



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

Editor: David Gilbert - Phone: 9764 4703
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**Little Athletics
Registrations
opening soon**
See page 18 for details



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

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



Rowville–Lysterfield Community News Supported By



Rowville Neighbourhood Learning Centre Inc.

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

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From the Editor's Desk



Whilst pottering in the garden this week I could be forgiven for thinking that we were having quite a mild winter. Considering that 2/3rds of the season had passed the only glitch was the recent cold blast, but even that wasn't 'freezing'. Wet it certainly was, but not overly cold. So imagine my surprise on opening the blinds this morning to see a heavy coating of frost on my front lawn. The good gardeners, of which I can't include myself, will be looking carefully at the new shoots appearing in the flower beds and hoping that they will survive. I certainly hope they do as there is nothing better than seeing new life blossoming in the gardens of our suburbs.

Let's not forget our pets in the cold weather either. In this vein it is timely to welcome the "Pet Warehouse" to Rowville, a large store with plenty of choice to keep your pet healthy and warm. We look forward to you becoming a long serving

business for our pet lovers.

Long Serving....how long is that? Well, I was saddened to learn that our regular Little Aths writer, **Rosemary Merrigan** had handed the reins over, so I wondered how long she has been writing for us. I did some research and can reveal that Rosemary's first article was in 2005. That is 10 years and 110 editions at an average of 500 words in each. You can do the maths! I wonder how many young athletes had their name in print for the first time, thanks to her recording of events and how many had their first brush with fame with a photograph in the Little Aths column? I'm sure the reporting of Little Aths events will continue in good hands, but it won't be quite the same Rosemary. On behalf of the RLCN committee, the many athletes and parents at Little Aths and our readers, my sincere thanks for those 10 years of dedication and the friendly and cooperative way you liaised with the paper.

About 10% of our population are left handers, who have to live in a world designed for right handers. However they can excel at some sports as right handers are not used to dealing

What's On Locally



Sponsored by:
Lions Club of Rowville

August 2015

DIRECTORY

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

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

Baptist Church Services every Sunday 10am

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

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

Contact Donna Jordan on 9758 6636 or 0400 679 888

CFA Juniors Meet every Thursday 7pm

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

1st Rowville Scouts:

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

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

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

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

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

Fruitful Vine Church Services every Sunday 10am.

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

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

Knox & District Over 50s Meet 4th Tues each month at 10.30am (except Jan & Dec) at Boronia Progress Hall

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

Life Activities Club Regular Activities. Call Melva 9762 3764

Lions Club Meet 2nd & 4th Wednesday – 7pm for 7.30pm at the Knox Club. Meal available. Contact Gordon: 0412 624 202

Little Athletics For training & event days: 9763 1404.

Men's Shed (Stamford Park) Meet at Stamford Park Homestead Tues, Thurs & Sat from 10am to 3pm. Orana Shed, Neighbourhood House, Coleman Rd, Wantirna every Thursday from 10am to 3pm.. Barry Treadwell 0425 719 451 or www.stamfordparkshed.org.au

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

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

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

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

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

RAFT Anglican Church Holy Communion 8.30am. Evening Service Sunday 5pm. Family Worship with children's teaching time 10.30am Sunday. **Family History Group** meet 1st Wed. each month at 10am. Bev 9759 5455 **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm. Contact Bob or Ken Reid 9764 2573 **Craft for Christ** 2nd & 4th Tues each month at 7.30pm. **Playgroup** Tuesdays 10-11.30am.

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

Restore 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 3rd Thursday at 7.30pm in the Meeting House

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

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

Tirhatuan Ladies Golf Club Wednesday & Saturday competitions at Tirhatuan Lakes Golf Course. Membership information - Heather 0438 545 483 or Kaye 0408 038 363

Rowville Toastmasters meet on 2nd, 4th and 5th Tuesday each month at 7.15 pm for 7.30 pm at RAFT Church. Contact, Rina: contact@rowvilletoastmasters.org.au

Rafters Toastmasters meet on 1st, 3rd and 5th Tuesday each month at 7.15 pm for 7.30 pm at RAFT Church. Contact, Laura; rafterstm@gmail.com

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

August Events

RAFT The next meeting of the Family History Group will be on Wednesday 5th August, when Rosemary Allen will be speaking about "What's in a Name" – The history and origins of British surnames. Includes the influence of parish registers, occupational surnames, descriptive surnames and geographical surnames. Inquiries Bev 9759 5455 or jibec@bigpond.com

with them and they have a greater chance of being a genius with 20% of Mensa members being lefties. From extensive research it also seems that lefties are:- better able to multi task; see better underwater; are better at video games; recover quicker from strokes; have a better chance of being a good artist; learn to drive quicker and left handed men tend to earn more money. One final advantage for you to enjoy on 'Left Handers Day' on the 13th, is that on a qwerty keyboard, about 3,400 words can be typed using solely your left hand as opposed to only 450 with the right hand!

David Gilbert

Calendar of Events August 2015

- MS Readathon** – One month challenge
www.msreadathon.org.au/
- Wheel Make a Change** – Cerebral Palsy League
www.cpl.org.au/events/wheel-make-a-change
- Tradies National Health Month** - www.tradieshealth.com.au
- 1 Aug – **Jeans for Genes Day** - www.jeansforgenes.org.au
- 1-7 Aug – **World Breastfeeding Week**
worldbreastfeedingweek.org/
- 1-7 Aug – **OCD and Anxiety Disorders Week**
www.arcvic.org.au/
- 2-8 Aug – **National Missing Persons Week**
www.missingpersons.gov.au/awareness/campaigns.aspx
- 2-8 Aug – **National EOS Awareness Week**
www.ausee.org/nationaleosawarenessweek.htm
- 2-9 Aug – **Donate Life Week** - www.donatelife.gov.au
- 3-9 Aug – **Homeless Persons Week**
www.homelessnessaustralia.org.au
- 3-9 Aug – **Dental Health Week**
www.dentalhealthweek.com.au/
- 4 Aug – **National Aboriginal and Islander Children's Day (NATICD)** - www.snaicc.org.au/children
- 4 Aug - **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
- 8-16 Aug - **Elvis Week** - www.graceland.com/elvisweek/

WALKING THE NEWS AUGUST 2015 Distribution Report

WELCOME to NEW distributor - Norma Coull
Voluntary Positions Can you or do you know someone who can be a distributor in the following areas?
*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
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 Please contact – Peter Rumble – 9752 7592
Peter Rumble - 9752 7592 - Distribution Co-ordinator

- 9 Aug – **International Day of World Indigenous People**
www.un.org/en/events/indigenousday/
- 10-16 August – **BANGONABEANIE** – National Brain Injury Awareness Week - bangonabeanie.com
- 11 August - **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
- 11-21 August – **Kideny Kar Rally** - kidneykarrally.com.au
- 12 Aug – **International Youth Day**
www.un.org/en/events/youthday/
- 13 Aug – **Left-Handers Day** - www.lefthandersday.com
- 15-23 Aug – **National Science Week**
www.scienceweek.net.au/
- 18 Aug – **Vietnam Veterans Day** (long Tan Day) – www.vietnamvetsmuseum.org/node/vietnam-veterans-day-long-tan-day
- 18 Aug – **Cupcake Day** - www.rspcacupcakeday.com.au/
- 19 Aug – **World Humanitarian Day**
www.un.org/en/events/humanitarianday/
- 19 Aug - **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
- 20-30 **Melbourne Writers Festival** – www.mwf.com.au
- 21 Aug – **60 Minutes for MS** - www.msreadathon.org.au/
- 22-28 Aug – **Book Week** - cbca.org.au/bookweek.htm
- 23-29 Aug – **Hearing Awareness Week**
www.hearingawarenessweek.org.au/
- 23-29 Aug – **Speech Pathology Week**
www.speechpathologyaustralia.org.au
- 23-30 Aug – **National Op Shop Week**
opshop@dosomething.net.au
- 24-30 Aug – **Keep Australia Beautiful Week**
kab.org.au/keep-australia-beautiful-week/
- 24 Aug – **Australian Citizenship Ceremony**
Knox Civic Centre
- 25 Aug – **Big Cake Bake** - www.bigcakebake.org.au/
- 25 Aug – **Council Meeting** 7.00pm Knox Civic Centre
- 26 Aug – **National Meals on Wheels Day**
www.mealsonwheels.org.au/Home.aspx
- 28 Aug – **Daffodil Day Cancer Council Australia** - www.daffodilday.com.au
- 30 Aug – **A Walk in the Park** – Parkinson's Disease - melbourne.parkinsonswalk.com.au/
- 31 Aug – **International Overdose Awareness Day** - www.overdoseday.com/

- Deadline -
September 2015
EDITORIAL & ADVERTISEMENTS
Wednesday 12th August

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, 29 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



Careers of the Future - Free Info for Parents

Navigating the maze of subjects, courses and career pathways can be daunting. How will you help your child or student to find a course that is best suited to them? Will it be secure, interesting and rewarding? What if they don't get the ATAR they want? These questions can be answered at KIOSC's "Careers of the Future".

KIOSC Building - Swinburne University of Technology, 369 Stud Road, Wantirna.
Thursday 20 August, 2015.4pm - 7.00pm
KIOSC Tours 7pm - 8.30pm
Presentation and Panel Discussion

The Knox Innovation, Opportunity and Sustainability Centre (KIOSC) is a unique education and industry partnership founded by the Knox Consortium of Schools, Swinburne University of Technology and Knox City Council.

KIOSC aims to build strategic partnerships between education, business and the community to promote the development of skills, career opportunities and productive future pathways for secondary students.

KIOSC connects students to their role in a diverse and sustainable future; understanding the world from the perspectives of environmental, economic and socio-cultural sustainability.

The emphasis is on practical learning experiences through a range of programs that provide a window into the world of work, linking a broad range of pathways in science, maths, technology, social sciences and humanities to integrated hands on curriculum.

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



A heartfelt thank you to everyone for your continued support of the Red Cross.

I am delighted to tell you that we made over \$1,000 at the Waverley Lions Club Opportunity Shop in June. The shop is situated at 55 Wadham Parade in Mt Waverley, so before you throw items away please consider taking them there. They will be very grateful.

As mentioned earlier the Blood Bank is no longer coming to the Polish Club in Rowville. The new venue is St Mary's Church Hall, New St, Dandenong and the next dates are 7th - 11th September.

Red Cross needs knitters of squares to be made up into

rugs. Please let us know if you could help as every little bit helps.

The Right to Know: 100 Years of the Australian Red Cross International Tracing Service.

This year, the Australian Red Cross International Tracing Service celebrates 100 years of reconnecting family members or clarifying the fate of those separated by war, conflict, disaster or migration. To mark this centenary, Australian Red Cross has created an exhibition that celebrates the work of this very special service. From the battlefields of Gallipoli and the Western Front of WWI, to WWII, post-war migration, innumerable natural and man-made disasters and right through to the modern day, **the Australian Red Cross International Tracing Service** has helped thousands of people reconnect with their loved ones

across the world over the last 100 years.

At the centre of these centenary celebrations is *The Right to Know: 100 Years of the Australian Red Cross International Tracing Service*, a special exhibition that highlights the history of the service and shares the stories of some of those it has helped.

Come and experience the stories for yourself. The exhibition is at Melbourne's Immigration Museum, 400 Flinders Street and is open until 25th October 2015

For further information on the Rowville Unit, please ring Joan on 9764 4611.

Elly Baré



Look At Those Beautiful Steaks



Probus Club

Around 80 members gathered at the Stamford Hotel and enjoyed a most memorable and tasty lunch to celebrate our 17th birthday. Our events coordinator, Trish Mai, organised a quiz which was great fun whilst at times challenging with the odd controversial



Birthday Lunch Winning Quiz Table

answers. Members Anthony and Paul ran a slide show throughout the meal, of photos taken at our recent outings.

A group of members gathered at the Stamford Hotel car park and boarded a bus for a "Round The Bay" tour. We visited Geelong and had a cuppa overlooking the docks, before driving to Queenscliffe via Drysdale and Port Arlington where we enjoyed a "Christmas In July" lunch at the Esplanade Hotel. As the weather closed in, we boarded

the Sorrento ferry and arrived safely some 45 minutes later. We drove through Rye and Rosebud before turning inland and onto the freeway for our drive home.

The 'Sup And Sip' Club gathered at 'Wild Cattle Creek' where they enjoyed the best eye fillet steak they had had for a very long time. The deserts were great too, as were the three wine 'tastings'. A great selection by the convener...the pressure is on Rick!

This month's film was "Far From The Madding Crowd" a remake of the 1967 original and 1998 TV mini-series (allowing that there was a 1917 version that is apparently 'lost'),

of the Thomas Hardy novel. It stood up well for comparison and benefited from technological advances.

The Craft and Chat group met and had a demonstration of machine knitting by Pat, which they found very interesting.

David Gilbert



The cold and wet weather has meant that the Sheddars have not had much grass to cut so far this winter, instead they have busied themselves moving the numerous piles

of mulch along the fence lines and around the trees at the Homestead.

One project completed was to completely renovate some garden furniture for placement within the Homestead precinct. The old cast iron ends had to be sandblasted and then powder coated in heritage green, and new wooden slats cut, sanded and stained.

As part of the Greatest Morning Tea, the Sheddars donated two prizes consisting of the labour of two men for two hours to Aliento health and fitness based at Scoresby Village. Mario and Ed have fulfilled one of those prizes through tidying up a garden.

Lastly one of the aims of Mens Sheds is to promote health and safety. As a group of older men the risk of heart problems is one we are all aware of, so we were grateful recipients of a defibrillator thanks to the generosity of Bendigo Bank. Hopefully we will never have to use this life saving piece of equipment. But we are ready.

Please see our contact details and meeting days in the 'What's On Locally' section on page 2

Allan Billham
0418 677 898

The
Renovated
Garden
Furniture



Lions Club of Rowville



What a splendid and convivial evening, our 2015 Changeover Night on June 24th was. Family, friends and many special guests including Knox Mayor, Councillor Peter Lockwood and Lions District 201v5, Zone 6 Chairman, Laurie Cooper helped to make it such a memorable night.

Mayor, Councillor Peter Lockwood, presented several club members with badges, which acknowledged the years of service they had each given to Lions International, with Lion, Robert Waneck, being the longest serving member present, at 46 years of membership. The Mayor then awarded each club member attending Changeover, a Certificate of Appreciation for their effort and involvement throughout the past year.

President Frances Campbell was delighted to give donations to guests representing the Leukaemia Foundation, the Yarra Valley Branch of Melbourne Legacy, the Australian Lions Childhood Cancer Research Foundation, the Lions Licola Wilderness Village and the Lions Cord Blood Foundation.

Zone Chairman, Laurie Cooper installed the incoming Committee for 2015, after which outgoing President Frances passed the Gong and Gavel over to incoming President Gordon Connor.



2015-16 President Gordon Connor, Knox Mayor Peter Lockwood And Retiring President Frances Campbell

Rowville Lions are looking forward to another year of assisting where they can, in the local community. Our most current project is assisting with Free Blood Pressure Testing at Knox City.

If you wish to be involved with the many aspects of community / service activity, then contact Gordon on 0412 624 202 for further information. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2

Julia Young

La Porchetta

Eat Live Love – Italian

Dining Out

Sunday night who wants to cook, not us, so we decided to try La Porchetta for our evening meal. This restaurant has been in Rowville for nearly two years and this was our first time we had eaten there. Situated at 1171 Stud Road Rowville, there is plenty of parking, no travelling, close to home and offers a fast take-away service. The hours on the door states 11.30am till late.

Our initial reaction was surprise at how big La Porchetta is inside. It has a very spacious, clean inviting interior, two large special boards at each end of the room as well as two televisions, complimented by soft background music. This is a family friendly place, with booster seats for your children to sit up to the table with you.

We were asked what seating we would like, either a booth or a table, by the welcoming AI, a very impressive head of house, who was both friendly and witty. It was difficult to choose a meal from the extensive menu, but we decided to share the house made Bruschetta to start. It was tasty and was served within minutes. I selected a mixed grill as mains and was told this may take a few minutes to prepare. When it arrived it was a massive serve so you better bring your hungry appetite for this dish. Bronwyn chose an entrée serve of gnocchi pollo funghi, which she thoroughly enjoyed saying it was delicious.

I'm afraid we couldn't fit in sweets, although the desserts card looked fantastic. You have the option of bringing your own wine or the drinks bar is well stocked. We finished the evening with coffee. It was a most enjoyable night out and we will just have to go back another time, Eat Live Love – Italian

Bronwyn & Ian Richards

Life

Activities Club Knox

Our members enjoyed their visit to the Bee Farm, watching, and learning about the life of a bee. Then of course, the tastings, yummm, and fossicking through the bee themed gift shop for souvenir items. The August outing will take us to Narre Warren and we are always learning something new about caring for our gardens.

At our A.G.M, this month, elections for new committee members will take place. Thanks to those committee members resigning, and thanks also to newly elected members.

Our participation in the letterbox drop is ongoing. With maps in hand we are delivering crime prevention flyers, on behalf of Knox Police.

