



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

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thirty years young!



stringybark

FESTIVAL 2015

17 & 18 October

Rowville Community Centre
Fulham Rd, Rowville
knox.vic.gov.au/stringybark



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ROWVILLE SECONDARY COLLEGE

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

OUR TEAM

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What's On
Locally



Sponsored by:
Lions Club
of Rowville

DIRECTORY

October 2015

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 (11-14 years) 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, 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 Beverley 9753 3224

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

From the Editor's Desk



October is with us and that means one special thing. It is Stringybark month. The Knox Council are introducing a number of new initiatives this year to enhance the appeal of

this, the 30th anniversary of the Festival. For the first time there will be an after dark party with hawker style food stalls and a lantern parade, plus many first time attractions. See a full coverage of the event elsewhere in the paper, but whatever you do, don't miss out on what promises to be a great occasion. Of course any visit to the Festival would be incomplete without dropping into the RLCN stand. The Stringybark Festival is on the weekend of October 17th/18th.

No doubt many readers have noticed the new speed limit signs brightly flashing their 60kmh speed restriction during school times, on Stud Road around the Avalon Rd crossing. It is welcome protection for the many school children crossing there, but for drivers are the accompanying signs confusing? I read that one driver asked if that means they could now go at 60kmh rather than the normal 10kmh at certain times! Driving the short distance from Fulham Rd to Wellington Rd can take up to 10 minutes in the rush hour with four unsynchronised sets of traffic lights.

Local resident Bill Armer was recently recognised by State MP Kim Wells, for his 25 years as a member of the Royal Victorian Association of Honorary Justices. Starting in 1973 Bill has been a commissioner for affidavits, a bail justice and is still a justice of the peace. He has served both Knox and Springvale councils. Congratulations Bill.

Another event this month is the Community Newspapers Of Victoria AGM, Conference and Awards Night. We enter various categories every year and this year hope to bring home our first "Winners" award. Your inspiration on the night of 10th October may help us get over the line. Fingers crossed.

David Gilbert

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

October Events

RAFT Family History

The next meeting will be on **Wednesday 7th October**, 10am to 12noon. Eric Panther from the Australian Institute of Genealogical Studies will be speaker, his subject "Postcards for Family History". All welcome. Inquiries Bev 9759 5455 or jibec@bigpond.com

Calendar of Events October 2015

Mental Health Month - www.mentalhealth.asn.au/programs/mental-health-month-nsw

Pink Ribbon Breakfast Campaign - pinkribbonbreakfast.org.au/

Ocober – Life Education - www.ocober.com.au/

Walk to Cure Diabetes - www.jdrf.org.au/walk/home

Injury Free Day - KIDS Foundation
kidsfoundation.org.au/education/if-injury-free-day/

Girls' Night In – Cancer Council -
www.pinkribbon.com.au/host-your-own-girls-night/

National Safe Work Australia Month -
www.safeworkaustralia.gov.au/

Droptober – Obesity awareness - droptober.com/

Walktober - walktober.com.au/

Dogtober - www.dogtober.org.au/

Foot Health Month - www.apodc.com.au/

2 Oct: **Odd Socks Day** – highlighting mental illness -
www.oddsocksday.org.au

2-11 Oct: **National Organic Week**
www.organicweek.net.au/core/

3 Oct: **Happy Tails Day** – RSPCA
www.rspca.org.au/happy-tails-day/

3-10 Oct: **Mental Health Week** - www.mentalhealthvic.org.au/

4-11 Oct: **Fire Prevention Week** - www.nfpa.org

6 Oct: **Immunisation:** Rowville Community Centre - No appointments necessary. Bring your Medicare card and your

WALKING THE NEWS OCTOBER 2015 Distribution Report

THANK YOU to retiring distributors - Nicky Laughton (22 years) and Trudy Viney (11 years)

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

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

*Quail Way (south side - Gearon Rd to Montague Crt), Sheridan Ave, Pia Dve (Nicole to Dani Crts), Cleveland Crt, Glenn Crt, Ian Crt, Nicole Crt, & Dani Crt. – 125 papers

*Salerno Way, Brearley, Ferrier & Whitton Crts. - 71 papers

Please contact – *Shirley Oudshoorn* – 9764 4672

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

Please contact – *Peter Rumble* – 9752 7592

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

2 x Captains – who count out the papers and deliver 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

child's Health Record book to the session. 1.30pm – 3.00pm

9 Oct: **National Hat Day**
Mental illness awareness - hatday.com.au/

10 Oct: **Zip It** - Supporting mental illness - www.zipit.org.au/

10-18 Oct: **Veterans Health Week** – www.dva.gov.au/health_and_wellbeing/vhw/Pages/index.aspx

11-17 Oct: **Anti Poverty Week** - www.antipovertyweek.org.au/about/about-anti-poverty-week

11-17 Oct: **Haemophilia Awareness Week and Red Cake Day** - www.haemophilia.org.au/

11-17 Oct: **Carers Week** - www.carersaustralia.com.au/

11-17 Oct: **National Nutrition Week** - www.nutritionaustralia.org/national/national-nutrition-week

13 Oct: **Immunisation** – Australia for Christ Fellowship
1070 Stud Rd - No appointments necessary. Bring your Medicare card and your child's Health Record book to the session. 6pm- 7.30pm

15 Oct: **International Pregnancy and Infant Loss Awareness Day** 15october.com.au/

16 Oct: **Loud Shirt Day** - www.loudshirtday.com.au/

16-25 Oct: **Fair Food Week** - fairfoodweek.org.au/

17 Oct: **Green and Gold Day** - <https://www.greenandgoldday.org.au>

17-18 Oct: **Stringybark Festival** – Rowville Community Centre.

18-24 Oct: **National Week of Deaf People** - www.deafau.org.au

19-23 Oct: **Sock it to Suicide** - www.whitewreath.com/coming-events

19-25 Oct: **National Water Week** - www.awa.asn.au/nationalwaterweek/

19-25 Oct: **Aussie Backyard Bird Count** - www.aussiebirdcount.org.au

21 Oct: **National Kidsafe Day** - www.kidsafeday.com.au/

21 Oct: **Big Breakfast** - <https://www.thyroidfoundation.com.au/atf-awareness-events/the-big-breakfast.html>

21 Oct: **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

24 Oct: **One Dollar Day** - www.onedollarday.org/

24 Oct: **Garage Sale Trail** - getinvolved.garagesaletrail.com.au/

24 Oct: 1 Nov **Children's Week** - www.childrensweek.org.au/

25 Oct: **National Day of Unity**

**- Deadline -
November 2015
EDITORIAL & ADVERTISEMENTS
Wednesday 14th October**

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, 31 October 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



The Rowville Lysterfield Community News will be holding their **AGM on Thursday 19th November at 8.00pm.** at the Rowville Neighbourhood Learning Centre, within the Community Centre, in Fulham Road Rowville. Our guest speakers are always very interesting, informative and short. All our advertisers, contributors, proof readers, sponsors and readers are very welcome to attend. We probably have the shortest meetings you've ever attended, no more than an hour, so it won't be a late night. For further information please call 9764 4703.

25 Oct: **Walk for Prems** - www.walkforprems.org.au

26 Oct: **Blue Knot Day** – (Adults surviving Child Abuse) - www.asca.org.au/blue-knot-day.aspx

27 Oct: **Knox Council Meeting** – Knox Civic Centre 7pm

28 Oct: **Pink Ribbon Day** - www.pinkribbonday.com.au/

30 Oct: **Day for Daniel** (Morcombe) - www.dayfordaniel.com.au/

30 Oct: **Injury Free Day** - www.kidsfoundation.org.au/education/if-injury-free-day/

31 Oct: **National Bandanna Day** www.canteen.org.au/how-you-can-help/events-calendar/national-bandanna-day/about-bandanna-day/

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



Spring Charity Business Breakfast

Our Rotary Club is holding its **Spring Charity Business Breakfast** on **Friday 9th October**. The venue will be Waverley Golf Club Function Centre, 82 Bergins Road, Rowville.

The special speaker will be **David Galbally**, a leading Australian QC and an authority on corporate governance and risk management issues. David's theme will focus on, **"Odd Encounters Of The Defence Advocate"**, drawing on his illustrious career as an advocate for companies and high profile individuals

The Spring Charity Business Breakfast will commence sharp at 7.00am and conclude by 8.30am to allow attendees to reach their work place by 9.00am. The cost is \$50 per head and \$30 for students including a buffet breakfast, tea/coffee etc. Bookings close on Tuesday 6 October and



David Galbally QC

should be made via either a cheque to Rotary Club of Rowville-Lysterfield Inc. P.O. BOX 2852, Rowville 3178 or by credit card to: www.trybooking.com/IKNS For further information log on to the Club website at : www.rowvillrotary.com.au Phone enquiries to : Neil on 0418 478 647 or James on 0417 548 662.

Funds raised by this Breakfast event will be used to support Alzheimer's Australia and a local community help group focusing on Domestic Violence which, unfortunately, is so much in evidence in our City of Knox.

Student Public Speaking Contests

The Club has been involved with two Public Speaking contests this year, with the very successful Primary Schools Contest conducted in August. Currently members of the Club are helping with organisation and judging of the Rotary 4 Way Test Public Speaking Contest run annually for Yr.10 secondary college students. This year, we sponsored two students from Rowville Secondary College, Lauren Murray and Hannah Teo. Lauren competed in the First Heat on Wednesday 9 September and Hannah in the Second Heat on Wednesday 16

September. Three students are selected from each Heat to go into a Semi-Final, Lauren didn't quite make it but Hannah was successful in Heat 2 and will speak in the Semi-Final on Wednesday 21 October. This event will be held at Mulgrave Country Club, in the 1st floor Panorama

Room, commencing sharp at 7.00pm. If you are free on that evening and would like to show support to Hannah, you are very welcome to attend. It is free and should be finished around 8.30pm. The competition is sure to be intense with some outstanding young people presenting their thoughts/arguments on a wide range of chosen subjects. In addition each student is required to include reference to at least two of the Rotary 4 Way Test principles during their speech and it is very interesting to hear actually how they achieve this. Also they will be penalised in marking by the judges if they fail to do this.

The Rotary Four-way Test

Rotary promotes honest and fair dealings in business and personal activities. To this end it developed a set of guidelines which all members are asked to observe. The Rotary 4 Way Test requires all Rotarians to consider the things we think, say or do:

- Is it the **truth**?
- Is it **fair** to all concerned?
- Will it build **goodwill** and **better friendships**?
- Will it be **beneficial** to all concerned?

Details of our Rotary Club meetings, including venue, dates and times can be found in "What's On Locally" on page 2. If you are community minded and would like to give something back, then you are invited to come along to our meeting on a Tuesday evening to find out what Rotary is all about, come as a guest the first time. Interested? Then call either Kevin Harrison on 0419 919 011 or Jeff Somers on 0413 150 587. Log on to our website at: www.rowvillrotary.com.au and follow us on Facebook and/or Twitter.

James Wilson PR/Marketing

Lions Club of Rowville



Lions Pam and Margaret are standing in a warehouse that is choc-a-bloc with a vast and impressive array of medical equipment, such as hospital beds, over-bed trolleys, hospital patient trolleys, medicine trolleys, sterilisers, wheelchairs, surgical chairs, crutches, walking frames, bedpans, kidney dishes, bed linen and much more.

This warehouse is one of four in Brisbane managed by a local Lions Club. Medical equipment that is still serviceable, but no longer needed by local or interstate hospitals or similar services is collected and sent here. Each item is thoroughly checked by qualified personnel, to ensure that it is still in good working condition and that all accessories, attachments, operation and service manuals are included. When sufficient stocks have been collected, then they are packed into containers and shipped overseas to Pacific Islands or Asian countries.

Rowville Lions Club became involved in this aspect of Lions service, when Antony, one of our members, who works in the medical profession, had access to surgical equipment that was no longer wanted, because it had been upgraded. Peter, another of our members and his wife, were able to transport the equipment to Brisbane and during their stay there, have been able and pleased on several occasions, to assist Margaret and her team in the warehouses.

A sufficient stock of items, capable of filling two containers has now been accumulated and will shortly be sent overseas to Vanuatu.

For details of our meeting venue, dates and times, please refer to "What's On Locally" on page 2. For any enquiries and further information, please contact Gordon on 0412 624 202

Julia Young

survivors back to their communities, to let people know they were no longer infectious.

With all the terrible goings on in Iraq and Syria, please remember that Red Cross is helping out.

As thousands of refugees and asylum seekers flee across borders into Europe, the news and our social media feeds are filled with stories of heartbreaking desperation and tragedy.

We've put together this list of six things you can do right now to help not only refugees and asylum seekers in Europe and the Middle East, but also here at home in Australia.

How you can help in Europe

Donate: to Red Cross' Syria Crisis Appeal. Donations will be used to provide food parcels, hygiene kits, blankets and clean water.

Pledge: read up on how the Red Cross and Red Crescent Movement is helping on the ground in Europe and sign up to #protecthumanity.

How you can help refugees and asylum seekers in Australia

Donate to our work in Australia with Refugees and Asylum Seekers in Crisis. Donations will be used to provide emergency relief to those with no income, as well as helping people find shelter and education for their children.

Be informed: hear the stories of refugees who fled to Australia as there are many myths out there and we think if they are dispelled we can build a more supportive community.

Understand: put yourself in the shoes of a refugee with our 'And then I was a refugee ...' app or a family separated by war with our A Family Reconnected interactive storybook.

Spread the word: share the links above with your friends and family - an informed community is a compassionate, and strong one.

If there is anything more you wish to know please ring Joan on 9764 4611.

Elly Baré



Inside the Brisbane Warehouse



We are looking forward to our annual luncheon at Clover Cottage on 14th October. This is one of our major fundraising events each year and is always a very pleasant occasion. We hope it will also be successful financially.

The next Blood Bank days are 7th -11th September at Dandenong, if you could donate some blood it would be very much appreciated.

One year ago, Ebola looked like a crisis that would engulf West Africa. Today, we are down to a handful of cases with no new cases reported recently in Sierra Leone. What an incredible achievement which your generosity made possible.

Ten thousand local heroes volunteered with Red Cross to fight Ebola in the communities, which we supported with specialist Australian aid workers. We brought compassion into every aspect of our response: from the care given to patients to the way our volunteers would accompany

Retirement Village Talent Corner Display

Residents at Peppertree Hill Village, display their talents in a corner of the Community Centre set aside specifically for this purpose. The idea was the brainchild of Bev Alexander and she has encouraged residents to display their exquisite works in "Artists Corner". Out of cupboards, garages and from under beds have come beautiful works of art that otherwise would not have seen the light of day and which have given and continue to give, so much pleasure to the rest of us! Fortnightly we are treated to fresh exhibits and



Kay Briggs



Left: Tom Nelson

there is no shortage of either talent or contributors.

Works include paintings in different mediums, delicately painted ceramics, photography, marquetry and the most exquisite needlework. Items are not confined to ladies either as some of the most amazing embroidered pictures have been done by a couple of our male residents.

Tom Nelson was told 25 years ago, after a medical, to give up tennis and golf and pursue less energetic pastimes. Since then he has created more than 60 large cross stitch and innumerable smaller ones, mostly copied from pictures, photographs or charts.

A retired builder and former tool maker, Ron Cook came to the Village 20 years ago and started making wooden toys. His 'Training Pushers' can be seen today in many kindergartens and the detail in his latest fire engine is amazing.

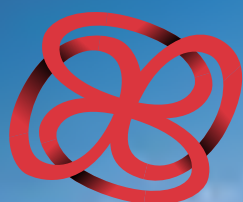


Ron Cook

One of the outstanding pieces in the current display is a cross stitch by Kay Briggs copied from a photograph, which depicts herself and her husband. She completed the work in secret and was able to present it to her husband as a complete surprise one Christmas. Kay, who started doing cross stitch when she was 20 years old, has today around 50 pieces.

Adjoining the art display there are a couple of cabinets stocked with lovingly knitted baby clothes and toys, scarves, handcrafted greeting cards etc. If you have a spare moment, drop into the Village Community Centre and ask to see the display. The variety and quality will simply astound you.

Marlene Smith & David Gilbert



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See You at Stringybark

Sustainability festival celebrates 30 years

Knox families are set to celebrate this month when the Stringybark Sustainability Festival reaches its 30th milestone. The annual festival, held at the Rowville Community Centre on Fulham Road, has been inspiring and supporting the Knox community on sustainable living since 1985, when it proudly became Australia's premier conservation event.

Knox Mayor Peter Lockwood said this year's festival would be the most outstanding yet.

"We've planned a bumper weekend full of festivities set to enthrall residents on Saturday 17th October and Sunday 18th October," Mayor Lockwood said. "An incredible 30 years on from its inaugural year, in which Stringybark proudly became Australia's premier conservation festival, we're thrilled that it continues to be a popular event on the family calendar in Knox."

A notable new addition will occur on Saturday when the sun sets, as Stringybark celebrates into the night for the first time with a street party from 5:30-9pm.

Live entertainment and a cook-up of 'hawker style' street food will complement Stringybark's first Lantern Parade, with the next generation of Knox's sustainability champions (preschool, kindergarten and primary school students) modelling their hand-crafted lanterns made from 100 per cent recycled materials alongside a grandparent or loved one.

Other key attractions of the 2015 Stringybark Festival include:

Past Glories:

In a tribute to the Festival's history, favourites from yesteryear will be on show including a family of camels, Kelpie working dog displays, a mobile farm, Alpaca

parades, blacksmiths, leather workers and bow and arrow artisans.

The Tribal Stage:

This is a platform which pays tribute to the importance of sustainable practices, mutual cooperation and our connection to nature. Translated through customs and rituals, the dances and performances are thought-provoking and intriguing to watch.

