety.

The Ferntree Gully Uniting Church in conjunction with Rowville Uniting Church is running a safeTALK (Suicide Alertness For Everyone) workshop at Rowville Uniting Church (Bridgewater Way & Fulham Rd, Rowville 3178 on 24th June 2015 at 6pm).

In this 3 hour workshop, you will learn how to become a suicide alert helper and be better prepared to:

- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, & KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid help and further community resources

This workshop is free and includes a resource manual and a light supper.

safeTALK is run by registered LivingWorks trainers and uses internationally standardised training materials.

For more information contact Rita on 9753 6522 or email: ftg.uca@gmail.com

*Information based on ABS statistics

Rita Ferntree Gully Uniting Church



**Sant Nirankari
Mission, Melbourne**



Our Group Of Volunteers

Sant Nirankari Mission, Melbourne held its 25th Blood Donation Drive at Australian Red Cross Blood Service (ARCBS) - Mount Waverley, Melbourne on 25 April 2015.

The objective of the drive was to convey the message of His Holiness Baba Hardev Singh Ji Maharaj that '*Blood should flow in veins, not in the drains*'.

On Anzac Day, the Mission remembered and truly appreciated the soldiers who sacrificed their lives for the country. By donating blood in a large group, the Mission gave the message that instead of bloodshed we should follow the path of Universal Brotherhood to have global peace and evolution of humanity. The Mission is spreading the message of Universal Brotherhood in each part of the globe in many practical ways, by working closely with the communities where its volunteers offer their services for innumerable human causes.

The drive was a great success with 25 'Whole Blood' and 22 'Plasma' units donated successfully, while many

more members, who were willing to donate, couldn't due to logistical constraints

Members of the Mission set up a refreshments stall at the Donor Centre to provide snacks and drinks to all donors and visitors. They also assisted the staff of ARCBS with various administrative tasks. Ms Sarah Lacey (Community Relations Officer – ARCBS) greeted and thanked SNM volunteers who helped to make the event successful.

Cr Joe Cossari (Councillor - Knox City Council) shared his support by visiting donors who donated blood and plasma at the Donor Centre on the day. All visitors were much impressed by the generous efforts of our volunteers. For more information about our Mission visit our website: www.nirankari.org/melbourne

Manjit Singh

*"Building passionate
followers of Jesus
Christ"*

**Parish of Rowville
& Ferntree Gully**

131 Taylors Lane,
Rowville

Ph: 9764 2573

Email: admin@raftchurch.org.au Web: www.raftchurch.org.au



Community Garden Project Continues

"If you look the right way, you can see that the whole world is a garden."

Frances Hodgson Burnett, *The Secret Garden*

The Community Garden Project was completed and opened in September of 2011, with the aid of VCAL students, RAFT volunteers and Knox City Council. It was established on council land, adjacent to RAFT Anglican Church, and funded by the Knox City Council Development Grant that

was received in 2010.

Over the past four years we have seen it flourish and grow, with each season providing a full and healthy crop of friendships as well as vegetables. The community garden is an opportunity for all people from the local Rowville community to come together to share experiences, knowledge and tips over gardening. The Community Garden has 9 plots that are rented by tenants via an annual subscription. It warms the heart to see families with young children, digging, planting and spending time together to make things grow. Our garden includes composting and green waste facilities and wheelchair access.

Last year the soil in the gardens was replenished to prepare them for planting season. Volunteers from Rowville Lions Club, together with plot tenants and RAFT volunteers worked together to complete the task.

The Community Garden would not be what it is today without the continual support from The Season Company, South East Water, Knox City Council and other community members and volunteers who offer their time, effort and in-kind donations. We would especially like to thank Mr. Ray Deamer who had active involvement in the initiation, building and maintaining of the gardens as Community Garden Facilitator. His attitude and effort was incredibly encouraging and meaningful and we wish him all the best on his new adventure interstate.

If you are a keen gardener and looking for another spot to impart some love, or are just looking for an avenue for a new hobby, come and join us. We currently have a few plots available for lease. Each plot is 3m(w) x 3m(l) and 30 cm high. The lease is a \$40.00 annual subscription, which is renewed at the beginning of each year.

If you are interested in becoming part of the RAFT Community Garden please contact RAFT Anglican Church on 9764 2573 or admin@raftchurch.org.au. ALL Welcome!
Tina Robinson

Knox Council

‘Don’t forget to register me!’ Pet registrations now overdue

Knox Council is reminding residents to register their pets, with pet registrations now well overdue.

Knox Mayor Peter Lockwood said pet registrations were due on April 10 and encouraged pet owners who had not yet registered to ensure they did so as soon as possible.