To keep ourselves fit and active, our activities include walking, water aerobics and badminton. You can see our keen racqueteers in the photo, holding their tools of combat, shuttlecock included. (The flying feathers group). We'll also be at the Metro Boronia Cinema on the second Saturday this month. I can't say which film will be showing,



Our "Flying Feathers" Group

but whatever, we'll enjoy a meal together afterwards.

Planning is well underway for the next "Weekday Getaway", a few days in Seymour in November, where there is so much history. Prepare caravans, check sleeping bags, plan menus, or organise to share a cabin to keep costs down.

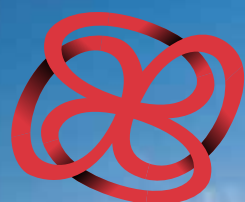
We have current newsletters awaiting posting if you would like to receive one, and it only takes a phone call or contact us on the net at www.life.org.au/knox

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

Melva Bauer

Can You Believe It

Police had little trouble finding a fingerprint of a thief who broke into a carpenter's workshop in Spain. The thief left behind his finger, which he cut off on a piece of carpentry equipment. Police arrested the suspect at a clinic.



wellness on wellington

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9780 8900

All your health care needs can be managed in a single location with a large variety of Allied Health providers on site including: Audiology, Dietetics, Diabetes Educator, Podiatry, Massage Therapy, Psychology, Speech pathology and Occupational Therapy as well as Medical Specialists that consult from our premises on a sessional basis.

Let's Talk Local Issues

With Cr
Nicole Seymour



No Ordinary Life – Positive Ageing In Knox Who says sex in relationships is only for the young?

I started this column with the idea of writing about things I see and hear in the community as a Local Councillor, that I hope can help to inform and improve quality of life for seniors in Knox. The topics are chosen to be a catalyst for open and frank discussion with an intergenerational lens. Never did I imagine I would be writing on the very personal and perhaps delicate topic of sex and seniors. I do not profess to be a “sex expert” or a trained relationship therapist. This piece has been inspired by recent discussions that were shared with me by members of one of my local seniors groups. It really is about appreciating what it is to be “human” regardless of age.

We are all spiritual, emotional and physical beings on a lifetime journey of self discovery and purpose. Intrinsic to our very being is the innate need for connection and intimacy with others. We love and want to be loved in return. Sexual intimacy can be part of the physical expression of this love.

It is my observation that the need for emotional and physical fulfilment does not have a use by or best before date of 60, 65, 70 or even 90. Every person is unique, with very individual needs. These needs can change over the years depending on life stage, relationship circumstances and health.

For those over the age of 60, most grew up in families where sex wasn't talked about or was considered taboo. There is also a general social disdain at the thought that “old people” still partake and enjoy intimate sexual relations.

Society has conditioned our over 60s to be silent on the topic of sex and sexual intimacy needs. Over 60s need to be empowered and encouraged to discuss their needs without fear of judgement, especially if there are physical health or self esteem concerns that are impacting their general wellbeing. With the ageing process, the human body isn't as nimble as it once was and it may not respond to the same physical stimulus as in the younger years. There may also be other issues with the body plumbing and mechanics that impact traditional performance, something that is very common with people who have bladder incontinence, diabetes or who have had prostate cancer. For men especially, inability to partake in sexual activity, as they have always done, can impact relationships and have a negative effect on a man's mental health, manifesting as reduced self esteem, depression or relationship withdrawal.

The message here is Sex and Sexual Intimacy is not just for the young, that for many it is a normal part of a fulfilling lifetime. Seniors should openly discuss their changing

needs / abilities with their spouse/partner and seek guidance from their GP or relationship counsellors if needed. Also don't be afraid to have a conversation with friends. That is what happened at the Seniors Group meeting. What started as a light hearted joke opened a wonderful discussion about companionship, relationships and physical needs for seniors without stigma or judgement. After all we are all only human.

Cr Nicole Seymour



exhibition

Arcrylic on canvas artist, Marguerite Stark-Eberts, has an exhibition of her music and dance themed work at the 1812 Theatre for three weeks from 2nd August in the Bakery Gallery.

Boral and Hanson Lysterfield Quarries



COMMUNITY INFORMATION SESSION



Quarry activities have occurred in the Rowville area since the 1920s.

Boral and Hanson operate the two quarries off Wellington Road. The quarries are important assets to greater Melbourne providing hard rock used to make basic building and construction materials like concrete and asphalt.

Boral and Hanson would like to invite our neighbours and the wider community to an information session to better understand our operations and how each organisation is working with the local community.

INFO SESSION DETAILS:

Date: Wednesday 19 August 2015

Time: 5.00pm- 6.30pm

Location: Aimee Seebeck Hall,
100 Police Road,
Rowville VIC 3178

There is no need to RSVP, please drop by at any time. Light refreshments will be provided.

For more info contact:

Boral on (03) 9981 2925
or Hanson on (03) 9274 3700.

We look forward to seeing you there.

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Rowville Fire Brigade Face To Face With 'Boothy'!



Andrew Booth is currently Rowville Fire Brigade’s Acting Operations Officer (AAO). As often happens in large organisations in Australia, the CFA members have a habit of calling each other by “nicknames” and Andrew’s is Boothy! While Colin Brown, our Operations Officer is away tending to other duties, ‘Boothy’ is very capably running the Knox Group, which includes Rowville.

He joined the CFA as a junior at Scoresby Fire Brigade in 1973. ‘Boothy’ continues to serve the local community as a volunteer member at Wandin Fire Brigade. In 2000 Andrew was given the opportunity to become a Staff Firefighter for the CFA. He went to Fiskville for training then, after successfully completing the course, he was stationed at Springvale, before moving to Dandenong where he remained for 15 years. He has continued to study and complete courses to rise through the ranks to Station Officer (SO). In April 2014 he took up a position of Station



‘Boothy’s’ Racing Car

Officer at Rowville.

Andrew has been married to Liz, a vet nurse, for 32 happy years. They have two adult children, Madeline and Brad. He loves family gatherings and catching up with friends. They live on a property near Wandin where they keep horses and sheep.

Andrew Booth is a very active man who enjoys working on projects in his man cave, an enormous shed. On the rare occasion he has nothing to do, he will always invent a new project to start. He keeps busy maintaining the family property and engaging with Fletcher and Beau, “the best grandchildren on the planet”. ‘Boothy’ enjoys all motor sports including cars, bikes, hot-rods and even finds time to race his VB commodore at club level.

Andrew would like everyone to respect our beautiful country so that future generations have a safe and healthy place to live.

Andrew’s safety message: All road users please drive defensively, vigilantly, and courteously and stay safe. Drivers should adjust their driving to different weather conditions, allowing plenty of time to get to their destination.

Paula Robinson



Acting Operations Manager Andrew (Boothy) Booth

Cake Decorators Association of Victoria Rowville Branch



Thank you to all those who supported our Demonstration Day, proudly presenting Beyond Blue, held on July 19th. It was a fun day with everyone wearing something blue.

Our next workshop, with Faye Cornish and her lovely Tulips, is **Sunday, August 9th**

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

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

All bookings and enquiries should be directed to Jean on 9763 1702 or Velma on 5998 4067.

Velma Brown Branch Secretary.

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Community Bank® moving

The Rowville Branch of Knox Community Bank® Group is moving! The branch is relocating to Shop 7, The Corner. This will mean that the branch within Wellington Village will be closed from Saturday 1st August and the new branch will open on Monday 10th August.

Entries now open for calendar competition

Knox Community Bank® Group, incorporating the Rowville Branch at Wellington Village, is running a competition for images, short poems, drawings etc., for use in next year’s calendar. The objective is to create a monthly collage of words and images from the local community, featuring the local community.



The competition will have four winning entries that will feature on the front of the calendar. These winning entries will each receive a \$250 Bendigo Bank savings account.

A selection of other entries will also be used within the calendar. These entries will not receive a prize.

Images need not be high resolution, professional photography. Images may be from a point and shoot camera, phone camera, child’s sketch, painting or local artist inspiration.

Any words submitted need to be short and concise, original, not from any other source, and free from copyright.

For entry forms and further information, visit our website www.kcbg.com.au.

Competition closes 5pm 9th October, 2015.

Janine Shepherd

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All loans are subject to Bendigo Bank's normal lending criteria. Fees, charges, terms and conditions apply. Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. S47285-3 (260551_v1) (16/07/2015)






Technology Talks: Book now! In Term 3 we have a series of talks on Thursday afternoons at 1pm at Rowville Library. **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) Free event. Attend one, or attend all! Bookings on 9800 6443.

What should my child read next:

On Friday 21st August at 6.45pm, Inger Robinson, Youth Services Librarian, will celebrate Children's Book Week with a session on Children's literature - sharing her love and knowledge of Children's Literature to help you guide your child's reading. This is particularly relevant for the parents of primary school aged children. Free event. Booking essential.

Three week loan periods: Please note that all loans are now for 3 weeks, with the option of renewing twice (provided that there is no one waiting). This will avoid confusion and there is still no limit on the number of items borrowed.

Investigating your family history!

On Wednesday 20th August 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!

Retirement Planning for over 50s:

Do you have retirement goals but are not sure how to go about making your dreams become a reality? Understanding the various options available to you is the first step towards living a lifestyle of choice and independence upon retirement. On **Thursday 20th August at 6.30pm**, Andrea Jenkins, Certified Financial Planner and Principal of Jenbury Financial, will share valuable insights, including:

- how and when you can access your superannuation.
- accessing your superannuation while continuing to work.
- how to minimise your tax.
- the different types of pension available.
- how to ensure your family will be financially secure after you are gone.
- how to boost your retirement savings by \$40,000 in five years by restructuring your finances.

Afternoon Bookchat! Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. The next meeting will be on Monday 3rd August at 2pm.



What Should My Child Read Next?

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 workshop will be Tuesday 4th August and meeting Tuesday 25th August both at 1pm.

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

Family History Help: Rowville Library offer **FREE** one-on-one assistance, but first please telephone 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.



FIGGY IN THE WORLD

By Tamsin Janu

Figgy in The World is a heart-warming yet sometimes heartbreaking debut novel by young Australian author Tamsin Janu. Figgy is eight years old, lives in Ghana with her grandmother and is possibly the only person named Figgy in The World! Figgy is an optimistic little girl who is more concerned that Grandma Ama won't let her have long hair than the fact that she lost an eye to a fire poker as a toddler!

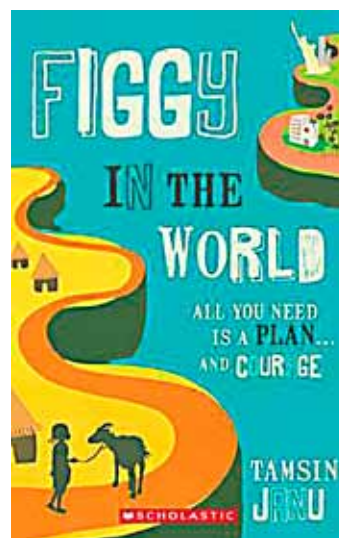
One day, Figgy overhears the village doctor (who might even be the worst doctor In The World) saying that Grandma Ama is ill and cannot be saved without the special medicine available in America. Figgy decides she

will travel to America with her pet goat Kwame and bring back the medicine.

Early in her journey, Figgy meets a homeless boy called Nana who joins her. Nana seems to know an awful lot about The World, but is actually just as naïve as Figgy, referring to America as "The United Stilts of America." Figgy, Nana and Kwame become involved in all sorts of exciting and scary adventures while trying to reach America.

Figgy in The World is written from Figgy's point of view and flows beautifully. A great little story to read aloud to 7-12 year olds. Be sure to have maps ready so you can follow Figgy and Nana's journey through Ghana! This novel has been shortlisted for the CBC Book of the Year Awards.

Michelle Tomazin, Youth Services Librarian



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 **7th August**. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) All welcome.

Are you a member of the Rowville Community Library?

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

Details about the library service are available from our website at www.erl.vic.gov.au, and you can even join online.

Rose Thompson,

Manager - Rowville Community Library 9800 6443

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FROM THE ARCHIVES

MEMORY LANE

AUGUST 2010

The **iPETZ** column started, to advise and inform families about the care of their pets. Well done and very many thanks to **Greencross Vets** for 5 years of contributions.

Federal **MP Chris Pearce** retired as member for Ferntree Gully, but continued delivering the RLCN until July 2014. Alan Tudge became our new member. Are you still at Telstra Chris?

The **Stud Park Structure Plan** was endorsed by council and **Lend Lease** were to conduct research into the plan they inherited from the previous owners. Where are we 5 years later?

Rowville Library came of age, 21 years old. Councillor Adam Gill announced the winner of the birthday competition and cut the birthday cake

Over 500 people braved the cold to attend '**National Tree Day**' at Stamford Park Homestead. They planted 7,000 plants and **Tiana Massin** won the 'Best Dressed Gumboot' competition. Have you still got the boots Tiana?

Two Heany Park Cub Scouts, **Caitlin Durant** and **Harrison Radford**, received their 'Grey Wolf' award the highest honour for a cub scout. Are you still involved with the movement?



Paul's Photography Patter

Last month I covered some options on what you can do when taking photos in low light conditions and where you can't use a tripod, either because it is an inconvenience to others or you are just prohibited from its use in famous tourist sites and building interiors.

A compromise is to consider using a monopod. These are lighter and less cumbersome to carry about and use, but unfortunately even these may still be prohibited in some places. The "prohibition" can be for the safety and convenience for all visitors, but is also to prevent professional photographer taking photos to sell etc. without their permission!

I have an alternative option that is very simple, free and convenient. It is almost as effective as a monopod and generally allowed at tourist sites.

It is simply a length of fine string cord. I create a large enough loop on one end in which I can insert my foot. I simply then pull up on the string until it is tight in my hand holding the camera. The great thing is you can quickly adjust the string to any height you want the camera to be to take the photo - low, normal height or higher depending on the angle you are taking and the position of the subject. Certainly quicker and easier to make adjustments for photos than a tripod, or even a monopod!

The secret is to spread your stance to stabilize yourself and pull firmly on the string to stabilize and freeze your camera hand. It is amazing how stable you can then hold



Using a thick ribbon to stabilise the camera.

the camera. When finished, simply wrap the string up and put it in your pocket.

Try it, it's free!

HINT: Try using a simple string instead of a monopod (or even a tripod)

Happy snapping, Paul Lucas.

A Place You Might Otherwise Never Find

By Elio Baldan



I know I wasn't looking my best, but after the flight I never thought I'd look that peculiar.

It was late at night so that the hotel was quick to give us the keys to our room, yet there was puzzlement and lots of conferring behind the desk.

From what I had seen, generally speaking, I stayed convinced how

no matter how long the day, some people remain crisp and well dressed. So that comparing my looks with those manning the desk I could only deduce they took great amounts of care in their appearance and laundering.

All I know about foreign countries is what I had seen on TV, in which documentaries depict the locals riding on the

back of filthy pick-up trucks, in which ten or more bounce about for the duration of the journey. And staying amazed how somehow they always manage to keep their clothing clean, crisp and fresh as well as incredibly ironed.

When in Melbourne I drive down the beach for a quick swim. After staying in the sea for 5 to 7 minutes and no more, I come out a clammy mess, with board-shorts stuck to my buttocks, hair disappearing within the skull and with thong-straps which have popped out of the thong-hole. And my nipples... oh god my nipples! Because the sea is cold and the usual reaction works a treat. And yet no such thing is to be seen there. The reason of course, could be because the water is warm and calm... except when a tsunami approaches and soils the washing on the line and everything else in its way.

The following day, back at the hotel, the TV news story was about the Ebola pandemic, and no matter how stressing the suffering, every person in it still looked neatly dressed and prodigiously groomed. The journalists in their Western clothes appearing scraggly and unkempt to the camera, while the local women were seen to wear stylish dresses with the spotless appearance of divas and head scarves as though parading on the catwalk.

Later we were heading into tribal land, where whites need an invitation to enter, where people capture an insight of local customs and a chance to listen how they lived before European settlement.

Then eventually we pull over for a spot of beach combing, walking on the shell strewn sands and a new challenge is now put before us. For how to whistle through the periwinkle shell is only demonstrated once! The laughs directed at those that dare try and only succeed in producing red, puffed cheeks with the tiny noise of little farts disappearing in smelly air.

We go past banana trees, raffia huts and eerie log-bridges, people move about in bicycles meant for one or two but ridden by three or four. And just before re-entering the main village, the old part of it is home to hacienda-style buildings with balconies made weary with too many people and not enough maintenance.

When the tour ends, our fellow travellers exchange ideas, one in particular is worth a mention -they eat like the Chinese, talk like the Americans and pray with the grace of the Balinese. And for a moment I felt invigorated on being someone that's bewildering and blindingly foreign but prepared to learn.

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30 EXHIBITIONS 30 DAYS 30 VENUES IN KNOX

Knox Council

Inaugural exhibition to engage this November

As reported last month, *Immerse* is a newly curated art program created by Council, that will be exhibited over 30 days from mid-November and will involve 30 venues across Knox ranging from cafes to community centres and major venues such as Westfield Knox and Roller City in Bayswater.

One of the venues involved, the 1812 Theatre in Upper Ferntree Gully. The theatre has been in existence since the late 1930s, has resided in many locations, finally settling in Rose St, where it has played host to over 150 productions for over 40 years.