The Herbivore:

'Healthy Together' Knox's renowned pop up café returns with a fresh perspective on edible art which can be created and consumed. Prepare to see a standing army of celery, a pod of eggplant penguins, a water dragon cucumber and carrot flutes.

StringyARK:

A giant menagerie zoo packed with a variety of animals both big and small for kids to cuddle.

Young Inventors Hub:

Think art and craft gone wild. Could this be the launching pad for the next big idea?

The Knox Environmental Ambassadors Program:

A new, youth-driven sustainability initiative, which showcases big ideas through courageous conversations and rigorous debate.

Plus Festival favourites such as three live performance stages, fair trade organic products, market stalls, rides and a smorgasbord of International cuisine.

Stringybark Festival is on Saturday 17th from 10am to 9pm and Sunday 18th October from 10am to 5pm at the Rowville Community Centre, 40 Fulham Road, Rowville (Melway 81 K1). Entry Fees are Adult - \$5.00,

Children - \$2.50, Family - \$10.00 Concession - \$3.00



Mayor's Message

It's October and that can only mean one thing – it's time for Stringybark Festival!

This year, the major sustainability event reaches its 30th milestone and I hope all Knox residents and visitors will attend the event to mark this wonderful achievement.

The Stringybark Festival educates residents to live sustainably, which is enjoying life without depleting natural resources. It can also save you money! We're thrilled to celebrate three decades of inspiring our community to be more environmentally aware.

Preparations for festivities are well underway and I'm sure this year's Festival will be one of the most outstanding. From giant petting zoo 'StringyARK', to tribal dances, live music performances, markets and a smorgasbord of cuisine, there's something to entertain each member of your family across the weekend of Saturday 17th October and Sunday 18th October.

For the first time, Stringybark will celebrate into the night, with a special evening street party from 5:30pm on the Saturday, with hawker-style street food, roving entertainment and a lantern parade featuring preschool, kindergarten and primary school students.

Of course, there will also be all the Festival favourites which residents have come to love and expect at Stringybark, such as Gardens for Harvest workshops, the award-winning 'Herbivore' café which will serve up edible art such as a pod of eggplant penguins, water dragon cucumbers and carrot flutes, as well as fair-trade organic products and stalls.

If you're using social media such as Facebook and Twitter, don't forget to join in the conversation online by using #Stringybark.

For more information on Stringybark, 'like' Knox City Council on Facebook or visit knox.vic.gov.au/Stringybark

I look forward to seeing you and your family at this year's Stringybark Festival.

Cr Peter Lockwood Knox Mayor



Knox Active Ageing Advisory Committee Calling for Nominations

Committee Objectives

The Knox Active Ageing Advisory Committee provides advice to Council on services, programs and issues which support active ageing, targeting persons 55+ years. Knox City Council is calling for nominations for a further two year term of the Advisory Committee, commencing 9 March 2016.

The Advisory Committee comprises nine members of the community and five industry members. Council is currently seeking eight members for the Advisory Committee.

The commitment expected from members is active participation at a bimonthly meeting and the option of voluntary involvement in community consultations and events.

We are seeking nominations from people who are:

- Passionate about creating a community which supports active ageing and creates an age friendly environment
- Interested in providing advice to Council on issues affecting older people within the Knox community e.g. elder abuse, ageing in place and retaining community connections.

Further information

Detailed information on the Knox Active Ageing Advisory Committee, including application forms, are available on knox.vic.gov.au/healthyageing or contact Teresa Donegan, Coordinator Age Friendly Planning on **9298 8000** or [e: teresa.donegan@knox.vic.gov.au](mailto:teresa.donegan@knox.vic.gov.au)

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Knox City Council

Active Ageing & Disability Services

* Applications close 5pm, Friday 6 November 2015



Rowville Fire Brigade



A Family Affair!

Our First Lieutenant John Egbers joined the Rowville Fire Brigade in 1990, responding to a recruiting drive the brigade had been running. John's wife Kim, as part of her support for her husband, became a member of the brigade's auxiliary and eventually became president. Their children Ashley & Megan followed their parents lead and became members of the Junior Fire Brigade, definitely making it a family affair. The dog did not meet the criteria to become a recruit!!

John was elected to the officer ranks in 2004. In March 2013 when the Brigade became integrated with staff and volunteers, John was re-elected to the First Lieutenant position, making him the most senior rank of the volunteers. He has been involved in several major incidents including Lysterfield Fires (2003) and the Black Saturday fires (2009).

John's services have been recognised by the awarding of Rowville Brigade Fire Fighter of the Year Award (2009), 20 year CFA badge, National Medal (2012) and National Emergency Medal, and has been given a Rowville Fire Brigade Honorary Life Membership (2013).

As the First Lieutenant, John is responsible for looking after Operational Duties within the Brigade, liaising with both volunteers and staff which ensures the brigade is able to respond to any type of call that is received. John works full time as well as attending to brigade requirements, which involves skills maintenance, training courses and many meetings at District level.

John's personal interests include caravanning and four wheel driving with Kim. He also enjoys watching motorsport, in particular Craig Lowndes, from 888 Racing



Team, driving V8 supercars. Cycling is also a passion whenever he finds the time.

In September the brigade held a trivia night at the Rowville Community Centre to raise funds for a new fire fighting vehicle. The night was a lot of fun for members, their families and friends raising over \$10,000. We are hoping to take delivery of our new vehicle very shortly. Thank you everyone for supporting the brigade.

The number of calls attended since 1st July 2015 is: 78
Paula Robinson



President Stephen Damm, with his first ever fresh water fish which gained him 3rd place at a recent U3A angling Club Event.

Seniors Week

By the time the Rowville-Lysterfield Community News is published, it will be October and very close to the U3A Knox Art&Craft Show, which will be (we hope) our biggest and best. At this stage entries are coming in well and we are grateful to again be offering a big \$1000 prize for the best in the Craft Section, donated by Toyota F.T.G. We also have another big \$1000 prize for an Art entry, donated by Bendigo Bank FTG & Rowville and the Knox Environment prize for the best representation in any medium of the Australian Landscape (\$600 – The Bill Batt Memorial Prize) plus the Heritage prize for Pastel.

It is not too late for artists to enter, as entries will be accepted, up until the 7th October, although we can't guarantee that late entries will appear in the catalogue which will be published that day. Those late entries will be advertised on the 'Late List'. For all sales we take a 15% commission.

Our judges are lined up ready to make their decisions on the 9th October and all items must be on site during Thursday 8th. Visitors to the show (\$2 for entry and



catalogue) will be able to access our 'BIG' raffle, which has a first prize of a weekend on Philip Island valued at over \$500 with additional prizes of two beautiful framed paintings by our members, a crocheted throw, patchwork etc., at least eight other prizes all worth \$100 each.

The Mayor will choose a painting for another prize for artists, and everyone has a vote for the People's Choice, which is awarded at close of the show on Sunday. Three stalls are organised. "Buy your Christmas presents at the Craft stall, your plants for spring from the garden stall and your holiday reading from the book stall". You can also have lunch or a Devonshire tea at our veranda cafe.

It will be a very busy time from now on, with our Fashion Show, a concert, and the 2015 Annual Meeting - all to be held soon. Details for all events and classes can be viewed on our website www.u3aknox.org.au where you can also enrol.

There are always classes during our recess, for two weeks at least, with normal classes resuming the day after the Art Show closes on the 12th October. Again, all details are on the website. Just look under Events.
Kath Brown



Popular French tutors, Tony (Intermediate) and Bernadette (Advanced) Clarisse.



See the birds in action this *Spring* at Wellington Village

A recent renewal of garden beds at Wellington Village has occurred with both customer and local native birds in mind.

Replanting activities have seen hundreds of small shrubs and wildflowers planted including Correas, Banksias and Kangaroo Paws - which will provide a food source for local native birds including Eastern Spinebills, White Plumed and New Holland Honeyeaters.

A number of flowering gums have also been planted throughout the site to increase the shade and bird habitat.



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

Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville

wellingtonvillage.com.au

Rowville Community Library

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



Public Holiday: Please note that all Eastern Regional Library branches, including Rowville, will be closed for the new public holiday on Grand Final eve on **2nd October 2015**. The after-hours chute will be open to accept returns.

Beginning Family History talk: a speaker from the Australian Institute of Genealogical Studies will be here on **Monday 26th October at 2pm**. Although organised as part of Seniors Week, this session is open to all comers. Please book for this free event. Phone 9800 6443

Technology Talks: Book now! In Term 3 we had a series of talks on Thursday afternoons at 2pm at Rowville Library and the final session is to be on **1st October:** iCloud (iPad and iPhone only). Free event. Bookings on 9800 6443. If you missed any of these events and would like a catch-up please come to one of the Tech Help sessions (see below)

Selling on eBay: We are fortunate to have Micah coming on Thursday 22nd October at 6.30pm to present his session with all the tips and tricks for selling on eBay. Bookings essential. Free event.

Music in the library: We have been extremely lucky to engage a musical performance by the Nazareth College music students during open hours 1-4pm on Sunday 18th October! Please come along to listen, enjoy and encourage this group in their endeavours.

eBooks and eAudiobooks: We now have Borrow Books (in addition to Overdrive) where you can borrow from a wider choice of Australian and eAudiobook titles. Not set up for eBooks? We can help. Make a One on One eHelp appointment now! **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

Investigating your family history! : on Thursday 22nd October from 1-4 pm book a Family History session with Charles who can assist with a range of research options based on years of experience! Free! Phone: 9800 6443

Afternoon Bookchat! Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. The next meeting will be on Monday 5th October at 2pm.

Bookclubs: There are three bookclubs running in the library which each meet once per month - Friday evening Thursday evening or Tuesday afternoon. Interested? Ring Rose 9800 6439.

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



More to choose from Borrow Box

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 6th and meeting Tuesday 27th October, 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.

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 (excluding summer holidays). A special family storytime will be held every Saturday morning at 10.30am. 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,

war and he remembers how to make newspaper hats, so Georgie and Grandpa make newspaper hats together. The illustrations by Owen Swan are gorgeous and special mention must be made of the endpapers which are a series of hand-drawn pictures of old newspapers. Featured are important historical events such as Cathy Freeman winning gold, Nelson Mandela being freed, and John Lennon being shot. Adults will enjoy looking at these and reminiscing about

past news. I highly recommend this beautiful Australian picture book for all ages. Although sad, it may be useful in explaining dementia and memory loss to children, particularly if a loved one is suffering.

Michelle Tomazin, Youth Services Librarian, Rowville Library



Newspaper Hats

by Phil Cummings

Phil Cummings is a renowned Australian children's author known for delightful picture book titles such as *Goodness Gracious*, *Bridie's Boots*, *Boom Bah* and *Anzac Biscuits*.

Newspaper Hats is his latest offering, a beautiful and delicately told story about Georgie who is visiting her grandfather in his nursing home and is worried he won't remember her.

Georgie's grandfather collects newspapers and in his room "his collection of old newspapers were stacked around him like tall city buildings." Grandpa puts his newspaper down when Georgie and her dad arrive, he looks into Georgie's wide eyes but it is obvious he doesn't remember who she is. Grandpa remembers events from throughout his life. He remembers his childhood, he remembers fighting in the

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 the session has been **cancelled** due to the public holiday falling on the first Friday of the month.

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.eryl.vic.gov.au and you can even join on-line.

Rose Thompson, Manager - Rowville Community Library 9800 6443

Cake Decorators Association of Victoria Rowville Branch



Our next workshop will be on Sunday, October 11th, not as incorrectly advised in last month's paper. This will be a demonstration and hands on session with Velma, where you will be wiring your own sugar flowers into sprays. So get busy and start making your flowers now in readiness. I will have a few spares to sell on the day but it is always nicer to work with your own creations.

Our normal workshops are held on Sundays, bi-monthly at the Scout Hall in Turrumurra Dr. Rowville from 10am to 3pm. The cost for members is \$10 and for non-members \$15. Everyone is welcome.

The event will be a BYO lunch with tea and coffee available

For all bookings and enquiries, phone Jean on 9763 1702 or Velma on 5998 4067

Velma Brown Branch Secretary



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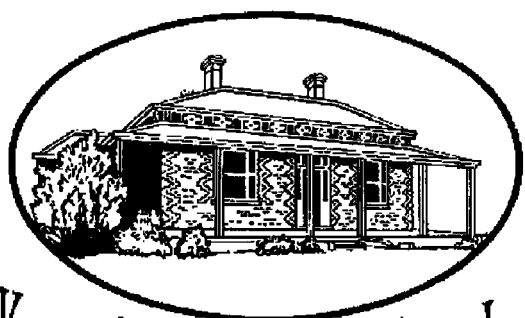
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Knox Historical Society Inc

If you go into the woods today you're in for a big surprise...there will be a real **Teddy Bear's Picnic**, and lots of games for kids (and big kids) at 'Ambleside' homestead & museum, 3 Olivebank Road, Ferntree Gully, from 12.30 – 4 pm on **Sunday, 22 November**.

The special event for kids marks the opening of a new exhibition at 'Ambleside', 'Child's Play', show-casing children's toys and games from years past. Children are invited to bring their own teddy bears, and also dress up as their favorite cartoon or comic characters, a super-hero, prince or princess, or anything else you might like.

Its spring...and the gardens at 'Ambleside', following hard work by KHS volunteers assisted by Knox City Council staff, have been given a major make-over. More than three thousand new plants have been added to the 'Ambleside'



garden. A 120 year old North American Magnolia, planted by Ephraim Hansen, is in gloriously fragrant bloom at that time of year, but only for a few weeks.

Once upon a time...Sue Wootton, of Eastern Regional Libraries, will be at 'Ambleside' on the day, telling fairy stories and other children's tales. The event will also feature arts and crafts activities, games, and a treasure hunt for Teddy Bears cunningly hidden for kids to track down around the property. Bring your own mat and picnic lunch for a real Teddy Bear's picnic lunch on the lawns.

Details: ph. 9758 6722, or website: khs.relics.com
Ray Peace



Uyen is the people's choice

Uyen Dien, a popular Year 9 student at The Knox School, has taken out the People's Choice Award at this year's Department of Education, PaperCuts competition.

PaperCuts is a competition open to all Victorian students from Years 7 to 12 who were asked to design a cover for their favourite book. Uyen chose "The Alchemist", a novel by Portuguese author, Paulo Coelho. Her design depicted a hand overshadowing a pyramid, echoing the book's foray into mystery and symbolism.

Uyen said, "Since this book is heavily based on journey with a touch of magic, the hand represents the mystic palm reading and the lines on the hand are the roads and paths that the main character took. There are some elements hidden in the front cover that foreshadow events inside the book. Purple is considered a dreamy colour but also depicts mystery, both of which are elements of this book."

Social media played a huge part in Uyen's success with the School community asked to vote via Facebook.

Barrye Dickinson, Director of Marketing



The Blind Date

By Peter Gribble

Sandy ascended the stairs with a spring in his legs and a sense of pleasurable anticipation. The encounter about to take place on the floor above promised to be fun. As he approached the door at the top of the stairs, his mind wandered back over the past fortnight, especially the enthusiastic encouragement of Rex, as to the mystery on the other side of the door.

It had all begun four weeks earlier when Rex had phoned explaining that he had problems with a spreadsheet program and asked if he could bring it over for Sandy to take a look. Rex explained that he couldn't do it in his office, as onsite he was on call to all those subsidiary companies forever seeking the benefit of his specialist knowledge. The last thing he wanted, trying to explain the intricacies of his spreadsheet model, was a continuous barrage of phone calls on a myriad of financial and industrial relations issues. A meeting at Sandy's nearby premises was agreed.

Their first meeting got off to a good start. Sandy had lived for quite a few years in Armadale and had shopped and dined regularly in nearby Prahran. It turned out that Rex also knew both suburbs. Before his current appointment he had worked as the accountant for an historic book store on Chapel Street. The two of them reminisced about the good old days of Chapel Street, the book trade, and the Prahran Market when the district had really vibrated with the hustle and bustle of crowded pavements and car jammed streets on weekdays and Saturday mornings.

They got to work on the spreadsheet and began to

understand what was working and what wasn't. Some problems were easily fixed, others less so, and there was one recursive element that seemed almost intractable. Rex asked Sandy to give him a call the coming week to set a date for their next meeting. On that basis they bid farewell and Rex returned to his nearby office.

Making the phone call next week Sandy got a huge surprise. It wasn't Rex on the line but Diana, Rex's secretary. Sandy was stunned by the resonance of her voice. A deep tone combined with a rich timbre and assured delivery. Awesome! A magnet that reached out to capture all men. Sandy had only heard females speak like this in the cinema or on vinyl, women such as Marlene Dietrich. Diana wielded her voice as would an expert swordsman wield a sword, as she projected a volatile mix of business fact, fantasy, and flirtation, or so it seemed, across the telegraphic wires. Sandy wondered who was this Diana? What did she look like? What was she doing there? His imagination whirled.

At their next meeting Sandy raised the subject of Diana and Rex burst into loud raucous laughter exclaiming "I know exactly what you're thinking!"

Really, I thought as he continued "You've only heard her. Sexy isn't she? Wait until you set eyes on her, you won't believe it. It's an experience you'll never forget! Tell you what, I'll organise for you to come over and meet her next week." With that the two returned to their work to resolve the final issues. After an hour they wrapped up for the day. Rex felt he would be able to finish it by himself and thanked Sandy for his help. With a firm handshake and a huge grin stretching from ear to ear he departed.

Two weeks later Sandy got another call from Rex.



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Aston Awards Winners, Chicks For Charity (Kim Rawlings), Valerie D'Souza, Lorna Carthy and Matt Bullus

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 overall winners in the four award categories were:

Lorna Carthy – Senior Volunteer Achievement Award

Lorna has lived in and contributed to the local community for over 50 years. She has been involved in

Cubs, Scouts, Girl Guides, basketball and various other groups for half a century. At 87, she is still helping with 'Meals on Wheels' around Knox.

