



# ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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*Production of...*



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## 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.

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## From the Editor's Desk



More than 100 people gathered at St Simon's Parish Church on Friday June 5<sup>th</sup>, for a service, conducted by the Rev.Fr. James Clarke, to celebrate the life of Mary Henderson. Mary was a true 'Community Person' and was a member of a number of Clubs and organisations, including being a member of our committee from 1994. She was made a Life Member in 2010 and her work was acknowledged in 2012 with a Victoria Day Award. Her husband, Tony, started delivering the RLCN in 2000 and only ceased last year due to ill health. Daughter Melinda spoke glowingly of her mother and son Damien read a moving poem. Mary will be greatly missed, not only by her family, but by everyone whose life she touched.

At the opposite end of the life cycle, the Baptist Minister, Wally Starchenko and his wife Rebecca, welcome their first child, Noah Levi. Congratulations to you both. Your lives have just changed immeasurably.

RAFT Church welcomed their new Vicar the Rev. Hilton Jordan on Wednesday June 10<sup>th</sup> at an induction service,

conducted by Bishop Paul White. Welcome Paul to Rowville and we look forward to reading a little bit of your life story in next month's issue.

Regular readers of "A Young Person's View" will notice its absence this month. This is not a premature end to an absorbing series, it is just that Katrina has been unwell and was unable to submit episode 4 of her ongoing hypothetical political drama. Get well soon Karina, there are many readers waiting for next month's re-start.

Recently my wife was attending a conference in Bendigo and I joined other husbands/taxi drivers waiting for the conclusion of the event in the foyer of the conference centre. To while away the time I picked up a magazine about the direction of businesses today and found some of the findings interesting and revealing. For instance, the rise of robots for job automation will significantly increase in the next 20 years. Nothing unexpected there you may say. However some areas of employment where it is expected to impact significantly are surprising. Most at risk are real estate agents, telemarketers and ...yes...accountants. In fact 47% of jobs in occupational categories are suggested to be at high risk\*.

David Gilbert

\*The Future of Employment. How Susceptible are Jobs to Computerisation?

## What's On Locally



Sponsored by:  
**Lions Club  
of Rowville**

July 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

**1<sup>st</sup> 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 3<sup>rd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> 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

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

**Probus Club** (Knox Combined) Meet 1<sup>st</sup> Tues each month at the Stamford Hotel at 10am. Contact Kaye: 0412 660 734

**Probus Club** (Knoxfield Ladies) Meet 4<sup>th</sup> 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 1<sup>st</sup> 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** 2<sup>nd</sup> & 4<sup>th</sup> 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 3<sup>rd</sup> 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 12 noon 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 3<sup>rd</sup> 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 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Leona contact@rowvillettoastmasters.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



# Rowville Library



The Rowville Library hosted the "Biggest Morning Tea" in the centre court of the Stud Park Shopping Centre on 28<sup>th</sup> May. There was already a big crowd when Library Manager, Rose Thompson, announced the morning tea officially open at 10am. A large, steady stream of residents caught everyone by surprise and as a result both the Library and Stud Park management have agreed to provide more seating next year. The scones, cakes, doughnuts and tea had to be replenished, but nobody was left hungry.

Ray White Real Estate donated one of their iconic push bikes as a raffle prize, which was won by Lucy Valenzuela and throughout the event the patrons enjoyed entertainment

from Ellen on the accordion and the Southern Voices choir from Rowville.

Thank you to all who attended, made a donation or contributed in some way. Special thanks are due to The Coffee Club, Ray White Real Estate and Stud Park Shopping Centre Management for their commitment to the morning. Our grateful thanks to the following traders for their donations: Bakers' Delight (lots of yummy scones!), Australia Post, Tobacco Station, Aussie Rowville, Donut King, Gift Fair, Coles, Kmart, Brown Gouge Dry Cleaners, House of Blooms and Amcal Pharmacy.

A great time was had by all.



Ray White Rowville Director, Andrew Freeman, Presenting The Bike To Lucy Valenzuela

## Calendar of Events July 2015

**Dry July** - [au.dryjuly.com/](http://au.dryjuly.com/)

**JulEYE** - [www.eyefoundation.org.au/juleye](http://www.eyefoundation.org.au/juleye)

6-12 July – **Alopecia Awareness Week**  
[www.princesscharlottealopecia.com/](http://www.princesscharlottealopecia.com/)

6 -12 July – **NAIDOC Week** - [www.naidoc.org.au](http://www.naidoc.org.au)

7 July - **Immunisation** – Rowville Community Centre - No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session. 1.30pm -3.00pm

11 July – **World Population Day**  
[www.un.org/en/events/populationday/](http://www.un.org/en/events/populationday/)

12-18 July – **National Diabetes Week**  
[www.letspreventdiabetes.org.au/](http://www.letspreventdiabetes.org.au/)

14 July - **Immunisation** – Australia for Christ Fellowship – 1070 Stud Rd - No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session. 6pm – 7.30pm

14 July – **Malala Day**  
[www.globaleducationfirst.org/malaladay.html](http://www.globaleducationfirst.org/malaladay.html)

15 July - **Immunisation** – Rowville Community Centre - No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session. 9.30am-11.30am

17 July – **National Pyjama Day**  
[www.thepyjamafoundation.com/pyjama-day/](http://www.thepyjamafoundation.com/pyjama-day/)

18 July – **Nelson Mandela International Day**  
[www.mandeladay.com/](http://www.mandeladay.com/)

20-26 July – **National Pain Week**  
[www.nationalpainweek.org.au/](http://www.nationalpainweek.org.au/)

20-26 July – **National Farm Week** - [www.farmsafe.org.au](http://www.farmsafe.org.au)

24 July – **Crazy Hair Day**  
[www.cysticfibrosis.org.au/vic/crazy-hair-day](http://www.cysticfibrosis.org.au/vic/crazy-hair-day)

24 July – **Schools Tree Day**  
[treeday.planetark.org/schools/](http://treeday.planetark.org/schools/)

24 July – **White Ribbon Day**  
[www.whiteribbon.org.au/night](http://www.whiteribbon.org.au/night)

26 July – **National Tree Day** – Bayswater Park  
10am-12 noon - <http://www.knox.vic.gov.au/treeday>

26 July – **National Stepfamily Awareness Day**  
[www.stepfamily.org.au/](http://www.stepfamily.org.au/)

28 July – **World Hepatitis Day**  
[www.worldhepatitisalliance.org/](http://www.worldhepatitisalliance.org/)

28 July - **Knox Council Meeting** 7.00pm Civic Centre

30 July – **International Day of Friendship**  
[www.un.org/en/events/friendshipday/](http://www.un.org/en/events/friendshipday/)

## WALKING THE NEWS JULY 2015 Distribution Report

WELCOME to NEW distributors - Sue Alsop & Edna Taggart and to NEW 4D Captain – Raj Rajamani. THANK YOU to retiring distributor – Jenny Thomas (11years) and to Charles Bartlett & Federica Mastrangelo – for taking on extra distribution. APOLOGIES to Christine Mitchell who retired from distribution after 26 years not 6 years.

### 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

\*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

\*Boyne St, Barwon Crt, Eyre Cl, Goulburn Dve (Sth side) even #'s 4 to 20, Eildon Pde (Nth side) odd #'s 3 to 15 – 50 papers  
Please contact – Peter Rumble – 9752 7592

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

**2 x Captains** – who count out the papers and delivers them to the distributors.

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

**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 Dv

Peter Rumble - 9752 7592 - Distribution Co-ordinator

**- Deadline -**  
**August 2015**  
**EDITORIAL & ADVERTISEMENTS**  
**Wednesday 15th July**

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, 01 August 2015**

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

**ROWVILLE PICTURE FRAMING**

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

**WEDNESDAY TO SATURDAY**  
**9 AM TO 5 PM**

**9763 0069** 

12/3 Hi Tech Place, Rowville  
[www.rowvilleframing.com.au](http://www.rowvilleframing.com.au)





### Rotary Club Of Rowville-Lysterfield

Our Rotary Club is introducing a new venture in Rowville for Primary School students. A Public Speaking contest for Grade 5 & 6 students; similar programs have been run very successfully by Rotary Clubs in Croydon, Surrey Hills, Doncaster etc. over recent years and all have received enthusiastic support from the Primary Schools that have taken part.

A total of six (6) schools in the Rowville area have willingly agreed to take part and all are busy conducting their own in-school contests to find two (2) students to represent their school at the Final Presentation night on Tuesday 4th August at Heany Park Primary School, commencing at 7.00pm. Contestants will speak for three (3) minutes each and be free to choose their speech subject from a nominated list of eighteen (18) topics and will be encouraged to commit their speech to memory as far as possible and to use a microphone for their presentation.

Our Club has planned that this event will become an annual competition within the Rowville-Lysterfield area and has received enthusiastic support from the Toastmaster organisation for supply of speech judges and expert advice. A great added attraction is that the winner of the Final will compete with other Primary Schools within our Rotary District at a gala Speech Night in mid-November this year. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> with appropriate certificates issued plus a perpetual shield will be introduced. For further information and enquiries, please call Steve Lakey on Mob: 0418 422 232 or Heather Eddy on Mob: 0419 376 743.

The Secondary Schools have not been left out of an opportunity to compete in a Public Speaking Competition either, with the 4 Way Test Rotary Public Speaking Contest getting under way for 2015. Heats will commence in September with semi-finals in October and Grand Final in November. All Secondary schools in our area will shortly receive information and be encouraged to select two (2) contestants from their Year 10 students to compete. This particular competition is run as a Rotary District event and is open to all Secondary Schools, both Government and Private across eastern Melbourne, from Bayside to the Mountains and has now been run continuously for eleven (11) years. Every year reveals outstanding talent among our young people for expressing themselves and exhibiting a great ability to analyse their chosen subject and present their argument very convincingly to the audience. Individual Rotary Clubs are encouraged to work closely with their local Secondary schools in assisting

them to nominate suitable entrants for the competition. The competition theme is based on the Rotary 4 Way Test, a principle followed by Rotarians worldwide in their business and professional lives and states that:-

#### Of the things we think, say or do

- 1) Is it the **truth**?
- 2) Is it **fair** to all concerned?
- 3) Will it build **goodwill** and **better friendships**?
- 4) Will it be **beneficial** to all concerned?

Competition entrants are required to incorporate at least two (2) of the 4 Way test principles in their speech content and will be judged accordingly on how they achieve this, makes for very interesting and quite often very enlightening speeches.

Our Rotary Club meets each Tuesday evening at Baton Rouge Quality Inn, Stud Road, Rowville at 6.30 for 7.00pm, usually finishing around 8.30pm. If you are community minded or maybe retired with time on your hands and would like to give something back, then you are invited to come along one Tuesday evening to find out what Rotary is about, just call either Jeff Somers on 0413 150 587 or Carol Shaw on 0400 830 356. Log on to our website: [www.rowvillerotary.com.au](http://www.rowvillerotary.com.au) and follow us on Facebook and/or Twitter

*Rotarian James Wilson*

**Editor's Note:-** I look forward to the results of this great challenge to our Primary School students. Good luck to all of you.

### Lions Club of Rowville



Memorable and enlightening, was the recent visit made by members from the Rowville Lions Club and the Cord Blood Foundation, to the Cord Blood Bank at the Royal Children's Hospital in Melbourne.

First established in Sydney in 1995, four hospitals now collect cord blood including The Angliss Hospital in Ferntree Gully. Australia, the U.S.A., South America, South Africa and Europe participate in the collection of Cord Blood and use each other's databases to find compatible matches.

Initially Cord Blood was collected to treat leukaemia patients, but autism, cerebral palsy, stroke, diabetes and other illnesses may eventually be helped by Cord Blood. As of last March, 516 units had been released, 158 in Australia and 358 overseas. Funding is desperately needed so that more Cord Blood Collection Nurses can be employed.

Over two days on the last weekend in May, we conducted a successful Membership Drive in the Stud Park Shopping Centre. Giving away free tickets in a raffle, the prize being \$200 in petrol, or groceries, the lucky winner was a Rowville lady. Perhaps you saw us there!

June is Changeover month for the Rowville Lions, when a new Committee steps up for the coming year. Family, friends and special guests, many of whom receive a donation for their particular cause, attend on this night.



Thank you to Paul, who in response to last month's article donated over 300 foreign and other stamps to help the Australian Lions Children's Mobility Fund. Ph. 9754 4027 if you have an old stamp album or large collection of stamps you no longer want.

Rowville Lions meet on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at The Knox Club, at the corner of Stud and Boronia Roads, Wantirna. 7p.m. for a 7.30p.m. start.

Phone **Gordon on 0412 624 202** for further information.

### Probus Club



For some issues now we have been reporting on the activities of our group. But do you know what Probus is about? If you don't work full time and are over 50 years young, Probus gives you an opportunity to come together and meet people, share your interests

and activities with them, and generally have fun. Probus also offers member benefits, including international and domestic travel, daytrip excursions and luncheons. The exciting benefits include: •Flagship Probus publication – Active RetireesTM Magazine •Competitions •Probus Member Benefits Scheme •Probus National Insurance Scheme •Probus Travel Insurance •Probus Getaways.

It's all very simple and rewarding. You join a Probus group near to you, attend monthly meetings of the group, at which there is usually morning tea and a guest speaker, and then have the opportunity to participate in the group functions or outings that take place throughout each month.

This month's film at the Pinewood Cinemas was "Women In Gold" starring the marvellous Helen Mirren and Ryan Reynolds. Those in attendance all enjoyed a thoroughly absorbing film of persistence and determination.

Bookings for our 2016 cruise are most encouraging. This is the first time we have offered members a cruise and it seems that the choice was a good one.

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

*Ray Stackpole*



### Free Computer Lessons.

For term 3, U3A Knox are offering **Free** computer lessons for members. Look at our new website [www.u3aknox.org.au](http://www.u3aknox.org.au) for details of all courses including those for computer lessons in term 3. Approximately 130 activities/lessons will again be available every week, either at Parkhills or one of our outside venues. You can also join U3A by

accessing our website and can now pay your membership online.

In term 3 we will be working towards our 19th Annual Art Show, sponsored by Bendigo Bank, Knox Council, Toyota Ferntree Gully, and the Knox Environment Society. Prizes will be great as usual and will cover 8 different categories: Oils, Watercolours, Other Media, Pastels, Photography, Patchwork, Needlework, and Creative Craft.

Entry form will be forwarded in early July to all former artists, and anyone else who phones our office on 9752 2737. This will also be on our website for downloading. As in previous years it costs only \$5 to enter (Photography \$3) and artists may enter up to 3 items per category.



The show will take place on October 10th and 11<sup>th</sup> and the closing date for entries will be Monday 5th October at 5 p.m. Exhibits must be delivered to the Parkhills centre on Thursday 8th October, for judging on 9th.

In conjunction with the Art Show we will have our famous annual Raffle, which features art works by some of our best artists, perhaps a patchwork quilt, as well as donations from local businesses and a special first prize to be announced soon. We sincerely hope that the Eastern F.M. Outside Broadcast van will

be there again.

If you are over 45 and retired from full time employment you can join U3A Knox. Our big, friendly organisation has something for all. Phone 9752.2737 for information.

*Kath Brown*



# Clean Up Rowville Day

On June 11<sup>th</sup>, Rowville Secondary College students held a 'Clean Up Rowville Day', starting with their own school grounds.

Year 8 students Jason Lingard (formerly Karoo PS) and Jordan Belli (formerly Heany Park PS), members of the environment section of the students leadership group instigated, planned and organised the day in conjunction with the staff and fellow students. The idea fermented in Jason's mind as he walked his dog past the Eastern Campus, noticing the amount of rubbish in and around the school. They were confident of support from students from all years and had huge response from day one. They were also aware that some of the rubbish is not of their making, but emphasised that it is their school and therefore their responsibility.

They checked the situation and divided the school into areas and decided the first two to be tidied were the grass area behind the Performing Arts Centre and the car park down to the new Stadium. The school already has penalties in place for littering but the boys wanted to make their fellow students understand that they should be conscious of the environment and look after it. "I believe the majority of students will make an effort to be tidier" said Jason. They have designed and made posters to support their efforts and are not going to stop once the campus is



cleaned up. "We want to also work on the garden beds, remove dead shrubs and generally make the whole area one to be proud of" said Jordan. "In the spring we want to conduct a 'Plant A Tree Day' as we have identified some old dead trees".

To assist the project, the canteen have offered \$7.50 vouchers to be given to the most productive and positive teams. As we walked around the campus there were lots of students enthusiastically removing cans, paper bags, wrappers, polythene bags and 'other things' from underneath shrubs, along the fence line and even out of an open pipe! Both boys felt there were plenty of rubbish bins around, but think the school should consider more around the fences and near the Performing Arts Centre.

"To achieve our goal we need to raise funds for equipment so we are looking into options" said Jason. Jordan added that "Once we have the area cleaned, we need to keep it that way and get the message through to everyone".

This is a marvellous initiative, one that parents as well as students and staff will see transform the appearance of RSC. Jason and Jordan will certainly see to that.

*Interviewed by David Gilbert*

## Red Hat Society

The Ruby Gumnut Goddesses had a very special celebration this month with the coronation of a new Queen for our chapter. With much ceremony, Queenie Rosalee the Fabulous was duly crowned. This fun event was celebrated with a visit from the Ballarat Red Hatters, their Queen Glorianna, who carried out the official duties, with lots of laughs, much fun and ceremony and with the most impressive regalia, we crowned our new fabulous Queen. About 30 Red Hatters joined in the lunch time fun and laughter.