"We are delighted to be a part of Council's inaugural exhibition program", said Treasurer Chris Procter. "We used to be somewhat private about our existence and our packed auditorium was filled by our subscribers. We would like to change that and bring more of the community to the theatre by offering audiences a more diverse range, which includes more art and 'Immerse' will be a great promotion to do this." Mr Procter said.

He envisages a two panel projection on the outside theatre walls and is keen to see what local artists will bring to the venue as part of their exhibition. An artist will be given the front wall at 1812 and the Bakery theatre to exhibit as part of the program. The artists will have an opportunity to have their work seen by over 2,000 theatregoers, whilst the theatre will have an opportunity to bring in a new audience of art enthusiasts, people who may not have known about 1812 before.

Knox Mayor Peter Lockwood said *Immerse* was an exciting new opportunity for artists living, studying or working in the eastern suburbs of Melbourne. "*Immerse* is a platform for our residents and those who visit our City to showcase their artistic talent in many of the community hubs which compliment Knox so well," Mayor Lockwood said.

A catalogue will accompany the exhibition program and will promote the artist, exhibition and venue.



WACKY WISDOM

"Relationships are hard. It's like a full time job, and we should treat it like one. If your boyfriend or girlfriend wants to leave you, they should give you two weeks' notice, there should be severance pay and they should have to find you a temp."



Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



The Multi Talented Tyreece Lieu

To represent Victoria at any sport is a huge achievement for any young sports star, but to do it in two sports is fantastic.

Tyreece Lieu started playing Aussie Rules when he was 8 years old for St Simon's Community Football Club (The Knights) in Rowville. He has come to enjoy playing footy, particularly coming from a family who have grown up around Rugby Union and Rugby League.

Ty has played rugby league for South Eastern Titans Rugby League Club since the age of six. He is a natural at this sport and has been named as the most valuable player (MVP) for the last four years. Last year, at the age of 11, he was the youngest member of the Victorian U12s Rugby League Team, who finished 3rd in the national competition held in Wollongong, NSW, a remarkable achievement.

More recently Ty was selected for the School Sport Victorian U12s AFL Team. He was 1 of only 2 Eastern Football League (EFL) juniors to make the final squad of 23. The tournament was held between 18-

25 July so we hope to be able to bring the results next month..

During the summer months, Ty enjoys basketball and is a member of the Rowville Rockets Club, where he was named the under 12's A grade Summer 2014/2015 MVP.

Ty has also competed in three Weet-Bix Kids Triathlons and his achievements also saw him win the Leader Free Press Victorian 2014 Junior Sportsmanship of the year.

Tyreece has always been a very active boy, pretty much since he could walk. He loves being challenged and learning all aspect of sports.

His proud father, Max, said "There are too many benefits to name why team sports and any other sporting activities are encouraged. Ultimately, if Tyreece is happy and has a healthy balance, then we as parents will support him".

Ty hopes to go to Rowville Secondary College Sports Academy next year and is looking forward to the new experiences that will bring.

There is no doubt that Ty is very talented, all that remains is to continue his dedication and determination and we will have another Rowville sports star on our hands.

David Gilbert

KNOX YOUTH STAGE WINNER

Eighteen year old Declan Lamour-Boyle, playing as Declan Zane, of Rowville won the best performer in the open category at the Knox Youth Stage event held over two days on the 18th and 19th of July.

Declan's powerful blues guitar playing backed by his strong vocals won him the unanimous vote of the judges. His choice of songs ranged from blues classics to Rolling Stones. He even threw in a very bluesy version of Elvis Presley's *Heartbreak Hotel*. If you closed your eyes you would not believe his age. The playing was mature, accomplished, and delivered with amazing energy and a considerable talent.

"The power of the guitar caught my interest at an early age when my father used to leave me in the car with *Whole Lotta Love* playing at high volumes," Declan said.

"The sound of the guitar was extremely inviting, so much so that it inspired me to pick it up at the age of 12. Now, six years later, I've infused the styles of the blues and a hard rock nature into one compact sound. I hope you enjoy it."

So, don't forget the name Declan Zane - we can expect to hear a lot more of him in the future as his style and talent continue to evolve. Look him up on Facebook or check thebasinmusicfestival.org.au in a couple of months as Declan is expected to perform in their summer series concerts in the park.

The Knox Youth Stage is a new event for young musicians in Knox, growing out of The Basin Big Break Youth Stage that ran for the past decade as part of The Basin Music Festival. It gives young musicians a chance to perform in a professional but non-threatening environment. Next year the event is expected to be held again in July, giving school based bands a chance to form and prepare.





U3A KNOX

The end of U3A's term 2 was marked by the usual end of term luncheon. This time we were privileged to hear from an antiques dealer, David Freeman, who valued items for several hours and gave us an interesting talk about current values in the antique market.

Events coming up include a bus trip in August to "Living Legends", which are some famous race horses in retirement. There will be a Fashion Show in September, the Annual

General Meeting on 18th, and on 19th a sausage sizzle at Bunnings.

Term 3 begins 20th July, with a membership cost for the remainder of 2015 only \$30. This entitles members to attend any of our 140 subjects per week, including free computer courses, where there are vacancies.

The Annual Art Show

As part of Seniors Week, the Show will again be at Parkhills, this year on 10th and 11th October. There will be 8 categories of art work on show, and many types of craft work including Patchwork, and a Photography section, all for judging. There will also be bargain stalls for craft items (some good Christmas presents can always be found), a plant stall for which the garden group have worked hard and of course, the second hand bookstall. The annual raffle already has some marvellous prizes, including a great weekend at Philip Island. Once again, the People's Choice Award will be offered, for patrons to vote for their favourite paintings.



Art Prizes

The Art Show Prize of \$1000 for the best Art Work has been donated by Bendigo Bank, while Toyota F.T.G. has donated a prize of \$1000 for the best item in the Craft Section. The Bill Batt Prize for best painting of the Australian environment, any medium, will also be awarded. There will also be prizes in each category. Planning is well under way and entry forms will shortly be available. These will be emailed or posted to our regular contributors.

New Subjects in Term Three

qigong Shibashi has been described as "Stationary Tai chi". These basically self help healing classes will be conducted by Fred Lucas.

Psychology - improve your short term memory with Steve Damm

Foundations of Western Civilization - a series of dvd lectures presented by Pat Capizzi

Of Legal Interest - Denis Cody will discuss the laws relating to Family, Wills and Inheritance (no legal advice will be given). Students will learn of changes to legal requirements.

The Major Transitions (in evolution) Steve Damm presents DVD Lectures giving us a look into the past.

Beginners Computer Course with Bill Rumney.

Kath Brown



Antiques appraisal

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OR



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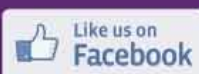
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It's Smart to Ask
for a Second Opinion



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Eastern Community Legal Centre

RENTING

Are you living in a rental property? Do you need help with:-

- Getting repairs done?
- Bond or compensation claims?
- Dealing with an eviction notice?

Call ECLC to speak with the Tenant Advocate

Jasmine's Story

Jasmine and her daughter lived in a rental home which was managed by a real estate agent. Jasmine had received a Notice to Vacate for rent arrears. She had lost her job several months earlier and was receiving Centrelink benefits whilst she was looking for work. Since becoming unemployed, Jasmine had struggled to pay the weekly rent and manage other living expenses like her daughter's school fees, utility bills and food. Jasmine rang ECLC and spoke to ECLC's tenant advocate. The tenant advocate helped Jasmine access emergency financial assistance from another organisation and negotiated a re-payment plan with the real estate agent for Jasmine to pay back the rent arrears. The real estate agent also agreed to help Jasmine find another affordable rental home because of her good history and her commitment to repay the rental arrears from the previous property.

'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.

The ECLC tenant advocate is able to assist:

- Private tenants;
- Rooming house residents;
- Caravan park residents; and
- Retirement village residents with a rental agreement.

"Living in safe and affordable housing is the building block for everything else that is important in life, such as health, study, work and play", says Denise Budge, Manager ECLC Outer-East. "At a time when homelessness is an issue in the community, we encourage any tenant who is living in poor housing conditions, or who is at risk of homelessness, to contact ECLC for free advice and assistance."

Although ECLC is an appointment-only service, the tenant advocate is able to provide advice and assistance over the phone because of the specific processes involved in tenancy matters.

Please call 9762 6235 if you have a tenancy problem or would like to know more about tenants' rights and responsibilities. If ECLC is unable to assist, the friendly



Kyle Maestri, Intake and Administration Trainee at ECLC with free information resources for tenants

staff will refer you to another service that can help you.

Other Information & Support

- Statewide Homelessness Assistance 1800 825 955
- Tenants Union of Victoria phone advice line - 9416 2577 or <https://www.tuv.org.au>
- For more information on Tenants' Rights and Responsibilities go to <http://www.consumer.vic.gov.au/housing-and-accommodation/renting>

Jacqui D'Sylva Community Development Coordinator



Living longer, working longer and super balances larger

Australians, with the best life expectancy in history, will have to work longer in order to be able to fund their retirement. But new research has found only half of all working Australians will be healthy enough to work into their golden years.

The latest AMP.NATSEM report, *Going the distance: Working longer, living healthier*, has found the majority of Australians have less than a 50 per cent chance they will still be working and in "good health" in 2035, when they are aged between 60 and 74 years.

While "work longer" may become the new retirement strategy for many, backed by the Australian government's plan to increase the pension age to 70 by 2035, it may not be a viable solution. In fact, the new AMP.NATSEM

report shows as the number of older working Australians increases, so too will the number of people in the workforce affected by conditions such as heart disease, arthritis and osteoporosis.

So what can people do to make sure their super balances hold up in case their health gives out?

Vital to funding a comfortable retirement is building superannuation consistently throughout a person's career – from the first job through to the retirement send-off.

Here are some things people can do to ensure there's enough in the retirement kitty to fund a healthy retirement:

In your 20s: At this stage of your life, you can generally take on higher risk investments, so you might consider asking your super fund to allocate at least 50 per cent of your super in a high-growth category which aims for returns over the long term. At this point, time is on your side which gives you the opportunity to invest and recover if things financially don't go to plan.

In your 30s: Salary sacrificing can reduce the amount of income tax you pay and will boost your super balance – but limits apply. The fundamental principle here is the sooner you get your money into your super fund, the sooner it can begin working for you and, over time, the earning power of that money will compound and grow exponentially.

In your 40s: This is usually your peak earning decade, but it can also be a high-cost time of life due to school fees

and mortgage payments. If you are in your 40s, a financial goal should be to pay off your house debt before retirement.

In your 50s: This is a good time to assess your super balance and determine whether it can support you for the duration of your retirement. Financial advisers will generally recommend the fund retain some exposure to high-growth markets in order to maximise potential returns.

In your 60s: The transition to retirement strategy offers an opportunity to put cash into your super while also deriving significant tax benefits. Salary sacrificing some of your annual income and swapping it for a tax-free super income stream, if you're under 65 years, makes good sense. The over 65s may want to look at part-time work to lengthen their working life and earning ability before tapping in to their super.

Adrian Pearce CFP*

*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 a financial planner to consider how appropriate the advice is to your objectives, financial situation and needs.

Editor's Note: This month I welcome Adrian as our regular Dollar\$Wise contributor. At the same time I would like to thank Enis for his contributions since the inception of this valuable community series.



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Helping Put The Pieces Together



Rowville and Rrafters Toastmasters Celebratory & Changeover Dinner

On Tuesday 30th June the Rowville and Rrafters Toastmasters Clubs held a joint end of year celebratory and changeover dinner at the Waverley Golf Club, Rowville. The theme for the evening was 'the colours of culture' which was enthusiastically embraced by members and visitors alike. A warm welcome was extended to all family members, and special guests Russell Moore (the Division Governor), David and Pam Gilbert (representing the Rowville-Lysterfield Community Newspaper), Nola Sharp (representing Lilydale Toastmasters Club) and Penny Barrington (past member of the Rowville Toastmasters Club).

The changeover dinner provided an opportunity to thank

the 2014-2015 executive team for a job well done over the past 12 months. In his speech, the outgoing President of the Rowville Toastmasters Club, Paul Broom, thanked the executive officers for their drive, commitment, initiative and support that they demonstrated throughout the year. Paul also thanked the club members for embracing and practicing the theme for the year, 'speaking among friends'.

The dinner also provided an opportunity to recognise individual club members for their numerous achievements during the year. The 2014-2015 Rowville Toastmaster of the Year, Debbie Lee, was awarded for her outstanding achievements throughout the year. The enthusiasm, dedication and the unlimited energy possessed by Debbie was well illustrated by the number of awards Debbie received; three Communicator awards, three Leadership awards and a High Performance Leadership award. In recognition of their many achievements, Henk van den Bergen, George Bosco, Vincent Fernando, Santo Greco, Henri Guillaume, Leona Jorgensen, Phil Lokot, Sheree Mulreany, Rina Rose'meyer and Tim Sank were also presented with club awards.

Leona Jorgensen, the incoming President of the Rowville



From left to right: Glenn Morrow, Qi Li, George Bosco, Santo Greco and Leona Jorgensen (President, Rowville Toastmasters, 2015-2016).

Toastmasters Club for the year 2015-2016 extended a warm welcome to the incoming executive team. Leona outlined the plans and aspirations she has for the club and launched the official theme for the year, 'Rowville Toastmasters: Inspires Excellence in Public Speaking'.

Sheree Mulreany, the first President of the newly formed Rrafters Toastmasters Club acknowledged that the year ahead will hold many challenges for their young club. Sheree also launched the official theme for the club for 2015-16, 'Rrafters Toastmasters: Making a Difference'.

If you are looking to improve your public speaking skills or to simply enhance your confidence at public speaking, Toastmasters is the programme for you!! Your chance for success is even higher now, as there are two completely separate but closely linked clubs within the Rowville area to choose from.

You can participate at Rowville and/or Rrafters Toastmasters by attending meetings as a guest, or by joining at any time. Guests can attend free of charge.

The Rowville Toastmasters Club

Website www.rowvilletoastmasters.org.au

Contact e-mail contact@rowvilletoastmasters.org.au

When 2nd and 4th Tuesday of each month
Joint meeting on the 5th Tuesday

Time 7.15 pm for 7.30 pm

Venue RAFT Church in Rowville

The Rrafters Toastmasters Club

<http://raffers.easy-speak.org>

raffersstm@gmail.com

1st and 3rd Tuesday of each month

A special thank you to our photographer for the evening, Neryse Jorgensen, who moved amongst us unobtrusively and took many excellent shots.

Sandhya Duggan Vice President Public Relations



Rowville Neighbourhood Learning Centre Inc.

Rowville Neighbourhood Learning Centre is a not-for-profit organisation which has been a focal point for community involvement, social networking and life-long learning opportunities since 1995.

Our Centre can help you return to study, improve your numeracy and literacy skills, gain a qualification, get a job or learn something new, all within your local community. "Learn Locals" are friendly and welcoming, with qualified trainers who are focused on helping you succeed. The Learning Centre strives to provide a wide a range of classes and activities to meet the needs and interests of the community and has lots of fantastic courses on offer.

Here are just a few of the courses and workshops that are commencing in August:

- Online Computer Management Systems
- Grow your Business
- Introduction to Budgeting
- Retirement Planning
- Cake Decorating
- Create your own Greeting Cards
- Floral Art
- Art for Children

If you are thinking about returning to the work force, looking for a career change or wanting to upskill, there is a vast array of course options available right at your doorstep.



Learning Is Fun At RNLC

A wide range of programs and activities for children is also available and during the school holidays, an Accredited Vacation Care Program offers a range of fun-filled activities for children aged 5 to 13 years. Centre-based activities are offered, such as arts, crafts, sports and games, as well as excursions to a range of venues in and around Melbourne. Children are fully supervised by experienced and qualified

staff.

For more details on these or any of our classes, workshops and social activities, please visit our website. www.rowvillenc.org.au or come in and talk to our friendly centre staff.

Heather Mileto

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An Hour With...

Rev Hilton Jordan

Born in Durban, in the province of Natal in South Africa in 1975, the **Rev Hilton Jordan** arrived in Rowville last month to take up his new position as senior minister of RAFT Anglican Church. Hilton lived in his home province for most of 26 years, attending Pinetown Primary School and Durban High School before completing his tertiary education at the University of Natal in Durban with a BA in Psychology and English. His education didn't stop there as he completed a post graduate diploma in education.

Whilst at school, Hilton played soccer and competed in fencing, and played social tennis which he still enjoys playing today along with squash.

His father was in insurance and his mother was a secretary at the University of Natal and his memories are of a warm sub-tropical climate and the wide beaches of the KwaZulu-Natal coastline.

Hilton's first job was as a teacher at Glenwood High School teaching English Literature and he still has a great love of classic literature. He had attended church for many years before he met Leanne, a hairstylist, in 1998 at a young adults group and they married in 2000. Hilton said "my passion for teaching the Bible was not a sudden thing; it was something that steadily grew within me". This resulted in the couple moving to study theology at George Whitefield College in Cape Town in 2002. "I started work in a church immediately after completing my course in 2005, moving to Pietermaritzburg in KwaZulu-Natal where I was an assistant minister for 3 years" said Hilton. It was here that their son and first daughter were born.