Matt Bullus – Youth Volunteer Achievement Award

Matt is a volunteer with Interchange Outer East, volunteering 136 hours over his two weeks school holidays. This is typical for Matt who dedicates most of his weekends to Interchange Outer East.

Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



Valerie D'Souza – Individual Volunteer Achievement Award

Valerie is the current President of the St Vinnies Rowville branch and has been involved with St Vinnies for nearly a decade. She also is a valued volunteer at St Simons Church and as part of the St Simons school community.

Chicks for Charity Foundation – Community Group Achievement Award

The Chicks for Charity Foundation (represented by Kim Rawlings) have raised over \$800,000 for individuals and organisations in need in the Knox community and made a real difference to the lives of families.

We are lucky to have people in Knox who have volunteered for over 50 years, people who have changed national agendas and businesses and community groups who have given endless hours and financial support. It is important that we properly thank these individuals for all of their work.

Congratulations to all the nominees, finalists and the overall winners.

Alan Tudge Writes

2015 Aston Community Awards Celebrate Our Local Heroes

In early September, I had the privilege of recognising our unsung heroes in Knox by presenting my annual Aston Community Awards.



Helen Receiving Her Community Volunteer Award From the Hon Alan Tudge MP

Aston Awards

Helen Pongracic

Helen Pongracic was a finalist at the recent Aston Awards held at the Italian Community Club in Karoo Road. Helen and her partner Mark Walton have been delivering the RLCN since March 2010 and took on the role of area captains in June 2013.

Another finalist, Cindy Banjanin, who was unable to attend the award ceremony, started delivering our community newspaper way back in July 2006.

David Gilbert



Aston Awards Graeme McEwin

Our Very Own Graeme McEwin Receiving His Senior Volunteer Runner Up Award From The Hon Alan Tudge MP

WACKY WISDOM

If you don't ask,
you don't get.

StudPark

Shopping Centre

AMP Capital acquires Stud Park Shopping Centre

AMP Capital has announced the acquisition of Stud Park Shopping Centre in Rowville Victoria for \$154 million. The sub-regional shopping centre will be owned by investors in the Wholesale Australian Property Fund (WAPF).

The Centre is an approximate 26,000 square metre single level sub-regional shopping centre. Major anchor tenants include Woolworths, Coles and Kmart in addition to 58 specialty tenants and a council library. With over 1,500 car spaces, the buildings sit on approximately 11 hectares of land.

Wholesale Australian Property Fund Manager Chris Davitt said, "Stud Park Shopping Centre is a welcome addition to the Fund's portfolio, and provides diversification of both income and geography. We expect the solid performance of the centre to continue and take advantage of the higher incomes in the trade area, which are 12 per cent above the Melbourne average, WAPF has been providing small retail investors with a reliable distribution for over 30 years by investing in properties such as Stud Park Shopping Centre, which have a robust cashflow and long-term capital growth potential."

AMP Capital Shopping Centres will undertake the management of Stud Park Shopping Centre which will increase AMP Capital Shopping Centres' portfolio to 18 centres across Australia and New Zealand.

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Congratulations to Jan Cochrane on being made a Life Member of our club.

Jan has given 20 years of continual service to the club, as a past committee member and as our exceptional

Bingo caller every Friday. Even after suffering a stroke last year and losing sight in one eye, she was still determined to call bingo!! Jan is an amazing woman and totally deserves



Jan Cochrane

Aussie Home Loans

Anu Dua, a mortgage broker at 'Aussie Knox & Rowville', won *Loan Writer of the Year Vic/Tas* and placed third nationally at the Aussie Home Loans biennial sales conference. Seven hundred people attended the event, held at the Crown Conference Centre. Anu settled \$52 million in home loans helping many people achieve their property ownership dreams. Mr Dua was thrilled to win the award and said "I get so much enjoyment from helping people secure finance for their homes and investment properties. I also appreciate the support I receive from the franchisees Rita and Nari Khera as together we strive to offer the best home loan service in the area".

Nari Khera



Aussie CEO James Symonds and Anu Dua

GROOVE Dance Classes "United & Unique"

GROOVE is a funky and rhythmical dance class with style, suited for everybody. NO fancy steps, just really simple moves and you get to dance them in your OWN way!

Commencing Sunday 18th October, Bridgewater Centre, Rowville at 3-4pm (running every Sunday until Sunday 6th December). Bookings essential, call Rebecca 0419 899 867. For more information:

www.theworldgroovemovement.com or
www.facebook.com/rebeccakatejones



this award.

On the 7th September, some of our members went on a trip around the bay.

We drove to Sorrento, crossed the bay on the ferry to Queenscliff, then had a lovely lunch at Buckley's in



Left: "Around The Bay" Above: Lunch at Buckley's in Geelong

Geelong on the way home. It was a great day out that was enjoyed by all.

Again this year, we will be hosting the Knox Indoor Bowling Carnival on Wednesday the 14th October.

For enquiries regarding our club, please call Anne Berg on 0404 007 174 or 9873 0226.

New members are always welcome.

Anne Berg (President)



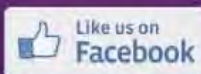
Aussie Knox & Rowville, mortgage broker Anu Dua wins Loan Writer of the Year VIC/TAS and placed in the top 3 Nationally at the biennial sales conference of Australia's largest mortgage broker, Aussie Home Loans.



Nari Khera
Franchisee

Aussie Rowville
Shop 35A, Stud Park Shopping Centre
Rowville VIC 3178
03 8740 1818 or 0409 786 121
aussie.com.au/rowville
rowville@aussie.com.au

Aussie Knox
Studfield Shops, 249 Stud Rd,
Wantirna VIC 3152
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**It's Smart to Ask
for a Second Opinion**



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Eastern Community Legal Centre

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

Legal Health Check for Older People

Many older people live healthy, vibrant and connected lives and continue to make a strong contribution to the community. Others, however, might be isolated and vulnerable. They might be experiencing everyday life problems that they don't know how to fix, and with no-one to turn to. We all know that problems don't just go away, they often get worse. This combined with stress and worry can affect our health, wellbeing and quality of life.

We're all familiar with 'An apple a day, keeps the doctor away'. Well, here at ECLC, we've come up with another saying that we'd like you to think about ... 'A legal health check today, keeps the worries away'

Try this quick quiz about common legal problems that can affect people in the later stages of life:

- Are you having difficulties talking with your neighbour about damaged fencing or problems with overhanging branches?



Demelza-Rose, ECLC Community Lawyer, with the 'Older and Wiser' booklet on common legal issues for older residents of Knox.

- Are you having trouble dealing with an insurance company following a car accident?
- Have you signed a contract that you are uncertain about?

- Have you been unable to see your grandchildren since their parents separated?

- Are you worried about who will make financial, medical and lifestyle decisions for you should you lose the ability to decide for yourself?

- Are you thinking about what will be done with your estate when you die?

- Are you thinking about selling your house and moving in permanently with family, but worried about it 'not working out'?

- Are you experiencing violent, threatening or controlling behaviour by someone you know and trust?

If you have answered 'yes' to any of the above questions, or you are unsure about one or more of these problems, please call us on (03) 9762 6235 to find out what help is available.

ECLC can provide you with free legal information and confidential advice. Our community lawyers and advocates "act on

your instructions" only. This means that they will only do what you tell them to do. So talking to us doesn't mean you have to take any action straight away. You decide your next steps, and you can take them when you are ready.

And if we're not the right service for you, we will definitely refer you to someone else who can help.

Remember, act early and brush those worries away!

Jacqui D'Sylva



Women Need A Plan For Early Retirement

We know women generally live longer than men, but new research shows the majority of Australian women are unlikely to work past the age of 65, making it more important than ever for them to take control of their finances early and plan appropriately for life after work.

The latest AMP.NATSEM Report, 'Going the distance: Working longer, living healthier', has revealed the gender gap in the Australian workforce widens with age, with women experiencing increasing barriers to work in their sixties.

Future modelling in the report shows that even 20 years from now, when the pension age is proposed to rise to 70, significantly more women than men will be forced to give up work by the age of 65, mostly because of family or health reasons.

More than 64 per cent of men currently aged 40-44 years and who have excellent health are expected to still be working in 2035 when they are 60-64 years of age. In stark contrast, as few as 5.6 per cent of women who are aged 50-54 years today and consider themselves in poor health

would be expected to be able to remain in the workforce in 2035.

Here's what women should start thinking about if they want to defy the odds and enjoy the fruits of their labor with an enjoyable, self-funded retirement:

Take super seriously

A comfortable retirement isn't about fancy cars and expensive meals out every night of the week, it is simply about maintaining the lifestyle you are working hard for now. It's estimated a comfortable retirement costs around \$58,326 a year for a couple.

Salary sacrifice is one of the most tax-effective ways to boost your super. Most people can pay up to \$30,000 into super (or \$35,000 if you're 50 or over) from their pre-tax salary at the concessional 15 per cent rate of tax. Even if you are self-employed, you can make personal contributions into super up to this cap for which you claim a tax deduction.

Start saving and investing

Think about how you can make your money start working harder for you.

The earlier you start putting money away into investing, the more time your investments have to grow. And the more regularly you add to your investments, the quicker they can grow.

You might even be able to use equity you already have in your home to buy another investment property. Down the track, good investments can add up to a comfortable retirement.

Diversify

As all investments carry some level of risk, it's important not to put all your eggs in one basket. Having a diverse range of investments, helps prevent losses during market downturns. These different types of investments are less likely to be adversely affected by the same market developments.

Protect your future

What underpins all your investments is the ability to earn an income that pays for investment strategies and lifestyle. Being adequately insured is extremely important for women and gives both financial security and peace of mind. The key personal insurances to consider are life, total and permanent disability (TPD) and trauma insurance.

Seek financial advice

Planning early and seeking professional advice can go a long way. A financial adviser can offer knowledge, expertise and guidance to help you to define your goals and work out a plan to achieve them.

Adrian Pearce CFP, Dip FP

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.



Complimentary First Meeting

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Helping Put The Pieces Together





Rowville & Rrafters Toastmasters

Quality of Life Versus Quality of Communication

What if I told you that there is in fact a shortcut to a happy life and what if I told you that short cut was directly linked to how good a communicator you are! Because it is!

"The way we communicate with others ultimately determines the quality of our lives" says international motivational speaker Anthony Robbins.

The quality of your life is directly linked to the quality of your communication. No matter what job you have in life, research suggests that your success will be determined 5% by your academics credentials, 15% by your professional experiences and 80% by your communication skills.

To mention some of the obvious benefits of good communication skills:

Better relationships: When we are able to express ourselves better our relationships tend to become more open, we become more tolerant towards each other and are willing to compromise. Poor communication in a relationship is like a plant without water; communication dies and so does the relationship.

Better workplace skills: good communicators promote better team work among members of their group and problem solving. This makes for better interpersonal skills, making work experience more fulfilling. Who knows you may actually begin to feel good about work and actually look forward to work on a Monday morning!

Better communication gets people interested in you and what you have to say. Have you noticed that the popular people in your network are also the good communicators? Good communication makes you interesting and people



A Rrafters Toastmasters meeting in progress, with members listening to a prepared speech.

want to connect with you.

Now that I have briefly touched on how good quality communication can benefit you, here is how joining a Toastmaster club can help you with improving your communication skills. Toastmasters are an organization that enables members to improve communication skills in a safe, encouraging, supportive environment.

If you are keen on improving your communication skills or to simply keen to enhance your confidence at public speaking, Toastmasters is the program for you!

The comedian George Jessel once said: "The human brain starts working the moment you are born and never stops until you stand up to speak in public." Most of us may have had the experience of getting cold feet when asked to speak in front of large crowds without any prior preparation. Luckily at a Toastmasters meeting members are given a topic and are encouraged to think on their feet during a regular component of the meeting called 'Table Topics', wherein members speak for 1-2 minutes on a subject for which they had no prior preparation notice. This is a great skill, which once accustomed to, gives you a higher confidence level to your peers and thus enabling you to think on your feet and respond quickly to questions without the awful experience of having your mind go blank. Talking about questions can you imagine how becoming accustomed to this practice and responding quickly to questions can hugely benefit you in a job interview?

Lucky for you there is a Toastmasters club near you. The Rrafters and Rowville Toastmasters clubs meet on a Tuesday at the Raft Church located on the corner of Taylors Lane and Kellett's Road, Rowville.

Guests and New Members are warmly welcome.

You can come along to a Rrafters and/or Rowville Toastmasters meeting as a guest. Guests are invited to attend free of charge.

We look forward to seeing you there!

Rowville Toastmasters Club

www.rowvilletoastmasters.org.au

contact@rowvilletoastmasters.org.au

2nd & 4th Tuesday of each month

Rrafters Toastmasters Club

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

rafterstm@gmail.com

1st & 3rd Tuesday of each month

When

Joint meeting on the 5th Tuesday

Time 7:15pm for 7:30pm start

Venue RAFT Church in Rowville

Yolanda Alvares, Rrafters Toastmasters Vice President

Public Relations



Newly signed members Narinder (2nd from left), Sangeeta (4th from left) and Josh (5th from left) being sworn in at a Rrafters Toastmaster meeting.



Lifesaving defibrillator donated to local club

Knox United Soccer Club recently received a potentially lifesaving defibrillator courtesy of Knox Community Bank Group, of which the Rowville branch is a part. This device will be a comfort for players, coaches and visiting clubs to know that in the event of a sudden cardiac event for anyone at the venue that the defibrillator is available for use in such an emergency.

Additional hours funded by Community Grant

Equiknox is a volunteer committee established in 1999 to raise funds to assist the inclusion of children with additional needs into Knox City Council's 4 year old kindergartens.



"Hurtle Lupton JP, Chairman of the Community Bank® presenting the defibrillator to club representatives"

Additional funding was required by Equiknox to provide extra support for some of the children attending their service. Knox Community Bank® Group has been able to provide a Community Grant of \$2000 to fund 60 hours of



"Jeff Somers, Board member, presenting cheque to Tim Odokeychuk, President of Equiknox"

additional assistant time in pre-school groups to provide extra support to teaching staff to ensure all children have their needs met, regardless of abilities.

Janine Shepherd



We've got a new home

Rowville **Community Bank®** Branch has moved to Shop G7, The Corner, 1090 Wellington Road, phone 9755 8611.

Our new branch is filled with every comfort and convenience and you'll still experience our full range of banking products and services, genuine service and friendly team.

Bendigo and Adelaide Bank Limited. ABN 11 068 049 178. AFSL 237879. S40200AR (265483_v1) (6/08/2015)

Rowville **Community Bank®** Branch





District Cub Scouts

On the 29th of August, over 150 Cubs aged 8-10 years converged on 3rd Wantima Cub Pack's complex. "Why were so many Cubs in the one place?" I hear

you ask. Well, they were all there for the City of Knox District's amazing Badge Day event!

Cubs were able to select three 'level 1 achievement badges' to complete. They were able to choose from Animals & Birds, Arts & Design, Citizenship, Codes & Signals, Collector, Cyclist, Engineer, First Aid, Flight, Handcraft, Masks & Sculpture, Naturalist, Scientist, Weather and World Friendship.

The most popular achievement badges were Art & Design, First Aid and Scientist, all quite different from one another.



2nd Knoxfield running the Naturalist badge base.



Heany Park running the Cyclist badge base

Leaders from each Cub Pack, with the assistance of parents and Leaders from other sections, each ran a badge base. By the end of the day we had many tired, but extremely happy, Cubs and Leaders. The Leaders indoors were kept so busy that they did not even know it had been raining outside!

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

1st Rowville, Heany Park and 2nd Knoxfield, are the local Scout Groups. You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 6 to 26 years and after 26 there is lots of fun to be had by becoming a Leader.

Nicole Klep,
District Leader Cub Scouts



1st Rowville running the Engineer badge base.



Can You Believe It?

Archaeologists in London discovered the remains of what is believed to be Britain's oldest banana, estimated to be 500 years old. The find was among mediaeval and Tudor remains discovered at the dig in disused mediaeval fish tanks.



Always wanted to work in Aged Care?

We now offer training in Rowville!

To find out more about your
Govt. Funded opportunity, book yourself
in to one of our information sessions
by calling Charley on **9761 2156**



Boronia, Box Hill, Cranbourne, Frankston,
Hampton Park, Lilydale, Pakenham, Ringwood & Rowville.

9761 2156 | employeease.com.au

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

Memory Lane... From the Archives

The ladies of the **Ritzzy Rozellas** celebrated the 100th birthday of one of their members, “the very delightful dowager”, **Vera Dent**.

Both **Madeleine Andreopoulos**, Karoo Primary School captain and **Joyee Koay**, Park Ridge Primary School appeared in the “Shine On 2010”. This was Joyee’s second appearance at the Victorian State Schools Spectacular. What are you doing today girls?

Rowville Secondary College student **Rachael Figgis** was being touted as a possible Olympic gymnast after her eye catching performance at the Australian Championships in Perth. Did you go on with the sport Rachael?

Louise Wotton, a teacher at RSC and Australian Rules footballer won the ‘Helen Lambert’ medal, the VWFL’s equivalent of the Brownlow Medal. She was also named in the All Australian team for the second time, so we wonder if you are still playing Louise and have you added any more awards?

Eildon Park Tennis Club signed coach **Lee Pearson** to a new five year contract. As that is or has expired, have you signed on again Lee?

Members of the Australia for Christ Fellowship, or as it is known now, **Australia For Christ Church**, were excited about their newly carpeted and down lit auditorium which fitted in well with the new seating. How has it stood up to 5 years of services?

David Gilbert

MEMORY LA



Knox & District Over 50s

Spring is here and as we put the cold of winter behind us and enjoy the warmth of spring, come and join us at the Knox Over 50s where a warm welcome is always assured. The warmth of the welcome you will receive will help you to forget the cold of winter. Friendship and laughter are our top priorities and everyone is welcome and made to feel that they are part of the Club. In this respect, once again we were a finalist in the Aston Community Awards in recognition of the efforts we make to promote friendship and laughter in the lives of our members.