“Registering your pet is not only a State Government requirement for any cat or dog over three months old, but it is essential to support responsible pet ownership,” Mayor Lockwood said. “Registering your animal has numerous benefits, but a key one is it ensures that in the event of your animal becoming lost, he or she can be returned home to you. Recently Council hosted the popular ‘Pets in the Park’ event and it was wonderful to see so many pet owners in Knox utilising the discounted microchipping service. While microchipping is essential, registering your pet with Council ensures you’re providing your pet with the proper care and requirements it deserves.”

Mayor Lockwood said for new pet owners there should be no excuse for not registering their pet, with Council currently offering free pet registration for newly purchased and microchipped dogs and cats.

“Remember, if you fail to register your dog or cat with Council you could face a fine of \$295, and Council now conducts random doorknocks throughout the municipality to check for unregistered animals,” Mayor Lockwood added.



Registered? Of course!

Knox Council Council’s proposed budget presented. Still delivering the basics

Knox Council has presented a ‘nuts and bolts’ Proposed Budget that will continue to deliver the services local people rely on. \$17.8 million will be invested in new, upgraded and expanded community assets with a continuation of the Stamford Park projects and the Knox Central precinct. Mayor Peter Lockwood said the Budget that Council is proposing will make sure we continue to get the basics delivered.

“We will be upgrading some toilets, building new footpaths, expanding our drains, keeping libraries stocked and looking after our parks and gardens,” the Mayor said.

Lighting up with savings

A key project for 2015-16 will be a major upgrade to Knox’s street lighting, transitioning from mercury vapour globes to

Strategies for Sustainable Funding

How to build sustainability beyond grant funding for your community organisation

Andrew Wright from Our Community will provide an overview of the strategies every community organisation should consider putting in place to provide for a practical, workable, integrated, sustainable fundraising strategy. Learn how the sources of funding other than grants - donations, grants, community-business partnerships, alumni/membership, special events - can build a sustainable future for your group.

Where: Knox Civic Centre, 511 Burwood Highway, Wantirna South

Cost: \$5

When: Wednesday 10 June 2015, 7pm to 9:30pm

RSVP before: Monday 8 June 2015

Registration: Book for the ‘Strategies for Sustainable Funding’ workshop 9298 8000.



energy efficient LED lights.

“This will save ratepayers thousands of dollars each year and make our lighting more environmentally friendly” Mayor Lockwood continued. “The streetlight upgrade will be one of the biggest investments of 2015-16 and has a payback period of only eight years.”

Dr Graeme Emonson, Knox Council CEO, said “The freeze on Victorian Grants Commission funding at 2013-14 levels until 2017-18 has had a cumulative impact over 2014-15 and 2015-16 of \$278 million.

There will be a general rate increase of 5.4%, which is the lowest in 9 years and will result in a \$1.23 weekly increase on an average home.

Submissions have to be received by 5pm on 4th June, with a hearing on 10th June.

Council will consider adopting the Budget at their meeting on 23rd June. Rate Notices will be distributed in August 2015.

Rowville & Lysterfield Council Minutes april 28th Meeting

Items of relevance to Rowville-Lysterfield areas.

1.1 Report of Planning Applications Decided Under Delegation 1st March – 31st March 2015

Dobson 2015/6136: **20-24, 28, 31, 36, 40 & 42 Sherwood Way, and 6 Gleeson Ave, Lysterfield. 3156.** Removal of dead tress, fallen trees, broken branches and stump removal. 17/3/15 Approved

Taylor 2015/9029: **3/69 Major Cres, Lysterfield. 3156.** Removal of one (1) Eucalyptus Globus (Tasmanian Blue Gum) 26/3/15 Approved

Taylor 2014/6899: **1500 Wellington Road, Lysterfield. 3156.** Construction of a dwelling, outbuilding, front fence, driveway, dam and access to a Road Zone Category 1. 2/3/15 Approved.

Taylor 2014/7003: **179 Dandelion Drive, Rowville. 3178.** 2 Lot subdivision (Approved Unit Site) 4/3/15 Approved. Taylor 2015/6150: **74 Major Cres, Lysterfield. 3156.**

Removal of two (2) dead Eucalyptus trees and the pruning of two (2) Eucalyptus trees. 23/3/15 Approved.

Tirhatuan 2014/6997: **3/27 Laser Drive, Rowville. 3178.** Change of use (Indoor Recreation Facility) 5/3/15 Approved.

Tirhatuan 2015/6116: **Peppertree Hill 190/15 Fulham Road, Rowville. 3178.** Building and works (Construction of a sunroom) 25/3/15 Approved.

Tirhatuan 2015/6062: **Stud Park SC 1101 Stud Road,**

Rowville. 3178. Building and works to an existing building. 6/3/15 Approved.

Tirhatuan 2015/6065: **22 Enterprise Drive, Rowville. 3178.**

Construction of office building associated fencing, car parking, landscaping and advertising signage. 26/3/15 Approved.

Tirhatuan 2014/6441: **57 Superior Avenue, Rowville. 3178.**

Construction of pool and pavilion within the special building overlay. 27/3/15 Refused.