Our outgoing Queen now has the wonderful title of 'Founding Queen Mother Duchess Sassy Lassie'. We thank Kerry, whose sense of fun is most infectious, for her



*Above: Queen Rosalee the Fabulous, Vice Queen Catherine, Royal Handmaiden Gilly*

*Right: Celebrating The Coronation*

years of dedication looking after us. We thank her for her support, fun, friendship and laughter and we look forward to her joining in many more of our play dates.

Upcoming events for July include dinner at the Dumpling Kitchen, a visit to the Dandenong Market, an International dinner at a Thai Restaurant, lunch at the Watermelon Fruit/Veg Café and other spontaneous play dates. We recently celebrated International Tiara Day with a lunch at the home of one of our Red Hatters, where we wore our most beautiful Tiaras and bling. It's amazing what the op shops have to offer and we love an opportunity to shop. A movie afternoon was also well attended with the Rocky Horror Show, which had the ladies dressing up for the occasion and dancing along to the music. What fun!

If you would like to join us please contact Catherine on 0418 102 064, or if you would like more information on Red Hats please feel free to contact us. We do not all attend all the functions, just the ones that suit us and fits in with busy lives. Just ring Catherine so we can book a spot for you if you are interested. Red Hatting is for ladies of a certain age (over 50) who want to wear the red and purple. Under 50 ladies are also welcome and they find it great fun shopping for their pink hats and lavender outfits. If you have a sense of fun and want to join in a new adventure you will be made most welcome.

*Gillian George*



## Wacky Wisdom

The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

## There's a *Change* in the air...

### Froth and Grinds Café.

Renovations are in full swing and the feedback has been great - the café will have photos of Rowville and Lysterfield from days gone by, so patrons can step back in time and can see how the hills used to look!

If anyone has photos or memorabilia that they would like to loan for display please contact us at the Café.

**Plus we're renovating the menu!**

We look forward to welcoming you.



### Eating House

A brand new look and a brand new menu including all day breakfast!



Plus check out our Facebook page for the latest news and events at Wellington Village.

Wellington Village  
Cnr Wellington Road and  
Braeburn Parade, Rowville

 [wellingtonvillage.com.au](http://wellingtonvillage.com.au)



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.

## Care for your career

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This training is delivered with Victorian &  
Commonwealth Government Funding.  
Subject to eligibility. TOID:6832



# Rowville Fire Brigade

## Who's Who At Rowville Fire Brigade?

On the 21<sup>st</sup> of April 2015 Rowville Fire Brigade held their bi-annual elections at the annual general meeting. The following members were elected to leadership roles within the brigade:

First Lieutenant	John Egbers
Second Lieutenant	Scott Hubbard
Third Lieutenant	Chris White
Fourth Lieutenant	Ron Woodlock
Fifth Lieutenant	David Rawson
Secretary	Michelle Tie
Treasurer	Mark Jackson
Chairperson	Andrew Wyborn

Congratulations to these members and the other nine members who were elected to Team Manager Roles and Delegate Roles for the Brigade.

As Rowville is a fully integrated fire brigade the volunteers have full time support from the staff allocated by the CFA. These members are currently:



Operations Officer	Colin Brown
Acting Ops Officer	Andrew Booth
Senior Station Officer	Tim Van Den Driest
Senior Station Officer	Chris Hall
Senior Station Officer	Darren Simon
Station Officer	Luke Patterson

Training continues to be a major focus of the Brigade, participating in shared skills maintenance sessions and group exercises. Members have opportunities to attend courses, developing and extending their skills, knowledge and physical fitness, which are essential for them to perform their duties in a highly demanding job.

Community Education is another important focus. As we move into the colder months, we would like to remind residents to make sure that your household has a workable fire escape plan for your home. Discuss and practice it regularly, checking that the plan is effective for all occupants who live in the house. Check electric blankets for breaks in the wire, or any wearing of materials or leads. Always turn your electric blanket off when getting into bed, as any heavy weight on an electric blanket may cause overheating, smouldering and then fire. Have your heating system checked by a qualified technician to ensure all is in working order.

Stay warm and safe this winter!

Paula Robinson

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## Chicks For Charity

### Large Donation Made To Needy Children

Chicks for Charity are a group of local women who run a charity to provide help for people in the local community who have a family member who is unwell. In the seven years since, they have raised and distributed over \$300,000 to many deserving local families.

At a fundraising trivia night in May called ‘Go Big For The Kids’, over 500 people attended with more than \$50,000 raised. Two of the Chicks hosted a table at the event and as a result were able to present the mums of Ayva, Jorja and Connor with a donation of \$1500.

Also on the Chicks table were representatives from the FTG Motor Group, who kicked in a further \$6000. Two of the men also took home some prized auction items – a soccer ball signed by Harry Kewell and a Footscray Football Club jumper from Doug Hawkins.

The trivia night was to raise money for the two families to purchase appropriate vehicles to transport their children. Ayva and Jorja suffer from a condition called Ataxia Telangiectasia. A-T is a rare, neurodegenerative disease causing severe disability, which causes difficulty with movement and coordination leading to wheelchair dependency. It weakens the immune system increasing the risk of cancers and lung disease, lowering the life expectancy to late teens or early twenties.

Connor suffers from Duchenne Muscular Dystrophy. DMD is a progressive muscle wasting disease that weakens all muscles of the body including legs, arms, lungs and heart. Wheelchair dependency is required by late primary school. Life expectancy is around 25.

If you would like more information about

Chicks for Charity and their upcoming fundraising events, go to [www.facebook.com/chicksforcharityfoundation?fref=ts](http://www.facebook.com/chicksforcharityfoundation?fref=ts) or [www.chicksforcharity.com.au](http://www.chicksforcharity.com.au)

Photo left: Kath and Jules from Chicks for Charity, together with Craig, Michael and Scott from the FTG Motor Group present mums Helen and Donna with a cheque for \$7500.



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# Rowville Community Library

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



**Technology Talks: Book now!** In Term 3 we have a series of talks on Thursday afternoons at 1pm. **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)

**School Holiday Program:** Tuesday June 30<sup>th</sup> 11.00am **Recycled Replicas**. Ages 5+, Wednesday 1<sup>st</sup> July 10am-12noon **GAMEZ ON!** Two hours packed with social games, 30 second challenges, trivia and much more. 10-14 year olds Bookings essential: contact Kate Arnott Youth Development Worker 92988868 or 0400097506, Friday 3<sup>rd</sup> July 7.00pm **Warm and Cosy Bedtime Storytime**. All ages. Monday 6<sup>th</sup> July 11.00am **Paper Bag Puppets** Ages 4+, Tuesday 7<sup>th</sup> July 11.00am **Ron the Clown**. Ages 4+ \$4 per child, Wednesday 8<sup>th</sup> July 11.00am **Crazy Hairy Morning!** Ages 5+, **Saturday Storytimes** continue through the holidays for all ages.

**Investigating your family history! :** on Wednesday 29<sup>th</sup> July 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!

**Hearing Checks:** Australian Hearing will conduct hearing tests in the library Activity Room from 1.15pm – 3pm on Monday 13th July. Please telephone the library to book an appointment time. 9800 6443

**Biggest Morning Tea BIG thank you:** Thank you to all who attended, made a donation or contributed in some way. See our separate article.

**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



Selecting Refreshments At The Biggest Morning Tea

next meeting will be on Monday **6th July** 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 9800 6443

**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 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 **28th July** at 1pm.

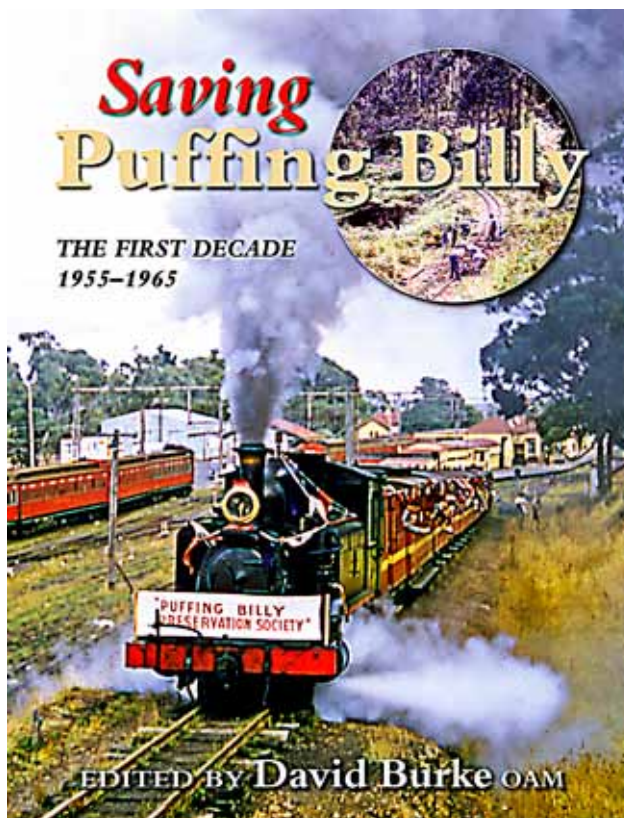
**Chinese Friendship Group:** This group normally meets weekly at the library on Thursdays at **10.30am** but during **June** will meet **Fridays** instead.

**Family History Help:** Rowville Library offer

many people displayed great dedication over many years to preserve Puffing Billy, and this is a worthy testament to their efforts.

*Reviewed by Charles Bartlett, Rowville Community Library.*

*Editor's Note:- The book, with 217 pages and over 300 photographs, will be available for sale from the 2<sup>nd</sup> August from the Puffing Billy Belgrave station shop, speciality railway book stores or on line [www.puffingbilly.com.au](http://www.puffingbilly.com.au) It will retail for \$59.95 including GST, with a packing and postage cost of \$12.50 per copy within Australia.*



## Saving Puffing Billy

By The Puffing Billy Preservation Society, 2015.  
Edited by David Burke.

This major work charts the process by which the iconic steam train in the Dandenong Ranges was saved by a dedicated and enthusiastic group of volunteers between 1955 and 1965.

The end of the official railway, and the beginning of the modern volunteer railway, was the landslide in 1953 which blocked the track between Selby and Menzies Creek. This led David Burke and many others to dream of a community train in the hills, and this book marks the 60<sup>th</sup> anniversary of the commencement of that dream.

The book is an interesting collection of reminiscences and biographies of people involved in the Society, and the work involved. Whether administrative or physical, it details the enormous amount of time, money and effort contributed by those dedicated to preserving the little train. Many of the volunteers contributed their own abilities, like mechanical skills or sign-writing, or were able to organise help, such as from the Army, for earthworks. There is also a good coverage of the internal politics of the Society, in particular the change of President in 1961 from Harold Hewett to Lon Wymond.

Interspersed are historical chapters covering short periods, and the book is liberally decorated with illustrations, showing people, activities and celebrations, as well as mementos such as newspaper clippings. It is obvious that

**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 **3rd July**. 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](http://www.erl.vic.gov.au), and you can even join on-line.

Rose Thompson, Manager – Rowville Community Library  
9800 6443

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# Footsteps in the Dark

By Elizabeth Moxey

My young body tightens under the cold, starched, white sheets. I listen intently with every fibre of my being for the slightest sound.

A shaft of pale moonlight intrudes through the gap in the long, limp lace curtains that frame the open window beside my bed.

Cold, damp, earthy air nips at my anxious face and chills the room.

I am terrified by the sensations in my own body – the loud, rapid, thumping of my heartbeat echoing in the lumpy Kapok pillow and the tight, shallow, irregular heaving of my chest.

There is a feeling of impending doom and no one can help me, least of all myself.

I call for my Mother in my mind, hoping that she will sense my distress and come to me, reassuring and warm, and keep me safe in her arms, but it never happens.

I am too afraid to tell her how I suffer. If she knew how weak and flawed I really was, I would feel even more unlovable and alone.

My older brother slumbers soundly in the room across the hall and my younger sister sleeps peacefully unaware in the tall, wooden bed not far from mine. Why can't I be like them?

Peeping furtively at the shadowy door, I know that I could never leave my bed. What if I woke my sister? Or disobeyed my Mother's instructions to stay put?

It would never enter my mind that I could close the window.

Then there is the dimly lit hallway just outside the bedroom door where drinkers, loudmouthed and unsteady, stagger to and fro, relieving themselves clumsily in the smelly, urine-splashed toilet nearby.

I have been through the scenario so many times, over and over, in my child mind, trying to find a way out.

If I made it through the thick wooden door and sprinted down the draughty hall, I still had another major obstacle to face – the Public Bar, where after hours' drinkers, rabbits and roughnecks would leer and lurch at me as I tried to sneak past.

"Hello girlie, what's your name?"

I would freeze in terror, paralyzed by being seen, and overwhelmed by glazed, red, probing eyes, beery breath, loud stern voices and suffocating smoke.

To make it even worse, my Father and Grandfather are part of the boozy mob.

I fear my Father when he drinks. He changes before my eyes into an overbearing, nasty, cruel and judgmental man, just like his father and the fathers before him.

I fear my Grandfather even more. At six foot four inches tall he is a mountain of a man, jowly, dour and loud like thunder and shows little interest in his Grandchildren.

# Paul's Photography Patter

A tripod is great in low light conditions, but a nuisance to carry around, and often impractical, as many famous buildings do not allow tripods to be used inside. Besides there is the danger of a tourist knocking the tripod.

There are several options to take your photos without a tripod and not miss the wonderful opportunities.

1. Consider using a wide aperture (smaller f number). Take photos at smaller f numbers until you see a satisfactory image on your rear camera screen. Because the depth of field will be reduced with a smaller f number ensure you focus on the most important feature in the frame.

2. Ensure the "image stabilization" is switched on, if your camera has this function. The rule of thumb is the shutter speed should be no slower than the same fraction as your focal length – ie, if you're using a 50mm lens, set your shutter speed no slower than 1/50 second. However, if your lens has image stabilization, the shutter value can be two or three stops slower than this.

3. Use proper camera holding techniques to minimise camera shake. Plant your feet firmly, tuck your elbows tightly into your chest and control your breathing, shooting after you exhale whenever possible.

4. Increase the ISO setting. The higher the ISO the more sensitive the sensor is to light, therefore the less light is needed to make a good exposure. The downside is that the higher the ISO, the more "noise" you will find in your image. Noise is a grainy look as opposed to a smooth look.



*Fijian sunset*

Some noise is okay and it can often be removed in post processing. Experiment by taking progressive photos with higher ISOs until you know the maximum ISO for your camera, that still results in an acceptable noise level. Ideally, view the photos on your computer later (view at 100% size or 1:1), to see at what point image quality deteriorates. Try this exercise in both good light and low light situations.

Noise is not necessarily a bad thing and can be used for creative purposes. If you are using a very high ISO, try shooting in black and white – it removes the colour from the noise and instead gives your photos an old-school grainy look.

Some of the most beautiful landscape photographs are made in low light, so learning these techniques will help you take advantage of low light opportunities and get that great shot even when you don't have a tripod.

**HINT:** Experiment by decreasing shutter speed, increasing ISO and/or aperture size to get the photo you want.

*Happy snapping, Paul Lucas.*



My Grandmother manages the pub while he fritters the profits away and is drunkenly unaware that the locals are helping themselves to the till.

Even if by some miracle I made it past the Bar, I would feel so selfish for disturbing my Mother and Grandmother in the parlour, sipping creamy liqueurs and savouring rich chocolates in a rare moment of pleasure and

peace by the glowing fire.

I sink deeper under the covers and I hear it! The first crunch of unsteady feet on the graveled laneway outside sends a shock through me. Muffled voices grow to a crescendo of slurred grumblings and lascivious laughter.

Tight like a spring, I hold my breath and my heart thumps

so loud and rapid that I fear it will burst out of my chest and I will die, my body exploded into a million pieces.

The footsteps are right outside my window now, rough and urgent and I hang by a thread, waiting for the worst to happen.

I pray desperately to my Sunday School God.

"Please help me, please help me, please help me..."

And miraculously, at the eleventh hour and fifty-ninth minute, when I feel I can hold on no longer, He does!

My alert ears sense that the intensity of the ominous, drunken presence is lessening; the fumbling footsteps are heading instinctively towards the main road of the small country town.

Relief is swift and sudden. I fall rapidly into the blessed sleep of exhaustion and oblivion.

In the cold, grey dawn, I awaken tiredly to the comforting sounds of a rooster crowing. Bacon and eggs beckon from the cosy kitchen, the drunks are asleep until lunchtime and I can pretend to be "normal" in the relative safety of daylight.

But forever lurking in the back of my mind is the terror that the cloak of night brings.... and over and over again I relive the trauma of footsteps in the dark.

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# immerse

30 EXHIBITIONS 30 DAYS 30 VENUES IN KNOX

Knox City Council is embarking on an arts initiative this November called **Immerse**. The program aims to connect local people with local artists and local venues. It will involve a region-wide arts exhibition over 30 days in 30 venues throughout Knox.

Being part of this creative, community event offers a host of benefits for all involved. Local artists have an opportunity for their work to be seen by the community in a widely promoted and branded art trail. A catalogue will be produced featuring the exhibitions and artists. People residing in Knox will be treated to an art exhibition in their area, having the chance to experience professional work in a range of locations from libraries to cafe walls.

Council is calling for Expressions of Interest from artists who would like to take part in the initiative. Please contact Jo Herbig at [jo.herbig@knox.vic.gov.au](mailto:jo.herbig@knox.vic.gov.au) or 9298 8304 for more details.



## Nadia Rafati

At the tender age of 7 months, Nadia Rafati moved in 1990 with her family to Rowville, where she still lives today. That is when she is not seeking fame and fortune in Los Angeles.