There are various activities in the Club. We have a tour of the Block Arcade in the City during October, then in November we have a visit to the 1812 Theatre in Ferntree Gully, our Cup Day lunch is at the Wantirna Hill Club and

Paul's Photography Patter

Generally, the most successful landscape shots are those where the whole scene is sharp, including items in the foreground. These foreground items add to the perception of depth to the sharp distant scene.

Where do you focus to maximise your chances of getting it all in focus? The optimal point is referred to as the “Hyperfocal” point. It is around 1/3 the distance into the scene and will optimise your chance for getting the best front-to-back sharpness. Naturally, you need to ensure you set your aperture to around f11 to maximise the “depth of field”.

Many people mistakenly focus either on objects in the distance, in which case the foreground is often slightly blurred, or focus on something in the foreground in which case the distant objects may be slightly blurred.

This principle of focussing applies equally to close-up shots like flowers etc. Focussing about 1/3 into the depth of the flower (rather than the front point) generally ensures enough of the subject is sharp without losing too much aesthetic appeal.



A landscape where everything is sharp from the foreground to the distant objects by focussing 1/3 into the scene.

Give it a try, as this hint is easy to remember!

HINT: Focus around 1/3 the distance into the landscape to optimise total sharpness of the whole scene, using around f11 aperture.

Happy snapping, Paul Lucas.

there will be a day tour to the Carmelite Monastery at Kew.

Our Coffee morning at Myers Knox City and the lunch at the Club Hotel were all well attended and highly enjoyable and many more events are planned. If you join the Club now the subscription for the remainder of the year (2015) is only **\$7.50**. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody



Gerry Ashton Receiving Our Finalist Certificate at the Aston Awards.

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

Dates, times and venue of our monthly meetings can be found in “What's On Locally” on page 2. **Please note that for 2015 the meetings will start at 10.30am.** Come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to our next meeting on **Tuesday, 27 October 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.

Contact Jill on 9801 4363 for any further information.

Jim McLoughlin

Life Activities Club Kncx

Choices, Choices, What to do? How many can we enjoy? Yes, October means “Seniors Week” and apart from free travel, so many other activities have been organised, with us in mind. We invite everyone to join in on a walk, including the Street Orienteering walks, one at the Tim Neville Arboretum, and the other at Docklands. It is a fun way to discover new places and to have a picnic lunch, together with our friendly members. Bookings essential. Call David on 0419337 311.

October is this Club's birthday month and we'll be 28 years young. Of course, we will celebrate with a delicious lunch. Later in the month, the ‘Knox Council Bus’ will take us to Darnum for a very interesting day out. Then the Garden outings, badminton, cards, cinema, Boronia Pool, painting, board games, etc. etc. (Apologies to the show



Introducing our fresh dynamic committee for the coming year!

The King and I)

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 **Margaret** on 9762 4332



Swimland Swim Club

As the weather warms up, why not get active by joining Swimland Swim Club. Age is no barrier as we cater for beginners, junior's right through to master swimmers. We train both indoors and out, in both 25m (Short Course) and 50m (Long Course) pools, all year round. For further information on Swimland Swim Club contact SSC via email Darren at secretary@swimlandswimclub.com. In the east we train out of PSS Rowville (Rowville Secondary College – Western Campus), PSS Narre Warren, PSS Carrum Downs and Noble Park Aquatic Centre.

MLC Aquatic SC Meet – August 16

On Sunday 16th August we had 20 swimmers compete at MSAC in the MLC Aquatic SC Meet. From 64 swims, 34 were PBs with **Calvin D** achieving 100% PBs – well done Calvin. SSC finished 13th out of 50 clubs with William B achieving a Bronze in the 200 Fly and Stephanie P a club record of 34.05 in the 14G 50 Backstroke.

Bunnings BBQ – August 30

SSC hosted a fundraising Sausage Sizzle at Bunnings. A huge thank you to all that came and helped make the day a huge success: Judy C, Olivia M, Georgia M, Karen P, Will B, John T, Joe C, James P, Aaron P, Arlette L, Kate L, Narelle F, Georgia F, Matt H, Grace H, Darren A and Janine B. A massive thanks to Steve B and Paul P who spent the whole day at the BBQ and to Paul for getting a great deal on the snags, bread and onions. It was such a great team effort and some great laughs. Thanks for giving up your time to help raise funds for the club. A self-funded club doesn't survive or flourish without our generous volunteers.



Byron Browne In Action At The ACT Championships In Canberra

Victorian SC Age (13-18yrs) Championships – September 4-6

Four of our athletes, Lachlan A, Stephanie P, Blake P and James P,

qualified for these championships in 17 events. Highlights: **Stephanie P** qualifies for finals in 100 BK and 200 BK placing 4th and 10th respectively, in the State (14yrs Girls) – congratulations Steph. Numerous club records were broken with some awesome swimming.

Victorian Junior Talent Squad

Congratulations to **James P** for being recognised for his performance in the 2015 State Championships (800 FR). James, along with 46 others, met the required talent ID requirements to participate in 4 special sessions (Aug 9, Aug 15, Oct 10 & Oct 18) focusing on specific skills and techniques.

Victorian Open and 12&U SC Championships – Sept 19-20

Good luck to the qualified SSC swimmers in the following events: Stephanie P – 50 FR, 100 IM, 100 FR, 100 BK, 200 BK, William B – 100 IM, 100 BK, 100 FLY, 200 IM, 200 FR, 200 BK, 200 FLY, 400 FR

Blake P – 50 FR, 50 BK, 50 FLY

Alicia M – 50 FR, 100 IM, 100 BR, 200 BR

Karsha P – 100 BR

Lachlan A – 50 BR, 50 FLY, 100 BR



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

SPORTING ROUNDUP

4 x 100 Medley Relay – Stephanie P, Alicia M, Keely W & Bethany F

4 x 100 FR Relay – Stephanie P, Grace D, Alicia M & Bethany F

4 x 100 FR Relay – Blake P, Tommy S, James P & Lachlan A

SSC squad promotions and new club members

Welcome to SSC – Nicholas B, Asha B, Charlotte G, Kaylan K, Taylah L, Veronica M

SSC Intraclub Squad – Nicole C, William C, Angus D, Caitlyn G, Mitchell L, Dzie P, Cam V & Catherine W

SSC District Squad – Audrey B, Ethan F, Amiety K, Jessica L, Emmerson N, Andrew O, Brayden R & Ryan W

SSC State Target Squad – Tara D, Samuel F, Aaron P & Adam S

SSC National Target Squad – Antonio C & Calvin D

SSC National Elite Squad – Stephanie P, Tommy S & Caitlin W

SSC Masters – Dee L & Roland D

2015 Georgina Hope Foundation Junior Excellence Awardees

Green (13) – Cherie A, Kara A, Antonio C, Calvin D, Jessica L, Mikayla M, Hayley M, Jeremy M, Adam S, Jack S, Tommy S, Amy T & Ryan W

Bronze (11) – Cameron A, William B, Byron B, Ned C, Sarah C, Bethany F, Liam H, Andrew O, Steven O, James P & Caitlin W

Silver (7) – Audrey C, Imogen C, Patrick F, Georgia F, Karsha P, Aaron P & Laura S

Gold (2) – Georgia M & Alicia M

See you in the Pool!

Jodie Browne

Lysterfield Cricket Club

Despite a horrible Ashes series by the Australians, cricket is still the greatest sport for an Aussie Summer.

The Lysterfield Cricket Club will once again be up and about in 2015/16. The Beavers have had a massive off season with recruitment. Premiership 'Vic Premier League' player Nathan Walsh returns to his junior club to captain the Beavers. This is a huge coup for the club as Nathan is a brilliant player and has vast experience in the game. There are a number of other recruits that will bolster the on field stocks, including the return of Lomax Medallist, Brian Kulasena. The first XI is aiming high and hope to be busy at the business end of the season.

The Beavers junior brigade is also continuing to build and will be headed this year by George 'Zorba' Blias as Junior President. This year the LCC has teams in Under 11, 12, 14 and 16. The focus for our junior club is fun and improvement, which is integral in our great junior program, where our coaches are heavily involved in working closely with the kids to hone their skills and to create a positive team environment. The club had a successful junior registration day at Stud Park Shopping Centre, but still has room for more juniors of all ages and skill levels.

The Beavers Veterans section is the strongest in the local area. 40 years or over is the requirement to get a run, but don't be put off by long training hours as ours is very casual (if at all) and the atmosphere our Vets create is fantastic. We have ex-players, parents of juniors, locals and walk-ins. The teams are graded, so any level of talent is welcome. The games are once a fortnight, so the commitment is minimal, but the mateship, fun and comradery is

fantastic.

Our home ground at Lakesfield Reserve has undergone a major surface upgrade, so for the time being as the ground is still fenced off, training and home games will be at alternate venues. It is hoped that the ground should be ready for cricket by the end of 2015. A fantastic new drought resistant surface is exactly what has been required at the reserve, which will be a huge benefit for the Lysterfield Cricket Club, our co-tenants the Lysterfield Wolves, Lysterfield Primary School and the general public who use the reserve for leisure.

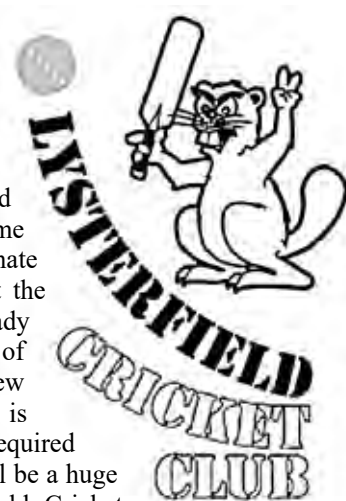
The Lysterfield Cricket Club has a strong tie to the community and has a social conscience that could be seen as we celebrate and contribute to Pink Lady Day. This year the LCC will have a stand at the Stringybark Festival, so drop by and have a chat and see what we can offer you on and off the field. It is the club's aim to become a pillar of the local community, for cricket and for a social outlet.

We welcome players of all backgrounds and circumstances.

I welcome you all to pop into the Lysterfield Beavers for a look around. Playing cricket is a great thing for the head space of men of all ages, as feeling part of a team, a family of sorts, is a great thing.

If you have any questions or you wish to register to play juniors, seniors or veterans call Tim on 0409 124 989 or George (juniors) on 0419 011 755. We are also looking for supporters and sponsorship partners.

Justin Polwarth



Ferntree Gully

Season Starts Saturday October 10

Fun family environment for 5 to 15 year olds

Register On-Line: sherbrookelac.org.au

OR Registrations Days: Sat. Sep 26, 9-11am
Sat. Oct 10, 8:20am

Kings Park, Ferntree Gully (Willow Rd)

Saturdays Oct-Mar. Family, Fun & Fitness

Free 2 Week Trials

Info: sherbrookelac.org.au

Enquiries: Greg, 0418 567 76

Eildon Park Tennis Club

Coaching Programs for all ages and standards at Muscillo Tennis Academy

Muscillo Tennis Academy at Eildon Park Tennis Club continues to offer a broad range of programs that cater to all levels of ability with their Tennis and Fitness programs. Hot Shots, Junior Tennis, Adult Cardio Tennis, High Performance Tennis Training for the Elite and the new MUSTAFit Bootcamp highlight the versatility in programs that are offered at the Academy.

The Academy's Hot Shots and Junior Development Programs focus on developing the tactical and mental skills required to play the game of tennis. The group coaching sessions are run in groups of up to 6 children, with a fully qualified MUSTA tennis coach and there are classes that run from Monday to Saturday. The High Performance Tennis Training, for the Elite players of all ages, runs on Monday afternoon/evening. These training sessions focus predominantly on live ball and match play skills, with many in these groups playing high level of juniors and senior tournaments across Australia.

Adult Cardio tennis is another program offered, if you are after a fun cardio workout whilst enjoying playing tennis. It is an hour session run by a fully qualified tennis coach.



It is a cardio workout to music and heart rate monitors are provided so you can track your level of workout at any time. You don't need to be able to play tennis to join this program, just enjoy running and working out in a group. These sessions have no more than 8 participants at any

Left: Muscillo Tennis Academy Coaching Staff – Ryan Draffin, AJ Muscillo, Michael Mattschoss, Ness Pratt, Giuliana Saggin, Nick Staples & Brad McMillan

time and it is more fun if you join with friends. There are a number of sessions available and timeslots for groups can be created if there are big enough groups.

The newest program on offer at the academy is the MUSTAFit Bootcamp. This fitness and training program is designed to help with weight loss, strength and overall fitness. The class is run in a group of no more than 10 participants and is run by a Fully Qualified Personal Trainer.

For all enquiries about any of The MUSTA Coaching and Training Programs please contact Giuliana Saggin on 0478 097 377.

With summer just around the corner, Eildon Park Tennis Club and all tennis fans turn their mind to the upcoming Summer of Tennis and the Australian Open. Whilst we all love the Aussie Open, EPTC doesn't see why it should be the pros having all of the fun. Tennis is a great sport for all ages and abilities. If you are looking to join the club just to have a casual hit or to play competition please contact Stuart Draffin on 0408 778 658. .

Giuliana Saggin

St Simons Community Football Club

St Simons Knights have enjoyed a great season. At the Eastern Football League presentation night two of our finest players were honoured with 'best and fairest' awards.

Tyrecee Lieu won best and fairest for U12B and this was achieved despite missing 3 games. Nicholas Rattle won best and fairest for U17B despite him missing 4 games. The night was celebrated with their families and coaches. Club Secretary Natalie Williams represented the club and said "it was a very special night for both boys and their families. The Knights are very proud of their achievements and it was wonderful, as a family club, to be there to share this with their family." Two names to definitely watch in the future.

The Knights had their AGM and presentation day on Sunday 20th September and introduced a new initiative for our players. The club is awarding players with life membership once they have played 150 games at the Knights. We congratulate the following four past players, who are the first to receive 150 games Life Membership at the Knights, Damian Byrne, Scott Castledene, Jaydyn Hill and Robert Mann. Scott joins his father Peter and Damian joins his father Martin in sharing life membership of the Knights.

We have held the 2015 AGM where we welcomed new volunteers to the club and farewelled some long serving volunteers. We wish to thank those that have served the club i having a registration/information day at Stud Park on Saturday 14th November 2015 10am – 2pm.

One of our big plans for 2016 is to re-introduce girls' football to the Knights. We have previously had under 12 and youth girls teams, long before the EFL had a competition. Now that the EFL host a girl's competition, we want to again support and promote girls football in the Rowville Community.

Girls aged between 8 and 11 (as of 1 January 2016) are eligible to play in the Under 12 Competition.

Girls aged between 12 and 14 (as of 1 January 2016) are eligible to play in the Under 15 competition.

Girls aged between 15 and 18 (as of 1 January 2016) are eligible to play in the Youth Girls competition.

For more information on the girls football, please contact Club Secretary, Natalie Williams 0417 346 863 or email admin@stsimonsknights.org.au

Natalie Williams



Nicholas Rattle and Tyrecee Lieu With Their Medals

Churchill Park GOLF CLUB

TWO GREAT OFFERS

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 - 2 **Greenfee and Cart special after 4pm (mon to Fri excl public holidays.)**
- Pro Shop now open til 8 pm.**



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www.churchillparkgolf.com.au
 113 Churchill Park Drive,
 Endeavour Hills 3802



It's only a week before the new season is up and running. Due to the AFL Grand Final running into October, our season will begin on Saturday 11th October and we have a number of new junior's ready to play this year. Our Under 10's look to have 4 or 5 teams and the other age levels will all have at least 2 teams so it is a big year ahead.


We also have a brand new website. Check it out www.eildonparkcc.com.au

It has lots of photos, Club history, sponsor information, news and much more. You can find almost everything you need to know about the club here, from registrations to Milo In2Cricket and T20 Blast. Remember registrations for Milo In2Cricket and T20 Blast are still available online.

Don't forget to download Team App. You can get the app for free from iTunes or android. This is where you will find all your club news and up to date information on training, games, events and more.

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

Robyn Jones, Secretary



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~~ **BOOKED OUT!**

Wednesday 6.15 pm BE QUICK!

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Lysterfield Junior Football Club



2015 was always going to be a big year at the Lysterfield Junior Football Club. We had 16 teams across 9 age groups and with 9 teams playing in the competitive age groups it was fantastic to have 4 of these teams make the finals. It was especially pleasing to have the club win its first ever A grade premiership with our under 11 side. Well done to all the boys across all teams on an outstanding year.

Following is a wrap up of each team's performance for the year.

Under 17D: The step up to being a bottom age Under 17 team was going to be a big hurdle for the boys. We had three new players, but with injuries and school trips we had to rely on younger aged boys to make up the numbers to field a side some weeks and with no bench most weeks it made it difficult for the team. The players gave their all each week and should be proud of their effort.

Under 15A: With a second season in A-grade for this group it was important to set up a game plan and structures to be more competitive at this level. To implement these against quality opposition was very pleasing and with the natural improvement, plus player development, the team played a great brand of footy for the majority of the season. Finishing 5th on the ladder and playing in the finals was a great effort.

Under 14B team stepped up a division from C grade in 2014 and the boys were looking forward to the challenge. We welcomed 5 new players who all fitted straight into the team and were valuable contributors throughout the season. It was a big step up to B grade and whilst we showed glimpses of last year's form we struggled with consistency.

Under 13B Grey: After winning the flag in D grade we always knew it would be a big step up to B grade. The boys were competitive all year, but injuries really took their toll

which made it hard to get our best side out there week in week out. The boy's effort was fantastic and each week they gave their best and we took it right up to the opposition.