Before the arrival of children, Leanne and Hilton had the opportunity to visit Australia and Melbourne, in particular, left a lasting impression on them. They had family here and in the USA and the safety and security of Melbourne became a driving force to emigrate in 2008. Hilton became an assistant minister at St Mark's Anglican Church in Emerald until taking up the same role at Berwick Anglican Church in



2010. It was here that their second daughter was born and they all subsequently became "Aussie citizens". In June this year the family moved into Rowville where Hilton filled the vacant senior minister's role at RAFT. Leanne's days are kept busy as she home educates their three children.

"It's too early to tell if any of the children have any inclination to follow me in working in the Church," said Hilton, "It seems that cricket, ballet, and singing have greater appeal at the moment!" He was introduced to AFL football as soon as he came to Australia and chose to follow

Essendon. In his spare time Hilton likes to read, watch movies, and play his guitar. Apart from South Africa, Leanne and Hilton have been to New Zealand, and Leanne worked in Germany before their marriage so she has also seen a bit of Europe. Not surprisingly when asked about people he admires,

Hilton named two South Africans, "I appreciate all that Nelson Mandela did for South Africa and I admire Hansie Cronje for turning his life around after making some mistakes."

Hilton admits he has learnt a great deal working for 10 years in the Church, but still finds it a challenge dealing with his own selfishness. He enjoys, however, seeing people's lives changed by God. "I want to be remembered for striving to follow Jesus, even though I'm far from perfect." To youngsters considering joining a church, Hilton's advice is simple, "Come as you are, be yourself, and don't bother trying to impress God."

Hilton could have become a good teacher. Hilton could have stayed in Durban. Thankfully he chose to come to Melbourne and Rowville and I'm betting that RAFT will benefit greatly by his choice.

Interviewed by David Gilbert

Origins of Words and Phrases

'Rule Of Thumb and Under Your Thumb'

Before thermometers were invented, brewers would dip a thumb or finger into the mix to find the right temperature

for adding yeast. Too cold, and the yeast wouldn't grow. Too hot, and the yeast would die. This thumb in the beer is where we get the phrase "rule of thumb".

Another derivation comes from the ancient custom that men could beat their wives, but only with a stick no thicker than their thumb! Thus having someone 'under your thumb'.



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1st Rowville Scout Group

A Scouts Life

The 2015 Scouthike, which took place over the weekend of 15-17 May, had a wonderful turnout this year. With 700 Scouts and 300 Leaders, Venturers and Rovers attending from all over Victoria, this year was certainly not a small event. Held in Tallarook State Forest, near Seymour, Scouthike is a competition hike for Scouts (11-15 years) and is a real test of their endurance, perseverance, bushcraft and navigation skills.

Scouts were placed in competitive teams (Patrols) and had to race to get to the finish, whilst carrying all their gear on their backs. They planned their own routes, sleeping in hike tents at one of the five designated sleep points and navigating their way to as many of the activity bases as they could. The theme for this year's activities was Gallipoli Centenary and each activity base was an opportunity for Patrols to earn points, depending on their teamwork,



leadership, attitude and task completion. Some of the activities required the use of scouting skills such as navigation, first aid, construction, codes and signals, as well as fire lighting. Other activities were just for fun and these included flag making, creating skits and the ever-popular throwing of wet sponges at Venturers.

Our Scouts came home exhausted and muddy, but thoroughly elated by their experience and keen to challenge themselves again next year.

Term 2 was a busy time, with many other activities being held recently too. Our Joeys had a special "Bring a Friend" night which allowed their friends to experience scouting and have some fun together during special activities. Our Cubs enjoyed some games and outdoor adventures during a weekend camp at Bay Park with the Heany Park Scout Group. The Scouts got to see the Moon and Saturn through a telescope at the Mount Burnett Observatory and then experienced the thrill of abseiling the following week with the 1st Emerald Abseiling Team.

We are looking forward to a fun-filled Term 3 after the



"The Compass Says This Way" at the Scouthike

holidays.

For information on joining the 1st Rowville Scout Group, please contact: Helen Pongracic, Chairperson Support Committee on 9764 3962 or Andrew Breeden-Walton, Group Leader on 0419879164

"Prepare for Adventure".

Bethany Henry.



1st FTG Cub Pack – 'Singing in the rain' song



Raksha and Rann – District Cub Leaders running a song

City of Knox District Cub Scouts

On the 3rd of June, 106 Cub Scouts attended the 'Winter Campfire.' Eleven out of our fourteen Cub Packs in the City of Knox were represented and there were over 160 people in attendance.

Each year in June the campfire is run alternately outdoors at Heany Park Scout Camp or indoors, as it was this year, at a different Scout hall. 2nd Wantirna Scout Hall was the chosen venue this time and they had a roaring fire going which created a great



atmosphere.

The Cub Packs performed amazing skits, which had names like: 'the railway restaurant,' 'bubble gum,' 'the scariest thing you have ever seen,' 'Is it time yet?' and many more. They practise the skits on their pack nights ready to perform them in front of our huge audience.

We also sing a variety of songs throughout the campfire. These familiar tunes include 'A sailor went to sea, sea, sea,' 'I had a little chicken,' 'The cow kicked Nelly,' 'Singing in the rain,' 'My Bonnie' and

many many more.

Many leaders and Cubs used or wore their campfire blankets, which have lots of cloth badges sewn on them.



Many are very keen badge collectors and love getting a new one at any opportunity.

The night was jam packed with skits, songs, Scout applause and lots of laughter. The one and a half hours went very quickly and we all look forward to the next one.

If you are interested in trying Scouting go to: <http://www.vicscouts.com.au/join-us>

1st Rowville and Heany Park are the local Scout Groups. You get to try three nights for free, so come along and join in the fun. Scouting is for ages from 6

to 26 years and after 26 lots of fun is to be had by becoming a leader!

Nicole Klep, District Leader Cub Scouts

Your Shout - action on alcohol conference



A conference of service groups and organisations tackling the scourge of excessive alcohol consumption, by far the most dangerous and damaging drug in our society, was attended by local councillors Nicole Seymour and John Mortimore. Local Knox Police also sent a significant contingent, seen here, along with other Police from neighbouring municipalities and many service providers.

The one day conference on July 23rd focused on sharing hard facts about the problem, practical steps to minimise current harm, and advocacy campaigning needed to get the appropriate action from the Victorian government.

Some of the key factors in over consumption are the easy and cheap access to alcohol, ineffective tax, and over supply of packaged alcohol outlets.

Interesting and disturbing facts to emerge were the current trend for drinking from the age of 13 and the median age for dangerously intoxicated drinkers being over 40.

Expect to see actions and campaigns to address these issues over the coming months.



Senior swimmers on the blocks at a club meet

Swimland Swim Club

Four of our Master swimmers (Eric D, Peter H, Rob Mc and John O) competed in the **Masters Swimming Victoria LC Championships**. It was an extremely successful meet, for our small team, finishing with 4 Gold, 4 Silver and 3 Bronze from 19 swims with 10 PBs and a club record swum by Head Coach, Peter. Top Performer was John O with 4 PB's in 5 events, and a bronze medal in the 200 BR (the first ever individual medal at the State Championships). SSC finished 15th out of 29 teams.



many other veteran cold water swimmers including our own Keely W – 19th overall and 5th female, Kerry Mc – 21st overall, 7th female, Peter H – 25th overall, 17th male (without a wetsuit of course) and Caitlin W – 26th overall, 10th female. We all warmed back up and enjoyed a fantastic breakfast together with our supporters Kaye and Catherine. We all look forward to next year's cold water events which will include the Winter Pier to Pub as well.

At the **Huntingtower Interclub Meet**, on 13th June, we had 17 swimmers compete, taking home 4 Gold, 6 Silver and 18 Bronze Medals. Top Performers were Jessica L 100% PB's and Lachlan A with 2 new club records in 25 FL & 25 BR. SSC finished in 3rd place out of 4 teams but based on the number of points per swimmer we finished as the top team points scored by athlete (SSC – 64.91, HTR – 54.87, PLC – 52.55, PP – 41.11)

The **Metro West SC Meet** saw 20 swimmers compete in a highly competitive pool. SSC took home 1 Gold, 1 Silver and 4 Bronze. Laura S (50 BR & 200 BR) and Blake P (200 IM) swam new club records. Six athletes achieved 100% PB's: Andrew O, Steven O, Blake P, Laura S, Tommy S and Caitlin W. SSC ranked 20th on the Medal Count out of 42 teams.

The **Winter Solstice Open Water Swim** (St. Kilda Beach – at Sunset). There were 4 SSC athletes that braved the 10 degree water temperature to swim this extraordinary event which had both 500m and 1km swims. Our four representatives all competed the 1km swim ... in the dark! The athletes set off after a rousing pagan chant with the total of 53 competitors who were completing one of the two swims ... as the sun was setting. All our athletes completed the swim and enjoyed the hot pool, sauna, steam room and showers following and received certificates of completion (survival). Excellent efforts Kerry Mc, Keely W, Caitlin W and of course Peter ... without a wetsuit.

The **Brighton Baths Winter Mile Open Water Swim**. SSC was again well represented at the second open water swim, this time in the calm waters of Brighton Baths... with the water temperature at 9.5 degrees as the athletes competed in the 150m Dash, the 800m or the 1600m events. First up was Marcelle F (yes Sam's mum!) in the 150m Dash finishing 6th overall and the 2nd female to finish. The second race had Samuel F in the 800m starting out strong and putting himself in 6th overall after the first of 3 laps. He maintained his overall position and finished as the 5th male. In the Winter Mile we saw the expertise of John Van Wisse (PSS Ambassador) pitted against



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

SPORTING ROUNDUP



Sisters Keeley and Caitlin with their trophies.

July 5th had SSC venture out to the **Western Region SC Meet**. We had 35 enthusiastic swimmers compete in the pool (203 swims with 106 PB's) where we were extremely successful, taking home the following: Individually – 27 Gold, 25 Silver and 28 Bronze along with 5 Golds, 4 Silvers and 3 Bronze in the relays. For the 7th consecutive year, SSC proudly left as meet champions. New club records for William C (200FR) and Blake P (50FL).

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.

SSC welcomes the following **new athletes**: David V, NW – Nicholas B, Charlotte G, Tiah N, Jason O, Olivia H, Catherine W, Ethan L, Giselle L, Asha B, Amiety K, Nicole C, William C, Angus D, Caitlyn G, Jessica L, Emmerson N and Lara Silvio.

SSC Movers!

Those who have moved up a squad level:

Intraclub – Molly B., Nicole C., Kate D., Caitlyn G., Jessica L., Amiety K., Ciara M., Emmerson N., Kyle S., Trent G, Andrew O., Catherine W., Hayley S.

District – Audrey B., Andre N., Mikayla M., Chrissie M., Abbey P., Brayden R.

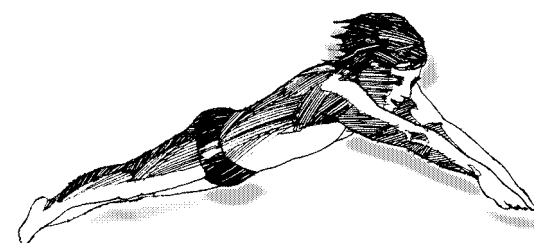
National Target – Tommy S., Christopher D.

National Elite – Stephanie P.

Hard, consistent training pays off, well done to all of you.

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

Jodie Browne





St Simons Community Football Club

As I write this there is only one week left of footy before finals start, it has gone fast!

Of the six competitive teams at The Knights, four teams will be experiencing finals actions. This is a great achievement for the players and club. We know, whatever the outcome, the experience will stand our players and club in good stead for the future. We wish all the Knights players, our coaches and valued volunteers (runners, trainers, assistant coaches, team managers, water carriers) and their families the best in their final campaigns. For our non-competitive teams and those that have not made the finals in 2015, it is time for a break before getting ready for a bigger and better 2016.

Wayne Sargeant, President of the Knights, reports that "throughout the season the club has been very fortunate to witness Tyson Sheehan and Shaun Lovell represent Eastern Rangers U16s. Both boys equipped themselves extremely well when competing against other Victorian affiliates. Tyreece Leiu competed for the Victorian U12 team, 1 of only 2 EFL juniors to make the final squad of 23. Tyreece competed in the Australian Football League Championships



That time of year is coming around again when it is time to register for season 2015/16. This year will see changes to the older age levels. A significant number of Under 17 players now play senior cricket so the Association has decided to alter the age levels. Therefore this season the club has sides in the following age groups.

Friday Nights - Under 10, 11, 12, and 13

Saturday Mornings - Under 14 and 16

Junior Registration Day

Saturday 8th August 2015 from 9am – 12noon at Eildon Park Oval, Corner Eildon Parade and Tyers Crescent

We had a great turnout to our Milo In2Cricket program last year with almost 40 children in attendance including a couple of girls. The program will be running again this year on Sunday mornings for Boys and Girls aged 5-9 years. These children are the future of our club and it's just fantastic to see their enthusiasm for the game. This season online registration is preferred by Cricket Victoria as participant packs will be ordered as soon as you register saving time and trees as there is no need for paperwork. However, for those unable to register online, our Club will be having a Registration Day for Milo In2Cricket on Saturday 17th October from 9-11am at Eildon Park Oval.

Eildon Park will also be participating in the Milo T20 Blast on Wednesday afternoons for children 8-12 years who are too old for Milo In2Cricket but are still not ready for Junior Cricket. It introduces the children to competition cricket but on a much smaller scale with different formats and rules. This program was a great success last year and enjoyed by all those who participated.

All registrations will be available online via links at our club website www.eildonpark.vic.cricket.com.au or via www.mycricket.cricket.com.au

If you have any questions please email me at eildonpk@club.cricketvictoria.com.au



We are a Good Sports club

Robyn Jones Secretary

in late July and made the whole club proud of his efforts. Sporting talent must run in the family as Jordan Leiu recently signed with the Melbourne Storm for 2 years, thwarting off challenges from other NRL clubs including the Brisbane Broncos. Jordan is encouraged to continue to play AFL for the next few seasons to build his agility and he is a great asset to The Knights. Last but certainly not least, Anthony Brolic, a former St Simons B&F and 100 game player is playing terrific football for the Eastern Rangers U18 team consistently being amongst the best. We are certainly proud of all these players' achievements."

During the school holidays we sent a group of Knights players to the Almost Little Legends Footy clinic; they all had lots of fun and practised their tackling skills with Billy

A Break From Tackling Skills With Billy Brownless

Brownless. They had a lot of fun!!

Whilst many families are taking a big breath and looking forward to that Sunday sleep in, it is time for us to enjoy the success and stories of 2015. Our Gala Ball is on the 22nd August 2015 at the Village Green and anyone interested in attending from outside the club is most welcome to contact club Secretary Natalie Williams for tickets. Our vote night count and trivia night has been completed.

The Knights have always and will continue to offer a first in basis for registration. To join The Knights in 2016 please contact Natalie Williams 0417 346 863. We are also pleased to announce that we will be establishing girls' football in 2016. The EFL will be offering opportunity for U18, U15 and U12 dedicated girls' competition. To register or make further enquiries call Natalie (Secretary). Go Knights.

Natalie Williams

Churchill Park GOLF CLUB

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Rowville Group Fitness

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

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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

Find us on Facebook Like us at [facebook.com/RowvilleGroupFitness](https://www.facebook.com/RowvilleGroupFitness)

Rowville/Rowville Lakes Little Athletics

Cross Country fun continues!

Junior athletes from the Rowville and Rowville Lakes Little Athletics Clubs, have been participating in weekly events every Saturday morning at several parks around the Knox region, including Norton's Park, Koomba Park, Jells Park, Knox Park and Tirhatuan Reserve. The handicap day back in June proved to be a popular event again this year with some close finishes.

Everyone who participated at the Benalla Open day enjoyed themselves while sisters, Hannah and Holly Hodges both finished with bronze medals. The Deol's were also excited to take home three medals.

The Eastern Region Championship cross country event was held at Wandin Park on a fresh Sunday morning in late June. The young athletes from Rowville and Rowville Lakes had a great time during the sunny and brisk morning.

At the time of writing, the Knox Open Day was being planned and athletes were preparing for one of the biggest cross country open days in Victoria. The Sandown Park Road Relay cross country running event was also being planned and teams of three were formed to run the relay competition.

The LA Victorian State cross country will also be held at Westerfolds Park in Templestowe for athletes registered between the ages of U9 to U15's, with invitation events for the U7's and U8's.

The last week of the season concludes with a championship day at Jells Park, where everyone celebrates the final cross country event and starts looking forward to the start of the track & field season.

We've seen William Thompson, Maddison Davis, the Deol's, Jennifer Sahely, Oliver Blackburn, Mitchell Pentreath, Lachlan Monteath and the Louey's who have

been regular participants during the cross country season. They have made fantastic improvements in their fitness and their times have improved since the start of the season. Keep up the great work!

For information on junior athletics, contact Claire Lillie 0421 300 467 or Steve Pepper 0417 325 917.

Thanks to the KLAC photographers.

Steve Lillie





What's On At The Regional Netball Centre?

Net Set Go – places available on Thursdays and Fridays after school!