Tirhatuan 2014/6772: **21 Stamford Cres, Rowville. 3178.** Development of land for six (6) double storey dwellings. 20/3/15 Approved.

7.4 Sale of 6.35 Hectare Land Parcel Stamford Park Abutting Emmeline Row, Rowville. (Melway Ref: 72H)

The expression of interest process is progressing well.

A Special Council Meeting to be held Amy 19th 2015.

The meeting will be asked to consider the confidential recommendations from the Stamford Park Steering Committee of the short list of those who expressed an interest in the proposal to advance to the tender stage and other matters associated with the tender process.

A separate Expression of Interest process is still under development in regards to the establishment, management and operation of a restaurant at the historic Stamford Park Homestead. A separate report will be presented to Council on this matter in due course.

10.2 Approval To Levy Reduced Fees And Charges For The Rowville Community Kitchen For Occupancy Of Rowville Community Centre, Fulham Road, Rowville.

Report presented recommending endorsement of a hire agreement between Knox City Council and Rowville Community Kitchen for the occupancy of the Rowville Community Centre. The Rowville Community Kitchen provides work experience to unemployed individuals and also offers a meal service to the local community.

Council Resolution: Knox Council will enter into a Hire Agreement with Rowville Community Kitchen for the use

of Pavilion, Kitchen and Hall 1 of Rowville Community Centre for an initial 15 month term, commencing on May 7th 2015.

Council will prepare a report following 12 months of tenancy which provides an assessment of the nature of the not-for-profit operation of the Rowville Community Kitchen, the net community benefit it provides to the Rowville/Southern Knox community and to the Rowville Community Centre as a community wellbeing hub.

Works Report as at April 10th 2015

016 Building Renewal Program

Program approximately 90% expended/committed and approximately 70% completed.

Works nearing completion include Rowville Community Kitchen re-fit.

031 Stamford Park Re-development

Council appointed Tim Nuttal Engineering to commence documentation of structural modifications to the Stamford Park Homestead to prevent further subsidence, including ground and footing stabilization. Nuttal Engineering has also been engaged to commence e documentation of base building maintenance works at the homestead including repair of the existing hydronic heating system and new boiler plant.

The expression of interest process for sale of land for residential purposes has commenced and closed in April.

043 Shade Sails for Family and Children’s Services Facilities

Shade sail/minor playground guidelines have been developed and officers are working with playgroups/preschools Child Care on 50/50 program. Rowville Childcare is completed.

055 Corhanwarrabul Creek Trail (to Dandenong Creek) –Shared Pathway.

Consultation has completed designs for three different styles of bridge across Corhanwarrabul Creek. Designs will be discussed at next meeting of Stamford Park



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Council Minutes continued...

Steering Committee.

353 Avalon/Stamford/Stud Road Intersection Modification

A Road Safety Audit has been completed. Some minor changes to the final plan were suggested. Sign off has been obtained from PTV and Vic Roads. Construction to follow with timing subject to Telstra's service protection requirements.

439 Rowville Recreation Reserve No.1- Renovation- works complete.

518 Heany Park – Open Space Upgrade. Detailed design is currently being revised for seating circle in consultation with Biodiversity Team

604 Liberty Reserve Carpark Lighting. Site works have commenced.

605 Illawarra Avenue, Rowville – Design. Survey and detailed design completed with design review now underway,

623 Seebeck Reserve, Rowville – Spectator Seating.

Project compete.

624 Lakesfield Reserve, Lysterfield – Floodlighting Design. Concept plan finished. Detailed design commencing.

625 Lakesfield Reserve, Lysterfield – Pavilion Upgrade design. Detailed design commenced.

633 Bergins Road, Rowville – Footpath 1. Completed.

638 Karoo Road, Rowville – Design. Detailed design for bus stop at southern end of Karoo Road (near Valleyview Drive) completed and quotes for electrical power pole stay relocation approved. Detailed design for remainder of Karoo Road underway.

640 Napoleon Road/Affleck Way/Bark Avenue – Splitter Islands. Works completed.

641 Kelletts Road – Shared Path 1. Project complete.

648 Row Reserve Rowville – Development Plan. Design work commenced.

676 Lakesfield Reserve Oval Renewal . Contractor appointed and contract works well under way. Decision made to replace sprigging activity with sodding –contract

works to proceed on this basis with a temporary application of Rye grass over the winter period to be replaced with sodding over the coming Spring/Summer.
677 Liberty Reserve Oval Renewal. Contract works well underway with earthworks, sprinklers and pump works nearing completion and sprigging to follow. Overall works approx 60% completed. Contractor to maintain site until required grass coverage is achieved in Spring/Summer 2015.

679 Eildon Park Tennis Court Upgrade. Advice received in Dec 2014 that funding was available and club requested assistance with construction. Met with Club President and Leisure early March to discuss project scope and timing. Club preference is for works to commence on site early 2016.

Summary provided by Jan Bates

carpenter

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