Under 13 Teal: The group was coming from a disappointing season last year with only two wins. Season 2015 was always going to be a challenge, with the aim that now faced our team was to at

least be competitive. Losing 5 of their first six games, the team struggled with confidence and personal belief. We dropped concentration in parts of quarters only marginally going down in some games, yet the boys could see overall improvement in their performances. Focusing the boys on playing as a team and for each other had a positive effect, whilst working on their skills and settling into known positions created stability. Lifting their intensity and attack with pressure on the ball made a big difference winning 6 of the last 7 games propelling us to second on the ladder. We looked positively into the finals, however with our drop in intensity from a bye round, many of the boys were not able to adapt to the pressures of finals, just falling short. We deserved a better end to what was a great season from all the boys and one they should be proud of. It was a big improvement from all the players.

Under 12A Grey: What a great season the U12A Grey Wolves have had! 8 wins, 6 losses, 627 points for (194 more than last year), 509 points against (194 less than last year) and 123% (61.6% more than last year). We finished 3 games off top spot and still didn't make the finals! We are the only team out of the 23 competitive junior divisions to not make the finals with 8 wins! A massive team improvement on last year with each individual player developing further in their own right! The boys and parents should be proud of their efforts and achievements! Well done boys ... great work!!!!

Under 12C Teal: After winning the Premiership in D Grade last year, stepping up into C Grade in 2015 was going to be fun and challenging for the boys. We started the season well with 2 good wins and by round 7 we were sitting 3rd on the ladder. We were very competitive and playing some good footy. Unfortunately we had a tough run home. We lost 4 of our remaining games by less than 2 kicks and we dropped out of the top 5 in the last round of the season. Great effort Wolves!!

Under 11A Teal: We had a great deal of fun this year in our first season of competitive football. Our boys played a great brand of football in a sportsman like manner. Regardless of the results, we performed to the best of our ability and maintained our integrity as a team. Our boys ended the season with 12 wins and 2 losses to complete the season as minor premiers. After just getting over the line against a highly competitive East Ringwood outfit in the qualifying final, we managed a win in the Grand Final against Vermont. A terrific year of Under 11's football and a huge thank you to all the players and to those involved in direct association with team preparation, parents and supporters.

Under 11C Grey team had an up and down type of year. The first half of the year saw the boys have some great wins; some close and hard fought, others by a comfortable margin. This gave the boys lots of confidence running into the second half of the year. Wet weather & muddy grounds saw our skills drop quite a bit and we lost more than we

won toward the end of the season, however we still managed to get enough wins to play finals football. Going up a grade and winning enough games to play in the finals in their first year of competitive football is a tremendous effort and each and every player should be proud of themselves. Well done Wolves.

Under 10 Teal team had a very successful 2015 and adjusted immediately into the change from U9 football with tackling and being tackled, as well as playing on full size grounds. The boys had a tremendous team spirit throughout the year and in every game brought their own brand of determination, courage and mateship to the contest. The standard of football played by the team remained high across the season. Eight boys played their 50th EFL game which is a great achievement for boys playing U/10 football. Well done on a great season.

Under 10 Grey team focused on fitness and tackling and we worked hard on these areas in the pre-season. Our game plan got better each week and the boys all learnt the positions to be in to create this plan. We played up a grade this season in B grade which was great for the boys and we were very competitive each week. By seasons end the boys improved in all areas, but most of all they all walked off the ground with a smile on their faces from having fun with their mates.

Under 10 Black had a fantastic year. There were improvements from start to finish on all ball skills. Winning the Lightning Premiership for the club was a super effort. The boys are all looking forward to competitive football next year.

Under 9 Teal welcomed a number of new faces and we had an enjoyable season with plenty of improvement in all players. We were very competitive each game with a number of hard fought close wins, highlighted by playing together as a team. The boys enjoyed the tough competition and are looking forward to tackling in under 10s next season!

Under 9 Grey: This season we were fortunate enough to welcome 10 new boys to our team. They all fitted in really well and we quickly developed as a strong team orientated group, with all the boys enjoying their football. We were lucky enough to win the Lightning Premiership early on in the season which gave the group great confidence throughout the year. All the boys showed great improvement this year and a willingness to listen and learn. We developed a free flowing style of football which caught most teams off guard. We can't wait for 2016. Go Wolves!

Under 8's had over 40 kids playing for Lysterfield Wolves where we fielded two teams, Teal and Grey. With a massive improvement throughout the season it was pleasing to see how both teams improved out of sight in all aspects of the game. The boys put together solid performances each week and delivered some great results. We focused heavily on team work along with skills development and the group played exciting footy. It's been an enjoyable year and both sides have scored freely as the boys rotate through positions on the ground. It's been fun for the coaches and the boys really enjoyed the season and can't wait to 2016. It's always good to hear theme song belted out at the end of the game. Go U8 Wolves.

All in all a great season of football by all involved at the Club and we are now looking forward to season 2016!

The club held its annual **Presentation Day** on 23rd August where we announced the winners of the Best and Fairest for each competitive age group. Congratulations to the following winners: *U11A Kyle Giovanniello, U11C Josh Bennetts, U12A Tyler Sonsie, U12C Jack Morrison, U13B Dylan Southcott, U13D Matthew Veen, U14B Maverick Taylor, U15A Kye Quirk and U17D Josh Saliba.*

Congratulations also to *Matthew Veen (U13D)* for being Best & Fairest for the League in his grade and to *Josh Bennetts (U11C)* for being runners up Best and Fairest for the League in his grade.

At the recent EFL Presentation night, Lysterfield JFC were also honoured to receive the **Best Conducted Junior Club for 2015** as voted by the EFL. Well done to all the players, parents, coaches, team support, and supporters for showing what a great club we are.

Registrations for season 2016 are now open for Under 8's through to Under 17's. Simply go to the web site www.lysterfieldjfc.org.au to download a registration form or call Rohan Young on 0412 377 866.

Tanya Carroll

Editor's Note:- It sounds as if your season was a real success, not just a Premiership but improvement throughout all teams. The Club's recognition at EFL level was an extra bonus. Well done Wolves.

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Waverley Golf Club

22nd Annual Victorian Junior Masters

Waverley Golf Club is home to The Victorian Junior Masters, Australia's leading junior golf tournament. The Victorian Junior Masters has hosted numerous elite junior golfers who have gone on to taste success at the highest level in professional golf including Adam Scott (former US Masters Champion), Aaron Baddeley, Marc Leishman, Jason Day (current USPGA Champion) and Jin Jeong. The 22nd edition of the Championship will be played Monday 4th to Wednesday 6th January 2016. We are pleased to announce an expanded format for this year's event, with Churchill Park Golf Club co-hosting Rounds 1 & 2. The field has been expanded to 252 of the best national and international junior golfers. Confirmed for the event are representatives from New Zealand and state associations around Australia. Entry is free and spectators are welcomed. We look forward in anticipation to an exciting event!

2015 Junior Pennant

Waverley Golf Club is pleased to announce that we will again be fielding two teams in the 2015 Victorian Junior Pennant series. Our victorious Junior Pennant team from last year will be back in action to take on the rest of the state. The junior program at Waverley Golf Club and the partnership with the Rowville Sports Academy has created a talent pathway providing exceptional opportunities to junior golfers. It is this attention to junior development that has given Waverley the luxury of being able to comfortably field 2 teams this year.

Beginning Sunday 25 October, below is the draw:
Waverley Wizards

Sunday 25 October V's Cranbourne @ Waverley
Sunday 1 November V's Churchill Park @ Churchill Park
Sunday 8 November V's Settlers Run @ Settlers Run
Sunday 15 November V's South Gippsland District @ Waverley
Sunday 22 November V's Cardinia Beacons Hills @ Waverley

Waverley Wildcats

Sunday 25 October V's Latrobe @ Waverley
Sunday 1 November V's Kew @ Kew
Sunday 8 November V's Riversdale @ Riversdale
Sunday 15 November V's Box @ Waverley
Sunday 22 November V's Green Acres @ Waverley
Regular updates including hit-off times will be provided in the Members Bulletin each week. Waverley Golf Club has a strong junior development program, the "Waverley Junior Golf Club" beginning with entry level membership from \$100 (inclusive of 10 clinics and short course competitions. The Junior Golf Club has a defined pathway for progression and we look forward in anticipation to an exciting season!

Waverley Golf Club (Home to the Victorian Junior Masters) currently has opportunities for Golf and/or Bowls membership. Nonmembers and visitors are welcome to utilise the club for Green Fee (golf and bowls) access, Dining, Private and Corporate Functions.

Matthew Taylor General Manager



Last Year's Junior Champion Cameron John On His Way To The Title

Rowville/Rowville Lakes Little Athletics

The Little Athletics track & field season started at the Knox Athletics Track on Saturday 26th September. The children from the Rowville and Rowville Lakes Little Athletics Clubs attended the official opening ceremony where Little Athletics Australia Chief Executive Officer, Martin Stillman, declared the season open. Dean Paulin, Little Athletics Victoria Chief Executive Officer, also attended and awarded the centre with a gold championship cup for winning a recent event at Sandown raceway. The Knox centre was also awarded a bronze plaque for their



success in last season's state championship events.

It was pleasing to see all the young athletes returning from last season and so many new members have also started for the very first time. The mid-week training program has ramped up with additional children coming on board each week. During weekly competition, the children have started collecting points towards their personal best medals and we'll be handing out medals very soon.

Relay teams are currently being formed and we can't wait for the Box Hill relay event to be held in the next few weeks. Relays are a great way for children to be a member of a running team where they transfer a baton to each other during a running race.

Saturday 10th October is bring a friend day, which will be exciting for everyone. If you haven't had the chance to come down to the Knox track yet, this Saturday will be an opportunity to come and try. Events start at 8.30am. We hope to see you there!

Age groups are from u6 to u16 for boys and girls of all abilities.

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

Thank you to the KLAC photographers.

Steve Lillie





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

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Wednesday 7.30pm - \$15

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or go to: www.rowvillegroupfitness.com.au

Chiro-Practicals

Scoliosis

Scoliosis is a progressive, lateral curvature of the spine. When viewed from the side, the spine *should* have curves. But when viewed from the front, the spine should be straight.

Scoliosis can affect both children and adults. In children it can be a more serious condition because it can rapidly progress as the child grows.

Scoliosis is usually first seen in children between the ages of 10 and 15. This is called "adolescent idiopathic scoliosis". Idiopathic means "of unknown origin". But recent research into the cause of scoliosis seems to suggest that there is often a genetic factor which affects the control of the growth of the spine.

However, it can occur in younger children aged 3 to 9 years (juvenile scoliosis) and in babies (infantile scoliosis). Progression usually coincides with the increased growth following puberty and therefore commonly affects girls at an earlier age than boys. It is also 10 times more common in girls than boys. Scoliosis can also occur in adults with no previous history, due to spinal degeneration and advancing age.

The effects of scoliosis include: poor posture, shoulder humping, muscle weakness, and pain. In rare cases scoliosis can lead to heart and lung problems.

If scoliosis is detected and treated early, patients can, in many cases, avoid these symptoms. If left untreated, scoliosis can sometimes require surgery. If the correct approach is used early enough, bracing is an effective treatment for halting the progression of scoliosis curves and reducing the need for surgery.

While very small curves are common and of no significance, about 2% of girls have a curve which warrants observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. The way to detect scoliosis is to look for it since in the early stages scoliosis produces no symptoms.

The observable signs of Scoliosis are:

- Unequal gaps between the arms and the trunk
- Head not centred over the body
- One shoulder higher than the other
- One shoulder blade higher or more obvious than the other
- One hip more prominent than the other
- Obvious sideways curvature of the spine

If you have any concerns re a child or adult's posture Wellington Family Chiropractic can help in conducting a thorough assessment and arranging X rays if warranted.

Dr Frank Whelan



Health & Wellbeing Seminars

The Bridgewater Centre is continuing health and wellbeing sessions in October. The cost of each session is \$10.

Mental Health Support Group

Thursday 15th October, 7pm – 8:30pm (First Meeting)

A monthly support group for those who experience mental illness to provide support and companionship to one another.

This group is facilitated by a professional who can offer information and support as required and suggest discussion topics. The group can provide a safe place with mutual support, allowing participants to feel less isolated, allows for social interaction and reduces the risk of relapse.



Understanding Anxiety

Thursday 22nd October, 7pm – 9pm

This information session will help provide an understanding of anxiety, 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.



Health Pages

sponsored by
Cr Tony Holland



Supporting Someone With Mental Illness

Thursday 29th October, 7pm – 8:30pm

This information session is to provide education and support for families and friends of those with mental illness. Understanding a diagnosis is empowering. Come and learn more about mental illness, how to look after yourself and how to work through changing roles.

Mental Illness is nothing to be ashamed of, but stigma and bias shame us all. (Bill Clinton)

Strengthening Your Memory

Mondays, 9:45am – 11am

Reducing the Risks of Memory Impairment

This program aims to assist with:

- an understanding of changes in memory functioning
- an understanding of the causes of memory loss/impairment
- an understanding of what's normal and what's not
- memory enhancement strategies
- dealing with memory change.

The program content includes education and information, chair exercise and Brain Gym® (Paul Dennison) for left brain/right brain stimulation cognitive exercises: literacy, numeracy, problem-solving etc. and we also have lots of fun!

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, book a counselling appointment or register for one of the above information sessions, please contact Kerry on 9753 4203.

Kerry Davies



Remembrance Day Commemorations in Knox

On Sunday 8th November, 2015 the Knox Remembrance Day Committee, chaired by Hurtle Lupton OAM JP, will conduct a ceremony at the Knox War Memorial situated in Dorset Road, Ferntree Gully.

The Service will commence at 10.55am and residents and friends are invited to attend. For those wishing to march, 'form up' will be at the rotunda in Francis Crescent, Ferntree Gully at 10.45am at the very latest. Participants in the march are encouraged to wear their medals and/or medals of their relatives who have served in the armed forces.

Mr Lupton said that, "Remembrance Day, which was originally called Armistice Day, commemorated the end of the hostilities for the Great War (World War I), with the signing of the armistice, which occurred on November 11, 1918 – the 11th hour of the 11th day of the 11th month."

"On the first anniversary of the armistice, in 1919,

one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead."

He made the point that the ceremony in Knox was unique in that it is almost entirely conducted by students from local primary and secondary schools.

"We have school choirs, children participating in the readings and many more who assist in the wreath laying ceremony, flag bearers in the march and the flag raising and lowering ceremony."

Mr. Lupton said he is so proud to, "see the involvement of our younger generation who demonstrate such enthusiasm and empathy for this special day."

Everyone is welcome to attend and refreshments will be served at the Boronia RSL at the conclusion of the event.

Further information can be obtained from Hurtle Lupton OAM JP, Chairman – Knox Remembrance Day Committee, on 9762 3547 or email hurtle.lupton@optusnet.com.au

William J Cane JP



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Let's Talk Local Issues

With Cr
Nicole Seymour



No Ordinary Life – Positive Ageing in Knox

There is no need for fear when we are talking your wishes.

A recurring topic of discussion over recent months has been around how we as a society deal with death, the process of dying and the bereavement afterwards.

This topic has been raised several times now in the Knox Active Ageing Advisory Committee that I co-chair with Cr John Mortimore and also in private discussion with friends who have lost loved ones in recent months.

It seems talking about death is a social taboo. Personally I don't understand the basis for this fear. We are born, we live, we die that's the circle of life and it is the same for all. Perhaps the fact that I have been exposed to death all of my life given my maternal grandparents owned a large funeral parlour in the western district and my school holidays were spent with them growing up (not as morbid as it sounds,

I actually learnt a lot about compassion, grief and dignity in the process). Perhaps it is because I have seen my Dad and Grandparents die of cancer and experienced the emotional strain families go through particularly in the final weeks, days and hours when loved ones can only stand by helpless watching the dying process play out before you and sometimes in the most unpleasant of ways that break your heart.

What I have learnt from my personal experience is, not to be afraid, not to fear talking about death, not to fear dying and to have a conversation well before my time is up about on what terms I want my dying days to be and how I would like my death to be celebrated. I have also learnt that this conversation needs to be had sooner rather than later. My Dad died when he was in his 50's, my father in law when he was 44, my cousin died last year in his late 20's. None of these men had anticipated dying so young, had made no plans and had not communicated their end of life wishes. In different, yet similar ways, each left surviving family with difficult decisions to be made that further created unnecessary tension and conflict amongst family because no conversations about their wishes had been had.

In May this year Palliative Care Australia organised their annual National Palliative Care Week. The theme was "Dying to talk; talking about dying won't kill you". The key message they were trying to get across to all Australians is that if you want the best death possible, you need to plan and prepare for it; have a conversation about your wishes.

If having a conversation about your thoughts on death, dying and bereavement is too difficult for you or the family members you want to discuss these important matters with,

write a letter to your family with instruction to open only under specific circumstances. This is not a Will; it is a personal account of what **you** want and will create clarity for your loved ones in the event that your health deteriorates to the point that you can no longer articulate your needs / wishes. As an example, a friend of mine's Mother died recently. The Mother had told her children that she didn't want any fuss when she died. Two siblings interpreted this as no funeral or memorial service. To my friend her Mother's wishes did not literally mean "nothing" but instead meant "simple", just immediate family and close friends. The difference in interpretation caused conflict in the family in a time when they should have been supporting each other through their shared grief. Had my friend's Mother been more specific in her articulation, the tension that now exists in this family could have been avoided.

Another way of expressing your end of life wishes is to prepare an advanced care plan. You can google templates for these on the internet or go to www.palliativecare.org.au and download their template.

Please do yourself and your family a favour, make a nice cup of tea, get out the chocolate biscuits and have a conversation about dying. Have fun with it, what would make you turn in your grave, what song would you like to have played that best represents your personality, do you want to be buried in your favourite pyjamas and fluffy slippers.