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

Ladies Day Time Netball

The centre runs a daytime Ladies Netball Competition on a Wednesday and Friday. Both competitions are supported by a free crèche, staffed by fully qualified and accredited child care staff. All matches are played indoors on sprung floors with qualified umpires. Teams are always looking for players to join them so no matter your level get in touch with us and we will hopefully link you up with a team, simply email 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. New teams are welcome, but there are limited vacancies so contact us as soon as possible if you have a team you would like to enter.



September School Holiday Clinic for 8 to 13 year olds

The Knox Regional Netball Centre Annual School Holiday Clinic is on again! Day 1 we have Karyn Bailey and Liz Watson from the Vixens, Wendy Jacobsen and Ash Howard (ex ANZ Champs players) and local umpiring mentor Karen Bennett. You will learn new skills, make new friends and play netball for two days! More details can be found at our website www.knoxnetball.com.au in the downloads section. Please note this clinic is strictly limited to 100 participants and fills extremely quickly!

Saturday Netball – Spring Season begins in September

Saturday clubs are now taking registrations for the Spring Season which runs from September through to December. If you would like to play Saturday netball – head to our website www.knoxnetball.com.au and there is a list of clubs in the downloads section who play in the Mountain District Netball Association Saturday competition. Contact them directly for more information.

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

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

Rosalind Montgomery



Alan Tudge Writes

Nominate your local volunteer hero for an Aston Community Award

Do you know an individual or community group that does something special in our local community that may go unnoticed?

You may wish to consider nominating that person or group for a 2015 Aston Community Award.

The Aston Community Awards celebrate local volunteers and community groups who give their time, skill and energy to helping others and making the Knox community a better place to live.

The Aston Community Awards will recognise local volunteers in four categories:

- Youth Volunteer Achievement Award;
- Individual Volunteer Achievement Award;
- Community Group Achievement Award; and
- Senior Volunteer Achievement Award.

We have some outstanding volunteers in our community

and the Aston Community Awards are a chance to recognise them. It is important that we properly thank these individuals for all of their work.

The Aston Community Awards ceremony will be held on Friday, 4 September at 6.30pm at the Knox Italian Club in Rowville. All are welcome, but RSVPs are essential.

Nominating is a simple, two minute process and self-nominations are welcome. Nominations are now open and will close 5pm on the 15 August.

Nomination forms can be completed on my website at www.alantudge.com.au or by contacting my office on 9887 3890. You will also have received a nomination form as part of my recent Winter Newsletter in your letterbox.



Alan with the 2014 finalists



Mayor Peter Lockwood with a very friendly tree at Knox Council's annual National Tree Day event on Sunday 26 July at Maree Wallace Reserve.



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Rowville Group Fitness

Boxing Bootcamp

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

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

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

Wednesday 7.30pm - \$15

All classes at the Rowville Community Centre

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

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

Chiro-Practicals

Get Physical & Get to Sleep



Wellington
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Chiropractic

Physical activity is well known to be associated with healthy sleep, but a new study hints that some types of

physical activity might be better than others.

The study showed that physical activities, such as walking, as well as aerobics/calisthenics, cycling, gardening, golfing, running, weight-lifting, and yoga/Pilates, are associated with better sleep habits compared with no activity.

In contrast, physical activity that involved household work and childcare is associated with poor sleep habits.

It was felt that if you are getting most of your physical activity from household work and childcare, you have other problems, you have stress, time demands, and that's why you aren't sleeping.

The researchers analysed sleep and physical activity data from over 420,000 adults. Survey respondents were asked what type of physical activity they spent the most time doing in the past month, as well as how much sleep they got in a typical 24-hour period. Sleep time was characterized as very short (≤ 4 hours), short (5 to 6 hours), normal (7 to 8 hours, reference), and long (≤ 9 hours).

Compared with those who reported no physical activity in the past month, walking was associated with a decreased likelihood of very short sleep.

Compared with just walking, aerobics/calisthenics, cycling, gardening, golf, running, weight-lifting, and yoga/Pilates were each associated with decreased likelihood of insufficient sleep, while household/childcare activity was associated with higher likelihood of insufficient sleep.

The study reported that "Walking alone has a big effect, but some exercises seem to give an added bonus above walking on sleep time and they include aerobics/calisthenics, cycling, yoga, golf, running, weight-lifting."

While this study suggests that "what you do may matter, the take-home message is do something rather than nothing. People who get physical activity are less likely to be short sleepers than people who don't get activity. Active people are more likely to be getting the recommended amount of sleep."

Dr Frank Whelan
Wellington Family



Knox Council Rowville gets physical

Rowville residents are set to gain from the opening of Knox's first free outdoor fitness station this month.

The community workout hub, launched by Mayor Lockwood at a public event on Wednesday 24 June, includes a range of equipment for the community such as a leg press, elliptical trainer, aerobic cycle machine and a stretch station.

The outdoor gym is displayed across four separate sites creating an easily accessible circuit across Rowville. They are located at Liberty Avenue near the playground, Liberty Avenue Reserve near Magdalena Place, the reserve at Jackie Close and Emerson Reserve and are connected by shared pathways for easy access to walkers, runners and cyclists

Knox Mayor Peter Lockwood said the innovative fitness circuit was a collaboration between Council and VicHealth through the "Healthy Together Knox" initiative and would encourage residents of all ages to increase their physical activity.

"This new outdoor fitness station will make it easier for residents to incorporate more exercise into their routines or start a new one in their own backyard. It's part of a range of programs and strategies we're delivering in the community in order to target the underlying causes of chronic diseases such as



Mayor Lockwood And Rayoni Nelson from VicHealth Opening The Fitness Station

insufficient physical activity and poor nutrition," said the Mayor.

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 - 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'. There are five important things you should be considering:

Your blood sugar levels

Blood sugar levels tell us how well your diabetes is being managed, or your level of diabetes risk. 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.

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. Weight loss is one of the most effective, **natural** ways to reduce your risk, or improve your management of diabetes.



Your food and drink choices

A healthy diet will support you reaching your most optimal body weight. Watching **portion sizes** and opting for plenty of vegetables, wholegrains, fruits, 'healthy' fats and lean proteins will stabilise blood sugar levels.

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.

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. 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



IS YOUR SPINE ALIGNED?

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(Wellness on Wellington)
www.rowvillechiro.com.au



Health & Wellbeing Seminars

The Bridgewater Centre is pleased to be continuing the health and wellbeing sessions in August. The cost of these sessions is \$10.

Introduction To Mindfulness

Thursday 6th August, 1pm – 2:30pm

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” (Jon Kabat Zin). Left to itself the mind wanders through all kinds of thoughts, including thoughts expressing anger, craving, depression, revenge, self-pity, etc. As we indulge in these kinds of thoughts we reinforce those emotions in our hearts and cause ourselves discomfort. By purposefully directing our awareness away from such thoughts and towards some “anchor” we decrease their effect on our lives and we create instead a space of freedom where calmness and contentment can grow.

Understanding Grief And Loss

Monday 10th August, 1pm – 2:30pm

Grief is one of the most common experiences of everyday life. We not only experience it when someone close to us dies but in many other situations too. Grief is the personal response to any loss. Losses for which we grieve can include: loss of health, a relationship, work, financial loss, loss of a beloved pet. There is a great variation in the way people react to loss & change. People move through the stages quite differently. It is common for people to begin adapting and then regress because of specific life events. Understanding how grief works goes a long way to help with the healing.

Understanding Depression & Mood Management

Tuesday 11th August, 7pm – 9pm

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression is more than just feeling “down.” It impacts negatively on your everyday life and can be quite incapacitating. If you have any changes in your sleep or eating patterns, don’t feel like engaging in your usual activities and feel “sad” for no obvious reason please consult your doctor or health professional.

Understanding Trauma

Thursday 13th August, 7:15pm – 8:45pm

An event is traumatic when it contradicts your understanding of how things are ‘supposed’ to be, and why things happen in the world. Most people have some kind of stress reaction after a trauma. Having such a reaction has nothing to do with personal weakness. Stress reactions may last for several days or even a few weeks and sometimes much longer. If you understand what is happening when you react to a traumatic event, you may be less fearful and better able to handle things. The good news is that PTSD (Post Traumatic Stress Disorder) and Acute Stress Disorder (post trauma) can be helped. If you feel you are suffering from a stress response to trauma please consult your doctor or health professional: there is help available.

Understanding Anxiety

Tuesday 18th August, 7pm – 9pm



Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. But when this begins to interfere with your day to day life and/or is becoming more usual than not it may become an anxiety disorder such as Generalized Anxiety Disorder (GAD). Early intervention such as gaining an understanding of the nature of anxiety and learning management skills will lead to a better outcome and let you enjoy your life more. If you feel you are suffering from anxiety please consult your doctor or health professional: as with depression there is help available.

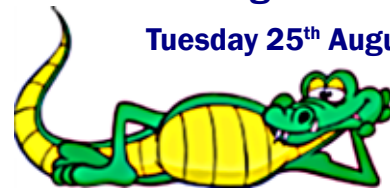
Cognitive Behavioural Therapy (CBT) For Mood Management

8-week Program commencing, Thursday 20th August, 7:15pm – 8:45pm

Change your thinking, change your feelings – change your response & behaviours! CBT addresses the emotions, behaviour, thoughts, and beliefs behind psychological difficulties. Cognitive Behavioural Therapy focuses on teaching individuals practical techniques to manage and overcome their psychological problems. CBT is based on helping you understand, manage and change your thoughts (cognitions) and actions (behaviour). It is an approach that is based on the concept that the way we think effects how we respond. People can interpret the same life event very differently, leading to many & varied emotional & behavioural consequences. Some of these consequences can be helpful, & some not so helpful in our day to day lives.

Understanding Stress And relaxation

Tuesday 25th August, 7pm – 9pm



Understanding how stress works and identifying your personal stressors is the first step in managing stress. Learning positive strategies, including an understanding of and practising relaxation techniques, will help us manage negative stress. This can only benefit the health and peace of mind of ourselves and those around us. 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.



Archimedes


The Possum Lady of Knox, Yvonne Cowling, has a new family member, a delightful young Tawny Frogmouth named Archimedes.

About one year old, Archimedes was a victim of ignorance having first been adopted as a fledgling as a family pet. With their huge eyes and pleasant nature, Tawny Frogmouths are often taken as pets, a role for which they



are very poorly suited. Living in highly socialised family units, tawny frogmouths need the guidance of their parents to learn the art of survival. They have special dietary and exercise needs, which if they are not met can lead to the birds being unable to fly and fend for themselves.

This was the fate of Archimedes who may never be able to fly properly as a result. However, a life under the expert care of the Possum Lady would be the next best thing to a life in the wild.



**ROWVILLE
PHYSIOTHERAPY**

**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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How many products do you have in your garden shed, aiting to wage war on your garden pests? Snail pellets, cabbage dust, various sprays for caterpillars/aphids/thrips/whitefly/spider mites; insecticide tablets; all at the ready to combat

Knox Home Garden Club

the enemy?

Have you ever considered swapping those potions and sprays, (all labelled with the poisons hotline number), for natural remedies? Firstly, attracting natural pest controllers eg: spiders, frogs, insects, birds and lizards, will help keep the pest population down. Encourage these beneficial creatures by providing water, food and shelter. Add nesting boxes, flowers rich in nectar, native plants, old logs in undisturbed places and a few rocks in a sunny spot to lure in the lizards. Identify your ‘good ‘ bugs. The larvae of the ladybird, hoverfly and lacewing are voracious aphid eaters. Some ladybird larvae also tuck into scale insects, powdery mildew spores, and red spider mites. Annual crop rotation is another excellent way of avoiding pests and diseases.

Companion planting is making the most of beneficial effects that plants can have on each other, and insects. Aromatic compounds in roots, leaves and flowers can act

as effective deterrents to many common pests. Growing carrots with leeks, onions or garlic is a successful method of protecting each other against white fly and carrot fly. Pumpkins are also good for attracting whitefly from other vegetables. Nasturtiums will repel whitefly, and protect fruit trees against green aphid and woolly apple aphid. Plant a generous bed of parsnip and onions under your Granny Smith apple tree to deter codling moth. Onions and garlic also protect strawberries and vegetables against fungal infection. Marigold root secretions deter nematodes when planted amongst vegetables. Likewise, celery planted amongst cabbages repels the dreaded white cabbage moth and is disliked by snails. For slugs and snails, a barrier of grit or crushed eggshells can be a deterrent.

Be aware that just one fallen leaf can form a bridge over these barriers, allowing the snails to gleefully slither across. Snails can be gathered from their hiding places, or collected during a rainy evening, and be disposed of. There are endless suggestions for natural pest control; find a book or two at your local library or Google it. Reaching for the insecticides is not the only solution when you spy a bug that you do not want in your garden. Try working with nature and see what you can achieve. Happy gardening.

Betty Wright



Dental Home Care

Caring for your pet's teeth at home

Over 85% of dogs and cats over 4 years old have some form of periodontal (dental) disease. Dental disease causes bad breath (halitosis) and pain; it is also a source of infection and can make your pet seriously ill.

Dental disease is preventable in the vast majority of cases and, in most cases, easy to achieve at home. There are many different methods to keep your pet's "pearly white" teeth and these should be started while they are puppies and kittens.

The below information will discuss several preventative measures you can take. Brushing your pet's teeth daily is the 'gold standard' and most thorough, although we will discuss other measures such as feeding raw bones, dental diets, rinses, etc.

For adult cats and dogs with existing dental disease, a dental treatment with a scale and polish under general anaesthetic is often necessary to get their mouth back into top condition. This will allow us to start prevention with a clean mouth and hoping to prevent, or slow down dental disease developing again in the future.

Brushing your pets teeth

Brushing your pet's teeth daily can help control plaque build up and prevent periodontal disease.

Select a toothbrush

- Choose a soft toothbrush only
- Toddler brushes are great for small dogs and cats
- Dog and Cat toothbrushes are available at the clinic

Select a toothpaste

Do not use human toothpaste when brushing your pet's teeth as your pet may swallow it. Human toothpaste is not designed to be swallowed and has ingredients that can upset your pet's stomach.

Pet toothpaste is chicken or beef flavoured which may help your pet accept it. Pet toothpaste is also safe if it is swallowed.

Introduce your pet to teeth brushing

Cats and small dogs may feel more comfortable if they can sit on their owners lap while having their teeth brushed.

- Begin slowly, initial sessions should be brief, a minute or two and well rewarded.
- Get your pet used to the toothbrush by dipping it in tuna juice, chicken or beef stock or just use water.
- Next try offering the toothbrush with the paste,



- without brushing. Allow your pet to taste the paste.
- When your pet is comfortable with the brush try brushing one or two strokes on a few teeth. Slowly increase the brushing as your pet becomes more comfortable.
- Start at the front of the mouth. Pets are oft en more accepting of this.

Other alternatives to brushing

While brushing is referred to as the 'gold standard' in home dental care, it is sometimes not possible due to the personality of your pet, or the amount of spare time you have each day. Listed below are some other alternatives.

Raw bones

Raw meaty bones are great for cleaning teeth. Dogs and cats have to chew them causing scraping on the teeth and most importantly gum massage, aiding in the removal of plaque.

Do not feed your pet cooked bones as they may splinter and cause intestinal damage.

For large, medium and small dogs, ask your butcher for "dinosaur bones", or bones for a large dog. For very small dogs (toy breeds) and cats, raw chicken necks and chicken wings do a great job.

Raw beef strips for cats and pig ears for small dogs can also give gums a good massage. If you decide to feed raw bones they can be given 2-3 times per week, consult your vet for advice.

Notes on bones:

- If the bone is cut it should be cut across not lengthways. This is to avoid the 'fattening' bone marrow being exposed.
- The bone should always be bigger than the dogs head so it cannot be swallowed.
- Bones are for chewing on not "through".
- Dispose of chewed bones.
- Bone chewing should be started as kittens or puppies. It is inadvisable to start later in life as incorrect chewing action may lead to tooth damage
- Bones should only be given under supervision.

Treats and chews

Large hard products such as pig's ears, noses or trotters, rawhide bones encourage your pets to chew. The chewing action aids in the removal of plaque via physical rubbing and the spread of protective saliva. These should not be relied on solely for dental prevention, as they are not as effective as raw bones, but could be fed once a week instead of raw bones for a change.

Dental diets

Many premium dry pet foods and special dental treats are available for both cats and dogs and are specially designed to keep pets teeth cleaned while still providing them with a complete balanced diet. Many of these suppliers offer a 100% money back guarantee if your pet does not like them. These foods contain enzymes and ingredients similar to those found in our toothpaste which help to slow the dental disease process and help prevent plaque from forming on the teeth.

Veterinary dental treatments

In the majority of pet's lives, there comes a time when their teeth may require veterinary treatment over and above their regular examinations. This treatment involves a general anaesthetic and a full dental examination, including charting and scaling, both ultrasonically and by hand, and then finishing with a polish. A very similar procedure used by your own dentist.