Nadia attended Heany Park Primary School before moving to Melbourne Girls College for her secondary education. She went on to gain a double degree, a Bachelor of Education and Bachelor of Arts, majoring in English literature and history at the Australian Catholic University. At this stage, apart from school plays and musicals, Nadia had no ambition to become an actress, although she really enjoyed these activities.

In 2014 at the age of 24, Nadia auditioned and was accepted into The Australian Film and Television Academy's (TAFTA) full time film course, completed film courses at NIDA and 16<sup>th</sup> Street Acting School, where she also learnt audition techniques, an invaluable asset for her future. You can now see her in various clips on You Tube and other media. In addition Nadia is a trained singer, does

## Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



private lessons and can often be heard on the Pony Studios open mic nights.

She is currently back in Rowville after completing the Australian Film And Television Academy's USA film and TV intensive course, commonly referred to as the "LA Experience". Nadia says that "The calibre of coaches, managers, casting directors and agents available to students during the course is exciting and exhilarating. You need a 'perfect American accent' to progress, so I have worked hard on that and have been told that I have succeeded".

Prior to going to the United States, Nadia signed with a Melbourne agency having completed the TAFTA full time course. She also works professionally as a model in her spare time and has modelled for leading bridal and clothing companies across Melbourne. She recently won her first beauty pageant award, the 'People's Choice' featured on the TV show "Media Strikes Back".

Nadia also runs a makeup artistry business with her sister, called "Bombshell Dolls Makeup Artistry". They have done work for brides, leading photographers and Virgin Australia Fashion Week, which can be found on Facebook.

Nadia is heading back to Los Angeles later this year to participate in an advanced course with TAFTA USA.

With her personal ambition and drive, plus the unwavering support of her family, Nadia is giving herself every chance to succeed in a tough uncompromising business.

Watch out for the name, Nadia Rafati, soon on the big screen or in a TV show. If desire has anything to do with it, that may be sooner rather than later.

*Interviewed by David Gilbert*

# WAREHOUSE SALES



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# Memory Lane



## July 2010

Mayor, Joe Cossari and Cr Mick Van de Vreede presented a **sixty metre long petition** to the State Government demanding they revisit their transport policy. They were joined by six other eastern suburban councils, representing about 25% of Melbourne's population.

Knox Council agreed to extend **Library opening hours**. It will now open Monday to Friday at 9am instead of 10am and close on Saturdays at 4pm instead of 1pm.

**Lysterfield Junior Football Club** conducted a

# FROM THE ARCHIVES

competition to design a new football jumper and logo. Is the current one you use as a result of that competition?

**Keziah Meyer and Chris Isaacs** took the lead roles of Sandy and Danny in the RSC production of 'Grease'. Where are you two today?

**Australia for Christ Church**, (then Australia for Christ Fellowship), had brand new chairs installed and were delighted by the smell of new furniture around the place. I guess that smell has long gone, or has it?

The local churches got together for a "**Hailstorm Recovery**" afternoon at the Community Centre. It was an opportunity to gather and discuss how the storm affected residents and was very well attended.

# Mayor's Message



We don't all have to be gym-junkies to enjoy the benefits of weight training and resistance exercise. Actually, all you have to do is head to Liberty Reserve for a free workout.

Last month Knox Council proudly unveiled its first outdoor fitness circuit, which has been constructed at locations around Rowville.

It features a range of equipment that is safe, easy and free to use including a leg press, elliptical trainer, aerobic cycle machine and a stretch station. When completed together the whole circuit incorporates a combined fitness, strength, balance and flexibility workout.

The outdoor gym is spread across four separate stations which creates an easily accessible circuit – with a station at Liberty Avenue near the playground, Liberty Avenue near Magdalena Place, the reserve at Jackie Close and the playground at Emerson Reserve. The circuit is connected by shared pathways for easy access to walkers, runners and cyclists.

Encouraging people to maintain their physical activity, especially as winter sets in, is incredibly important. Research suggests that 30 minutes of exercise a day is all you need to improve physical and mental health.

Yet VicHealth research reveals 57 per cent of Victorian adults do not get enough physical activity to achieve these health benefits, with a lack of time and cost among the most common barriers.

But facilities such as this free outdoor gym remove those barriers and encourage people to get outside and be more active.

It's an approach that's been used by cities worldwide to activate open spaces and encourage physical activity amongst its residents. It's our hope that Knox will continue the trend, and that the people of Rowville enjoy a facility built on the premise that age, fitness level or income should be no barrier to a healthy and active lifestyle.

Until next time,  
Cr Peter Lockwood

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



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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.

## Elder Abuse

Frank is 75 and on an aged pension. He moved to a retirement village following the death of his wife. Frank doesn't drive and relies on his only daughter to drive him to appointments, shopping etc. His daughter has substance abuse issues. She verbally abuses Frank when she visits and often shouts at him. Frank is depressed and withdrawn and feels isolated. He also has severe diabetes, but has let this go untreated due to his depression. Frank isn't sure who he can talk to. He called Lifeline one evening after a distressing visit from his daughter. Lifeline referred him to ECLC as they recognised that elder abuse was occurring.

Elder abuse is any deliberate act that harms an older person



**Kaz Mackay, ECLC Elder Abuse Awareness Advocate supporting World Elder Abuse Awareness Day**

and is carried out by someone they know or trust. Elder abuse can be physical, financial, verbal, emotional and sexual abuse, as well as neglect.

Ms Budge, Manager ECLC Outer-East explains "elder abuse is hidden in the community. People experiencing elder abuse are often reluctant to ask for help because they are likely to rely in some way on the person who is being abusive to them".

ECLC is working with other services as part of the Elder

Abuse Awareness and Advocacy Project to increase awareness of this very important issue in the community, and to promote the rights of older people. "Every person has rights and these rights do not decrease as we get older", say Ms Budge.

### How ECLC helped Frank

Kaz Mackay, ECLC's Elder Abuse Advocate contacted Frank to reassure him that support was available. With his permission Frank was linked in to transport assistance, medical and counselling services and a social support program. Frank also saw a lawyer from Seniors Rights Victoria to talk about how he could prevent his daughter from abusing him in the future. The Seniors Rights lawyer saw Frank at the ECLC Boronia office as this was more convenient for him than travelling in to the city.

Please call 9762 6235 for more information on the Elder Abuse Awareness and Advocacy Project or to arrange an appointment to discuss your situation with a lawyer. If ECLC is unable to assist you, the friendly staff will refer you to another service that can help.

### Other Information & Support

- Call Vic Police on 000 if you, or another person, is in immediate danger
- Call Seniors Information Victoria on 1300 135 090 for information about older persons' services in your area
- For more information on World Elder Abuse Awareness Day go to <http://elderabuseawarenessday.org.au/>

Jacqui D'Sylva



## Five easy things to do with a tax refund

Just a month into the new financial year the conscientious among us will have already submitted their tax return and are likely to be found shining their financial halos and breathing a sigh of relief.

Others are screeching towards the 31 October deadline for tax return lodgement, hopefully pulling together paperwork and booking in time to visit the accountant.

Whatever camp people are in, most love to think about what to do with any refund that comes their way.

While the sales are oh-so-tempting for some, others will want to use any money they get back to get ahead financially. Even if the refund is only small it is worth seriously considering how to use it and remind ourselves of an old proverb: if you mind your cents, the dollars take care of themselves.

Here are five smart moves that could see you get considerably more value from your tax refund this year.

1. **Reduce bad debt** – consider using your tax refund to pay off high interest debt, such as credit cards or personal loans. It's worth paying this debt down as quickly as you can as interest rates on credit cards, for example, can be as high as 20 per cent.
2. **Pump it into your mortgage** - for people with a home loan it is definitely worthwhile making a lump sum payment. On a mortgage of \$350,000 at 6.5 per cent interest, tipping \$2,000 into your loan could cut \$5,270 off the overall interest over the term of the loan. ^ Another option is parking the cash in a mortgage offset account, so you're reducing interest but are still able to access the money quickly if you need it.
3. **Ease education costs** - the cost of private secondary education in Australia has skyrocketed by 264 per cent over the past 27 years, so it could be worth putting your tax refund towards school fees or education costs. ^^ If you have older children at university, another option would be to help them pay off some of their education debt.
4. **Boost your super** - investing in your super can be a smart idea if you are eligible for the Government co-contribution. For those who are eligible, the Government will match every dollar of non-concessional (personal after-tax) contributions with a 50 percent Government

co-contribution to super – up to a maximum of \$500. There are not too many investment strategies that can achieve a 50 per cent short-term return.

5. **Make a spouse contribution** - if your spouse is not working, or earns less than \$10,800 (phases out at \$13,800) per year, you may be entitled to claim an 18 per cent tax offset (up to \$540) if you make a contribution to their super. On a \$2,000 contribution, that's a tax offset of up to \$360. This strategy will allow you to get more value from your tax refund and help your spouse build their super for retirement.

So if a tax refund arrives in your account this year, take a deep breath, step away from the sales and think about some of the smarter ways you can put this once-a-year windfall to good use.

AMP Financial Planner Adrian Pearce CFP

^ Figures based on a 25 year term home loan, with a \$2000 lump sum paid five years into the loan.

^^ AMP.NATSEM Income and Wealth Report: "Prices these days - the cost of living in Australia", issue 31, May 2012

\*Adrian Pearce 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 an accountant, tax professional or 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*





# Rowville Toastmasters

## Meet The New Toastmaster Team!

As the Toastmasters year begins, the new committee takes office to guide the club through another year filled with opportunity. Our immediate past president Paul Broom says, "Being on the committee is a great way to give back to the club, develop your own leadership skills and have fun".

Time to meet the new committee!

Our new president is Leona Jorgensen. Leona is looking forward to the challenge of leading the new executive team. As an experienced Toastmaster, Leona is well prepared to handle the role. Enhanced leadership skills and greater confidence by leading the club are just two of the benefits Leona hopes to gain from being President.

Vice Presidents were elected as follows:-

VP Education will be Henri Guillaume. Henri will be continuing in this role from last year. Being inspired by members getting the most from their Toastmasters journey fuels Henri's passion and his own personal leadership growth.

VP Membership is Rina Rose'Meyer. Rina is new to the executive committee, and is looking forward to sharing with newcomers the opportunities for development that are possible through the Toastmaster program.

VP Public Relations will be Sandhya Duggan. Sandhya is an accomplished communicator and new to the executive



**Left to right: Paul Broom Immediate Past President, Leona Jorgensen President, Lawrence De Silva Treasurer, Phil Muir Sergeant at Arms, Sandhya Duggan VP Public Relations and Rina Rose'Meyer VP Membership.**

committee this year. She is keen to bring her communication skills to the Public Relations role and help spread the word and encourage people to discover what Toastmasters can offer.

Treasurer Lawrence de Silva is also new to the executive committee. With so many new members on the committee you can guarantee a lot of fresh thinking. Lawrence enjoys

the friendly social atmosphere of meetings with like-minded people at Toastmasters. It is not only an opportunity for Lawrence to grow his confidence in public speaking but also to expand his circle of social contacts.

Sergeant at Arms and also new to the committee is Phil Muir. Phil also sees his role as an opportunity for personal development by supporting the club membership in their Toastmaster journey. Phil believes his contribution to the club is also a contribution to the broader Rowville community.

Whether you wish to lead or follow your own journey, Toastmasters may just be the program you are looking for to achieve your goals in a fun friendly environment. Come along and see for yourself.

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. The Club meets the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Tuesday each month at 7.15 pm for 7.30 pm start, at the RAFT Church in Rowville.

If you are interested in attending a meeting and learning 'to speak among friends' please send an email to [contact@rowvilletoastmasters.org.au](mailto:contact@rowvilletoastmasters.org.au) or visit the website at [www.rowvilletoastmasters.org.au](http://www.rowvilletoastmasters.org.au) to see details of Club activities. See also the 'What's on Locally' section of this paper.

*Peter Tuck, Vice President Public Relations*

## Cake Decorators Association of Victoria Rowville Branch



The next demonstration day for the Cake Decorators will be on Sunday 19<sup>th</sup> July at our usual venue, the scout hall in Turrumurra Drive. The event will start at 10am and will finish at approximately 3.30pm.

The theme for the day will be "Blue Day" supporting 'Beyond Blue' and we ask that everyone wears something blue. There will be four guest demonstrators, who will complete different projects. Robyn Hamilton will create a 'Blue Butterfly Bush' whilst Jean Venn will complete a 'Blue Hydrangea'. Lynne Burch will produce the 'Blue Trumpet Vine' and finally Rhonda Morris will decorate 'Love In The Mist'.

Morning tea, lunch and afternoon tea are included and there will be lots of fun and goodies. Bookings are essential for catering purposes with a small fee of \$20 for members and \$25 for non-members. For all bookings please contact our treasurer Jean on 9763 1702 or email [jvenn6@bigpond.com](mailto:jvenn6@bigpond.com) Alternatively you can contact Velma on 5998 4067 E-mail [cakie91@dodo.com.au](mailto:cakie91@dodo.com.au) Please come join us.

*Velma Brown*

## Innovative Swag Design into Hesta Finals

In 2012, Tony Clark was a finalist in the Knox Council's Australia Day Awards and won the 'Local Hero' award for his 'Swags For The Homeless' backpack bed, that can be stored in a backpack and is designed specially to meet the needs of the homeless. Swags For The Homeless is a nationally accredited charity in Australia and was the winner of 2011 Australian Human Rights award for best Community Organisation; Australia's highest honour.

Now Swags for Homeless are one of five finalists in the Organisation category of the 2015 HESTA Community Sector Awards. The Awards recognise those in the community sector who made an exceptional contribution

to social justice in Australia, by enhancing the wellbeing of disadvantaged individuals and communities.

The Organisation Award winner will receive a \$10,000 development grant, courtesy of proud Awards sponsor ME.

Founder and CEO Tony Clark of Rowville, said the original idea was to raise money to allow us to manufacture and distribute Backpack Beds to street sleeping homeless people. But then the general public demanded to buy the Backpack Bed for themselves. As a result Swags for Homeless expanded our fundraising model to include social enterprise, which means that we sell goods to the general public and all the profits from the sales go directly to helping us distribute Backpack Beds to homeless people.

The Swags for Homeless organisation has distributed more than 15,000 of the lightweight, portable Backpack Beds® for homeless people across Australia since the first production hit the streets in 2009. They are made out of an innovative polar fleece material, which provides warmth, protection, comfort and dignity. In 2014, the charity developed a new chemically safe fabric that is not only water, fire, and mildew resistant but also 'breathable' while



still meeting stringent international safety standards. Tony quickly points out that they are not intended to replace housing for the homeless.

The Backpack Bed has been awarded seven product design awards including the World's largest and most prestigious product design award; the German 2011 Red Dot "Best of the Best".

In July 2014, Swags for Homeless established an independent US charity – Backpack Bed for Homeless – based in Nashville Tennessee.

The finalists in the Hesta Community Awards will be flown to Sydney for the awards dinner on 25 June 2015.

The HESTA Community Sector Awards are presented in partnership with the Australian Council of Social Service as part of the ACOSS National Conference 2015 and have been sponsored by ME since they started in 2012.

Learn more about the awards at [hestaawards.com.au](http://hestaawards.com.au)

*Aileen Muldoon*

## Dining Out The Stamford Hotel Bistro

In the company of my wife, son and his wife, we went on a Wednesday evening and were cordially greeted at the door and shown to a table with comfortable bench seating on one side, and chairs on the other, by the attendant, a warm and

welcoming young man.

The Bistro was about half full and we settled at a clean table, set with cutlery.

Ordering of food and drinks is at your own timing from a central pay as you order for food, and at the Bar for drinks. "Table Service" meant that the meal was delivered to your table a short time after ordering.

I ordered the "Pork" which came quite warm, cooked to perfection, with crisp crackling, cooked vegetables, potatoes, carrots and the customary apple sauce.

The staff responded with a smile and "thank you" when complimented on the quality and presentation of the meal. The Bar attendant, "Shay", gave us good service and had excellent knowledge of her wine list.

Everything combined for a relaxed and pleasant evening.

*Graeme McEwin*



# VISION 2020

## THE RIGHT TO SIGHT AUSTRALIA

### Rowville residents help shine a spotlight on eye health

Rowville and Lysterfield residents along with those from other south east Melbourne suburbs, are among the first people in the country to have their eyes tested as part of Australian-first research into eye health.



*CERA's Mo Dirani, Luxottica/OPSM's Robyn Weinberg, CERA's Peter van Wijngaarden, Vision 2020 Australia's Jennifer Gersbeck and the Hon Alan Tudge MP flick the switch on Australia's first of its kind eye health research*

Launched at the Knox City OPSM store, the National Eye Health Survey will be the first research of its kind to map major eye conditions in Indigenous and non-Indigenous people across Australia through comprehensive eye testing.

Member for Aston, the Hon Alan Tudge MP, attended the launch and took part in the eye testing. Undertaken by Vision 2020 Australia and the Centre for Eye Research Australia (CERA), the comprehensive research project is a collaborative effort between government, non-government and the private sector to achieve better eye health and vision care outcomes for Australia.

The project will be completed in mid-2016

Vision 2020 Australia CEO, Jennifer Gersbeck, said "Australia's eye health was more at-risk as the population aged and as the diabetes epidemic continued to grow. Conditions such as macular degeneration, glaucoma, cataract, diabetic retinopathy and refractive error are becoming more prevalent so being armed with accurate data will help us to tackle these conditions efficiently and effectively."

The National Eye Health Survey is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund, with other contributions coming from CERA, OPSM, Novartis, Zeiss, Brien Holden Vision Institute, Optometry Australia, NACCHO and the Royal Flying Doctor Service.