There is nothing to be afraid of. Be strong, plan and celebrate the end of life just as we do the beginning with each new birth.

Cr Nicole Seymour



Kim Wells Reports

Helping Communities Help Themselves

Security can be an expensive business, especially if you're a local club or community group, who rely on members' fees and fundraising. The recent spate of graffiti at Lysterfield Primary School in September showed just how disruptive and costly it can be when vandalism or burglary occurs. Lysterfield Primary knows that their students don't feel as safe when they see graffiti and broken windows. So, on top of cleaning up the graffiti themselves, Lysterfield Primary has considered spending money set aside for fitness facilities to install

CCTV cameras and better lighting instead.

For several years, Community groups have been able to take advantage of a great initiative, "The Community Safety Fund", to improve their security and deter further incidents of vandalism. In September, the 1st Rowville Scout group was awarded \$2,527 for a security upgrade to its Hall located in Turramurra Road Reserve, Rowville.

The Community Safety Fund helps prevent crime and allows community groups to apply for funding which best suits their unique situation or particular security need. In the case of the 1st Rowville Scouts, the grant will be used to install a security alarm and roller door to improve security and deter vandalism and theft from their Scout Hall. The Community Safety Fund has provided funding grants of up to \$10,000 for individual local projects such as installing security lighting, padlocks, security screens and fencing,

or to undertake awareness activities to deter crime and increase community safety.

Sports clubs, churches, scout groups and schools in Knox have benefited from \$245,000 of security upgrades for 23 different projects under various Community Crime Prevention grant programs, including newly-installed security lighting at Liberty Reserve carpark in Rowville. However, there is no longer a Crime Prevention portfolio in the State Government. The Community Safety Fund has no funding after this year and its future remains in doubt.

There is clearly still a need amongst local community groups to look after their buildings and equipment and to have the ability to identify projects which best suit their own circumstances.

I will continue to campaign to ensure the Community Safety Fund program continues.

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Dining Out

The Eating House

Menu, Taste & Quality:

The Lamb Burger particularly was well arranged, succulent and just the right amount of flavours. The beer-battered chips were crispy and complimented the Lamb Burger fantastically.

With a variety of options on the menu to choose from, it's an easy destination to suit all tastebuds and cravings. The Eating House does not let their amazingly, affordable menu define the quality of their meals and from looking around the restaurant at the other meals that leave the kitchen, the presentation is highly appetising and almost a shame to eat such pretty arrangements.

Restaurant Environment:

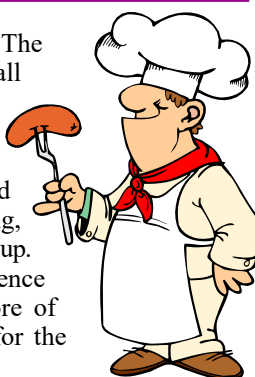
The environment was cosy and gave an impression that diners across all ages could dine comfortably. There is a bar area near the entrance which is great for those not looking to go far to celebrate the beginnings of the weekend. For those who want to bask in the lovely weather to come for summer, the outdoor set up will tickle your fancy. Particularly if you are looking to have a more private dinner for a celebration, there is a booth where you can curtain off the rest of the

restaurant at your convenience! The Eating House definitely thought of all occasions for their diners.

A major plus was the friendly staff with great customer service. Be sure to expect warm smiles and efficient service when ordering, during your meal and when you finish up.

An overall pleasant experience and I do plan to return to try more of their delicious menu. Thank you for the awesome experience Eating House!

Catherine Ubay



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5 Symptoms In Older Dogs You Shouldn't Ignore

Struggling to decide whether the changes in your senior's are just normal aging or a more serious senior problem? Many dog owners will ignore the warning signs of an easily treatable disease because they seem like normal aging. It's an understandable mistake, but when your dog enters "senior-stage" at just six years old, you may want to start to look out for symptoms like lethargy, persistent vomiting or diarrhoea, cloudy pupils, frequent urination, weight change, disorientation, slow-healing wounds, and bad breath, as these are often ignored signs of typical age-related diseases. Read on to learn about the symptoms, so you'll be able to discern what's normal aging and what spells a trip to the vet.

Your dog no longer wants to exercise and seems generally lethargic

While this can be a common symptom of aging, it can also be a symptom of serious diseases. Many pet owners overlook this symptom in their senior dog because they write it off as a simple side effect of getting older. Did you know that if your dog has osteoarthritis or hip dysplasia they are trying to hide their pain from you? Dogs evolved to hide pain as a defence mechanism, so you may not notice that they are in pain, even if they have been suffering from hip dysplasia their whole life. Look for bunny hopping, or stiffness and you may want to ask your vet to inspect your dog, even if the symptoms are fleeting.

Dogs suffering from congestive heart failure will also be uncharacteristically tired and unwilling to exercise. When dogs age, their hearts weaken, sometimes so much that blood backs up in the liver and lungs. If untreated, dogs will cough up a foamy red substance, in an effort to clean out their lungs, since the heart is too weak to circulate blood on its own.

Lethargy can be a symptom of very serious diseases including Cushing's disease, kidney disease, Addison's disease, hypothyroidism, or cancer, but it is nonetheless very easy to confuse with decreased energy normal for aging dogs. It's a serious, if subtle, symptom, so make sure

to ask your vet if you think your dog is missing their normal pep.

Your dog suffers from persistent vomiting or diarrhoea

Vomiting and diarrhoea are unpleasant for you and your dog and sometimes it's a not-so-serious sign that your best friend has simply been raiding the trash. If your dog consistently deals with vomiting and diarrhoea, Addison's disease may actually be to blame. Dogs suffer from Addison's disease when their endocrine system doesn't produce enough hormones for the body to function properly. If your dog does have Addison's disease, they'll also show symptoms of lethargy, muscle weakness, low body temperature and reduced heart rate.

Vomiting and diarrhoea can also be symptoms of parasites like intestinal worms, kidney disease, an upper urinary tract infection, or hypothyroidism. If it's hypothyroidism, your dog will exhibit weight gain, fur loss, lethargy, frequent ear infections, dull coat, thickened skin (especially noticeable around the folds of the eyes) and other symptoms that can be easily mistaken for the natural aging process.

Your dog's pupils appear to be cloudy

Cloudy pupils are a classic sign of cataracts. While cataracts are not a life threatening condition, if left untreated they can cause serious vision loss and glaucoma in your dog. The early symptoms of cataracts are very subtle; pacing, poor navigation based on poor eyesight and irritability are the most recognisable. Only in moderately advanced cataracts will the pupils begin to cloud. Because it is very difficult to reverse the effects of cataracts, you may find that you want to keep an eye on your senior's eyes to protect their vision through the end of their life.

Your dog gains weight

Many dogs gain weight as a part of the normal aging process, but it's also a symptom of hypothyroidism. Nonetheless, obesity itself can put a very large strain on your dog's body. Obesity contributes to bone and joint problems like osteoarthritis and hip dysplasia, it weakens cardiovascular health and makes it more difficult for pets to exercise. Checking your senior's figure to prevent excessive weight gain can prevent quite a few other diseases.

Your dog's breath is too smelly

Most dogs, especially the dumpster-divers, have bad breath, but excessively smelly breath is a symptom of the most common ailment in older dogs: periodontal disease. Luckily, this disease is easier to spot than many other age-related diseases, so be on the lookout for pain while

chewing, loss of appetite, tooth loss, bleeding gums, difficulty chewing, or chewing only on one side of the mouth, as these are common symptoms of periodontal disease.

For the Month of October Greencross Vets - Stud Park are offering a special discount on old age checks including blood tests and abdominal ultrasound to fully evaluate the health of your aging fur baby. Give us a call on 9763 6088

Dr Jesse Harvey

Knoxfield Ladies Probus Club



This year our Christmas in July lunch was held at the Paradise Valley Hotel in Clematis. The chatter and laughter barely stopped even when the festive lunch was delivered to the tables. It was warm and relaxing in the enclosed balcony overlooking the garden and waving to the passing Puffing Billy passengers.

Knoxfield Ladies Probus warmly welcomes new members, ladies 55 plus, to enjoy our meetings at the Waverley Golf Club in Rowville on the 4th Monday of each month.

We socialise, have interesting speakers and a light lunch. There is also at least one outing each month. So far this year we have enjoyed a BBQ at the Tim Neville Arboretum, lunch at a lavender farm where a beautiful craft and quilt display was being held, a bus and ferry trip to delightful Queenscliff, a visit to the Tyabb Packinghouse Antiques centre and more. Amongst our outings for the remainder of the year is a visit to Dame Nellie Melba's former home.

To join us, please contact Bev on 9753 3224 or Jan on 9774 8408.

Bev Bishop



Let's Talk Technology

In this month's edition we will cover 20 must know Keyboard Shortcuts. As most of you might already know, Microsoft has released a new Operating System, Windows 10 and it is available for free upgrade if you have registered before 29th July.

In order to combat new challenges with the new OS, here are the 20 must know keyboard shortcuts for Windows 10, which might help you in your day to day work.

With Windows 10, Microsoft has added a ton of new keyboard shortcuts to give you easier access to the new Action Center, Cortana, Task View and virtual desktops. So much so, in fact, that Microsoft recently released a handy-dandy Word document with Windows 10, "Windows Key Shortcuts", to aid in your study. If you're new to keyboard shortcuts, however, one glance at that list can be overwhelming and there are plenty of keyboard shortcuts that don't involve the Windows key whatsoever. To help you streamline it a bit, here's a list of 20 must-know shortcuts for Windows 10.

Windows 10's newest features

Windows key + A: Open the Action Center

Windows key + C: Launch Cortana in listening mode (for



voice commands)

Windows key + I: Open the Settings app

Windows key + S: Launch Cortana

Windows key + Tab: Open Task View

Windows key + Ctrl + D: Create a new virtual desktop

Windows key + Ctrl + F4: Close the current desktop

Windows key + Ctrl + left or right arrow: switch between virtual desktops

This isn't just a list for Windows 10, however.

Many of these shortcuts work with older versions of Windows, and you'll find a few standard browser shortcuts as well. If you're on Windows 7 or 8.1 but new to shortcuts this list will also help you take control of your Windows machine and make you more efficient by lessening your dependence on the mouse.

Standard Windows shortcuts

Windows key (Windows 7 and up): Open/close the Start menu

Windows key + X (Windows 8.1 and 10): Open/close the Start button's right-click context menu

Windows key + left or right arrow

(Windows 7 and up): snap current window to right or left of screen



Windows key + E (Windows 7 and up): Launch File Explorer

Windows key + L (Windows 7 and up): Lock the desktop

Alt + PrtScn (Windows 7 and up): Take a screenshot of current window and copy it to your clipboard

Windows key + PrtScn (Windows 8.1 and 10): Take a screenshot of entire display and save to *Computer > Pictures > Screenshots*

Browser shortcuts (works in Edge and most other browsers)

Ctrl + T: Open new tab

Ctrl + D: Bookmark page

Ctrl + L: Highlight current URL (good for typing a new address or copying the current one)

Ctrl + Tab: Cycle through your open tabs

Ctrl + Enter: add ".com" to the end of a web address (e.g. type 'google' then **Ctrl + Enter** to get google.com)

W: www.evokeit.com.au

P: 1300 788 405

E: info@evokeit.com.au



**Photos: Above - Some Of The Cast Enjoying A Song
Right - At The Dry Gulch Saloon**



There were plenty of nerves, but also a lot of excitement and anticipation! The leading actors were incredible, remembering their lines and perfecting their characters voices. Each class had their own song and dance to perform and each student put their personal best into their performance. The finale song 'Cowboy Life' featured all 164 students on stage together. It truly was a wonderful moment that had the crowd out of their seats cheering!

Here are some reflections from our Year 3 and 4 super stars!

"After my song, I felt proud of myself and I was really happy because I had so much fun" - *Madeline*

"Everyone tried super hard and sang very loudly. My favourite part was the 'all-in' dance at the end, it was very fun. Being a lead actor was incredible." - *Thulshi*

"Wow! What a great experience. I had lots of fun performing. When I got on the stage I was ecstatic. I had lots of fun performing. I wish I could do it again!" - *Rachel*

"I was nervous at first but then when I got on stage my

nerves went away. It's an excellent production about anti-bullying." - *Brayden*

"The best part of the production for me was getting more confident and seeing all those amazing costumes!" - *Keira*

"It is so nerve-racking when you are lining up for your dance. But once you get out on the stage and start dancing you have fun. Then it just feels so natural like you do it every day." - *Sam*

Monique Watson

KAROO

Karoo Kids Hit the Stage!

Over Terms 2 and 3, the Year 3 and 4 Karoo students worked incredibly hard to produce their musical production 'Lonestar Cowboy'. 'Lonestar Cowboy' is not only a fabulously funny and entertaining production, but supports a strong anti-bullying message. Our Music teacher Mr John Oldham, together with the Year 3 and 4 teachers, other staff members and parents, spent countless hours rehearsing with students, making props and preparing costumes. The musical was led by Musical in a Month crew, Rock Ed, who were a fabulous support to students on the night with their live music and sound effects!

Finally, on Friday 14th August, Year 3 and 4 students took to the stage at Rowville Secondary College to perform their musical, 'Lonestar Cowboy'. For many students, this was the first time they had set foot on a 'real' stage.

PARK RIDGE

PRIMARY SCHOOL

Literacy Week at Park Ridge

Park Ridge was a hive of activity during Literacy Week held early in September. The week started at Assembly with staff members performing a play adapted from the picture story book, "Chicken Licken". Their antics brought laughter and considerable enjoyment to the students and parents in attendance.

The focus for the week was on reading. Students had the opportunity to go to the classroom of another teacher to hear them read one of their favourite stories during a lunch eating session. Buddies shared their favourite books with younger students, teachers held a lunchtime story reading session and there was a competition to match teachers with their favourite picture story book. One day was designated "Poem In Your Pocket Day" with everyone, including staff members, expected to have a poem in their pocket, either written by themselves or taken from a publication, that they could read to anyone who approached them.

However the highlight of the week was "Dress Up Day". Students and teachers came dressed as their favourite book character. The school was a mass of colour with "Where's Wally?", "Harry Potter", "Dorothy" from "The Wizard Of Oz", "Snow White" and "Mr Bump" being just some of the popular characters depicted. Our Principal, David Mann, made an appearance as "Woody" from "Toy Story". Hosted by year 3 teacher, David Round, students and staff paraded



Rotary Speech Competition Winner Thomas with Alana and their certificates.

on the basketball courts in class groupings. Best Dressed students from each level were acknowledged. Probably the most outstanding character was Year 2 teacher Kelly Oakham who was unrecognisable as "The Cat In The Hat".

The week wound down with the story of "The Big Chocolate Pudding" being read over the public address system. All of the streets surrounding the school were able to listen to and appreciate the rendition provided by our Assistant Principal.

Whilst the week was enjoyable, the underlying message was that reading is fun but it also is the most important skill that students need to gain school. All other subjects rely on students being able to interpret and process information in order to learn. For this reason, Reading will always be at the forefront of an education at Park Ridge.

Graeme Lloyd

Editor's Note:- We were unable to print the photo of the Rotary Club of Rowville's Primary School Speaking Competition winner Thomas and fellow competitor Alana last month, so here they are. Love the outfit Thomas.



Staff members Kelly Oakham and Trish Decelis enjoy the Dress Up Day Parade"

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Indonesian Independence Day

On Monday 17th August the School Captains and the Captains of Indonesian, travelled to the Consulate of the Republic of Indonesia for the flag raising ceremony and the celebrations for the 70th anniversary of Indonesia's Declaration of Independence.

We watched as the flag party raised the flag and the crowd sang the national anthem.

The Consul General greeted us after the ceremony and we had a photo taken with her. She invited us, along with other schools students to take part in playing 'Waltzing Matilda' with the angklung. The angklung are traditional, tuned bamboo instruments. We were also taught a dance by university students from Papua and had fun trying to keep up with the steps and the rhythm.

The food was delicious, so much so that yellow rice has become the favourite food of several guests! We tasted Balinese chicken, a meat patty and a chilli covered boiled egg. Yum! (for most of us)

It was great to be welcomed by many people from the Consulate. They were very friendly and enthusiastic about their customs and traditions.

Isabella, Grace, Connor, Sebastien, Ashwin, Tylah and Rahul

Literacy and Numeracy Week 2015

During the week of 31st August to 4th September, Heany Park Primary School celebrated Literacy and Numeracy week by completing a maths activity, inspired by a picture storybook with our buddies.

1AB and 4SM completed some tangrams based on the picture story book "A Sage's Journey – The Story Of Tangrams" by John L Lahet and then had a go at making their own.

Quotes from Grade 1

Georgia: We played with Tangrams with our Grade 4 buddies. We made pictures that were in the book.

Milly: Grade 1 and 4 got together to make fox, squirrel, dog, eagle and other animals with Tangrams.

Sienna: We have fun with our Grade 4 buddies. We eat lunch together, we play with them and we learn with them.



The Preps and their year 6 buddies all worked together on an activity based on the classic "The Hungry Little Caterpillar" by Eric Carlisle. Once Mr Scammel had read the story, the preps together with their buddies decided to rewrite their own "The Hung Little Something" book. Then they added up all of the things their hungry little character had eaten. They did a great job writing their own unique books and adding everything up.



5LH and 2RL got together as buddy grades to read "Elmer The Patchwork Elephant" by David McKee. This picture story book inspired pattern work, including tessellations. This was a great way for our students to get creative and artist with their maths work.

Cassie Wright Prep Teacher

Gold Writing Minibeasts And The Earth

Some mini beasts are good for the environment. Bees are hairy. Bees suck nectar to make honey. Silverfish have lots of legs. Spiders are my favourite mini beast.

Bailey Grade 1

At the Mini beast incursion we saw lots of insects and arachnids. We saw a spider crab and a scorpion.