From July 13 till August 31st 2015 Greencross Vets are offering FREE dental consults to assess your pets teeth and offer advice on home care and advise if they require an anaesthetic to be cleaned professional. Contact your local clinic for an appointment with a Dental Health Nurse 9763 6088 *Michelle Bierman*

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Peppertree Hill **Retirement Village**

The Peppertree Hill Retirement Village Bowls Club recently honoured member George Beard by naming their newly revamped green after him. He was presented with a commemorative plaque which was later placed above one of the shelters at the northern end of the green. George was taken totally by surprise by the presentation especially when he spotted his very proud son and daughter amongst the crowd.

George has been a resident at Peppertree Hill Retirement Village for 25 years and was an original member of the Bowls Club when it formed 21 years ago. Not only has he been secretary for 21 years but he has been at the forefront of organising bowls days, competitions and special events as well as arranging sponsors for tournaments. In addition to all this and plenty of other involvement around the Village, the shelters at the ends of the green were donated by George's old company Slattery and Acquiroff Stairs.

Well done and well deserved George.



George With His Son And Daughter At The Presentation



The Commemorative Plaque In Place.

Knox & District **Over 50s**

Reminder: For 2015 our monthly meetings will commence at 10.30am

We are in the middle of winter, a time when all sensible animals hibernate. During this cold weather period, when it is important to keep warm by wearing warm clothes, (three layers of clothes are recommended as well as warm meals), isn't nice to know that you can always get a warm welcome at the Knox Over 50s. So why not come and join us at our monthly meeting or at one of our numerous events. The warmth of the welcome you will receive will help to dispel the chill of winter. It will also ensure that you get some fun and laughter into your life, so much so that the chills of winter will be forgotten. Friendship and laughter are our top priorities and everyone is welcome and made to feel that they are part of the Club.

The activities of the Club are numerous. We have had our Christmas in July lunch at the Wantirna Hill Club attended by 80 members. A tour on the City Shuttle bus to see all the interesting sights of the City is planned for August followed by a trip to the Morning Melodies at the Ferntree Gully Hotel for September. Our Coffee morning at Myers Knox City and lunch at the Burvale Hotel were both well attended and highly enjoyable and we have many more events planned.

Subscriptions for the 2015 are due now and the cost for 2015 is \$15.00 which is unchanged from 2014. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere, while you enjoy the entertainment and social events planned for the year.

Regular events each month include, a monthly cinema outing, lunches at various venues around Knox, coffee



We celebrated our 25th Birthday, on 17th July, with a lovely lunch at the Knox Club.

Entertainment was provided by Moon Shadow, which had many of our members up dancing!! Everyone had a great time and it was fantastic to have some of our Past Presidents joining us for the celebrations.

Our Annual General Meeting will be held on Friday, 14th August at 1:00pm at the Rowville Community Centre.

mornings at Myer Knox City, book clubs, Morning Melody mornings and much more. Events planned for the remainder of the year include a day trip to the Block Arcade in the City as well as Theatre outings, both local and in the City.

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

Details of our monthly meetings can be found in "What's On Locally" on page 2. Come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to our next meeting on **Tuesday, 25 August 2015, starting at 10.30am** to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

Please contact Jill on 9801 4363 for any further information.

Jim McLoughlin



Irma, Rowena, Maz & Sue playing Rummikub

We are a large, friendly, active club and new members are always welcome. Come along for indoor bowls, bingo, rummikub, lunches and outings. There is always something going on.

For enquiries, please call Anne: 9873 0226 or 0404 007 174.

Anne Berg President

National Seniors **Australia**

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 22nd July, 2015, with the doors opening at 10.15am for a 10.30 start.

Join us for the Meeting/Social time and enjoy our guest speaker, who will be a Representative from The Cuckoo Restaurant, speaking about the history and the running of this landmark venue at Olinda in the Dandenongs. If you wish to stay for lunch after the speaker, you would be most welcome.

We had a wonderful night at the Mooroolbark Theatre where we had a full table of 22 people who all enjoyed

the night. The play was called "Rumors" and the good acting resulted in everyone having a good laugh. We have since had our Christmas in July lunch at the Marybrook Restaurant, which we will report on next month.

Our walking group now meets every 2nd Thursday. The next outing is to Taralla Creek Track in Croydon. If you require any further information, please contact Darryl on 9878 1045

Some of our events that are coming up are:-

20th August, a Night Dine out at Natalies Restaurant in Mitcham.

21st September a "Mystery Trip" on the council bus.

National Seniors are a fun loving group of people aged from 50 plus and new members will be warmly welcomed. Please contact the President John on 9778 6784 for any further information or just turn up.

Rhonda Cowen



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Unit 1/18 Laser Dve

Rowville

9764 1119

Email: inquiry@boyddance.com.au





Kids Motivated with Motive8 Fitness Training!

Motive8 Fitness Training was keeping kids motivated for fitness during the school holidays.

Personal Trainer, Danielle Rule, awarded the children with a certificate in Level 1 Boot Camp Fitness, and a showbag of fun active ideas to take home after completing the fun interactive fitness circuit.

It was a great social activity for the kids to do on their holidays, reminding them to venture into the outdoors and encouraging their families to enjoy keeping fit as a fun thing to do.

The children are looking forward to achieving their level Two certificate in Boot Camp when they advance to crawling under nets, through tyres, and getting camouflaged with painted faces!

These children have been wonderful support to their mums who participate in Boxing, Cardio Boxing, Boot Camp, Running Club, Body Balance and Step sessions with Motive8 Fitness Training at Park Ridge Reserve on Dandelion Drive in Rowville. It was great to make the day all about the children who have been eagerly waiting to participate in the fitness fun!

For more information on adult daily exercise sessions or to book for the next school holidays for the kids with Danni call 0401 364 554

*Photos courtesy Hayley Holness Photography
0421 057 422*



ABOVE: Some of the many activities

LOWER LEFT: A group of happy and fit people



Step into Prep at Karoo

Karoo Primary School prides itself on its Transition and Orientation program. Although it may seem like a while away, your Pre-school child will be excitedly putting on their new school uniform before you know it! To help introduce children to our school environment and assist them in transitioning to school smoothly, two of our programs begin this term.



Three Year Old Pre-Kinder Applications now open for 2016 placements.

The Rowville Community Centre runs a Three Year Old Pre-Kinder program from Monday to Friday during school terms.

The two hour sessions are structured to develop creativity, imagination and social interaction in the children. They participate in activities such as painting, free play, craft, storytelling and singing. Our teachers are all fully qualified and the centre operates under the Department of Education and Early Childhood Development (DEECD) guidelines.

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.

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

School Talk

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

Storytime Sessions 2.45pm – 3.20pm

Through interactive storytelling and play, your child will access the exciting world of books and reading in our wonderful school environment. Our experienced and enthusiastic Prep teachers will present stories and activities which promote the development of language and literacy skills and foster a love of reading.

Wednesday 5th August

Wednesday 19th August

Preschool aged children are welcome and please contact our school on **9759 6222** to book a place.

Parents are very welcome to have a cup of tea or coffee in our staffroom during the session.

Step Into Prep Sessions 2.40pm – 3.20pm

These sessions give the students the opportunity to explore the Prep classrooms and become involved in a variety of activities. Students may choose the Prep classroom they wish to visit and are encouraged to try a different classroom whenever they come to Karoo to fully experience the Step

100 Murrindal Drive, Rowville
murrindalplaygroup@hotmail.com



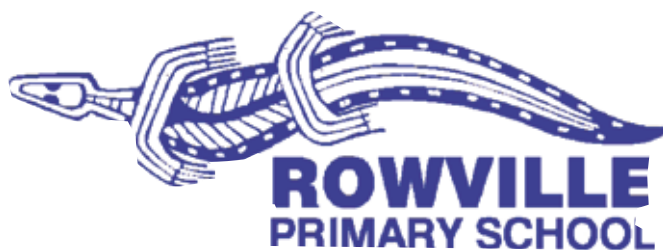
Murrindal Playgroup



My two year old daughter and I have attended our local playgroup for the last 18 months, and upon the birth of our second daughter in March this year, there was no doubt in my mind that I wanted to continue attending. Nevertheless, I was daunted by the prospect of getting two young children dressed, fed and out the door for our 9am playgroup session on a weekly basis! In all honesty, I sometimes find this difficult to coordinate and often arrive considerably late, but without a doubt, the effort is worth it!

Attending playgroup with two children has proved to be the right thing for our family. I returned to playgroup just 2 weeks after the birth of our second child and, upon reflection, have enjoyed the benefits. Playgroup is regularly considered the highlight of our week; it provides an opportunity to socialise with other parents, an incentive to get up and out in the morning and, importantly, continuity for our toddler at a time when her little world is changing with the arrival of a new sibling. Playgroup allows our toddler to observe the parent and sibling relationships of her little friends as she begins to develop her own relationships with her new sister. It also allows me to debrief with other parents and most importantly, it is an activity that we enjoy together as a family.

Sharon Flecknoe



Look at What We Have Learnt in our First Six Months at Rowville Primary School

Foundation students at Rowville Primary School are becoming 'wise' about their learning journeys. As part of their learning, these five and six year olds are encouraged to reflect on what they have learnt and how they have learnt it. As adults, we marvel at how eager young children are to learn to read and write and become the next generation's mathematicians. But we just have to listen to what they have to say to realise how thoughtful they are about their learning.

Making sense of reading and words!

After just six months of learning the Foundation students are well on the way to becoming life-long readers. The students choose books thoughtfully and read independently to practise their reading strategies. Even at this early stage in their reading the Foundation students are learning how real literature by real authors engages them as readers. That is why their book boxes are filled with a mixture of books to read. They are eager to talk about their books to a teacher or a parent helper.

Lachlan – I have learnt what a fiction and nonfiction book means. When I'm reading I can skip over a word if I don't know it. I can look at pictures to help me figure out a word.

Yianna – I have learnt to point to the words because if you don't you'll get all mixed up.

Scarlett – I have learnt to read *The Hole* and I can retell the story. I have learnt to look at the words so I can read the book. I have learnt to read all different words to help me with my reading.

Read all about it – Young writers in action!

At Rowville Primary School we have a mantra – *writers learn to write by writing every day for lots of different purposes.*

Therefore, when you enter the Foundation classrooms you discover students hard at work becoming authors. They 'read like writers' so they can model themselves on the writing style of published authors. This means thinking about themselves as someone who can make books for others to read. So with the help of the class created word wall and individual alphabet charts the students are able to choose a topic they want to write about, compose their masterpiece and then 'get it ready for publication'.

Jamie – I have learnt how to organise my ideas on my fingers before I start writing.

I sound out the words so I know how to write them.

I love writing about my brother Luke because we play games together.

Natalie – I have learnt how to use my alphabet chart to learn how to spell

new words. I sound out words to help me know more words to write.

I like writing about my family because I love them.

Today's Foundation students, tomorrow's mathematicians!

The teaching of Mathematics at Rowville Primary School has a strong

focus on students looking at the world through mathematical eyes, to develop numeracy skills needed in the future. Through 'hands on' learning experiences our students become problem solvers. The students are becoming masters at using tens frames to show number patterns to ten. Alongside the ability to recognise words in reading by sight (high frequency words) our Foundation students are developing the ability to determine the number of objects in a small group through sight alone, an important skill needed for understanding mathematical concepts and solving challenging problems.

Jessie – I have been learning to count and I can count by tens all the way up to 500.

I can add numbers on – if I have 10 and 7 it can make 17.

Leonardo – I have been learning to count. I can count the dots I have and find out how many there are all together.

As the Foundation students are preparing to celebrate their first 100 days of school they are busily making collections of 100 and counting down the days on the calendar.

Zac – I have been learning to count by twos and fours. I can start at different numbers to count. We add dots together and then we check to see if we are right.



From little things big things grow!

The Rowville Primary School Kitchen Garden is the perfect backdrop for learning about living things. Under the watchful eye of Chef Jodie, the students prepare the garden for planting and then maintain a careful watch over the maintenance of the flowers and vegetables that are growing.

The Foundation students, with help from their Year

6 buddies, investigated how plants grow and what plants need to grow. After this intense investigation of living things the Foundation students were eager to share their learning.

They decided to produce brochures to tell the school community how to look after the garden. The results speak for themselves!

Brianna – We have learnt that you have to be careful of the plants: don't run on them or step on them. We have to water them and they need sunlight. We had to dig and make a little hole and put a snow pea plant in.

Natalie – what I have learnt about looking after the garden.

Chloe – to help other people know how to look after the garden.

Jackson – I have learnt about how to care for plants. We have to give them water and make sure we let them have enough sun. We have to give the chickens enough food. The chickens dig in the dirt for worms.

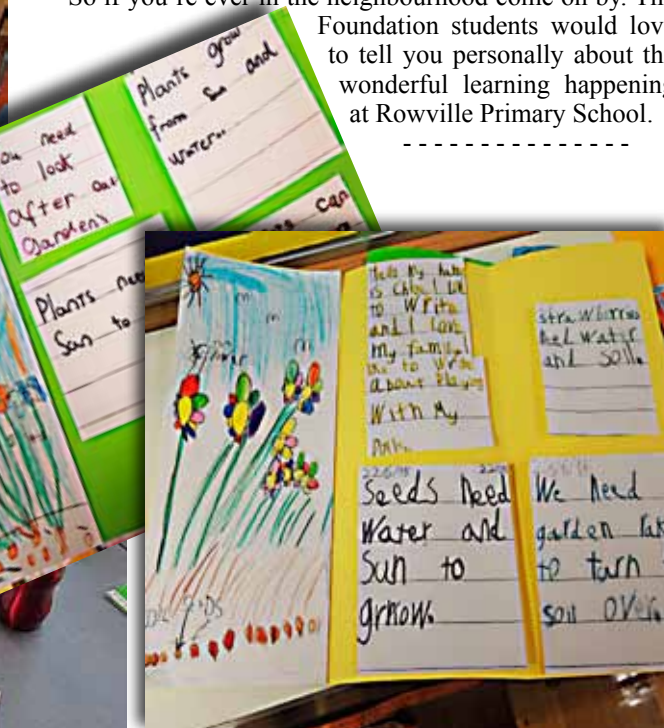
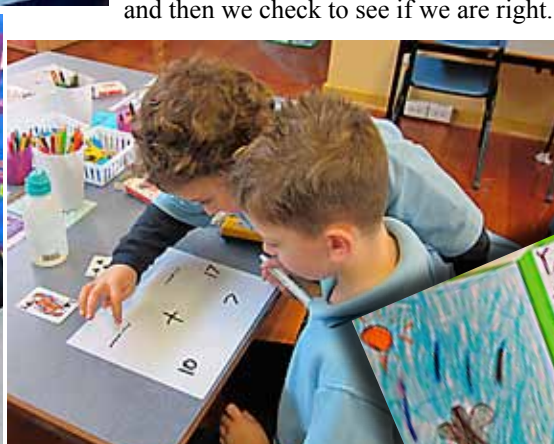
Sebastian – I have learnt how to grow flowers.

You put a seed in the soil and then water it and put it in the sun. It grows into a flower.

The chickens are cute. We have to give them water to drink and food so they will lay eggs.

As one teacher so eloquently put it – *"We value what our students have to say about their learning. This gives us an insight into who our students are, what their interests are, what they want to learn and what they have learnt. Through these conversations with our students we can streamline our instruction to meet such a diverse range of interests and needs."*

So if you're ever in the neighbourhood come on by. The Foundation students would love to tell you personally about the wonderful learning happening at Rowville Primary School.



Rowville Secondary College



Innovation through a willingness and determination for students to succeed at Rowville Secondary College is alive and well in 2015.

And Rowville SC's mantra of "One great school, with four unique, yet equal programs" has been typified again with the introduction of the "three teacher model" this year. The three teacher model program runs for year seven students in five of the nine periods of maths and English classes each fortnight. A third teacher oversees two classes of 26 students in the wide expanses of Rowville Secondary College's fully-equipped classrooms.

The model was a necessity identified by the School Council to lower the student to teacher ratio, according to Assistant Principal Julie Kennedy. "The School Council talked about the fact that our literacy and numeracy results needed to be improved," she said. "One of the things that we were really concerned about was that students were coming in at year seven, and the NAPLAN and on-demand

testing was showing that the range of ability coming into the school was really diverse."

Rowville Secondary College embraces its unique Maths & Science Academy, as well as its General Excellence, Arts, and Sports Academies. And never an institution to become complacent, Rowville Secondary College acted immediately at the need to address

student literacy and numeracy. The School Council typically made funding a priority, and gave \$180,000 to the three teacher model for every year seven student across Rowville SC's cohort.

Director of Literacy and Numeracy at Rowville Secondary College, Paola, had been conscientious in implementing the program. "It is based on research that was produced by Monash University in which late primary and early secondary students working with a smaller student/teacher ratio were expected to produce better results, to learn better," she said. "That will allow the classes to be structured differently, there will be a possibility for the teachers to identify the struggling

students or students that are excelling and cater to them individually with specifically tailored programs."

Adam Smith, an instructional coach in the program, believes the three teacher model has benefitted both staff and students alike. "It's been fantastic," he said. "From an instructional coach point of view, it's meant that staff could not only model and work together to share expertise, but they could also focus on the area that they specialise on. It's meant that we've been able to break the kids up into small groups, based on their skill groups and also scaffold them so they can move in and out of those cliques fluently."