*Louise Rudzki*

## Knox Home Garden Club

We gardeners spend much time tending our gardens: planting, pruning, weeding, digging, mulching etc. so, it can be very disappointing to see that row of healthy lettuce seedlings demolished overnight by a small squadron of snails. White fly, codling moth, cabbage moth and many other bugs compete for our garden delicacies.

Not all garden pests are of the insect kind. My Brittany Spaniel had to be watched like a hawk as she cruised around the garden, bone in mouth, looking for some freshly planted seedlings, (either in the garden or in a pot, she could manage both), to uproot and bury her bone under. Yours and the neighbour's cats can be very unwelcome when they use your vegie patch as their toilet. Our club's president, who always thinks outside the square, put in rows of plastic forks, tines upwards, to deter her visiting cats. One neighbour knocked on her door to return a fork that her cat

had brought home, stuck in its fur.

My favourite pest, however, said very tongue-in-cheek, is my six year old grandson. Every afternoon after school, he goes around his traps. The traps being cross cuts of logs which are used as stepping stones around the garden. It took me some time to realise there would be less collateral damage to my plants if I moved all the wooden discs to the garden edge and it is also much easier for him to turn them



over to frighten the daylights out of anything underneath them. All my carefully placed rocks along the garden edges have been re-arranged by him in his search for bugs.

We recently made a three storey insect house, using bricks and planks for the construction. We gathered a collection of pine and banksia cones, hollow plant stems, sticks and twigs, bark, shells, and anything else we thought that insects and other creatures would like to live in. These items were placed in groups on the planks, and it looks mighty good, even if I do say so myself. If you would like to make an insect house and need some inspiration, Google it, there are some fabulous examples and it is good fun.

If there's not much happening in your garden right now, maybe you could give your tools a clean, sharpen, and rub the wooden handles down with some linseed oil.

Knox Home Garden Club meets on Saturday, 10am, 18th July & 15th August, and on the 3rd Monday of the month, 8pm, for Sept, Oct, and November. We meet at Knox U3A Campus, Park Boulevard, Ferntree Gully. Visitors are very welcome, and supper is served after the meeting. Please direct all enquiries to: 9739 8783. Happy gardening.

*Betty Wright*



### Three Year Old Pre-Kinder

The Rowville Community Centre runs a three year old pre kinder program, from Monday to Friday during school terms.

The sessions are run with only 10 children per group with 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.

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.

We are currently taking waiting list applications for 2016 pre kinder which can be done either online or at the centre.

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

*Trish Massie*



**We're in the passage, the passage  
of time, and our A.G.M is looming.**

Some committee members are resigning after serving for 10 years or more. Thank you very much. So recruiting mode is in motion. Hopefully some of our members will commit to serving for a year or two, or more. It would be



*Our garden group visited the most interesting "Edible Forest Gardens" nursery in Wonga Park.*

great to have new input and ideas for future activities.

**Armchair Travel** This is an opportunity to travel without leaving your comfortable seat. In the past few months, videos have included visiting India with castles and palaces, Bangkok, the Pilbara region and the Birdsville Track, learning a few survival tips along the way.

**Bushwalking** This sounds very challenging and scary, but it might not be as strenuous as you imagine. Please, ring Rhoda to learn details of terrain and length of walks. Rhoda would love to hear from you.

**Badminton** No competitive players in this group. This is another excuse to socialise, be with people, have fun, and of course, use a racquet if you want to. This is a very friendly activity.

**Bus Trips** Helen has organised a tour of The Black Cabs facility. What I hear you exclaim, from what I hear this tour will be hilarious. Also planned is a tour of a bee farm. Here we can watch a fascinating display of live bees at work, (from behind a glass window). Then we can browse the bee themed gift shop, enjoy free tastings of 100% Australian Honey, honey cider, ice cream, mustard, all made from their delicious honey.

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](http://www.life.org.au/knox)

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



# Sing your heart out with Southern Voices

Does your child or a youngster you know love to sing? Southern Voices choir rehearses in Rowville and is inviting children from ages 7 – 12 to join. The choir offers a safe and inclusive environment where children can gain confidence by performing together and making new friends. Studies have also shown that there is a range of health benefits associated with group singing. And best of all, it's **Fun!**

Southern Voices recently performed at the Biggest Morning Tea at Stud Park Shopping Centre. They are the resident choir for the Knox Carols by Candlelight and have been heard on ABC radio and in TV commercials. The choir were recently involved in ANZAC Day celebrations, including the Bells of Peace commemoration with Dandenong Ranges Music Council, and a performance with the Australian Navy Band at HMAS Cerberus. The choir has performed at the Sydney Opera House and has toured nationally and internationally.

Southern Voices rehearses on Thursday evenings in Rowville at the Salvation Army Centre in Kingsley Close. For more information and to book in your child's first free rehearsal, please call Sally on 0497 008 266 or email [info@southernvoices.com.au](mailto:info@southernvoices.com.au)

Marita Lacota

Right: The Choir In Their Uniforms At Camp



We held our annual Memorial Day at the club on the 22nd May. This is a time each year, to remember our past members. Our bowlers played for the Frank Leggett memorial trophy and our winning team was: John Puah (Skip), Dennis Moore and Ashvin Shah. Runners up were: Jeff Lovegrove (Skip), Margaret Lee and Andrew Fong. Congratulations to all who participated on the day.

On the 9th June, we had an outing to the Village Green, for Morning Melodies. After a delicious morning tea, we



Runners-up: Andrew Fong, Margaret Lee & Jeff Lovegrove (skip)

were entertained by Steve Lawson, followed by lunch and then bingo. I'm sure everyone had a very enjoyable day.

For information regarding our activities, please call Anne



The Winning Team: John Puah (skip), Dennis Moore & Ashvin Shah.

Berg on 9873 0226 or 0404 007 174.

Anne Berg (President)

# Chronic Pain

Do you have chronic pain? Would you like to learn ways to suffer less and achieve more? Come along and learn how you can self manage chronic pain. Guest speakers talking about Mindfulness, Nutrition, Integrative health, Exercise and Wellness success stories

When: Wednesday 22nd July from 9:30am – 12 noon, followed by a light lunch. Where: Orana Neighbourhood House, 62 Coleman Road, Wantirna South VIC 3152 Please RSVP required for catering purposes –Phone Orana on (03) 9801 1895.

For more information or to register interest, email [mandy@takeholdofpain.com](mailto:mandy@takeholdofpain.com)

## Can You Believe It ?

A traffic policeman in the Greek town of Patras issued a ticket to a parrot that he believed was obstructing the pavement. The feathered offender, perched on a stand outside a pet shop, promptly tore the ticket up.

## Let's Talk About Technology



Before I write the article for this month, I would like to change the way it works. Instead of one-way traffic with me writing articles, I would love to hear from our readers and get their questions, so that I can answer them to help you better. So if you have any question, please feel free to ask away on [info@evokeit.com.au](mailto:info@evokeit.com.au) or pick up the phone and call 1300 788 405 to get free advice.

In this month's edition we will cover Disk Defragmentation

## What is disk defragmentation?

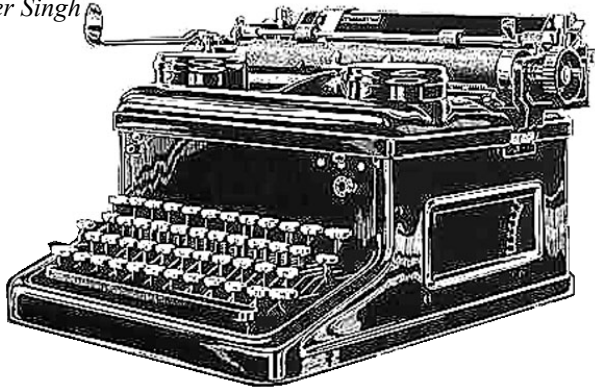
Disk defragmentation is the process of consolidating fragmented data on a volume (such as a hard disk or a storage device) so it will work more efficiently.

Fragmentation happens to a volume over time as you save, change, or delete files. The changes that you save to a file are often stored in a different place on the volume than

the original file. This doesn't change where the file appears in Windows, only where the bits of information that make up the file are stored on the actual volume. Over time, both the file and the volume itself become fragmented, and your computer slows down as it has to look in different places to open a single file.

'Disk Defragmenter' is a tool that rearranges the data on your volume and reunites fragmented data so your computer can run more efficiently. In this version of Windows, Disk Defragmenter runs on a schedule so you don't have to remember to run it, although you can still run it manually or change the schedule it uses.

Sher Singh





# Rowville Netball Club

## VNL Superstar Jackie Carroll

*"I don't specifically have an end goal, because I don't like putting a limit on myself," are the wise words of netballing talent, Jackie Carroll.*

At just 18 years of age, Jackie has a drive for life that some people spend their whole lives searching for. She has played for the Rowville Netball Club for the past 11 years and during that long relationship with the club has gone on to reach amazing milestones. However, it was a long journey from the beginning to current times.

Jackie attended Rowville Sports Academy throughout high school, specialising in netball and has played representative netball for Mountain District Netball Association from under 13s until top age 15s. At the mere age of 16, Jackie was selected in the South East Zone Academy, where her team won the under 17s grand final. Shortly after, she found her place in the Boroondara talent squad through 2013-2014. She now currently finds herself playing for Melbourne University Lightning in the Victorian Netball League (VNL).

"I like playing at the VNL level because you are playing up against the best players in the state," she said, but she will always call the Rowville Netball Club home on a Saturday.

"Playing A Grade on Saturday with a great bunch of girls and knowing everybody is putting 100 per cent into every game is a great feeling," she said. "The A Grade team played in the grand final last year and it was a great game," she said. "None of us expected to make finals in our first year together...I think it shows character of the playing group."

Even Jackie's family are heavily involved in her netballing life, with her mum, dad and grandfather attending every game they can. "They are happy as long as I am happy," she said.

In her spare time Jackie finds herself cooking; in fact, Jackie is studying at the William Angliss Institute to receive her Certificate III in Commercial Cooking

"I've always loved cooking; it's what I want to do with my life," she said. "I've just always loved making food, creating new things. I've loved food, even all the way through school."

Regarding her cooking career, Jackie said. "I was able to help with a demonstration with head chef of Chin Chin, a famous Asian restaurant in Melbourne," she said. More recently, she has the possibility to go to Italy for one month and work in an Italian restaurant.

In the netballing-sphere, Jackie has numerous targets.



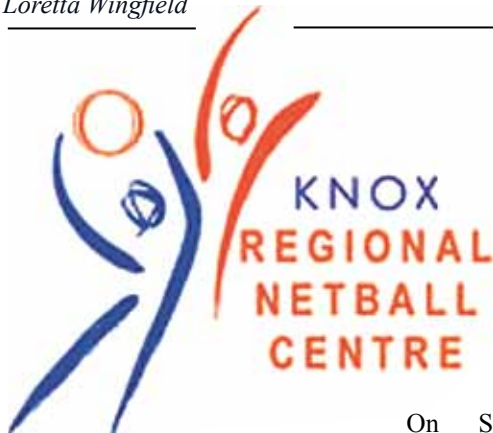
Jackie In yellow/maroon, Attempting a block against Wantirna South

"Ideally at the moment my aim is to make a first division team next year, so the goal is to play the best netball I can this year and put myself in the best position with the intention of fulfilling my goals," she said.

This includes representing Rowville Netball Club at A Grade again in the 2015 winter season.

What the future holds for Jackie is the unknown with opportunities coming at her from every angle.

Loretta Wingfield



## Roller Derby!

On Saturday 4<sup>th</sup> July the Knox Regional Netball Centre will play host to the East Vic Roller Derby. Roller Derby is an action packed event with roller skaters putting their bodies on the line on the indoor netball courts! For more information head to [www.eastvicrollerderby.com/](http://www.eastvicrollerderby.com/)

## Netball Victoria – Vixens Clinic

On Tuesday 7<sup>th</sup> July some of the Vixens girls are heading out to Ferntree Gully to put local kids through their netball paces! Ages 9 to 17 years! Places are strictly limited and can be booked by heading to [www.nvclinicsandcamps.com.au](http://www.nvclinicsandcamps.com.au)

## Net Set Go – Term 3 starts!

Net Set Go the introductory netball program for 5 to 9 year olds begins again in Term 3 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. Forms can be found in the downloads section of the website [www.knoxnetball.com.au](http://www.knoxnetball.com.au)

## Ladies Day Time Netball – Spring Season starts soon!

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



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

**SPORTING ROUNDUP**



## St Simons Community Football Club

We are in the middle of another very competitive season which sees the Knights excelling. A number of players have reached their 50 and 100 game mark. Our teams are doing really well with good results in a number of age groups, resulting in their contention for finals action.

Our club enjoyed a visit from the Hawthorn Football Club on Tuesday 19<sup>th</sup> May. Both Hawthorn players were very interactive with the kids, chatting with them and getting involved with the drills. You could see the kids and parents looking very excited. Thanks to the Hawthorn Football Club for helping make our kid's season a bit bigger.

The Knights President, Wayne Sargeant says, "This is a great club to be at. All of the parents working to give the kids the best opportunity, is just brilliant." The Knights are not only strong on the field, but are providing our members and the Rowville and wider community with the benefits of a Community focused Club.

Following on from The Knights participation of the Premier's 'Active April' program in conjunction with Knox City Council, on Sunday 24<sup>th</sup> May, The Knights participated with the EFL in raising funds and awareness for 'Beyondblue'. Our President cooked bacon and egg rolls all morning, with all the proceeds (\$216.40) going to the most worthy cause. Thanks to everyone who pitched in and ate for a great cause...

We participated as the only football club supporting Bunnings' at their Community Day on Saturday, 30<sup>th</sup> May. Our kids handed out Bunnings footballs, netballs and basketballs. The players also had great fun on all the free rides as well as enjoying the free fairy floss and popcorn! Secretary, Natalie Williams said "It was a great day, I know

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](http://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](mailto:knox.netball@knox.vic.gov.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.

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](http://www.knoxnetball.com.au)

Rosalind Montgomery

## Churchill Park GOLF CLUB

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### Under 12s At The Bunnings Community Day

my kids had a ball! It was great to get our kids, particularly some of the U12 boys who came down, to help the club and they gained great experience in volunteering.”

Long-time Knights committee man and parent, John Boccari, organised the St Simons Auskick kids to come on Sunday, 31<sup>st</sup> May and play during the half time break of the Under 17's game. The Auskicker's enjoyed the experience with lots of very happy faces, which were topped off with a hotdog and drink for their efforts. Many future Knights players!!

The Knights are also participating in Knox City Council's "Understanding the risks associated with Underage Drinking Program". This program aims at ensuring the club promotes a culture that understands the risks associated with underage drinking and reducing the incidents of, and harm associated with underage drinking. "It is really important that we have a culture which focuses on football and encourages our children to achieve their best, on and off the field." Club Secretary Natalie Williams says. "The program will help our kids understand the issues about underage drinking at community clubs." she said.

Getting back to football, good luck to all the teams that are participating in the finals. It is time to cap of a great off field season with the on field results that all the kids deserve.

Natalie Williams

## Rowville/Rowville Lakes Little Athletics

**Little Aths Cross Country is more than just a run in the park!**

A visiting coffee van adds culture to the mornings. Athletes will take part in State Relays at Sandown on Saturday July 11. Individual and Team medals will be up for grabs at the Knox Cross Country Open Day, and some athletes even make social trips to the country!

The Knox Open Day is to be held on July 18 and runners from Centres around Victoria can register to complete. The competition will see races for U6 and above, and includes a parents' 3000m.

Some Knox Little Aths families headed to Benalla for the Queen's Birthday weekend. This was to participate in the Annual Benalla Cross Country Open Day. In addition to running, they enjoyed a time of family, fun, fitness and friendship. The Knox Centre has been making this trip each



year for many years and it's open to all Little Aths families. If you are looking for a way to get to know others, start planning now to be a part of the action next year.

Little Aths Eastern Metropolitan Region (EMR) also hosts a number of races on Sundays throughout winter, including one in Wandin during June. Many boys and girls who regularly compete at Knox on Saturday and/or EMR events, are finding themselves towards the front of the pack in the current rounds of schools' cross country competition.

We're so pleased to see Harrison Armstrong-Fray, Joshua Henkful and Alexis Port amongst our newest participants, in the U6 runs. Rory Jones and William Darragh, as well as Adrian Virginie, are also out amongst the packs in the later mid to late primary ages, and regular families including the Hodges, Brownes, Carlins, Loueys, Stapletons and Lillies, are now being joined by the Epps. Good to see you too!

For further information contact  
Steve Pepper 0417 325 917 or  
Steve Lillie 0409 231 380.

Thanks to KLAC  
photographers.

Rosemary Merrigan



## Waverley Golf Club Clubhouse Membership Currently only **\$58!**

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## Rowville Group Fitness

**Pilates Book Now**

Pilates is a relaxing yet challenging mind and body class that can ease back pain, strengthen back and core abdominals and provide great toning and improved posture.

The class includes Pilates matwork and strength and toning with the fitball. Improve your flexibility and mobility with this quality workout.

Bookings are essential.

**Wednesday 9.15am**

**Wednesday 6.15 pm**

**Rowville Group Fitness  
at the Rowville Community Centre**

**Enquiries to Lisa on 0407 873 271  
or go to: [www.rowvillegroupfitness.com.au](http://www.rowvillegroupfitness.com.au)**



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Some Of The SSC  
Award Winners



## SSC TAG (Top Age Group) Swimmers Of The Year 2014-2015

The recipient of this award is the individual swimmer that posts the highest single FINA Point Score in an individual event at a sanctioned meet (Swimming Victoria Approved) during the swimming calendar year May 1, 2014 through April 30, 2015.