We saw a type of spider called a tarantula. I liked it because I saw a scorpion!!!

Lincoln

On Monday the 10th of August we had an incursion. We saw a water scorpion. Its stinger went in and out. I also got to hold Milly the centipede who had lots of legs. Milly was tickly. I had a great time at the incursion.

Siena

Ladybugs

A Ladybug is a minibeast that can fly. You can also call it a Ladybeetle or a Ladybird . It is an insect.

What does it look like?



School Talk

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

Ladybugs are red with black spots. Ladybugs can also be an orangey- yellow colour. Ladybugs have six legs and two eyes. They are small and round.

What does it eat?

Ladybugs eat other insects. Ladybugs also eat leaves.

Where does it live?

Ladybugs live in most parts of the world. You can also find them in your garden. You can find them in rainforests and lots of different forests.

What can it do?

Ladybugs fly around every day looking for food.

I love Ladybugs because they are cool. I love ladybugs!!!

Layla Grade 1

The Earth

The earth is watery, colourful and big. It's the only planet in our solar system with human life. The earth is a big round planet, it spins around every 24 hours. We are the third planet from the sun and earth is the fifth largest planet in the solar system. If the Earth was any closer to the Sun like Mercury and Venus, the temperatures would be too high for life to exist. I learnt that planet Earth has three layers. The layers are The Outer Core, The Inner Core and The Crust.

Ella Grade 2

The Earth is a humungous planet. It is very habitable. The Earth has millions of living creatures and countries. There are mountains, deserts and a lot of water and food. There is only one Earth and it is white, green and blue. The Earth was made when the Sun heated a bunch of asteroids together. Earth moves around the Sun like all the other planets. Seventy-one percent of the Earth is water. Earth is a great place to live because it has a lot of people living on it.

Patrick Grade 3

Heather Brown

Haiku poetry

* Haiku poems are Japanese and contain only three lines.

* The poems are used to paint a picture in the readers mind.

* Each line has a certain number of syllables.

* The first line of every haiku has 5 syllables

* The second contains 7 syllables.

* The final line contains 5 syllables.

* Haikus are usually about nature.

Sherbet coloured snow
Icicles chime with the wind
The ground's soft as silk

Jade

Fierce flames run wild
Sparks flying in the cool breeze
Bushfire will devour

Harisan

Rocks in the water
Sharks, Stingrays, starfish, dolphins
Oceans are their homes

Joel

The sun in the sky
Flowers in the garden bed
Beautiful and bright

Kaitlyn

The warm sun rises
The birds singing in the trees
The morning has come

Chloe

Trees are brown and green
Build houses, cabins, dwellings
People live and enjoy

Ben



Rowville Secondary College

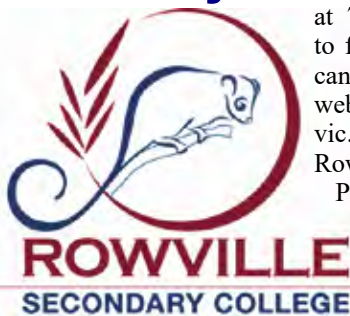
Music Students Entertain Shoppers

Rowville Secondary College music students entertained Saturday morning shoppers at Stud Park Shopping Centre on Saturday 12th September with live music for 4 hours. Most shoppers appeared at first surprised then curious by this unexpected entertainment. Many stopped to show their support and appreciation for the talent and effort of the students. There were performances from the Junior, Intermediate and Senior Concert Bands along with the Big Band, Strings and Flute ensembles, Choir and the foot pumping and jiving show stopper – “The Leftovers” – a jazz, rock combination band made up of senior students who are experienced performers.

Rowville Secondary College has a proud history of providing quality music education, including producing some of Australia’s leading musicians. They cater for a wide range of musical interests, offering lessons in woodwind, brass, percussion, strings, piano, guitar and voice. The teachers at Rowville are professional musicians and teachers who draw upon a wide range of experiences and skills to guide their students to become outstanding musicians of the future.

Even if students do not wish to pursue a career in music, this performance-based program comes with additional benefits. One musician’s parent on the day said that they valued the confidence that public music performance gave their child. This parent said that they have seen this confidence translate into all aspects of their child’s life. This alone has been a worthwhile outcome to their child’s music education.

Rowville Secondary College provides many opportunities for the public to come and enjoy music performances by students at all levels of accomplishment. These events are well supported and all members of the local community are welcome to attend. The next scheduled event is the Marvellous Musical Moments concert to be held on Thursday



19 November at the Performing Arts Centre, Humphreys Way, at 7.00 pm. If you would like to find out more, further details can be found on the school website: <http://www.rowville.vic.edu.au>, on Facebook: Rowville SC Instrumental Music Program, or by contacting Patrick Thomson: thomson.patrick.a@edumail.vic.gov.au; 9755 4555.

Friends of Music RSC

Victorian State Schools Spectacular

Congratulations to **Brooke Macrae** and **Skye Ladell** on their successful auditions for the Victorian State Schools Spectacular. The girls performed their leading dance roles at Hisense Arena on September 12th in front of an estimated audience in excess of 10,000. This was Skye’s second appearance at the Spectacular and Brooke came fresh from her role as “Lumiere” in the RSC production of “Beauty And The Beast”. **Lachlan Williams** and **Nathan Hancock** of year 12 were principal vocalists., whilst **Daniel Tohill**, (Lefou in *Beauty & The Beast*), played the role of circus artiste and **Matilda Weaver** performed as an ensemble dancer. Year 12’s **Brittany Hammond** tore up the stage as a roller skater and **Jake Ryan** was electric on the drums. **Bryce McGeehan** worked feverishly once again, as sound technician. A special mention also to Lily Anderson, Kaitlyn Clift, Ebony-Rose Dossesster, Kristen Pennicuik, Samantha Millar, Larah Dalton, Callum Hawthorn, Emily Macare, Gabby Sanderson and Xander Soh who all represented RIA as dancers on the night.

Sport

The year seven boys AFL side become the first RSA AFL side in College history to win a state championship, defeating Emmanuel College by 37-points in the final, 8.7 (55) to 2.6 (18) at Cragieburn. Head RSA AFL Coach, Darren Bewick, was proud of his side’s display of College values and respect for the AFL code at all times throughout



Entertaining Shoppers in Stud Park

the tournament. “(They) represented the College in a really, positive manner and played the game in really good spirit. A number of times we’ve had umpires come to us and say ‘we’re really happy with how the boys go about their footy’, they just go out and play.” Bewick said.

At the same time, the all-conquering year nine RSA girls went into the final in blistering form, defeating CC Bendigo in the semi-final by 152 points, 23.16 (154) to 0.2 (2) and were also crowned state champions, by defeating Gisborne SC in the final by 111 points, 19.6 (120) to 1.3 (9). Year nine’s Millie Reed represented Rowville Secondary College at the BMX school cycling cup at Lilydale and was placed first in all her races, qualifying for the BMX State Final to be held in Bendigo on the 9th of October. Teacher Coral Byron has been delighted watching Reed’s BMX career and said, “We look forward to seeing how she goes and wish her all the best.” Over \$500 was raised when students in senior VCAL participated in a fundraising market day. Up to 25 students across both year 12 classes were in charge of a store to raise money for the Relay For Life and Anti-Cancer Council charities.

The year eight RSA netballers won the School Sport Victoria state championship this week, with a resounding 35-18 win over Maribyrnong SA in the final. Rowville SC comfortably won its way through to the finals, winning all four matches. A slow start to the final was turned around by RSA Head Netball Coach, Kristy Keppich-Birrell, according to year eight netballer, Kali Dolphin. “It’s amazing. We weren’t playing to the best of our ability and as soon as (Kristy) got there, she pumped us all up and we ended up coming away with the win,”

Meanwhile, RSA golfer and Australian representative, Cameron John, has finished second overall in the Asian Junior Pacific Cup, along with partner Becky Kay in the team event. John also finished second in individual stroke play.

Congratulations to Natasha Holt of year 11, who has been selected as a member of the School Sport Victoria Team Vic Softball 17 Years and Under Girls State Team. She will compete in the School Sport Australia Pacific School Games Softball Championships, to be held this year in Adelaide from the 21st to 28th November.

100 Murrindal Drive, Rowville
murrindalplaygroup@hotmail.com



Murrindal Playgroup

Dad’s play at Murrindal Playgroup

It is with great pleasure we announce the launch of our “Dad’s Playgroup.” Committee member Ben McFarlin has been working tirelessly to advertise this fantastic initiative in the community and has had a fantastic response from Dads across the Knox municipality. Our launch will take place at Murrindal Family Centre, 100 Murrindal Dve

Rowville, on Saturday October 10th 10am-12pm.

This is a great opportunity for Dads to mix with other Dads for two hours each week in a safe, stimulating play environment for their kids. Some of the advantages for Dads and their kids are:-

- Be part of a playgroup
- Have special time to play together
- Access parenting information, resources and support
- Learn about childhood development
- Build relationships and meet new friends
- Gain a sense of community involvement and belonging
- Link to community services and information.

This will be an opportunity for those Dads who have expressed interest in the group to come along and meet one another and our facilitator Ben. It’s not too late to join in! Everyone is welcome. Please contact Ben directly on 9753 9568 or the playgroup on murrindalplaygroup@hotmail.com

Kristy Ackland

Origins Of Words And Phrases

‘Mind your Own Business’

Our ancestor’s personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee’s wax over

their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman’s face she was told ‘mind your own bee’s wax’, which became distorted as ‘business’

lets have a bear of a time

We invite you

- Boys U8 - U23
- Girls U8 - U23
- Groups of friends
- Senior Men & Women

Southern Bears (Knox) Basketball Club Inc.

Tel: 8794 9413

Players Wanted

Time to register for Basketball Knox Summer Season. Get fit and make friends by playing a fun game. Our coaches will help you develop your skills and turn you into accomplished players while having fun. What are you waiting for??? SIGN UP RIGHT NOW and lets have a bear of a time.

Missed Registration Sep. 16? Hurry and sign up now, still a few spots left. Playing season starts in November. Don't miss out.

Games in Knox, training in Rowville area 1hr a week.

www.southernbears.uniqweb.net

Spring! 'La Primavera!' Kids in the organic kitchen garden!

"My garden is my favourite teacher." Betsy Canas Garmon (artist, gardener and writer). Gardening teaches us about nature, nurture and nutrition. Rowville Primary School has a spectacular organic kitchen garden that we love!

At the moment we are picking and eating cabbages, cauliflower, kale, silver beet, fennel, lettuce and artichokes and we are planting lettuce, rocket, beans, peas, spring onions, radishes, coriander, chives and carrots.

Create your own organic kitchen garden! What you will need:

- A sunny and well-draining place in your garden for planting your vegetables OR some pots placed in a sunny location in your garden
- Compost
- A range of vegetables and/or herbs as seeds or seedlings
- Watering can

Preparing your spring garden:

- Once you have found a great spot for planting your vegetables or herbs, dig some compost into the soil as this will give the plants plenty of nutrition when growing.
- Choose your seeds or seedlings (it is a great idea

What plant is that?

These beautiful photos are from our organic kitchen garden. Can you identify what plants they are?



to choose things that you would love to eat). Check the back of seed packets to make sure you are planting the right things in season or ask your local nursery to suggest some plants for you.

- Follow the planting instructions on the seed packet or seedling box.
- Water your garden regularly, especially if you have planted vegetables or herbs in a pot.
- Check your plants regularly for pests that can be removed by hand (like sneaky caterpillars that love to eat everything).
- Eat your beautiful, fresh, organic produce!

Spring Garden Wordsearch!

E	A	S	D	U	L	S	S	F	G
N	V	E	C	E	L	B	E	R	H
O	B	I	D	E	E	L	E	E	C
I	W	G	H	A	T	S	D	D	O
N	A	E	N	C	T	U	L	N	M
O	T	V	U	C	U	N	I	A	P
G	E	U	T	H	C	S	N	I	O
N	R	O	C	K	E	T	G	R	S
I	O	P	S	C	A	R	R	O	T
R	G	A	R	D	E	N	B	C	I
P	N	R	S	M	P	G	U	L	S
S	H	S	I	D	A	R	L	K	J

LETTUCE ROCKET BEAN PEA SPRING
ONION RADISH CORIANDER CHIVE
CARROT COMPOST SEED SEEDLING WATER
SUN HERB VEGIES GARDEN SLUG



Rowville Cricket Club

Rowville Cricket Club welcomes in the 2015/16 Milo – T20Blast season and registrations are now being accepted.

Following on a really successful season last year, the Rowville Cricket Club is expanding to incorporate the T20Blast program. Milo is operating for children aged from kinder to grade 1 or 2. T20Blast is operated for kids that are too cool for Milo but not quite ready for junior cricket.

Our Milo program operates on Friday nights from 6.00 – 7.30pm at Seebeck Reserve (whilst Liberty Oval is being upgraded). Our first session commences on 6 November

2015. We break over Christmas and New Year and recommence the week before school goes back (to help beat that end of holiday boredom...).

T20Blast is operated by the Association at a central venue (check the website for updated venue and time details). This is a fast paced and structured approach to engaging and developing kids. Sessions are expected to be run on Wednesday's.

Rowville Cricket Club junior development coordinator, Andrew Williams, says "It is important that kids are engaged and challenged. After nine seasons with Auskick, I understand the need to make the activities fun. At our clinic the kids are always rotating around learning or enhancing fielding; bowling; batting or catching. We usually finish the session with a rotating cricket game where every child bats,

Poet's Corner

While spending time at Mt Buller, Maddy took time out to write this poem about a blizzard. The garden and the weather are great for inspiring poetry. Give it a try!

Blizzard

Hills faded white, a chilled blue sky.
Leaves lay iced in the air blown cold.
One small snowflake made the blizzard stir.
Twirling like a white ribbon flake.
Snow swirled, snow raced, wind howled,
snowstorm sprung.
Bushland encircled by spiralling snow.
Snowflakes dancing, whiter and whiter.
Temperatures plummeting, colder and colder.

Trees turning to ice.
Air too dense with snow to see.
Cold winds lash a blizzards dash.
Time to flee, time to hide, don't get lost
in the blizzards maze.
Wind whirling, snow swirling.
The blizzards alive.
Faster and faster by the second.
And by each passing minute the
blizzard grew stronger.
No time to flee, got to take shelter.
Fog set in, coming lower and lower.
Snow beat the bushland, the wind
tossed the trees.
Snow blanketed the landscape.
The blizzard had decided everybodys
fate.

By Maddy 6A



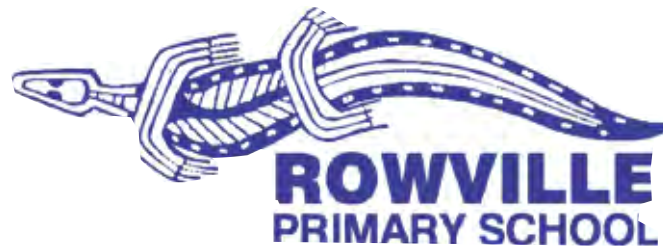
bowls, wicket keeps and fields. My favourite skill drill is the use of water balloons as a catching tool, great for the hot summer evenings and great for kids to learn how soft hands help catching... but most of all *fun*."

Milo and T20Blast registrations are available online at www.playcricket.com.au and search "3178" and then choose Rowville Cricket Club.

Registration and payment is now available on-line, making it easy and quick to register. Registration for Milo is \$75.00 which includes a cricketing pack. T20Blast is \$99.00 which includes a cricket pack.

We also have limited vacancies in various age groups for our junior teams. Please contact us if you are interested.

Andrew Williams – andrew.williams@ozed.org.au



Nicole Gondidis and Sarah Walker were both members of the 2013 Middle School Choir, and it was this experience that set both girls on the path of securing positions as part of the cast for this year's production of 'Destiny'.

Sarah Walker spent a lot of time getting into the mind of her character.

"My role in this year's production was a reporter. My character was trying to interview the evil magician and figure out what the story was behind his evil plan to take over the world. My character was trying to write a winning story so that she could win a Walkley Award. To help me prepare for this part I had to figure out my character's personality and make sure I understood who she was."

Sarah Walker

Nicole Gondidis challenged herself to build on the skills she acquired in last year's production.

"I was part of the Middle School Choir in year four, and it was really fun being a part of the senior school production. My teacher in year four encouraged me to audition for a position in the main cast in year five, and after a lot of work I got one. It was so exciting sitting on the stage in the dark waiting for the curtains to open on the first night. I had so much fun and made a lot of new friends."

Nicole Gondidi



"For months I took the script everywhere I went; I practised my lines every chance that I got. I originally auditioned for a different role in the production, and was so shocked when I found out that I was going to be playing the part of the evil magician. It was really cool being given the challenge of playing a male part. I had to change the way that I spoke, moved and interacted with

people; particularly because my character is pretty kooky and crazy. Practising the laugh so that it was as close to perfect as possible was so much fun."

Madeline Richardson

"I auditioned for quite a few different roles for this year's production, and I was really happy when I found out that I got the role of the doctor. It was a pretty nerve-racking experience auditioning for a speaking part. I was so nervous that I wouldn't get one; acting is something that I really enjoy and I am so lucky to have had this chance. I am the kind of student that likes to be involved in things; I put my hand up to participate in as many activities as I can."

Bradley Bruckner

Madeline Richardson wanted to make sure her performance was memorable and full of energy.

Bradley Bruckner studied the way doctors on TV programs move and interact with people.

As the curtains closed on the final night of the production, a flurry of emotions was experienced by everybody involved. There were feelings of joy and relief that the production was such a success, mixed with those of finality as the year six students reflected on their final primary school production. A single thread of thought shone through though; these students are destined for greatness. What is your destiny?

Christina Jones Whole School Learning Coach and Junior School Team Leader



Lysterfield Primary School SES Program



In 2014 Lysterfield Primary School introduced an exciting new program for our Middle School students, the SES Program (Social, Emotional Skills Program).