Part of Adam's role is to mentor fellow teachers through the program to improve their practice. Recent graduate and first year teacher, Tanya Vandervelde, is enjoying the innovation of the three teacher model and is already reaping the benefits of Adam's expertise. "To work collaboratively so closely with a

leading teacher and an experienced teacher, it means that I'm learning a lot through the process, and vice versa. We get to see how each other work, we get to bounce ideas off



Instructional coach, Adam Smith, with teacher, Tanya Vandervelde.

Rowville 3 Year Old Kinder What's On?



Photo right: Children enjoying dress up day, with Assistant Sharon (on the left) and Teacher Tamara (on the right)

Once upon a time, there were 23 curious children who listened carefully as their teacher told them a tale...

Last term was all about imagination! The children enjoyed hearing traditional tales such as *Goldilocks and the Three Bears* and *The Three Little Pigs*. They tried building their own 'piggy houses' in the block area, made paper plate pigs and pasted sticks, straws or stamped brick patterns onto their own house cut-out. After hearing *Goldilocks*, the children have learnt and retold the story through song and actions. It's gorgeous to see! Many children have even made little puppets to re-enact *Goldilocks* at home, creating the happy dilemma of where to store all our children's artwork. A *Sleeping Princess* story was also introduced to the children through dramatisation and is proving a popular request amongst the children at our larger group times.

In a time where gizmos and gadgets are very enticing to young children, it is lovely to see them enjoying some traditional tales and nursery rhymes too. The great Albert Einstein summed it up best when he said "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

Term 2 concluded at Rowville 3 Year Old Kindergarten with an imaginative dress up day. Princesses were popular, pirates too. Fairies, footy fans and superheroes were also seen. It was a great way to wrap up this exciting term!

If you are interested in finding out more about our delightful 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. We have limited places still available for 2016.

Sally Dwyer on behalf of Rowville 3 Year Old Kindergarten Committee



Stop Driving Cars

I think we should drive cars. Driving cars is an ideal form of transport. They can be used to drive to places at speeds on the roads from 0-200km/h and so on, which is why I highly disagree.

We drive cars on the road, once we stop what's the road going to be there for? Good question, just miles of roads for nothing.

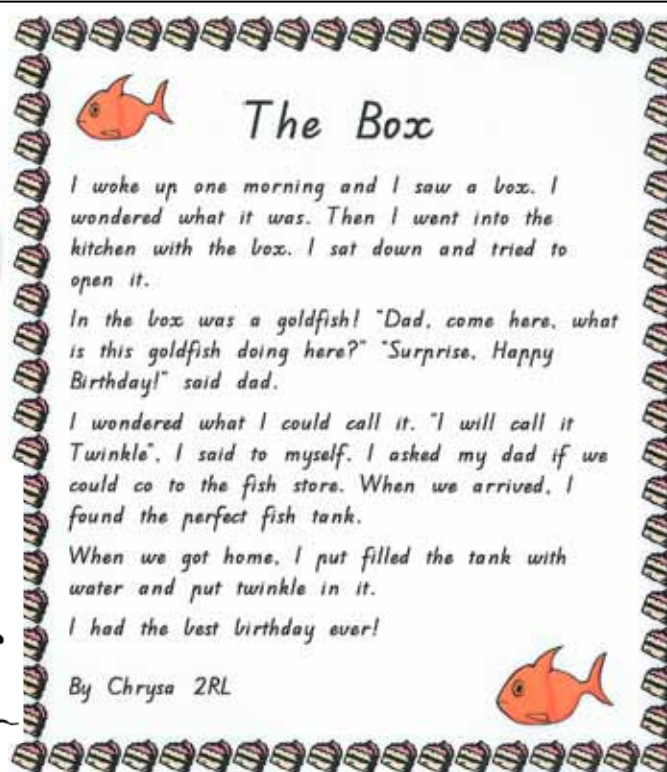
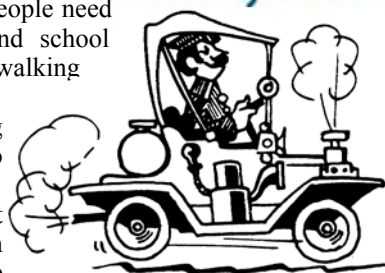
Trains and public transport definitely cannot take you to all the places cars can. People need to travel to work and school which could be out of walking distance.

How are you going to get there? Who knows?

You certainly cannot take cars away from people. People love their cars. For some, driving cars is a hobby. Once we stop driving cars people are going to have cars in their garages just sitting there and they can't sell them because no one drives any more. So then what are we going to do with the remaining cars and car factories? Just people losing jobs and hobbies: I think it's just unfair.



Heany Park



These are just some of the reasons why we should keep driving cars. You can't take them away from people, not all transport can get you where cars can so come on people keep driving cars.

By Jordan R 6CV

each other which, with collaboration, leads to a more rich and varied set of ideas,” she said.

As Rowville Secondary College continues to strive to achieve the best in all its students across its four unique, yet equal programs, Assistant Principal Julie Kennedy believes the aim is universal. “What we’re aiming for is for every student to have at least a year’s growth through that model,” she said.

The diversity of ideas shared between three teachers in the classroom has begun to pay dividends to student confidence, and in turn, improving learning and wellbeing among pupils. Kennedy could not be happier with how the students are progressing under the three teacher model. “The anecdotal stuff in terms of how the students are feeling in that environment is really fantastic as well. The students are feeling much more successful.”

Several students have been selected to perform at the prestigious State Schools Spectacular to be held on 12th September.

We have a dance group with the following student participants Kristen Pennicuik, Samantha Millar, Callum Hawthorne, Gabrielle Sanderson Larah Dalton, Brooke Macrae, Kaitlyn Clift, Ebony-Rose Dossetter, Lily Anderson and Xander Soh. In addition Lachlan Williams, Nathan Hancock and Matilda Weaver will be on stage singing. We congratulate all these students on their selection and wish them well in their performances.

Daniel Cencic



PRIMARY SCHOOL Creating Cool Blokes

The Year 4 boys have been taking part in a social and emotional learning program called **Cool Blokes**. The boys have been working with facilitator Kate Wilde, to develop strategies for conflict resolution, problem solving, self-control and greater school engagement. Each weekly session provides students with fun, interactive activities to practice new ways of handling negative emotions/conflict and develop strategies for ongoing use in the classroom and schoolyard.

The middle years of schooling coincides with early adolescence and is a time when students develop rapidly, physically, mentally and emotionally. Early intervention through specific programs that address these issues, have shown to benefit student’s ability to interact with peers throughout adolescence, as well as have an impact on achievement.



Kate Wild addresses the group



Students participate in a “trust” game.



St Simon The Apostle Primary School

Term 3 has begun, winter is here and the students are ready to go! For this term there will be interschool sports, we have a curriculum night planned for our parents and students and the senior school is involved in a fitness program.

Well Done - To *Fletcher (4G)* on handing in money he found in the school playground. His honesty is a credit to him.

The Good Manners Award goes to *Phoenix (4R)* and Uniform Award goes to *Nicholas (4R)*. Well done to these children.

JOKE OF THE WEEK

A young lady was a theatre major applying for autumn semester classes.

At the end of the busy day she goes back to her dorm and enters in a huff of anger.

“What’s wrong, Shelly?” Asks her room-mate.

“Well, all the acting classes are filled. I couldn’t even get into Mime class.”

“Why not?”

“How should I know? You can’t get a word out of those people!”...

Student Of The Week For Art: This week’s award goes to *Lily (2G)*, *Julian (1B)*, *Max (1R)*, *Evan (2B)*, *Sofia (1G)* & *Christian (2R)* for creating fantastic animals.

Student Of The Week For Japanese: This week’s award goes to *Dean (3G)* & *Roshan (4R)*.

The social skills/emotional intelligence strategies that have been taught to the Year 4 boys, were recently transferred to the Year 2 students through a peer activity session. The Year 4 boys enjoyed creating obstacle courses that they had to guide their peers through.

A fun celebration event was held in Term 3! Participants invited their male mentors to come along to a breakfast where they talked about everything they had learnt throughout the program.

Jean Duff & Melissa Roberts

Birthday Wishes

Wishing the following staff and students a very happy birthday.

Mrs. Grace Whelan	Miss Kathleen Roberts
Mrs. Lis Thompson	Mrs. Helen Tracey
Mr. John Downie	Mrs. Sam Lutgens
Stephen (6B)	Zoe (4G) Lucy C (1G)
Jasmine (Prep B)	Jacqui (1R) Sienna (2B)
Hannah (6B)	James (4B) Collins (4R)
Manny (2R)	Sebastian (4G) Lauryn (5R)
Alyssia (4B)	Angela C (6R) Robert (6B)
Roshan (4R)	Aurora (Prep Y) Alyssa (5/6P)
Selena (5/6P)	Tomas (3B) Abbey (4Y)
Paige (3G)	Alanna (3B) Drusilla (6B)
Allison (5Y)	Xavier (1B) Isabella (2Y)
Shana (6R)	Cruz (1R) Jessica (1R)
Grace (Prep B)	Matias (2B) Kiara (2G)
Rocco (5/6P)	Lucas (Prep Y) Kayne (3G)
Emma (4Y)	Ryan (Prep R) Cassandra (2B)
Lucas (4Y)	

Music News:

Well done to *Chloe (4G)*, *Chloe (4G)* on receiving their Orange Belt.

To *Kathleen (4G)*, *Nicholas (4R)* for receiving their Yellow Belt.

A **huge** congratulations to *Lachie (4R)* on working so hard at home. He is now the first student to receive his Blue Belt.

Student of the Week for Music

This week’s award goes to *Matthew (Prep Y)* on being a great listener during music.

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 – Ebonie	Prep G –	Prep R –	Prep Y
1 Blue – Michael & Xavier	1 Green – Ruby C		
1 Red – Nicholas	1 Yellow – Ena & Jaron		
2 Blue – Whole Class	3 Blue – Whole Class		
3 Green – Dean	3 Red – Natalie		
4 Blue – Hannah	4 Green – Kathleen		
6 Red – Shana	4 Yellow – Austin		
5 Blue – Luca	5 Green – Jasmine & Joshua		
6 Green – Julie	5 Yellow – Matthew		
5/6 Purple – Matthew	6 Blue – Kimberley		
6 Green – Julie			

A big congratulations go to the Grade 6 Boys Soccer Team with their premiership flag.

The Cadbury chocolate fundraiser is well under way with many, many parents ordering the chocolates.

The school is trying to reach the target of \$10,000 .

Andrew Miller



9753 3495

office@rowville.unitingchurch.org.au

The Uniting Church has been running its Toddler Gym program for over 4 years. In that time we have had the privilege to meet many wonderful families from the Rowville and Lysterfield area. Sometimes when you are involved with people in this way you learn what you already knew, but hadn’t really thought about so much. I have always known that many families do it tough. I have always known that parenting is a tough gig. Over the last 4 years I

have been inspired by the dedication of some parents who have children with significant health issues or disability. I have been reminded that parenting is a difficult challenge for which we are not always well equipped.

The Bridgewater Centre, a program of the Uniting Church, seeks to Promote Community Health & Wellbeing through Education and Support. To this end we have been developing seminars and programs that offer something to parents, whether it be self esteem in children, ages and stages of development or discipline. We are seeking to respond to what we think the community needs in this area and offer something that is low cost and accessible. If you are interested in finding out more about this, please call our office.

The Uniting church meets at 10am on Sunday mornings for worship. We seek to have a service that is contemporary

and progressive. We have activities for children and music that seeks to offer something to all ages. A service of Holy Communion is held on the first Sunday of each month and a special family focus is held on the third Sunday of the month.

Our minister, Rev Trevor Bassett, will be away for the next 2 months. During this time we will be well served by Rev Lynden Broadstock. We look forward to what Lynden will bring to us in this time.

Toddler Gym has resumed for term 3. The session times are Tuesday and Friday, 9:30-10:30 and 11-12. The cost is \$5 per family and people can pay as they go. We currently have a waiting list for places in this program. Please call the church office if you need more information about this or any other enquiries relating to the Uniting Church.

Trevor Bassett



Salt and Light (Part 2)

Jesus said, "we are the salt of the earth and the light of the world".

Light

In Matthew 5:14, Jesus tells His disciples, "You are the light of the world".

As "salt", the Christian is to counteract the power of sin. As "light" we are to illuminate or make visible.

Our lives are to be an on-going witness to the reality of Christ's presence in our lives. When we worship God with pure hearts, when we love others as ourselves and when we do good without growing weary, we are lights shining. It is important, however to know that it is not our light, but the reflection of the Light of the world, Jesus Christ Himself, that people will see in us.

In Philippians 2:15, the apostle Paul says, "Believers,

you are to shine as light in the world". The Greek word used here is very similar to the word for the beacon that a lighthouse emits. That beacon is bright and unmistakable in its purpose. It warns of danger. It directs to safe harbour. It provides hope for those who have lost hope. Every day we are surrounded by people groping around in the darkness, separated from the God who loves them. God uses His children, like beacons from a lighthouse, to show the way to Him.

Either we are "salt" and "light" by the grace of God, or we are wilfully disobeying the One who saved us for such a time as this. If we are being "salt" and "light" then we can expect fruit from our faithfulness. If we are not being salt and light, then the **now** is a perfect time to repent and let God have your best for His glory. This is our commission (see Matt. 28:19-20) and in His strength we will experience this reality.

In the busyness and urgency of life competing for your time, when we are distracted by all the things we need to do, we can become passive towards the things of God and we tend to neglect our spiritual life.

The Lord's return is very close, so it is time to wake up spiritually and come back to our first love for God and His Word. We need to be alert and discerning; and be aware of the subtle devices of the devil. He can use our busyness to keep us from spending time with God and for God.

Do not let your light diminish or your salt loses its flavour!
Ray Green.



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242



Rowville Baptist Cares Inc focuses on Wellington Care Centre

Relief, Recovery and Restoration are the key words describing the Wellington Care Centre, nestled quietly beside Le John St back from Wellington Rd. The Centre was created from a desire of Rowville Baptist Church members to ensure these vital life elements are available for the people of Rowville and the surrounding areas. During the past 6 years we have been privileged to provide on going assistance for many needing support in these areas. Counselling, support groups and informative workshops have been an integral part of our interaction with the community, as well as practical assistance such as



emergency food relief.

The not-for-profit Wellington Care Centre has gone through many changes over the years but continues today with a focus on counselling and emergency food relief. We continue to seek to identify the needs of our community and provide assistance where we can. If you have suggestions in this area please get in contact to discuss your thoughts.

Our qualified counsellors provide sessions for individuals, (including children and adolescents), couples and families, at reasonable rates. We cover all aspects of general counselling, including issues surrounding trauma and abuse and specialise in relationships counselling.

For more details about our counselling services see our ad elsewhere in this paper or go to <http://www.wellingtoncarecentre.com.au/counselling/>

We currently have 6 regular volunteers who continue to welcome visitors with a smile and the offer of a cuppa and a chat in a warm and cosy environment. Together they have notched up thousands of hours sharing life stories and developing friendships with those who visit.

Grocery items and fresh produce are available on Tuesdays from 9.30am-3.00pm and Wednesdays from 10.00am-2.00pm. Please call to make an appointment. On occasions we are also able to offer dairy foods and fresh bread.

We believe *all* people are valuable and our hope is that each of our visitors will experience a greater sense of self-



St Simon's Parish Church

Opportunities For Youth At St Simon's

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

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

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

Secondly, for youth muso's we have a regular *Youth Mass* on the last Saturday of the month at 6pm. Our choir and musicians welcome new members Practice is held 4pm - 6pm on the Saturday prior to the youth mass. Contact Paul 0431 596 809

Join our next event Spicks and Specks August 23rd
6-8pm at 2 Taylors Lane Rowville

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

Suzette Diaz

worth and being loved for who they are rather than what they may or may not have achieved in life.

Many of us know life experiences from which we need **relief**. Other experiences take us to situations from which we need to **recover**. The Team at Wellington Care Centre also know we are all on a journey of **restoration**. If you'd like to join us in our journey or share yours with us please let us know.

Your donations of food and/or tax deductible finances can assist us in assisting others and would be especially appreciated.

Please call 9764 3738 or visit us at Le John St. We'd love to see you.

Linda Hackett



Moving In?

What would you do if one day a stranger walked in through the front door of your home and said: "I am moving into your home. I had to leave my last place and as yours is the most wonderful house I have ever seen, I have decided to move in. I am a good person because I have never done anything really wrong, like murder or steal and you would be amazed at the number of charities I have helped. So, I feel quite entitled to move into your house".

The only people you would make welcome to live with you are family members and those close to you. Someone can say, "Look, I believe you are Mr. Jones and so I can

move in with you," or "I have heard about you and even read your autobiography, so I feel free to move into your house". No way would you accept them on those grounds!

Now take this story in context to those who claim they will surely go to heaven when they die, because they have been "good" people and done a lot of "good works". They can even claim to be Christian because they have filled in the relevant sections of official documents as "Certificate of Entitlement", etc. just because their parents were Christian or as family traditions. Saying that reading the Bible from cover to cover (God's autobiography), won't wash either!