Age	Pts	Name	Event & Time	Date	Meet
Girls 8	106	Elli Honan	50 FR 50.09L	09/11/14	Metro 7-10 Finals
Girls 9	202	Imogen Cohen	800 FR 13:55.90L	25/10/14	Vic. LC Distance Meet
Girls 10	278	Grace Honan	50 FR 35.60S	19/07/14	Firbank Aquastars SC Meet
Girls 11	373	Alicia Mandato	200 BR 3:13.17L	13/12/14	Vic. LC Age Champs
Girls 12	407	Bethany Forster	100 FR 1:10.25L	04/04/15	Indian Ocean All Stars Challenge
Girls 13	374	Caitlin Williams	200 IM 2:55.08L	24/01/15	Metro East LC Sprint Meet
Girls 14	518	Audrey Charlton	100 FR 1:04.82L	13/12/14	Vic. LC Age Champs
Girls 15	355	Grace Dadswell	50 FR 33.51L	08/03/15	Surrey Park LC Meet
Girls 16	528	Keely Williams	1500 FR 19:06.46S	19/07/14	Firbank Aquastars SC Meet
Girls 19&O	431	Sandra McAlpine	50 FR 30.76S	02/08/14	ACT SC Champs
Boys 9	164	Aaron Perillo	800 FR 13:45.59L	11/10/14	Metro West District LC Champs
Boys 10	153	Steven Organ	50 BK 44.92L	20/09/14	Metro South 7-10 Heats
Boys 11	316	Ethan Connolly	400 FR 5:11.47S	17/08/14	MLC Aquatic SC Meet
Boys 12	332	William Boyton	800 FR 10:53.74L	08/03/15	Surrey Park LC Meet
Boys 13	318	James Perillo	200 FR 2:29.40L	22/02/15	Firbank Aquastars LC Meet
Boys 14	465	Blake Pereira	50 FLY 28.95L	28/03/15	Metro All Junior Finals
Boys 15	436	Lachlan Arthur	100 FR 1:01.83L	04/04/15	Indian Ocean All Stars Challenge
Boys 19&O	324	Peter Howes	50 FR 29.55S	22/11/14	North Lodge Neptunes Interclub

## SSC PB Aggregate Awards 2014-2015

Age	Name	SSC PB Aggregate Score
7 & Under Girls	Elli Honan	82
8 Year Old Girls	Hayley McPherson	79
9 Year Old Girls	Chrissie Micallef	90
10 Year Old Girls	Olivia Miles	76
11 Year Old Girls	Amy Tellefson	99
12 Year Old Girls	Bethany Forster	77
13 Year Old Girls	Darcy Bishop	23
14 Year Old Girls	Grace Dadswell	22
15 Year Old Girls	Kerry McNamara	59
16 Year Old Girls	Keely Williams	18
19 & Over Girls	Angela Forster	17
8 Year Old Boys	Patrick Forster	104
9 Year Old Boys	Liam Heimann	98
10 Year Old Boys	Steven Organ	51
11 Year Old Boys	Antonio Cavallo	95
12 Year Old Boys	Jeremy Micallef	98
13 Year Old Boys	Jack Stone	54
14 Year Old Boys	Christopher Degracz	82
19 & Over Boys	Peter Howes	58

The Queen's Birthday long weekend, in June, saw 38 eager swimmers venture down the highway to Warrnambool, for the Warrnambool SC two day meet. There were numerous PBs swum along with a number of qualifying swims for the upcoming Victorian SC Championships. Swimland Swim Club went home with a total of 80 medals (19 Gold, 34 Silver & 27 Bronze) and was 3<sup>rd</sup> overall with a combined team score of 2,996 from all the events we competed in. Well done to everyone.

Swimmers are now preparing for the remainder of the Short Course season with the goal of qualifying for the State Age Championships. The top two squads (based on club qualifying times) are venturing up to Canberra, for the ACT SC Championships, at the beginning of August. So far, 22 have qualified for the trip to Canberra.

If you are interested in joining Swimland Swim Club contact SSC via email [secretary@swimlandswimclub.com](mailto:secretary@swimlandswimclub.com) for more information. We train out of PSS Rowville (Rowville Secondary College – Western Campus), PSS Narre Warren, PSS Carrum Downs and Noble Park Aquatic Centre.

Jodie Browne



## Knox Historical Society Turns 50

by Karin Orpen

On Friday 14 May 1965, a meeting was held in the Bayswater Public Hall where it was decided that a Shire of Knox Historical Society should be formed.

The beginnings were humble as the Society initially operated from members' homes and a barn house on Ferntree Gully Road.

Fifty years later, what started as a small group of residents concerned about preserving Knox's history has grown into one of our most important and influential local societies.

Today the group operates from Ambleside Park in Ferntree Gully, and is home to Knox's most extensive archive of historical artefacts, photographs and documents.

It also operates Knox's only accredited museum with displays and exhibits that are open to the public.

They also host regular school group talks and presentations, and have compiled a vast library of publications that tell the story of our city.

Today Graham Hansen and a dedicated Committee oversee the society, and do some tremendous work in keeping the story of Knox alive. Clearly our history is in safe hands.

To celebrate their 50<sup>th</sup> Anniversary the Society is hosting a celebratory lunch at The Knox Club on Sunday 13<sup>th</sup> September. Guest speakers will include Karin Orpen and Bill McAuley. Members of the public are invited to book their tickets for this event by contacting the Society on 9758 6722.



Photos: Top- Ambleside today; Above - Ferntree Gully Hotel post WWI; Below left - Ambleside opening; Below - Silfern Store circa 1945.





## Let's Talk Local Issues With Cr Nicole Seymour



### No Ordinary Life – Positive Ageing in Knox

#### There's more to being a Grandparent than Babysitting!

The concept of grand-parenting is very conflicted these days. There are some who treasure being involved in the lives of their grand children and actively participate in extended family life with overflowing love and commitment. To this group, it comes naturally, without question to have a strong family connection and it is reciprocated by all members of the family. The exchange or interaction is not about baby sitting when needed or taking on childcare responsibilities so that adult children can return to work. It is deeper more heartfelt than that, it is about being connected emotionally. It is that traditional perspective that there is enormous value grandparents can make to helping raise children to become caring, respectful and engaged members of our community.

Understandably, not everyone feels this way. There are some grandparents who choose not to be so closely connected. A new found freedom and opportunity to do as they want in the post retirement years, sees some grandparent's baulking at the prospect of playing a significant role in the lives of grandchildren. It's nice to

see the grandkids from time to time, keep up with general family activity and catch up at the occasional family event but that is it. The connection between grandparent and grandchild is courteous and founded on what is "expected", as opposed to what is heartfelt. This is not saying that the grandparent does not love the grandchild or visa versa, to the contrary, it is simply a reflection of different priorities or core beliefs underpinning the relationship.

There are some grandparents who desperately yearn to be involved in their grandchildren's lives but for reasons of family breakdown, distance or ill health are unable. I hear too often of grandchildren used as emotional pawns when there is a relationship breakdown between grandparents and their adult children. The usual scenario is of a spouse who doesn't get along with his/her in-laws and pulls that family away from their extended family. Maybe there is a valid reason, maybe not, but that is not my concern in this article. What I am concerned with are the children who miss out on the rich experience of a loving grandparent because of parental "issues".

Children need adults to make sense of the world around them, they need adults to help guide and nurture them and there is enormous emotional and social value in ensuring their "circle of trust" includes older people such as grandparents.

If children have little or no interaction with seniors, then they have no means of learning how to have positive relationships with older people. They fail to learn the concept of respect for elders or empathy for the frailty / impeded ability of an aging body. The intergenerational divide widens further and so too sets a framework for future social breakdown at a community level.

For example; why would a teenager give up a seat on a bus or hold open a door for an aged person, if they had never learnt and practiced intergenerational respect in their family environment?

I would love to see our society value the role of grandparents in family life where it is regarded as life enriching rather than a burden. Being a grandparent does not mean being an on-call baby sitter or taking over primary

care duties to facilitate working parents. Grandparents have earned the right to enjoy their post retirement free time. Free time doesn't mean lack of purpose or opportunity to have a quality life.

To me at its most basic core, the role of a grandparent is to "love", wholeheartedly, unconditionally and to help teach our children through being a positive role model of important values such as kindness, empathy, respect, acceptance and trust.

Children learn not to love. There is no such thing as a bloodline entitlement to a child's heart. The love of a grandchild is not a right, it is earned.

For a healthy mutually loving relationship to be built, grandparents need to take the lead. Firstly grandparents need to want the connection. Then my observation is that grandparents need to find that "something" upon to build the relationship. It may be going to the park, it may be visiting the library to research a topic of interest to you both (eg: trains), it may be volunteering to do class reading at your grandchild's school. **Children remember moments not gifts.** They will remember the Pop who came and watched weekly football matches and then bantered about their favourite AFL team, they will cherish the Nan who didn't ever miss a school concert or dance recital. They will give the best ever squeeze hugs to the grandparent who showed real interest in them and was not distracted by technology or all consuming household responsibility.

Even if you are estranged from your grandchildren or distance is problematic, make the effort. Technology can help make connections that weren't possible before. Things like email, Skype and Facebook are great tools. The emotional value of a personal letter / card should not be understated either.

We have an ageing population and as a society we need to foster stronger cohesiveness and empathy between the generations. The role of a Grandparent as a wise elder in our community is paramount to this social change.

Cr Nicole Seymour Tirhatuan Ward



Freemasons Victoria representatives RWBro. Myles King, Carol and WBro. Lionel May, RWBro. Keith Thornton, WBro. Bill Stevenson, Peter White and WBro. Graham Flaherty with IOE parents and staff; Jenna Tatterson, Fred Brumhead, Kimberley Hannett, Patsy Gussenhoven, Laura West, Wendy Du, Lyndal Killick, Mrs Gussenhoven, Meg Hodgekinson and Harry McKie. Photo courtesy: Gabrielle Forman, Freemasons Victoria



### Relief for Children With Siblings With a Disability

Interchange Outer East (IOE) provides the care and support that some children may not get at home because they have a sibling with a mental or physical disability.

Much of the attention around the home is centred on the needs of the disabled child, and the brother or sister may at

times feel left out, unimportant or ignored. But Interchange Outer East offers group activities, camps and opportunities to talk with others of the same age group who may share similar experiences.

Freemasons Victoria recently visited Interchange Outer East in Ferntree Gully to find out how the organisation was progressing and to contribute another \$20,000 towards its programs. Coordinator Fred Brumhead said that "It's so important that children know there is always an outlet. Some parents have been taking their kids to IOE for years now. There is no other program like it in Victoria."

Freemasons Victoria's RWBro. Keith Thornton, who took part in the presentation, said that he was proud to be able to raise the funds for the program. "When we began assisting IOE about six years ago, we were able to donate \$10,000 and it is such a pleasure to be able to have doubled that to \$20,000 this year."

Therapist and Program Coordinator, Laura West, said that the funds will enable the organisation to provide trips for the kids, which otherwise would be near-on impossible.

In presenting the cheque, Program Coordinator Jenna Tatterson returned the gesture, giving WBro. Lionel May a beautiful glass plaque inscribed with Interchange Outer East's thanks for the many years of support that has been shown by Freemasons Victoria.

For more information about Interchange Outer East, visit <http://www.ioe.org.au/>

Gabrielle Forman, Freemasons Victoria

## 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.

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# Chiro-Practicals

## Quit the Sit!



Professor David Dunstan from Melbourne's Baker IDI Heart & Diabetes Institute recently reinforced the negative impact that prolonged sitting is having on our health and wellbeing. Their statistics show that the average Australian adult now

spends over 9 hours a day in "sedentary" activity ...which means sitting!

The disturbing aspect of their findings is that if you do the current recommended 30 minutes of moderate to vigorous activity per day, but still sit for prolonged periods, then you are still at an increased risk of a host of conditions such as Diabetes, Cardiovascular diseases, breast and colon cancer and kidney disease, let alone the musculoskeletal aches and pains that will also ensue. This is because sitting induces "Muscular Inactivity" resulting in reduced blood flow and glucose uptake.

People who sit the most when compared to people who sit the least have a

- 112% increase in relative risk of developing Type 2 Diabetes
- 147% increase in the risk of Cardiovascular events
- 49% greater risk of an early death

So we are all being encouraged to **Quit The Sit** and take a stand for better health.

How can you change your routines so that you stand more and move more during your day?

- If you use public transport - get off at an earlier stop.
- If you drive – consider taking public transport so you have to move to catch a train, tram or bus.
- In the office have standing meetings – they'll be more productive.
- Stand whenever you take a phone call at your desk – don't sit.
- At home get up and move when the ads are on.
- Encourage children to walk or ride a bike to school.

Do you know that if you could stand for another 3-4 hours per day, over a year it would use the equivalent energy of running 10 marathons – and you would be a whole lot healthier!

Dr Frank Whelan

## IS YOUR SPINE ALIGNED?

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## Health & Wellbeing Seminars

The Bridgewater Centre is pleased to be continuing our Parenting series in July with two information sessions for parents of toddlers to 12 year olds..

**Enhancing your Child's Self Esteem Thursday 23rd July, 7:15pm – 8:30pm Cost \$5pp**

Self-esteem is how we feel about ourselves. It is learned, which means it can be unlearned. Self-esteem develops during childhood, through the way we are treated by the significant people in our lives. It doesn't stay the same. It can increase or decrease according to the messages we are given and how we receive those messages.

This information session will focus on communication and encourage self-esteem in parents and children. "Children have never been very good at listening to their elders, but they have never failed to imitate them" James Baldwin

**Sibling Rivalry Thursday 30th July, 7:15pm – 8:30pm Cost \$5pp**

Why do siblings fight? This information session will explore the reasons siblings squabble and give strategies for developing ground rules and teach ways to solve disagreements.

**Understanding Stress Thursday 16th July, 1pm – 2:30pm Cost: \$5pp**

# 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



## Diabetes week – are you prepared?

Are you living with diabetes, or considered 'at risk'? Over 1 million people in Australia are currently living with diabetes, and a further 2 million people (at least!) are 'at risk'. Diabetes week is fast approaching, July 12<sup>th</sup> – 18<sup>th</sup>, so it's the perfect time to have a think about your *diabetes health*. There are five important things you should be considering:

### 1. Your blood sugar levels

Blood sugar levels tell us how well your diabetes is being managed, or you're level of diabetes risk. Diabetes is a progressive disease, so it is important that you regularly check your blood sugar level, because things may have changed. For people living with diabetes, you may be advised to check your blood sugar levels daily, or multiple times a day. For people with a family history or 'risk' of diabetes, your GP may advise you to have a blood sugar test every 6-12 months.

### 2. Your body weight

Overweight and obesity is the biggest risk factor for developing diabetes. It also contributes to disease progression for those already living with diabetes. This is because excess 'visceral fat' stored around the body's major organs and cells make it more difficult for insulin to clear sugar from the blood. Weight loss is one of the most effective, **natural** ways to reduce your risk, or improve your management of diabetes. In fact, up to 58% of people 'at risk', who go on to develop diabetes, may have prevented this by losing excess weight. Weight loss can also, in some cases, reverse the disease entirely!



**Relaxation Workshop Thursday 30th July, 1pm – 3pm Cost \$10pp**

Stress is any extra demand placed upon a system and how the system perceives that demand. That system could be the human body, the human mind, a bridge or a business management system. Stress can be either good (eustress) or bad (dystress). When we talk about "being stressed" we usually mean the negative kind of stress.

"Stress arises from the discrepancy between the perceived demands of a situation and the perceived ability to cope with those demands." Sanders, Spielberger.

The good news is that some stress is preventable, some is avoidable and what isn't can be managed successfully. In fact the early physical signs of the stress response can be reversed very quickly by applying the relaxation response.

These sessions will be facilitated by Clinical Social Worker/Counsellor, Suzanne Katzmann-Fogel. Suzanne has extensive experience supporting families and individuals. This experience includes issues regarding parenting, relationships, as well as general mental health and wellbeing.

The Bridgewater Centre promotes Community Health and Wellbeing through Education and Support. We offer seminars/information sessions, group programs and personal counselling. If you would like more information or to book a counselling appointment or register for one of the above information sessions, please contact the Bridgewater Centre on 9753 4203.

Kerryn Davies

### 3. Your food and drink choices

A healthy diet will support you reaching your most optimal body weight. Ensuring that your energy intake does not exceed your energy expenditure is important. Watching **portion sizes**, and opting for plenty of vegetables, wholegrains, fruits, 'healthy' fats and lean proteins will stabilise blood sugar levels. You can still include 'treats', but try to keep portion sizes small, and limit your frequency to 'special moments' only – not every day!

### 4. Your exercise involvement

Exercise not only helps with weight management. It also helps to clear sugars from the blood faster, for your muscles to use! Any time is a great time for exercise, but for people with diabetes, just before or just after mealtimes is best for targeting the rise in sugar levels from food. The benefits of exercise can last for up to a few hours afterwards! So get moving!

### 5. Your medical and allied health team visits

Your health care team are your 'best friends' when it comes to managing your diabetes, or your diabetes risk. So, make sure you utilize them for their knowledge, support and guidance. They will help you to stay 'on track', and prevent the many physical and mental set-backs that diabetes can bring. Your diabetes healthcare team should include a GP or diabetes specialist, an Accredited Practising Dietitian, a diabetes nurse, a podiatrist, an optometrist and an exercise physiologist or physiotherapist.

The team at Rise Health Group includes an Accredited Practising Dietitian, a Podiatrist, Exercise Physiologists and Physiotherapists skilled in supporting you manage your diabetes or diabetes risk.

Samantha Cowan





## Kim Wells Reports

I recently raised in Parliament with the Police Minister, Wade Noonan, the issue of the adequacy of local police resources at Rowville Police Station on behalf of Rowville and Lysterfield residents.

Local residents have expressed serious concern to me that Rowville Police resources will be placed under considerable strain, thereby reducing patrol hours and community safety, by three significant factors:

1. the fact that the current State Government did not commit funding during recent state budget, to a single, net additional new police member across the State,

2. increasing concerns regarding policing requirements to deal with the twin scourges of the Ice epidemic and the prevalence of family violence incidents across the Victorian community; and
3. recently introduced Victoria Police guidelines requiring 'two-up' manning of operational patrols in light of increased terrorist threat level assessments.

I have specifically asked the Minister to provide an assurance to local residents that police resources in Rowville and Lysterfield, will be maintained at existing levels and that there will be no reduction or detriment to police patrol hours across the Rowville and greater Knox areas.

I will provide an update to residents once a response is received from the Police Minister.



## Alan Tudge Writes

### Major Boost For 11,000 Small Businesses In Knox

There are over 11,000 small businesses in Knox, covering everything from manufacturing, trades, distribution, services, cafes to retail.

They are the backbone of our local economy and when they do well, we all do well.

This is why I am so pleased with the small business initiatives we announced as the centrepiece of the federal budget.

They turbo-boost the small business sector, to help them grow and create jobs. This is good news for everyone.

Businesses under \$2 million in turnover will now receive:

- ✓ Tax relief: a 1.5% tax cut for incorporated entities; or a 5% tax cut up to \$1,000 pa for unincorporated entities.
- ✓ Instant asset write-offs: every asset purchased up to \$20,000 can be written off immediately.
- ✓ Start-up help: immediate deductions of professional expenses for starting a business.
- ✓ Employment incentives: payments of up to \$10,000 for businesses that hire eligible mature age job seekers.

Strong small businesses equal more jobs and a stronger local economy.



Below: Alan Tudge MP hosts Knox Councillors Cooper, Mortimore, Holland, Lockwood and Cossari at Parliament House, Canberra.



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## Exciting changes!

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**The evolution of our practice from Rowville Physiotherapy & Rowville Sports Medicine Centre has seen the scope of our clinical practice and its services grow. Our scope of practice and the growth of our complete approach to your health is now reflected in our new name –**



# risehealth

GROUP

**Our clinical team remains the same, with the addition of Dr. Tracy Peters (Sports Doctor), who all are committed to assisting you improve your wellbeing with effective health care.**

**Improvements to our practice include a renovated clinic, on-line booking for your convenience and the innovative use of technology to improve your treatment outcomes. A significant expansion of our exercise services at our second Rowville location (Humphreys Way) also provides you with extensive options to aid your rehabilitation.**

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## Murrindal Playgroup

100 Murrindal Drive, Rowville  
murrindalplaygroup@hotmail.com

Having recently become a Stay At Home Dad (SAHD) to three boys, the last few months have been a steep learning curve. I've learned that kids are always sticky no matter how often you clean them, that when kids go silent it means they're up to no good, and most importantly, that being a stay at home parent is the best job in the world!

One of the highlights of my week is taking the boys to playgroup, and this got me thinking – where are all the other SAHDs? Would other dads be interested if Murrindal introduced a new playgroup exclusively for Dads and their kids?

We could meet once a week, use the facilities provided, and basically just hang out for a couple of hours and chat while the kids play. It really is a great experience for everyone, and if nothing else, gives you a couple of hours a



*Ben With His Three Children, Darcey, William and Alex*  
week to put your feet up and share the load.

If you would be interested in becoming a part of a group like this, please contact me on 9753 9568, or email me at benmcfarlin@live.com.au for more details.

Hope to hear from some more SAHDs soon  
*Ben McFarlin*



## Rowville Neighbourhood Learning Centre

### Learn Local and Connect – Education and Training for Men

Do you have a man in your life? Husband, partner, brother, son or other significant man who could benefit from some training or support? Then your local neighbourhood learning centre could just be the perfect place to start them on a new path.

#### Expand your opportunities and develop new skills

Rowville Neighbourhood Learning Centre can specifically design courses for men who are looking for a new opportunity, want to develop new skills or who may need retraining to re-enter the work force or embark on a career change.

RNLC offers flexible, high quality, affordable pre-accredited training that can assist with:

- professional & personal development
- employment preparation
- building confidence
- discovering tailored programs that suit individual needs
- making connections with the local community
- finding out about nationally recognised training

### Why choose Learn Local?

Restarting education at a Learn Local can be the first step in a learning journey that will get you back into the groove of learning and familiarise you with the classroom environment, all within your local community and at an affordable cost. RNLC offers introductory courses which allow you to find the right direction from the start and opens up a multitude of pathways to formal education at TAFE or university.



Come and discover the vast array of courses available or talk to us about how we can cater for specific learning needs.

For more information call or visit our website

*Heather Miletto*

## Rowville Three Year Old Kinder What's On?

The children at Rowville 3 Year Old Kindergarten were delighted to meet members of the Rowville Fire Brigade when they visited in May. Kinder teacher Tamara said "The children have been learning about this emergency service and about calling 000 if a fire happens." Some children even wondered if Santa would make an appearance and hand out lollies.

Firefighter Andrew showed the wide-eyed children the fire truck and its safety equipment, only to be shown up by a hail storm! Next was the safety talk with Firefighters Sandy and Stewart. The children learnt about key messages "Get down low and go, go, go" and "Stop, drop and roll." They demonstrated this by pretending a blanket was 'smoke' and crawling under it. To conclude the visit, each child was able to pose for a photograph with Firefighters Sandy and Stewart.

The Fire Brigade visit is just one of the many exciting and engaging activities these lucky children have experienced this year. Some other highlights so far include; making new friends, learning to be more independent, enjoying a Teddy Bears' Picnic, learning about healthy eating, creating Mothers' Day gifts and hosting a morning tea for the proud



*Firefighter Andrew Explaining The Workings Of The Fire Truck To An Attentive Audience*

(and teary) mums. The children are also looking forward to the upcoming Jack and Molly Theatre Show.

If you are interested in finding out more about our lovely Kindergarten, please contact Tamara or Sharon on 9764 4030. Sessions run on Monday and Wednesday mornings and we are located in the Alan Clayton Wing, 965 Wellington Road (corner Tirhatuan Drive), Rowville.

*Rowville 3 Year Old Kindergarten Committee*



## Should I Desex My Pet?

Deciding on whether to have your pet desexed or not is a question that every pet parent asks. At Greencross Vets we do recommend that all pets be desexed. Not only are there a number of health benefits, but having your pet desexed also decreases the number of unwanted puppies and kittens

that find themselves homeless or in shelters across Australia.



### What age should I desex my pet?

Typically, desexing can be performed any time between the ages four-six months. While it can be performed on older pets, younger pets do have a faster recovery and the health benefits are more effective if carried at a young age. Sometimes the size of the pet may determine the appropriate age to have your pet desexed.

#### What does the desexing surgery involve?

The procedure itself involves the removal of the reproductive organs, and for both males and females there

are many medical benefits.

### Females

In females, desexing (also known as spaying) reduces the risk of mammary tumours, and eliminates the risk of tumours in the ovaries, uterus and cervix, and prevents other medical conditions such as pyometra.

### Males

In males, desexing (which is also known as neutering), reduces the risk of prostatic diseases, perianal tumours and eliminates the risk of testicular cancers.

Not only are there medical benefits to having your pet desexed but it can also reduce some behavioural problems such as certain types of aggression and urine marking. Desexed pets are also less prone to wander, and as a result are less likely to get lost, injured or end up at a shelter. Another important reason to consider having your pet desexed is that it prevents accidental pregnancies, thus decreasing the large amount of unwanted puppies and kittens that find themselves in shelters across Australia.

Desexing is an important part of being a responsible pet owner and it's essential for your pet's health and wellbeing.

Until 31<sup>st</sup> July, Greencross Vets at Stud Park are offering a discount of 20% off the cost of desexing your pet.

*Michelle Bierman*

## Rowville Pets Home Feeding Service

Your pets can stay in the comfort of their own home.

Service Includes Feeding & Walking

Dogs & Cats Cared For

Mail Collected & Bins Put Out for Collection

House Sitting Available On Request

Established For 15 Years

Please call Sandra on 9763 1630

Mobile: 0411 514 972







# Beauty and The Beast in Rowville

This year's musical production by the Rowville Secondary College, "Beauty and the Beast", is sure to be a huge success as all the leading characters have gained invaluable experience in previous College productions.

Beauty and the Beast was first made as a film in 1946, (there was a short animated film in 1934), then followed a host of further films or films based on the story right through to the scheduled 2017 release starring Emma Watson, Dan Stevens and Ewan McGregor. On the stage B&B was first produced in 1993 and ran on Broadway from 1994 to 2007, becoming the ninth longest running show in history. The stage show has been performed in 13 countries covering 115 cities and grossed more than \$1.4 billion. The 1995 Australian stage show with Rachael Beck as Belle, gave Hugh Jackman his big break. The TV show of the same name has no connection.

Many familiar names have taken the lead roles in the RSC production. Belle will be played by Phoebe, The Beast by Mitch and Gaston by Jess. Other major parts are Mrs Potts, the enchanted teapot by Meg, Madame de la Grande the enchanted Wardrobe by Hannah, Lumiere the debonair candlestick by Brooke and Cogsworth the enchanted but stuffy mantle clock, by Natalie. With the exception of

*L to R Phoebe, Meg, Hannah, Jess, Mitch, Natalie and Brooke*

Phoebe, they are all year 12 students and have mostly been at the school since year 7 although Jess has only been at RSC for 4 years. With the notable exceptions of Meg whose father is head of drama at Wesley College where she also attends (her mother also acts), Hannah whose grandmother was a drama teacher and Mitch who has some theatre company experience, there is no family stage background.

Their thoughts were divided on the question of whether acting or singing was the most difficult, despite the fact that they all had some choir experience. For the girls, trying to reproduce male voices was a challenge as was mastering accents. Not surprisingly they all felt that the camaraderie between the cast was the most enjoyable aspect of productions.

Given the opportunity to play any character they could, there was quite a range of characters from Jack Black in School Of Rock (she doesn't like him in anything else) from Hannah, Elle in Legally Blonde for Brooke, Phoebe from the TV series 'Friends' for Natalie, Hermione Granger in the Harry Potter films for Jess, anything by Meryl Streep for Meg and Glinda the good witch from Wicked for Phoebe. Mitch repeated his choice from last year of Mr Mistoffelees from 'Cats'.

There were significant changes to their favourite actors from previous years. For instance Meg now said any good comedic role, whereas in 2013 she named Cate Blanchet and Phoebe wasn't sure having nominated Jennifer Lawrence in 2014 and Leo DiCaprio in 2013. Natalie said Steve Carrell (also mentioned by Meg), Brooke selected Jennifer Lawrence, whilst Hannah was quick to decide on Ashley Zukerman.

There were some similarities in their choices for favourite song from B&B. Jess and Phoebe said 'Gaston' whilst Brooke and Natalie went for 'Be Our Guest'. Meg nominated the theme song Beauty & beast and Hannah 'Human Again'.

Only Jess and Brooke wanted to pursue a career in musicals and dancing after school, although Phoebe would like to continue as an amateur, wanting to concentrate on becoming a nutritionist/dietician. Meg wants to become a

Shakespearean actress and Hannah a drama teacher, whilst Natalie wishes to follow a career as a travel journalist.

For anyone reading this, if you haven't been to a Rowville Secondary College musical before, this is your chance to witness a happy, joyous occasion, where our young adults shine and thoroughly enjoy themselves, whilst totally entertaining and enthralling their audience. Nervous? Not them. Well, not yet anyway.

See you there.

*Interview by David Gilbert*



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# Fun With Words And Numbers

By changing one letter in each word at a time, turn "bear" into "moat" and "hare" into "film" and "home" into "risk". There are clues to help you make the changes

CLUE	B	E	A	R
To defeat				
A sailing vessel				
A farm animal				
	M	O	A	T

CLUE	H	A	R	E
Rent				
It burns				
Solid				
	F	I	L	M

CLUE	H	O	M	E
Capital city of Italy				
A popular flower				
To go up				
	R	I	S	K

Kids' Page

Complete these magic squares. Each column, row and diagonal must add up to the same number.

		7
	5	4
		4

6		7
	4	
		2

5		
	4	
	4	3

4		
5		
9	1	

What rhymes with?

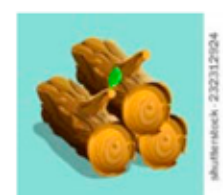
What rhymes with lap and is worn on your head? \_\_\_\_\_

What rhymes with dog and is burnt in a fire? \_\_\_\_\_

What rhymes with cow and is a mother pig? \_\_\_\_\_

What rhymes with fowl and is a night bird? \_\_\_\_\_

What rhymes with tree and gives us honey? \_\_\_\_\_





# Heany Park Primary School

## The Ticket

"Hurry up, we are going to be late!" yelled Jessie's Mum.

Jessie was going to her little sister's dance concert and Jessie was dreading going. They all got into the car and drove off to the theatre. Jessie wished she could go to her favourite singer's concert instead of going to her little sister's concert. It was going to be the ultimate snooze fest! After a while they arrived at the theatre and Jessie and her Mum got their seats. The dancing had just started and Jessie was already bored. What's that? Jessie thought as she reached under the seat. She picked it up and it said: *Magic Ticket takes you to any concert.* Jessie gasped.

Jessie was confused, what will happen? She wished she could go to her favourite singer's concert. Then BAM, she was there. Jessie was amazed, there she was in a seat. Her favourite singer took the stage and started singing. It was only half way through when she realised that her mum would be wondering where she was. Jessie jumped out of her seat and ran to the door. When she got out she saw a huge crowd.

"Oh no!" she gasped.

Jessie walked down the stairs and into the crowd. It was like a sea of people and the only thing on Jessie's mind was – I'm going to be in so much trouble! She walked to the other side but the exit wasn't there. She kept on walking and walking but she couldn't find the exit, she was lost! She completely forgot that she could use the ticket.

Jessie wished that she could go back. Seconds later she was back at the theatre with her Mum. Jessie realised that her mum hadn't noticed she was gone. Jessie looked down at her ticket and it said, *no one will notice when you are gone.* She sighed with relief. Good, no one had noticed. After the dance concert her sister was telling Jessie about dancing and how much fun it was. The ticket was Jessie's little secret and she told no one about it. She had had the best time!

Lani Grade 5

## Animals Should Always be kept in Zoos

It is obvious that animals belong in zoos.

Firstly, zookeepers can breed animals. If zoos didn't breed animals they may become extinct. This would be a huge loss to our planet. Since zookeepers breed animals, we are helping keep them alive.

Secondly, zookeepers help injured animals. If animals were out in the wild and got injured would they fix themselves? No! Zoos take them in and help them recover. This saves animals.

Finally, if we keep animals in the zoo, kids can learn about them. Kids won't panic and will know how to react if they see animals in the wild. Kids who want to be zoo keepers will know how to be one.

I strongly believe you should keep animals in zoos so zookeepers can breed and help the injured animals. Also kids can learn about animals. So keep animals in zoos!

Natasha Grade 1



## Arrabri Lodge

On the 27<sup>th</sup> of April 2015, the grade fours from Heany Park Primary School went to camp at Arrabri Lodge in Warburton. To get there we took a bus.

My group's first activity was the flying fox. I was the second person to go on it. The view was **amazing!** I could see the very high mountain and even the paddock with the donkey in it. It was very funny because

every time a girl went on the flying fox they would let out a little scream when they hit the tyres at the end.

Next we went to the sensory trail. I teamed up with Hayley. She was blind folded first. Sensory means you use all your senses. Hayley kept holding on to the ropes that were hooked around the course but I kept telling her not to. But when it was my turn I realised why she was



## Sorry Day



On May the 26<sup>th</sup> 2015 (Sorry Day) all the Grade 2 and 3's went to the front of Heany Park Primary School.

When everyone arrived, the school flag monitors lowered the Australian flag and put up the Aboriginal flag.

Before the official apology, the Government did not think they were responsible for

decisions previous Governments made.

In 2008, Kevin Rudd became the first Australian Prime



Minister to publicly apologise to the Stolen Generation.

The Stolen Generation refers to the Indigenous Australians who were removed from their families and communities.

Emma 2JF



## Help for Nepal

On Thursday, the 28<sup>th</sup> of May, Heany park Primary school had a free dress day to raise money for the Nepalese earthquake. We all came dressed in the colours of the prayer flags that can be seen throughout Nepal and the surrounding region. These colours included Red, Blue, Yellow, Green and White. As a school we raised just under \$670 dollars, with this money going to Oxfam to help those people in need. We are all very proud and feel wonderful to know that we have been able to help in some way.



**You've got some musical talent.**

**You've got some musical skill.**

**Are you ready to perform?**

**We've got your venue!**

Now in its 11<sup>th</sup> year, the Big Break is the best live performance gig for new musicians in the east of Melbourne. Run by The Basin Music Festival Association, it gives you a professional standard venue, setup and performance experience. This year, for the first time, the new Chandler Performing Arts Theatre at Boronia K12 College is hosting the event.

**A perfect space for a great gig.**

The Big Break is open to all styles and standards for performers in two categories - under 18 and under 25. You judge if you're ready to stand up on stage and perform for an audience.

While the show will be run to professional standards, it is a friendly setting and you will have fun.