So what is the way to get to heaven? Firstly by acknowledging that we are far from perfect and that we need a Saviour. This knowledge alone is not enough. Just attending church as a Sunday duty will accomplish nothing. The only way we can enter into the presence of a most Holy God and have a close and personal relationship with Him, is through the Lord Jesus Christ. He left His glory behind to dwell briefly on earth with us and take the punishment of our sins on Himself on the cross. Through the Son of

God, we too can be called sons and daughters of God. Some who were already in His family have backslidden and made bad choices, but because the Father loves His children, the prodigals can repent and return into His waiting arms at any time.

Who then can become a child of God? The much quoted, but most marvelous scripture is, "For God so loved the World that He gave His Son that Whoever believes in Him will not perish but will have eternal life". (John 3:16) Jesus said "I am the Way, the Truth and the Life. No-one comes to the Father but by Me." (John 14:6) This is the underpinning message of the whole Bible.

At Australia for Christ Church (ACF), 1070 Stud Road, Rowville, you will find folk who want to get to know, love and have a deep and personal relationship with God. You too can become a child of God and know that your future now and for eternity will be with Him.

Our address, service times and programs can be found in "What's On Locally" on Page 2.

Marlene Smith

“Light the Night Party”

What a wonderful way to spend a night in the middle of winter by getting together with different families in a warm, friendly environment. This is what happened on Saturday 27th June between 5 pm and 7 pm at RAFT Anglican Church in Rowville for our winter “Light the Night Party”.

We had over 100 children and adults attend from Playgroups, Mainly Music and church families. The evening was a great way of connecting the many groups that meet at RAFT and getting to know each other better while having lots of fun.

The night started off with families being welcomed into a warm hall lit up with fairy lights. The children were then able to either play with the playgroup toys that were set up for preschool children, or to take part in the many other activities, such as creating fake snow and making a special lantern which we used later on in the evening for our Lantern walk.

After a time of play and craft for the children, the men from the church had been very busy cooking a wonderful sausage sizzle for us all to enjoy for dinner.

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Parish of Rowville & Ferntree Gully

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Ph: 9764 2573

Email: admin@raftchurch.org.au

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With our hunger taken care of, we were then able to join in the fun action songs from the Mainly Music Team. The children and adults particularly enjoyed the “Freeze” song, which fitted in with the weather outside and the “Singing in the Rain” song, with our extremely unattractive actions, gave us all a good giggle.

Then it was time for the long awaited Lantern walk. Everyone collected the lanterns they had made and put their coats on ready to go outside in the dark, cold, night. The excitement was growing as we broke up into four groups with a leader who took their group on a walk to find a box with a number it.

When each group arrived back to the hall with their box, we then had a special puppet play by our very funny and talented puppets Cordelia and Jake. The puppets used the items inside the different boxes to tell of their exciting adventure they had had in the garden at night, which had been a bit scary, until they were given a torch that helped them to see everything more clearly. Then we talked about how Jesus is the “Light of the World” and how Jesus is a bit like a torch



Dancing The Evening Away

in our lives. Jesus helps us to see the right way to live, he shows us what God is like, and if you want Jesus to be your friend all you have to do is ask him and he will be with you always.

After the puppet play and a bit more singing (while waving glow sticks in the dark to the music) it was then time to finish. Everyone had a wonderful time and it was a very happy and successful celebration.

Jenny Coole (Children's & Families Minister)



Enjoying The Puppet Show



RAFT

Annual Ladies Lunch

On Saturday the 11th of July we were delighted to host the Annual RAFT Ladies Lunch.

It was a fantastic opportunity to bring women together to relax, enjoy good food and connect over a warm meal. Over 60 women attended from both within RAFT and from the wider community.

The ladies were treated to a fantastic three course feast, starting with a creamy pumpkin soup, followed by roast chicken and vegetables and finishing off with fruit salad, ice cream, cupcakes, chocolate plus tea and coffee.

Our guest speaker this year was Amanda Tuohy, a local wildlife artist and talented singer. Amanda has a love and passion for wildlife and nature and embodies this passion in her paintings. She has won several awards for her works, most

A Scene From The Ladies Lunch

recently ‘Best Exhibit’ for the Wildlife Society of Australasia. Amanda treated us to a beautiful opening prayer and ballad ‘Amazing Grace’ before sharing her personal story. She talked about the beauty of God’s creation around us, and pointed out the importance of noticing the little things in life. Amanda was engaging and inspiring and helped us open our eyes and hearts to see the wonder and beauty that is around us.

RAFT would like to thank the committee of ladies who helped plan this wonderful afternoon and helped it come to pass (Jocelyne Crewes, Anthea Prins, Robyn Dunn, Kathy Boddy, Lee Trollope and Rhona Theodore). A big thank you also needs to be given to the wonderful husbands who volunteered and provided the fantastic five star table service. They worked hard in the kitchen to prepare, plate up and serve all the meals to the waiting ladies and did it all with smiling faces, laughter and a few jokes. We are so grateful to them for their generosity of time and willingness



Kathy Boddy Introducing Amanda Tuohy

to help serve.

Our next ladies event will be on Tuesday the 18th of November and will be a Ladies Craft Night. Highlights will include Christmas craft activities, a guest speaker (TBA) and supper. For more information about our activities at RAFT Anglican Church please contact us on 9764 2573 or visit our website at www.RAFTchurch.org.au.

Tina Barnes

The Salvation Army Rowville Worship & Mission Centre

There is great excitement at The Salvation Army Rowville Corps. A new style of worship has commenced on Sunday mornings at 10am with a more relaxed, interactive worship and fellowship time. We are exploring faith together and this time together is for all people of all ages. It doesn't matter how little or much you know about God as we are learning together. Our usual activities continue and everyone is welcome to come and be involved. We love doing "life" together and it is great to be able to get together for coffee (or tea) at the Coffee Club at Stud Park Shopping Centre every Friday morning from 10am. Everyone is welcome to come and chat and it is a great way to meet new friends.

Do you love to do craft or hobbies? C.H.A.T. (craft, hobbies and talk) has commenced on Wednesday evenings

from 7.30pm-9.30pm. The cost is a gold coin donation to cover supper. This is an awesome time to have fun being creative and is for the whole family, men, women and children.

Have you been to one of our Car Boot Sales yet? These are usually held on the last Saturday of every month. Stalls are available for \$10 outside and within our basketball court with tables available for \$15. Starting time is 8am and we finish at 1pm. The morning is a busy one and that creates a hunger for a BBQ, and who can resist the smell of fresh coffee, which is also available to enjoy. To book a space please contact Kriss on 0415 511 588 or contact us via email corpsofficer.rowville@aus.salvationarmy.org

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

Have you visited the Salvo Store on Fulham Rd, (near

Centrelink)? This fabulous store is open on Monday - Friday from 9am-5.30pm, Saturday from 9am-5pm and will receive donations on Sundays from 12-5pm. Steve the manager and his volunteers would love to see you pop in for a great bargain as you support The Salvation Army.

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

Rosie Massey (Captain)



Knox City Council Rowville & Lysterfield Council Minutes June 23rd Meeting

Summary of items relevant to residents of Rowville & Lysterfield

5.2.4 Councillor Seymour (Tirhatuan Ward) • Councillor Seymour was pleased to advise that VCAT had upheld Council's decision to refuse a permit for 24 units at 1030 Wellington Road, Rowville.

5.2.5 Councillor Pearce (Taylor Ward) • Councillor Pearce sadly noted the death of the Rowville Football Club's under 12 coach.

6.1 Report Of Planning Applications Decided Under Delegation

Planning Applications Decided by Responsible Officer 1 May 2015 to 31 May 2015

Dobson 2015/6101 3D Sunset Terrace Lysterfield The construction of a two storey dwelling and 1.9 metre high side fence on the land 13/05/2015 Approved

Taylor 2014/6947 20 Burchall Crescent Rowville Development of the land for two (2) single storey dwellings 20/05/2015 Notice of Decision

Tirhatuan 2015/6146 5 Enterprise Drive Rowville Creation of Lot A from Common Property. 5/05/2015 Approved

Tirhatuan 2015/6145 5 Enterprise Drive Rowville To resubdivide Lots 1 and A to create Lot 1A and Lot 17A and common property No.1 5/05/2015 Approved

Tirhatuan 2015/6238 Peppertree Hill 28/15 Fulham Road Rowville VIC 3178 Buildings and works (construction of a sunroom) 7/05/2015 Approved

7. Public Question Time

Question 2. Is the Council still advocating to the state Government for much needed bus services for the Stamford and Timbertop residential estates of Rowville and how can PRO Knox work in partnership with council to bring these long awaited services to Rowville.

Answer: Councillor Lockwood advised Council has been lobbying the government for better bus services through the Eastern Transport Coalition which meets regularly. Councillor Lockwood advised that there is money in the State Budget for bus service improvements but it has not yet been announced which services this funding will be allocated to.

Question 3. Council officers are doing an excellent job reinstating Council's street trees. How many street trees will be planted in the 2016 planting season and what is the target year for having all missing residential street trees replaced?

Answer: Dr Bell responded that an evaluation is undertaken at the end of each financial year. He advised that the net gain for the 14/15 financial year will be in order of 1600 trees. Based on the net gain of 1000 trees per year, officers anticipate the target of replacing all missing street trees will occur by 2021.

Question 4. Is it Council's responsibility to keep the kerb free of weeds & grass ???

Answer: The Director of Engineering and Infrastructure, Dr Ian Bell responded that convention is residents look after the nature strip. On main roads under Council control, grass growing over the kerb is cleared as required and VicRoads undertake similar clearing on major roads. Dr Bell also noted that Council street sweeping services routinely clean hard up against the kerb and the channel which clears any leaves that may be present

8.1 Analysis Of The Suitability Of Corymbia Maculata As A Local Street Tree

1. Introduction This report responds to a Call Up item from the Ordinary Meeting of Council on 24 March 2015 requesting: "That a report be prepared for the June 2015 Ordinary Meeting of Council that outlines; • The extent of Corymbia maculata (Spotted Gum) avenue planting to local streets – including where they have been removed. • The estimated expected useful life of the Corymbia maculata avenue planting to local streets. • An outline of the arguments for and against Corymbia maculata (Spotted Gum) avenue planting to local streets that takes into account environmental, social and economic considerations – including the ultimate size of these trees. • Options for the possible transition to an alternative street tree species"

Resolution Moved: Cr. Pearce Seconded: Cr. Cossari That Council:

1. Receives and notes this Call Up Item report as resolved by Council on 24 March 2015 in relation to Corymbia maculata (Spotted Gum) to local streets;

2. Initiate a process to remove and replace the Corymbia maculata (Spotted Gum) to the following local streets over a five year period commencing 2015; Outlook Court, Ferntree Gully; ♣ Herman Court, Lysterfield; ♣ Palmerston Road, Lysterfield; ♣ Regency Terrace, Lysterfield; ♣ Jamieson Avenue, Rowville; ♣ Lawncliffe Court, Rowville; ♣ Liddamore Court, Rowville; ♣ Shady Grove, Rowville; ♣ Tamboon Drive, Rowville; ♣ Winnipeg Street, Rowville; ♣ Alana Court, Wantirna South; and ♣ Coppel Street, Wantirna South. ♣

3. Advise the affected residents to the above local streets of Council's decision;

4. Consult with the affected residents to the above local streets in regard to the replacement tree species with the replacement options to be native species in keeping with the neighborhood character.

8.3 Trisha Drive And Maree Court Tree Removal – Petition Summary: Coordinator – Active Open Space (Kathy Hynes) This report is in response to a petition tabled at the Council meeting on 28 April 2015 requesting the removal of Angophora costata trees from the nature strips of Trisha Drive and Maree Court, Rowville.

8. Conclusion Whilst Council acknowledges that 29% of the residents within Trisha Drive and Maree Court wish to have their trees removed and replaced with a different species, below are the recommendations for Trisha Drive and Maree Court: • Retain the existing avenue of trees. The majority of the trees in Trisha Drive and Maree Court have been found to be in good health and have good structure, thus, the level of risk associated with these trees can be classified as low in terms of public safety. In addition, this avenue will be continually monitored through Council's

Proactive and Reactive Inspection Programs. In keeping with existing policies healthy avenues of trees provide many benefits to the community and therefore, should be retained. • Undertake recommended works. Replace the three trees identified for removal, remove the deadwood from a further 38 and uplift 7 trees. Replace three footpath bays and two sections of kerb/guttering.

• Trisha Drive and Maree Court have been assessed for tree related infrastructure risk using Council's Street Tree Infrastructure Risk Assessment Matrix; the overall risk rating for Trisha Drive and Maree Court is 'Minor'. A Minor rating means the trees will continue to be monitored and will be re-evaluated as necessary. Maintaining street trees is a constant challenge; all trees will shed leaves and branches over the course of the year. The rate of leaf loss can increase in periods of extreme temperature as trees shed leaves in order to reduce moisture loss through transpiration. This has been witnessed, not only in Trisha Drive and Maree Court but across the municipality, in a number of streets in the past 4-5 years. Council understands there is an ongoing maintenance requirement associated with street trees. The benefits that a healthy tree avenue provides to the residents in a street outweigh these requirements. Healthy tree avenues should be retained as part of Council's streetscapes as identified in Council's Liveable Streets Policy 2012-22 and Green Streets Policy (2014).

8.5 Review Of At Call Hard Waste Service Summary: Coordinator Waste Management (Geoff McMeeken) This report has been prepared in response to a Call Up Item raised at Council's meeting of 24 March 2015 requesting that a report be prepared for the June 2015 Ordinary Meeting of Council that assesses the effectiveness of the at call hard waste service introduced by Council in July 2014, makes comparison with similar services in other Councils, and recommends service enhancements in-line with external and internal feedback received regarding the service

Council Resolution Moved: Cr. Orpen Seconded: Cr. Mortimore That Council: 1. Receives and notes this Call Up Item report as resolved by Council on 24 March 2015 in relation to Council's Hard Waste Service; 2. Implement the service changes and process improvements identified in this report in relation to the management of hard waste; 3. Continue to promote Council's Hard Waste Collection Service to new property owners and occupiers by providing information in the Council's New Resident's Kit and to provide relevant information to new tenants through the provision of information to local real estate agents; 4. Provide the option of providing for a group booking and collection service for retirement villages and multi-unit developments where a Centre Management, Body Corporate or Owners Corporation is in place; and 5. Receive a further report in August 2016 that assesses the effectiveness of the At Call Hard Waste Collection Service introduced in July 2014, including any recommendations for further service enhancement.

Knox City Council Project Status Report – June 9th 2015

31. Stamford Park Redevelopment – Evaluation of the Expressions of Interest for the purchase and development of Lot 2 (residential estate) has been completed

55. Corhanwarrabul Creek Trail (to Dandenong Creek) shared Path- Consultant has completed designs for three



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Council Minutes continued...

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 VicRoads. Quotes for construction have been received along with quote for Telstra's service modifications. Residents to be informed early June of intended works- expect to commence on site late June.

303. Tirhatuan Drive (No.18) Rowville- Drainage Upgrade- Contract works complete.

439. Rowville Recreation Reserve No.1 – Renovation. Works complete.

518. Heany Park – Open Space Upgrade. Quotes are expected for construction of seating circle in June.

551. Blackwood Park Road, Rowville –Rehabilitation. Works integrated with Windermere Drive renewal works. Contract works underway and expect to be completed by mid June.

602. Park Ridge Reserve Floodlighting Upgrade. Additional trench and pit for the new Ausnet power upgrade now installed. Floodlighting poles to be erected by the end of week.

604. Liberty Reserve Carpark Lighting. Project nearing completion with new lights commissioned. Two original poles have been retained and are awaiting conversion to LED lamping.

606. Illawarra Avenue, Rowville-Design. Detailed design review completed with proposed plan alterations being implemented.

623. Seebeck Reserve, Rowville – Spectator Seating. Project complete.

624. Lakesfield Reserve, Lysterfield – Floodlighting Design. Last minute changes submitted by the sports clubs. Awaiting updated design. Works to be completed by end June 2015.

626. Lakesfield Reserve, Lysterfield – Pavilion Upgrade design. Architect given approval to complete detailed design after further consultation with Leisure Services and tenant clubs.

633- Bergins Road, Rowville –Footpath. Works now completed.

638. Karoo Road, Rowville.- Design. Detailed design for bus stop at southern end Karoo Road (near Valleyview Drive) completed and electrical power pole stay relocated. Detailed design for remainder Karoo Road well underway.

640. Napoleon Road/Affleck Way/Bark Avenue – Splitter Islands. Works completed, waiting on final invoices.

641. Kelletts Road, - Shared Pathway. Project complete.

647. Stud Park Reserve, Rowville – Master plan. Consultants engaged. Issues and opportunities community consultation planned for late June through July.

648. Row Reserve, Rowville –Development Plan. Issues and opportunities community consultation complete. Draft master plan being prepared for consultation late June through July.

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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 grass provided with sprigging planned for spring.

679. Eildon Park Tennis Court Upgrade. Advice received December 2014 that funding available and that club requested assistance with construction. Meeting held with Club President early March to discuss project scope and timing of project. Club preference is for works to commence early 2016. Awaiting confirmation of product specifications from Club. Expect to seek quotes late 2015 to enable early 2016 commencement.

Report compiled by Jan Bates



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