Register online: [www.thebasinmusicfestival.org.au](http://www.thebasinmusicfestival.org.au)

Any queries - 0402 780 942

**LIVE MUSIC ROCKS**



# PARK RIDGE

## PRIMARY SCHOOL

### Positive Education In Action At Park Ridge

On Monday 18<sup>th</sup> of May, two Year 6 students (Meg Nicholson and Emma Keir) ran a blanket and coat drive for less fortunate people living on the streets. They collected over 50 garbage bags of coats and blankets that were donated by the parents and students of Park Ridge. In December last year Meg and her dad (Phil Nicholson) went out to the city and delivered special packages full of different varieties of food. They thought it might be a good idea if they held some sort of donation



*Meg and Emma during their visit to the Anglicare mini market*

drive or program that would make a difference to less fortunate people. This random act of kindness, inspired the girls to then do the blanket and coat drive, it was also a big boost for Park Ridge's Positive Education program making it the first time they have done anything like this.

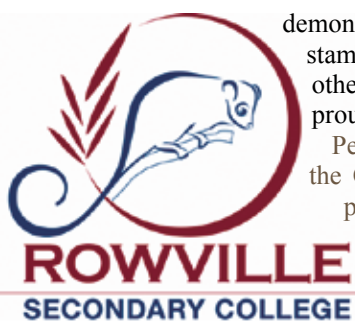
Three weeks later Meg, Emma, Leita Nicholson (Meg's mum) and Melissa Roberts (Assistant Principal) were invited to Anglicare Victoria in Fitzroy to do volunteer work and see where their school's donations had been sent. They sorted out their piles of coats and blankets to give out to the homeless. They were given a tour around both Anglicare buildings, learning about what each department looks after and how they work. Ian Wallbridge (Coordinator of Anglicare) took them on a circuit around the area, displaying different parts of Fitzroy that had significant factors to the region. They made their way back to the Mission House and sorted out two large boxes of donated tea bags. Then they had finally finished their journey through the city and made their way safely back to school! Visiting Anglicare meant a lot to the girls and they have this to say to other students; "Some people aren't as lucky as us and everyone needs to think about those who are less privileged. Students need to think about how we can make a difference by doing even the smallest things."

*Meg Nicholson and Emma Keir Year 6*

*Editor's Note:- What a wonderful thing you have done girls. I'm sure your school, as well as your parents, are very proud of you. I'm certain that your visit to Anglicare was informative, interesting and educational. Well done.*

## Rowville Secondary College

A dedicated and talented group of students have practiced through their lunchtimes and given up their mornings and afternoons to perform jack jumps and supermen. Their amazing smiles travelled with them to the Aerobic State Championships on Sunday the 17th of May in Geelong. Emily Williams, Mia Wilkinson, Brooke Leitch, Holly Parker, Brianna Lillie, Claudia Jones, Kellie Roper, Emily Jenkins and Madison Edgar have been an extremely dedicated and fun group. Over the months they have



demonstrated a huge improvement in skills and stamina. As a team they have supported each other every step of the way. We couldn't be more proud of their

Performance and the way that they represented the College. The teams finished in 4th and 5th place, while Brianna & Brooke the 'Blitzin B's' finished 5th in their pair. The girls qualified and will continue to train for the next State finals on Sunday 7<sup>th</sup> of June. A big thank you to Dana Schwass, who has assisted in coaching the students and was there to support them on Sunday.

A talented group of students and their coach Mr Gilbert headed to the Waverley Softball Centre to defend their title of State Champions. After winning all three games the team the final was a repeat of Eastern zone final against Camberwell, only this time the girls smashed them! All the girls contributed in different ways throughout the day.

A few stand-out performances included excellent pitching by Meagan and backed up by Adele. Tash Holt did great catching as always and was the best batter for the day! Tash Symons was solid with the bat and at first base. Olivia our Year 7 student turned the game against Hallam when she hit a home run. That started the ball rolling with our comeback. Congratulations to Natasha Symons, Natasha Holt, Meaghan Grah, Emma Clayton, Indiana Johnson-Boe, Taylor Lindsay, Dana Schwass, Jasmine Shellard, Kayla Summerscales, Athina Taupau Kamleiatua, Adele Wood and Olivia Wood.

19 Book Club members attended 'Reading Matters', a literary event run by the Centre for Youth Literature at the State Library. They heard from five authors who write for young adults, and were able to talk to them and have their books signed. The author Abe Nouk, originally from South Sudan, didn't learn to read until he came to Australia as a refugee 10 years ago and is now a hip-hop artist, poet, and founder of Creative Rebellion Youth.

## Lysterfield Primary School



### North Eastern Victorian Region Youth Concert 2015

For the last six weeks, 18 students from Lysterfield Primary School have been involved in rehearsals for the NEVR Youth Concert. As part of a primary choir that consisted of over eighty students, they rehearsed for 3 hours every Tuesday with other schools from the region.

Lysterfield Primary School's music teacher, Melinda Ronalds-Greatbatch, was given the task of conducting the primary choir and presenting a 15 minute performance based on the concerts theme, 'Soundtracks'.

The choir performed songs from Disney animations which included, 'When You Wish Upon A Star', 'Bare Necessities', 'Let's Go Fly A Kite', 'Never Had A Friend Like Me', 'Colours Of The Wind' and 'Brave'.

On Wednesday 29<sup>th</sup> May the students showcased their talents in a performance at Hamer Hall. The Primary Choir was one of the outstanding performances of the evening which was no mean feat considering the concert included a Symphony Orchestra, String Orchestra, Concert Band and Senior Choir just to name a few.

Our students sang with confidence and enthusiasm

## Aged Care support for all the family

Aged care with options that you choose, it is your choice with Consumer Directed Care (CDC). Did you know there are more options available than going into Aged Care Living?

Sometimes it is tough having this conversation, with your parents or your partner, especially and quite commonly as they are resistant to change. After all, you are the life partner, or one of the children and it is hard to be in this position.

It is a very complex, challenging and emotional time for all concerned. Making the wrong decisions can be costly and this stage of life needs careful consideration to achieve a positive outcome.

There is a big assumption that Aged Care is about the person in question only. Wrong! It affects all the family on so many different levels. Did you know there is more to it than going into Aged Care? There are options and choices to enable you to stay at home in most cases. You may be considering Aged Care for yourself, a partner, a parent or a loved one.

Are you a senior person who needs support but wants to

that had everyone in the audience clapping along. The performance ended with thunderous applause from the audience and big smiles from our choir students.

What a sensational experience it was, I'm sure it will be one these Lysterfield choristers never forget!

*Mel Ronalds*

retain your independence?

Are you feeling unheard because your family are just too busy?

Do you need someone to listen to you independently and confidentially with non judgemental guidance?

Sometimes and often you as a family with siblings and extended members find it difficult to all agree on the next step. This is all quite normal and mediation is available if required for effective results.

Comments vary from 'My children do not have time to really listen.

'Mum needs support and I cannot give the assistance that is required'.

The Aged Care system is like a maze to me and I feel totally overwhelmed.

Would you like to know more about what is available to you, like referral to Aged Care Assessment Teams (ACAT). Care at home with a Home Care Package or respite care. You may have preconceived notions of Aged Care Living. I am passionate about listening and helping to support people to age well and meet their challenges with ease. A local professional service of support, guidance and help is only a phone call away. Call me on 0409 949 515 or email [claritythroughcounselling@gmail.com](mailto:claritythroughcounselling@gmail.com) to confidentially discuss the choices available to you. I can come to you for consultations or office appointments are available at Redefine Life Centre 6 /171 Boronia Road, Boronia

*Annette Wood*

***Aged Care Specialist Counsellor***

*"I'm never too busy to be a resource for your friends and colleagues.*





Buongiorno! Ciao! Good morning and welcome to Rowville Primary School.

When you enter the world of learning at Rowville Primary School you notice a distinct Italian flavour. Italy - home to artistic treasures, tasty foods, a love of hand crafted masks, a passion for football (better known as soccer) and its contribution to music - can be experienced through the rich LOTE program offered at Rowville Primary School.



The Italian journey begins with the music program.

**Fa la ninna, fa la nanna**

(Go to Sleep, Go to Sleep )

*Lullaby*

Fa la ninna, fa la nanna  
Nella braccia della mamma  
Fa la ninna bel bambin,  
Fa la nanna, bambin bel,  
Nella braccia della mamma.

The strains of this Italian lullaby are a familiar sound at Rowville Primary School. Listen a little closer and you will notice the ukulele accompaniment provided by the Level 6 students for the Foundation students. An appreciation for music is nurtured through learning the music terms taken from the expressive Italian language. Terms such as piano, pianissimo, forte and fortissimo are all part of the learning in the Performing Arts studio.



Inside the Visual Arts studio you will find senior students studying the works of the masters such as Leonardo da Vinci as the inspiration for their own masterpieces.



Like so many aspiring artists before them, these students have been influenced by da Vinci and the students' work shows the importance of having a mentor artist to study in order to foster their own creativity.

The Italian people's love affair with masks was experienced by the students when a small slice of Italian culture came to the school in the form of a theatrical puppet performance – "Puppets and Masks of Italy and the Adventures of Arlecchino". Throughout the show the students were presented to the characters that appear in Italy during 'Carnevale' through amazing puppets and masks.



The Italian flavour extends to the Stephanie Alexander Kitchen Garden. Chef Jodie teaches students from Levels 3 – 6 the intricacies of Italian cooking, including making their own pasta and pasta sauce.



With pasta machines whirring and pots of school-made Passata (tomato sauce) boiling on the stoves the students are learning firsthand the influence of Italian cuisine.



With the delicious smells emanating from the nearby kitchen, the students in the Italian room use technology to study the LOTE program, Language Perfect. Signora Bartlett keeps a watchful eye over her budding Italian linguists: with headphones atop their heads, the students are immersed in the program.

The junior school students are treated to Italian vocabulary lessons and take great pleasure in greeting everyone in Italian and singing Tanti auguri a te when there is a birthday.

The Italian influence is not restricted to indoors. The soccer pitch is one of the most populated areas of the school playground. You would be forgiven for mistaking these young athletes for members of *Gli Azzurri* or perhaps the legendary Andrea Pirlo.



These skills have been honed due to the coaching provided by players from Melbourne Victory. Who knows? One day we may hear that one of our students has made it into the Italian Soccer League!

Just as Italian custom is steeped in the arts, music and food, so is the LOTE learning at Rowville Primary School.

*Arrivederci!*







# St Simon The Apostle Primary School

There is much happening at the school with many fun and positive activities and awards given to many students.

We would like to congratulate the Grade Five students who participated in the St Joseph's Lighthouse programme. The Year Ten students mentored and guided the Grade Five students to create a digital video that included stories about a variety of topics. The Grade Five students appreciated the attention and guidance that the Year Ten students provided. St Simon's staff and parents were invited to St Joseph's Secondary School to view the masterpieces!

## A Poem For Teachers And Parents

### The Sculpture

*I dreamed I stood in a studio and watched two sculptors there.*

*The clay they used was a young child's mind.*

*And they fashioned it with care.*

*One was a teacher; the tools she used were books and music and art;*

*One was a parent with a guiding hand and a gentle, loving heart.*

*Day after day, the teacher toiled with touch that was deft and sure.*

*While the parent laboured alongside and polished and smoothed it over.*

*And when at last their tasks were done*

*They were proud of what they had wrought.*

*For the things they had moulded into a child could neither be sold nor brought.*

*And each agreed they would have failed*

*If they had worked alone for behind the parent stood the school*

*And behind the teacher; the home.*

-----

## Birthday Wishes

Wishing the following students a very happy birthday.

Kayla (1G)	Andrew (3G)	Justin (1R)
Phoenix (3R)	Caitlin (3B)	Matthew (5/6P)
Matthew (5B)	Caitlin (3B)	

## 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 – Lucy, Anabel, Carson

Prep G – Whole Class

Prep R – Maddison

Prep Y – Rebecca, Estrella

2 Blue – Sienna, Ariel, Hugh

2 Green – Eoin

2 Red – Chrystom

2 Yellow – Bradley

3 Blue – Jemmah, Charlie

3 Green – Neesha

3 Red – Julian

4 Blue – Anthony

4 Green – Grace

4 Red – Collins

4 Yellow – Corrinea

5 Green – Cassidy

5 Red – Rhiannon

5 Yellow – Sam

5/6 Purple – Jake

6 Blue – Jai

6 Green – Katie

6 Red – Chloe

Lochie Jessica

James

Shan

## Music News:

*Sarah (4G)* on making it onto her Blue Book and receiving her green belt! Congratulations!

**Wow!** What an incredible week Grade 4 students have had on achieving their next belt in recorder.

Well done to the following students: *Zac (4G)*, *Bradley (4R)*, *Joshua (4Y)* and *Kohan (4Y)* on receiving their Yellow Belt. *Lucas - (4G)* and *Giovanni (4R)* have received their Orange Belt.

Congratulations to *Benjamin (6R)*, *Chloe (6R)*, *Joshua (5G)* and *Cassidy (5G)* on receiving solo parts for the school choir. Thankyou to all those who auditioned. This year's decision was very hard due to the high quality of singers.

## Student Of The Week For Music:

This week's award goes to *Sofia (1G)* for having a great understanding of ascending and descending melodic patterns.

## Student Of The Week For Japanese:

This week's award goes to *Zachary (6G)* & *Anthony (6R)*.

## Good Manners Award:

Goes to *Joshua (1R)* and Uniform Award goes to *Alessia (2R)*. Well done to these children.

## Building Program

The refurbishment of the school canteen is progressing at a steady pace. The roof is now on, the brick work commences next week and it is anticipated the building refurbishment will be completed by the end of July.

## Bogan Bingo Night

Last Sunday the Parents' Association organised a "Bogan Bingo Night". It was a resounding success with everyone who attended having a most enjoyable time. There were many people who need to be thanked. The Parents' Association's subcommittee lead by Nicole who co-ordinated the night, parents and businesses who donated raffle prizes.

*Andrew Miller*

# Origin of Words & Phrases

## 'Don't throw the baby out with the bath water'

Most people got married in June because they took their yearly bath in May and were still smelling pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the B.O. Baths were a big tub filled with hot water. The man of the house had the privilege of nice clean hot water.

Then all the other sons and men, then the women and finally the children. Last of all were the babies. By then the water was so dirty you could actually lose someone in it.



# St Simon's Parish Church

**Are you or  
a friend  
thinking of**

**becoming a Catholic?**

## Where do you begin?

Adults entering the Catholic Church or just thinking about it, follow a process called RCIA the Rite of Christian Initiation of Adults. At St Simon's new sessions begin with an information night from 8pm in the Parish house on Tuesday 7<sup>th</sup> July 2015.

The Rite of Christian Initiation of Adults is the normal way in which adults become full active, participating members of the Catholic Church. RCIA is more than simple classes on theological topics; it is a journey of spiritual growth and wisdom.

RCIA helps adults to grow in their relationship with God, become familiar with Catholic teachings and practices, get acquainted with people in the community and get involved in service within the community. The goal of the process is full active participation in the Eucharist and in the whole life of the Catholic faith community.

Many persons who want to join the Catholic Church have already been baptised in another Christian Church. They must attend the sessions but do not need to be baptised again.

## First Step is a Period of Enquiry

The RCIA process is a period of reflection, prayer, instruction, discernment and formation. Those who join the process are encouraged to go at their own pace but on average the journey takes about eight to twelve months of weekly or fortnightly sessions leading to, if the candidate wishes, reception of the Sacraments of Baptism, Confirmation and Eucharist at Easter with an on-going attendance at Sunday Mass and observance of Catholic teachings and practices.

## The RCIA Team

Team members are volunteers. They bring their gifts, talents and life experiences to the sessions, having undergone some training and discernment. They follow the Rite of Christian Initiation of Adults approved by the Catholic Congregation for Divine Worship. At St Simon's the Team meets with enquirers weekly or fortnightly as required usually on Tuesday nights from 8-9.30pm.

If You Would like to find out more please call the Parish office on 9764 4058

*Suzette Diaz*



It is July and - Brrrrr! I know a lot of us would say we don't like it too hot or too cold and look forward to those seasons in between, Spring and Autumn when it is usually just pleasantly warm. Not many of us, however, would appreciate a lukewarm cup of tea, for instance and the word "lukewarm" can be taken to mean anything that is halfhearted and unproductive. Jesus had something to say



# The Salvation Army Rowville Worship & Mission Centre



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 years Red Shield Appeal** and now we can all have a rest till next year.

Are you looking for something special? Something old or something new? Something trendy or something classic? Well why not try us at the Wantirna Salvation Army Thrift store! Don't let its size fool you. This fabulous little shop is packed full of things to interest any person that walks through the door. With a huge range of fashion for all ages, including well known fashion labels, household goods, records, CDs, books, and antiques, you will wonder why you didn't try it sooner. And if you can't find what you were looking for, all you need to do is contact one of the lovely staff members and we're sure that they will be able to help you. This great little shop has been in operation for over 16 years and is managed by Sharon Schottler and her staff, who consist of a fabulous group of caring volunteers, some of whom have put in many, many years of service. So come along and say hello to the wonderful, friendly staff at the Salvation Army Thrift store located at 1330 High Street Road, Wantirna and grab a bargain or find a treasure while you're there!

All profits from the store go to the Rowville Salvation Army where it is used to help our community's needs. This store relies on the generosity of the public and every sale and donation is much appreciated. However, amongst the many excellent donations are goods which are unsaleable, otherwise known as junk, which is an additional cost to the rent, as the shop has a responsibility to cover for the costs of removal. If we all work together to keep this cost down by filtering the donations, we can increase the use of our profits for greater purposes.

Once again, thank you to everyone in our community who have made many donations of much needed valuable merchandise, shopped and volunteered at the thrift store to help raise money for this organization throughout the years. We hope you continue to do so in the future and we welcome newcomers with open arms to join us in helping others. We hope to see YOU soon!

The Rowville Salvation Army Group also have an extensive calendar of events, ranging from car boot sales to crafts and hobbies, and even coffee meetings. The church is situated at 16-18 Kingsley Close, Rowville and the Corps Officer is Capt. Rosie Massey. Sunday service is at 10am. All are welcome.

*Rosemary Massey (Captain)*



It seems that a lot of people are searching. Perhaps we are not aware that we are searching, but then we have moments when something happens and we have a sort of "Aha" moment. It's like we have found something we didn't even know we were looking for. Spirituality can be a bit like this. All people are Spiritual, but it is possible that not everyone is aware of this. Our Spirituality is what helps us make sense of the world and our place in it. As we read about young people who have become radicalised and begin to think about committing acts that shock us, I am reminded

that in fact they have found something. So my question is, do we take our Spiritual needs seriously enough? As a society do we need to talk about our Spiritual needs more intentionally, and in doing so, prevent people from looking at radical ideals as the only option.

Sometimes people lament that we have such a diversity and range of churches. Does it speak of disunity or inability to get along? I don't think it does. Rather I think it means that in different churches we find different expressions of Spirituality. This in fact seems a healthy thing that the churches of our local community can offer. I invite people to think about their Spiritual needs. Joining a church can be a way of doing this.

The Uniting Church meets at 10am for Sunday worship. We have activities for the children and we have an intentional family service on the third Sunday of the month. We seek to bring a contemporary reflection on what it means to be a Christian in the 21<sup>st</sup> century.

Toddler Gym runs on each Tuesday and Friday, with 2 sessions of one hour, 9:30-10:30 and 11-12 noon. Registering to come is important as we have a waiting list for these programs that encourage early childhood development for children aged 1-4. They also enable terrific one to one time for parent and child.

The Bridgewater centre is offering counselling, as it always has. But we are looking at a change in emphasis at the Bridgewater centre, which we will speak about more in later editions of this paper. We will still be the same, but we will shift our focus to a more holistic wellbeing approach that seeks to strengthen individuals and communities. To do this we are offering information sessions and workshops on parenting, ageing well, caring for carers, relaxation and much more.

For more information about what's happening at the Uniting Church, check out our face book page or call the church office.

*Trevor Bassett*

about this. In Revelations, Jesus describes one of the seven main churches of the time, the church at Laodicea as being lukewarm. "Because you are neither hot nor cold, I am going to spit you out of my mouth!" Strong words indeed in order to impress on us how distasteful Jesus finds an attitude that is devoid of conviction and passion to serve Him and others.

Jesus while here on earth exhorted His followers to, let their light shine and not hide it under a bowl, as it were. He was referring to using the talents He gives us, but He also wants us to burn brightly, so that we can be easily recognizable as His disciples and effective in serving Him, and not like a candle flame that can be snuffed out at the least whiff of tribulation. In other words be wholehearted, be passionate about the One who loved us so passionately. He allowed Himself to be crucified to pay the price for our sins, and then rose again on the third day to open the way for us to spend eternity with Him.

In this fast-changing, downward spiraling world of ours it will need tenacity and passion to keep aflame that joy of our salvation in our own hearts, leave alone letting our light shine before others. Let us pray that we will never be lukewarm, but we will stand up, speak up and never let up being the people He wants us to be.

ACF Church is completely reliant on the Holy Spirit of God, who moves among us with fire and power, so that we witness many miracles and have many testimonies of God's mercy and grace. A single little flame has much to withstand, but join a church on fire and be fueled yourself to burn more brightly.

Apart from the regular church services held on Sundays in English, Mandarin and Indonesian, there are other programs during the week for children, young people, etc. More details are to be found in "What's On Locally" on Page 2.

*Marlene Smith*



## Salt and Light (Part 1)

Jesus said that we are *"the salt of the earth"* and *"the light of the world"*. Being salt and light is not optional! Jesus did not say, *you can be...or you have the potential to be...* He said *you are*. Everyone who has trusted Christ for salvation and is born again is the salt of the earth and the light of the world!

### Salt

When Jesus told his disciples that they were "the salt of the earth", (Matthew 5:13), they understood the metaphor. While the universal importance of salt is not as readily apparent in our modern world, the mandate that Jesus gave to his first disciples is still relevant and applicable to His followers today.

What are the characteristics of salt that caused the Lord to use it in this context? There are different theories about the meaning of "salt" in Matthew 5:13.

Some think that its whiteness represents the purity



of the justified believer. Others say that salt's flavouring properties imply that Christians are to add divine flavour to the world. Still others believe that Christians are to sting the world with rebuke and judgment the way salt stings an open wound. And still others assert that, as salt, Christians are to create a thirst for Christ.

Salt, however, has another vital purpose, which is probably what the Lord had in mind *it stops decay*. When Jesus said, "You are the salt of the earth", He meant that all of His disciples were to serve as preservatives, stopping the moral decay in our sin.

The first disciples would have been intimately familiar with this function of salt. Without refrigeration, the fish that they caught would quickly spoil and rot unless they were packed in salt. Once salted, the fish could be safely stored and then used when needed. The spiritual health and strength of the Christian is to counteract the corruption that is in the world. Christians, as salt, are to inhibit sin's power to destroy lives. This in turn creates opportunity for the gospel to be proclaimed and received.

We have been given a wonderful privilege to be the salt of the earth, but Jesus gave us a warning. The second half of Matthew 5:13 states: "But if salt loses its taste, how would its saltiness be restored? It is no longer good for anything, except to be thrown out and trodden underfoot by men". Jesus did not say that we can lose our salvation; He said that we can lose our saltiness. When salt is contaminated it becomes corrosive and poisonous. Contaminated salt cannot even be used for fertilizer on the field, so it has to be thrown on the road. If we have allowed disobedience, carelessness and indifference to rule our lives, we have become contaminated salt and have lost our saltiness. We need to confess our sin and let the Lord restore us to the purpose for which we were called.

*Ray Green*



# Knox Council

## Council Welcomes VEC Decision To Retain 9-Single Councillor Wards

Knox Council has welcomed the announcement by the Victorian Electoral Commission (VEC), which recommends Council retain its nine-single Councillor ward model.

Mayor Peter Lockwood congratulated the VEC in having the wisdom to support Council's position that the current model, which has been in place since 1997, doesn't need to change. "Council is delighted that the VEC has supported its recommendation to retain our existing 9-single Councillor ward model and heeded our message 'If it's not broken, don't fix it', Mayor Lockwood said. "The 9-single Councillor ward model is widely accepted by the Knox community and is a system which allows the most effective representation across our 12 distinct suburbs, and provides residents a direct line of communication with their local representative."

Mayor Lockwood added, "Council is supportive of all findings by the VEC including the slight adjustment to boundaries in some wards to better reflect changing population ratios. In fact, this is what Council also recommended in its submission."

The final report is available from the VEC by visiting [vec.vic.gov.au](http://vec.vic.gov.au) or calling 131 832. Copies are also available for inspection at Knox City Council offices.

# Knox Council

## Council Approve Grant To Scope Victoria

Knox Council has signed off on a grant that will encourage people with disabilities to participate in local sport through a new community program.

Council officially approved the grant at its meeting last night and will enter a funding agreement with Scope Victoria until 2017. The agreement will see Scope Victoria receive an annual grant of \$13,500 secured from Council's annual Community Operational Grant Funding program.

Incumbent provider Eastern Recreation Leisure Services had to withdraw its involvement, which prompted Council

to begin a public Expression of Interest process in February this year, seeking alternative service providers.

Scope Victoria is the successful organisation and will now receive the annual \$13,500 grant.

Knox Mayor Peter Lockwood said, "This is a wonderful step forwards to further demonstrate to our community that we support people with a disability in Knox and their access to participate in sport."

Scope Victoria will provide several half-day training sessions for sports clubs and volunteer organisations building their capacity to support and include more activities to enable people with disabilities to participate in local sporting environments.

**Editor's Note :-** According to the 2012 Survey of Disability Ageing and Carers (SDAC), approximately 15 per cent of the community has a disability that limits their activity

## Rowville motorists warned ahead of illegal parking crackdown

Illegal parking will be the focus of a crackdown in Rowville over coming weeks. Rowville residents will have recently received a letter informing them of the parking crackdown in their area, with patrols starting before the end of June.

"Many residents have expressed their concern about illegal parking in Rowville," said Council's Director of City Development Angelo Kourambas. "It compromises

safety and driver mobility around our residential streets. Our residents should be able to move freely through their own neighbourhoods and we can't allow these illegal and potentially dangerous activities to continue.

Illegal parking carries infringements ranging from \$75 to \$148 depending on the offence.

**Some of the illegal parking being targeted includes:**

- Parking on nature strips and footpaths.
- Parking within 3m of a solid dividing line.
- Parking while facing against the direction of travel (both on the road, and on a road related area such as a nature strip or indented parking bay.)
- Parking and failing to leave 3m for another vehicle to pass.



## Rowville & Lysterfield

### Council Minutes

#### May 26<sup>th</sup> Meeting

Summary of items relevant to residents in the Rowville-Lysterfield areas

#### 5.2 Ward Issues

##### 5.2.1 Councillor Seymour (Tirhatuan Ward)

Councillor Seymour provided an update on the community consultation which has occurred across Scoresby Village and Exner Reserve and noted the consistent message in feedback received.

She was pleased to advise that the Rowville Community Kitchen had commenced operations at the Rowville Community Centre and was adding great value to the community.

She advised that World Elder Abuse Awareness Day would be held on 15 June 2015. She noted the importance of raising awareness and addressing the issue of elder abuse in the community and was pleased to note that Council is working on this as part of its City

##### 5.2.5 Councillor Pearce (Taylor Ward)

Councillor Pearce attended a presentation at the Sant Nirankari Mission in Rowville with the Hon Bruce Atkinson in appreciation for inviting their spiritual leader to Australia and thank them for their ongoing support of the Mission. He was pleased to advise that the Division 1 Rowville Football Club team was having a very successful start to the season. He commended the community based approach of the club in developing junior players up through the ranks.

#### 6.1 Report of planning applications decided under delegation

Knox City Council Planning Applications Decided by Responsible Officer 1 April 2015 to 30 April 2015

Taylor 2015/6060 **8 Provence Rise Lysterfield** The construction of a two storey dwelling on the land 1/04/2015 Approved

Taylor 2015/6084 **44B Taylors Lane Rowville** 2 Lot Subdivision (Approved Unit Site) 21/04/2015 Approved

Taylor 2015/9033 **76 Major Crescent Lysterfield** The removal of one dead Eucalyptus gonicalyx tree 14/04/2015 Approved

Taylor 2015/6045 **8 Gerang Close Rowville** 2 Lot

Subdivision (Approved Unit Site) 14/04/2015

Tirhatuan 2015/6206 **103 Seebeck Road Rowville**

Removal of one Eucalyptus botryoides and light pruning of two trees (Eucalyptus radiata and Eucalyptus sideroxylon). 14/04/2015 Approved

Tirhatuan 2015/6182 **105 Henderson Road Rowville**

Signage 15/04/2015 Approved

Tirhatuan 2015/6114 **11 Seebeck Road Rowville** 2 Lot

Subdivision (Approved Unit Site) 28/04/2015 Approved

Tirhatuan 2014/7038 **1/36 Henderson Road Rowville**

Change of Use (Food Manufacture) and Associated Buildings and Works and Car Parking Reduction.

7/04/2015 Approved

**6.2 Application for the development of the land for seven (7) double storey and one (1) single storey dwellings (total eight (8) dwellings) at 5-7 Gearon Avenue, Rowville, Melway Ref. 82 C3 (P/2014/6597).**

**Recommendation** That Council issue a Notice of Decision to Grant a Planning Permit for the development of the land for seven (7) double storey and one (1) single storey dwellings (total eight (8) dwellings) at 5-7 Gearon Avenue, Rowville subject to the listed conditions: (see website for conditions and plans )

**6.7 Review of sale of council owned tree reserves policy and procedure, and audit of Council owned tree reserves. Summary:** Senior Strategic Planner (Jayna Liew)

Council owns approximately 200 tree reserves which provide landscaping opportunities and restrict vehicle access along major roads, or allow for recreation and community infrastructure such as pathways. Requests to purchase or temporary access to private property over Council owned tree reserves are informed by Council's 'Sale of Council Owned Tree Reserves Policy' and 'Procedure for Information to be Submitted by Applicants for the Sale or Access over Tree Reserves'. This report outlines the findings of a recent review which included: · A desktop audit of all Council owned tree reserves which found that nearly all are meeting their desired objective. · Discussion across Council regarding the potential future role of tree reserves which do not have an immediately obvious function. · The development of a revised new Sale of Tree Reserves policy and procedure for Council to consider and adoption

**Recommendation** That Council: 1. Adopt the proposed Sale of Council Owned Tree Reserves policy and Sale or Access over Tree Reserves as shown at Appendix C. 2. Continue to investigate and transfer to Council tree reserves which may not have been transferred into Council

ownership, noting that the work will be undertaken using existing resources.

**8. Conclusion** This report outlines findings of a recent review of the Sale of Council Owned Tree Reserve policy and procedure and audit of all tree reserves. The report recommends changes to bring up to date and to ensure it is more reflective of current considerations and criteria in determining the circumstances in which a request to purchase might be considered. The report seeks Council adoption of the revised policy and procedure.

Council resolution: moved Cr. Orpen Seconded: Cr. Cossari That Council: 1. Adopt the proposed Sale of Council Owned Tree Reserves policy and Sale or Access over Tree Reserves as shown at Appendix C. 2. Continue to investigate and transfer to Council tree reserves which may not have been transferred into Council ownership, noting that the work will be undertaken using existing resources. CARRIED

**11.1 Works Report as at – 12 May 2015 Summary:** Coordinator – Capital Works (Gene Chiron) The Works Report shows projects on Council's Capital Works Program and indicates the status of each project as at 12 May 2015.

**Bridges Renewal Program** -Wally Tew Bridge renewal works have now been completed. Works are set to commence in Lakesfield Reserve and Beilby Close which will see the completion of the 14/15 program.

**16 Building Renewal Program** - Program is currently approximately 91% expended/committed and approximately 80% complete. Works commencing or nearing completion in May include Rowville Community Centre - kitchen refit, Leisureworks - family change rooms/shower refit, Leisureworks - pool overflow drain rectification

**17 Playground Renewal Program** Three 2014/2015 local playgrounds (Lakesfield, Deschamp and Gravenstein) tenders have been received and are being assessed with a view to commence construction in June.

**31 Stamford Park Redevelopment** -Expressions of Interest for the purchase and development of the Stamford Park Residential Allotment (Lot 2) have closed. An Evaluation Panel comprising Crs Seymour and Orpen, the Director City Development, Program Director - Knox Central and an independent industry advisor, is assessing and short-listing the proposals. It is anticipated that a report will be brought to Council in late May, recommending a shortlist of proposals to be invited to tender. Nuttall Engineering has provided a report on building stabilisation works required at the Stamford Park Homestead. The report is being assessed by Council officers. The Homestead accessible toilet project has been deferred pending a further review of options for developing a restaurant at the Homestead in 2015/16, and





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## Council Minutes continued...

the need to integrate the planning for both projects.  
**55 Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path** - Consultant has completed designs for three different styles of bridge across Corhanwarrabul Creek. Designs will be discussed at the next meeting of the Stamford Park Steering Committee.

**353 Avalon/Stamford/Stud Road Intersection Modification** - A Road Safety Audit has been completed. Design plan review nearing completion. Sign off has been obtained from PTV and Vic Roads. Quotes for construction to follow with quote for Telstra's service requirements approved.

**393 Tirhatuan Drive (No 18) Rowville - Drainage Upgrade** - Contract works completed and practical completion carried out 27 March.

**412 Water Sensitive Urban Design Renewal**  
 Project 3: Orville Court, Rowville, Industrial Catchment Developer Constructed Raingarden - audit assessment of system performance undertaken; monitoring system effectiveness in partnership with Melbourne University now complete. Recommendations to renew asset as currently failing; renewal design now underway.

**439 Rowville Recreation Reserve No 1** - Renovation Works complete

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

**602 Park Ridge Reserve Floodlighting Upgrade** -

New foundations and electrical conduits and cabling installed. Works are 35% completed.

**604 Liberty Reserve Carpark Lighting**  
 - New foundations and electrical conduits and cabling installed. Works are 35% completed.

**605 Illawarra Avenue, Rowville - Design** - Survey and draft detailed design completed with design review underway

**621 Stud Road Aero Club, Knoxfield/Rowville (Toilet Facility)** Construction complete

**623 Seebeck Reserve, Rowville** - Spectator Seating - Project complete.

**624 Lakesfield Reserve, Lysterfield** - Floodlighting Design - Detailed design received from the designer. Awaiting soil test report.

**625 Lakesfield Reserve, Lysterfield** - Pavilion Upgrade design - Initial review of proposed design has occurred. A number of changes to be incorporated into the final design. A meeting is planned with Committee and Club members for 7 May to finalise the design.

**633 Bergins Road, Rowville** - Footpath 1 -Project 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 well underway

**647 Stud Park Reserve, Rowville** - Masterplan - Fee

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proposals assessment being finalised. Consultants expected to commence in mid May.

**648 Row Reserve, Rowville** - Development Plan - Design work commenced. Expect to consult with community in May

**676 Lakesfield Reserve Oval Renewal** - Contract works well underway with surfacing works and irrigation completed and temporary cover of Rye grass provided over winter season. Grass sodding and associated activities will occur in spring.

**677 Liberty Reserve Oval Renewal** - Contract works well underway with irrigation and pump works completed and temporary coverage of Rye provided with sprigging planned for Spring

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

Report compiled by Jan Bates





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