This specialised program was designed to support our students through the many stages of their personal and social/emotional journey.

The SES program is implemented on a weekly basis so that we can address issues our students in the Middle Years are facing at school, home and online. The program also identifies the possible issues that they may face in the future.

Some of these issues may include: 'Bullying', 'How

to resolve conflict', 'The art of conversation', 'Listening skills', 'How to read/interpret body language', 'How to respond appropriately in a variety of situations', 'How to join in an existing game', 'How to make new friends' and 'How to negotiate calmly and fairly'.

We hope this program will provide students with the tools and strategies they require so that they can meet all future experiences and challenges with confidence, skill and competence.

Jenny Deayton, Lysterfield Primary School.

Input from students-

We have been learning about eye contact, manners, body language, personal space, rock and water, our behaviour, rules and speaking. It teaches the students how to behave and show respect. We started with learning about rock and water, which is where you need to use self-control. We practiced this in games like knee boxing and sticky fingers. In knee boxing you try to protect your knees while hitting the other person's knees. This makes you think about how you can be both a rock and water at the same time.

We also learnt about personal space in SES. It is important

to know when you're getting too close to someone. In SES we learnt how to use eye contact to people and speak clearly to each other, so they can understand us and know that we are listening.

We like going to SES every second Tuesday because it helps us learn to control ourselves, show respect and have good body language. Overall we think SES is a good program for Lysterfield Primary School.

By Tess, Ava and Ethan, grade 4.



Sant Nirankari Mission

Sant Nirankari Mission, was honoured by Hon Alan Tudge MP at the 2015 Aston Community Awards ceremony, held on 4th September. SNM Melbourne were delighted to be the 'Runner Up' in the Community Group Achievement Award category.

Mr Tudge said he appreciated the efforts of Sant Nirankari Mission volunteers, who always prove their selfless service by participating in community activities.

Blood Donation

Sant Nirankari Mission, Melbourne in association with Australian Red Cross Blood Service (ARCBS) held its 26th Blood Donation Drive at Mount Waverly Donor Centre on 12th Sep 2015. The Missions Melbourne branch, in conjunction with ARCBS, organise these donations twice in a year with the objective to convey the message 'Blood should flow in veins, not in the drains' whilst at the same time spreading the message of Universal Brotherhood.

We recognise blood as a universal human lifeline. All humans, despite caste, colour, gender, or creed, need it to survive. Mission truly believe that, to save a life is a noble venture and doing so through blood donation is a priceless gift to the person whose life has been saved. Knox councillors Joe Cossari and Darren Pearce visited the donor centre and congratulated the efforts made by SNM mission and its members for their contribution and commitment to serving humanity through various other charitable activities.

Over 100 members from the Mission came forward for this noble cause and donated whole blood, plasma units and platelets successfully. The donation drive was a huge success. Members of the Mission set up a refreshments stall at the



Crs Cossari and Pearce With SNM Members At The Blood Donor Centre



Manjit Singh and colleagues Accepting Their Aston Award

Donor centre to provide snacks and drinks to all donors and visitors. They also assisted the staff of ARCBS with various administrative tasks.

Manjit Singh

markedly different from the rest of the world.

Jesus calls us to transform the world. He calls us to spend our lives in the service of the least, the lost and the lonely. That kind of life goes way beyond swerving in a local congregation.

The content of true discipleship is found outside of the walls of the church. It is found where people are hurting, where people are hungry, where people are oppressed, where people are denied justice, where people are dying. Lutheran theologian Dietrich Bonhoeffer, described the difference between "cheap grace" and "costly grace". Cheap grace, he said, is grace without a commitment and response from the believer. It is grace without servant hood. Costly grace, said Bonhoeffer, moves us to respond to the call of Jesus. Danish philosopher Soren Kierkegaard called the typical Christian response, "admiring Christ instead of following Christ"

The issue before us is whether we want to move from being admirers, and even worshippers, to being followers. If we want to take that step then the question is "What does it really mean to be follower of Jesus today?"

So, is Christianity a set of beliefs, or is it a way of life? Is it a way of life; what kind of life? Is it defines by clearly drawn moral rules, or is it a compassionate response to the situations that confront us?

What does a life of faith that is honest to Jesus, look like? Even more precisely, how will this life of faith be expressed as we enter the post-modern world?

More in the November edition.

Ray Green.

children to the magic of fun, mime & dance Customer Experience Workshop

Tuesday 10 November 8.45am – 4.30pm

Scams – How To Avoid Them

Monday 23rd November 12.30pm -2.30pm

Social Media for Business

Monday 30th November 9.30am-1.30pm

Introduction to Budgeting

Saturday 9.30am- 4pm (register your interest)

Digital SLR Camera with Joanne

www.rowvillenlc.org.au or come in and speak to our friendly centre staff.

Heather Mileto

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 and it doesn't matter how little or much you know about God as we are learning together.

Starting on the 26th October will be a **Relaxing the Mind through Colour**. This is a time to relax and colour your colouring book. It is great for the mind and is fun to spend a few hours together with friends. The cost is a gold coin to cover tea or coffee. It is open to anyone who loves to colour. It will be every Monday from 1- 3pm.

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. .

C.H.A.T. (craft, hobbies and talk) is on Wednesday evenings from 7.30pm-9.30pm. Once again the cost is a gold coin donation to cover supper.

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. To book a space please contact Kriss on 0415 511 588. You could also contact us via email corpsofficer.rowville@aus.salvationarmy.org

If you can't make the car boot sale pop on down to our Thrift shop in Wantirna South. The shop is open between 10am-4pm Monday to 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. If you love a bargain, then you should visit the store on **Mad Monday** when some special ticketed clothes are just \$2.

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

Rosie Massey (Captain)



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

Craft 'n' Chat Group

Do you enjoy craft? Do you have some unfinished projects? Enjoy a chat and a cuppa? Meeting new friends? Then why not come and join a lovely and lively group of ladies at Rowville Baptist Church's Craft'n'Chat group. Bring along any of your craft activities and join other like-minded crafters. Help to complete your project is at hand; you can share your knowledge and talents with others, or just come for the company.

Our group of ladies meets every Wednesday to enjoy each other's company and share afternoon tea, all while working on various craft activities. Many have worked on knitting rugs for "Missions Without Borders," while others have ventured into teddy bear making.

Frequently these crafters are visited by special guests. Sometimes it may be someone from within Rowville Baptist Church sharing a story and photos of international travel, or a local police person who may give a talk on crime prevention or other useful information. This group don't always just partake in craft having last year had a trip to the local fire brigade.

Anyone is welcome to attend. The group meet each Wednesday (except during school holidays) from 1-3pm in the Wellington Care Conference Room, cnr Le John St and Wellington Road, Rowville. If you would like any further information either simply turn up or phone the church office on 9764 4242.

Suzanne Adams



Following Jesus; a life of faith in a postmodern world

The way of life- believing or following? Discipleship or church membership?

Churches often put a focus on discipleship. However, it's been said that some churches that claim to be teaching discipleship are just making "good church people". The call to increased worship, study, and stewardship often results in people who simply serve the institution of the church.

Being a disciple should be radically different from not being a disciple. It involves much more than worship attendance, bible study, or service on a church board. Admittedly, those can be important parts of a Christian life. But they are merely food for the journey, not the journey itself. Hopefully they provide nourishment, not a detour.

Discipleship should result in people who lead a radically different type of life, who are counter-cultural, who are



Welcome back to the last Term for 2015. Now is the perfect time to explore our Term 4 brochure and discover a world of opportunity that is right on your doorstep! This term we have lots of interesting courses on offer with some of our classes are Christmas themed, so why not come along and learn something new.

New to Rowville Neighbourhood Learning Centre:

Natural Soap Making:

Raw Cocoa and Superfood Bliss Ball Workshop

Early Childhood Dance – Aimed to introduce small

“Building passionate followers of Jesus Christ”

Parish of Rowville & Ferntree Gully

131 Taylors Lane,
Rowville

Ph: 9764 2573

Email: admin@raftchurch.org.au

Web: www.raftchurch.org.au



Celebrating Dads at Mainly Music

Rowville Mainly Music has been operating from RAFT Anglican Church for the past 6 years. One highlight of our calendar year is celebrating Father's Day with the significant males in our lives, be they Dads, Grandpas or uncles.

“A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.” Unknown

On Saturday 12 September, our Mainly Music families came together to celebrate Father's Day. We had a fun afternoon of music, singing and dancing. After our music session, Dads showed their skills by playing games. These games included who could pop the other Dad's balloon first (while having one tied around his ankle) and who could put the horse shoes (cups) on the horse (chair) first, while blindfolded. The kids had a great laugh watching their Dads compete. The Dads were all great sports!



Mainly Music at RAFT runs on Wednesdays at 9.30am for preschool age children and their carers. For further information, please contact Jenny Coole on 9764 2573.

Kate Brewster



The children then played with some toys with Dad. Others made some gifts for Dad. Many of them decorated a wooden animal pot plant stake or etched out a special picture on some scratch paper.

Then it was time to pack away the toys and bring out the picnic rugs for an indoor picnic. A delicious pizza dinner and freckle ice-cream cones were enjoyed by all.



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



Jesus told this story:

“A man had two sons. When the younger told his father, ‘I want my share of your estate now, instead of waiting until you die!’ his father agreed to divide his wealth between his sons.

A few days later this younger son packed all his belongings and took a trip to a distant land, and there wasted all his money on parties and prostitutes. About the time his money was gone a great famine swept over the land and he began to starve. He persuaded a local farmer to hire him to feed his pigs. The boy became so hungry that even the pods he was feeding the swine looked good to him. And no one gave him anything.

When he finally came to his senses, he said to himself, ‘At home even the hired men have food enough and to spare and here I am, dying of hunger! I will go home to my father and say, “Father, I have sinned against both heaven and you and am no longer worthy of being called your son. Please take me on as a hired man.”’

So he returned home to his father. And while he was still a long distance away, his father saw him coming and was filled with loving pity and ran and embraced him and kissed him.

His son said to him, ‘Father, I have sinned against heaven and you, and am not worthy of being called your son. But his father said to the slaves, ‘Quick! Bring the finest robe in the house and put it on him. And a jeweled ring for his finger; and shoes! And kill the calf we have in the fattening pen. We must celebrate with a feast, for this son of mine was dead and has returned to life. He was lost and is found!’

The illustration starts with the younger son wanting to do his own thing, and his father left him free to make that choice, just as we each have a choice and God doesn't hit us over the head and make us obey Him. But, as so often happens, we mess up and then have to face the consequences. When all seemed lost, once again the young man had the choice whether to return to his father or not. He turned back, possibly fearful that his father couldn't forgive him and he would be turned away. But here Jesus paints the picture of the father waiting, waiting and looking out for his son's return. When he saw his son in the distance finally, he did not just stand and wait, but **ran** towards him, arms open wide.

Picture another scene. Someone loved you and me so much He allowed Himself to be hung on a wooden cross, His body seared with excruciating pain, but his arms stretched open wide, beckoning us to come to Him. “Come to Me all who are burdened and heavy laden, and I will give you rest.” Can anyone love like this? “God so loved the world that He gave his only son, that whoever believes in him should not perish but should have eternal life.” (John 3:16) Australia for Christ Church welcomes you to visit at our Sunday services in English, Mandarin and Indonesian at the times listed in “What's On Locally” on Page 2. Other services and activities during the week include Stompers' Playgroup for parents with babies and toddlers, who meet every Wednesday from 10.00-11.45 am and SHARE Welfare Program fortnightly on every 1st & 3rd Thursday nights of each month from 5:30pm to 7:30pm

Marlene Smith



Many of us have noticed that there have been many houses bought and sold in our area in the last few months. Many of us are also aware that housing has become very expensive, possibly out of the reach of many. There are a lot of stories going around about people receiving offers on their properties that far exceed their expectations. The reality is that we are living in a time with record low interest rates. With so many people extending themselves to buy a house, I am worried what will happen, if and when interest rates rise. It is possible that we could see many people dealing with significant mortgage stress in the coming years.

Stress and anxiety are caused by many factors, mortgage issues being only one possible cause. Stress and anxiety lead to all kinds of issues. Relationships can come under strain, our capacity to function well at work can be affected, our capacity to engage socially and much more.

The Uniting Church, through the Bridgewater Centre, seeks to offer something into our community that can help people dealing with stress and anxiety. Promoting Community Health & Wellbeing through Education and Support is the mission statement of the Bridgewater Centre. Through seminar based offerings and counselling for individuals and couples, we aim to offer something that is of community assistance. This low cost centre uses the services of Suzanne Katzmann-Fogul, a clinical social worker, to offer these programs and many others. For information or appointment please call the church office.

The Uniting Church meets at 10am for worship on Sundays. Communion is on the first Sunday of the month and we have a special children and family service on the third Sunday of the month. Our family service seeks to engage in a different way, through creative storytelling, activity movement. Children's activities are available during our other services.

Toddler Gym 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



This month we would like to share information about a Program run by the Parish for families with children who have been baptised and would like their children to have a foundation in the faith and celebrate the Sacraments of Reconciliation (confession), Eucharist (First Holy Communion) and Confirmation.

The After School Religious Education (ASRE) Program provides religious education for Parish children from Year 2 to Year 6, who attend schools other than St. Simon's Primary.

Classes are held at St. Simon's Parish every Tuesday, from March to October, during school term and are conducted from 4 to 5pm.

The program aims to:

- ☺ Share our love of, and belief in God with the children
- ☺ Create an awareness of God's presence in their lives
- ☺ Provide opportunities to develop their faith
- ☺ Teach them about Jesus' life, actions and teachings
- ☺ Share scripture with them
- ☺ Give them a sense of belonging to the Catholic community
- ☺ Teach them about some of our Catholic traditions
- ☺ Provide informal and formal opportunities to pray using speech, singing, imagination and dramatisation.

Enquiries or new enrolments should be directed to: ASRE Co-Ordinator: Jacqui Giuliano on phone number 9764 4058 or email jgiuliano@stsimonsparish.com.au

Please attend our information session on Wednesday 11th November at 8pm in the Church 2 Taylors Lane, Rowville

NOTE; Parish children who wish to prepare for a Sacrament must be **enrolled** and regularly attending ASRE classes for at least 12 months prior to the Sacrament.

Suzette Diaz

Combined Probus Club Of Knox

A talking point at Combined Probus Group of Knox Inc is the name of our recently formed luncheon group. It is called the "Sip and Sup Group". Some members think it should be called the "Sup and Sip Group" but after our recent outing to Tokar Estate in the Yarra Valley the original name has to stay.

On the day of that outing, the Yarra Valley showed us that it was not always a place of sunshine, greenery and expansive views. On that day a curtain of rain covered the area and it was cold, very cold! There was nobody at that favourite stopover, the Coldstream Brewery, the car park at Dame Nellie Melba's was nearly empty, in fact the Yarra Valley was a very wintry place to be. Once inside the Tokar restaurant our attention quickly turned to more important matters. We were warmly greeted by the owner offering us a taste of a variety of red or white wines. This continued once seated at our tables for our meal. 3 different reds and a white were sampled prior to our meal being served. During the meal we had 2 one half glasses of Tokar wine of our choice from those sampled and once the meal was completed more tasting was available. So there was plenty to sip. The meal itself was 3 course a la carte. All members enjoyed each course of their choice. We had a most enjoyable afternoon despite the rain. A return visit is not out of the question. The name "Sip and Sup" remains.

Our guest speaker for the month was didgeridoo player



Geoffrey Walker. He brought with him 7 different didgeridoos, including one made out of PVC, one from plastic another from paper wrapping and another being the hose of a vacuum cleaner. One didgeridoo was decorated in the colours of what we soon found out to be his favourite football team, Geelong. Two others were fashioned in the true Aboriginal manner. He described how the didgeridoo or Yidaki was made from a tree branch.

Once cut it was put on a termites nest for the termites to eat the inside wood of the branch and then, hot coals were used to burn the soft wood inside. The wood was then cured in the mud at the bottom of a river. Coming from thick branches of wood they were also very heavy. He explained the method of circular breathing necessary for the proper playing of the instrument and proceeded to demonstrate his expertise at such breathing when playing each of the instruments. Two of our group, one a loud Collingwood supporter, showed that they had some potential in playing the instrument but would benefit from lessons. Geoff also entertained us with some anecdotes about his journey with the didgeridoo. All in all a very entertaining 45 minutes. Thanks Geoff.

Our film group enjoyed a comedy called 'A Walk in the Woods' with Robert Redford and Nick Nolte (almost unrecognisable). It tells the story of Bill Bryson's desire to walk the Appalachian Trail, a distance of over 2,160 miles almost 3,500kms. There were some excellent cameo appearances as well as some beautiful scenery. Well worth a viewing.

Ray Stackpole

You will have noticed that we have been missing from the last few editions of the RLCN, due mainly to our move back to Rowville from Scoresby. Now that we have settled in, well nearly, to our new home we can continue to provide a valuable service to the community.

Our new home is at the Rowville Community Centre, 40 Fulham Road, Rowville. Community lunch is served on Thursdays at 12pm. To book please call 0416 305 741. On Wednesdays and Thursdays we operate a low cost food swap table from 12pm – 1.30pm, which includes fresh fruit & veg and pantry items. The table content changes from week to week. We have also started



packaging soups and meals at low cost for the community. Please call 1300 363 723 to enquire

Once a month we hold workshops for Vision Australia's "Confident Cookers", encouraging vision impaired people to cook in their own kitchens instead of eating takeaways, a much healthier option.

We recently hosted an afternoon for regional managers from Coles, showing them our work at grassroots community level, packing hampers and preparing cooked meals.

We will be participating in the Stringy Bark Festival, demonstrating vegetarian food options, so we hope to see you there.

Christine Smith

Knox Regional Netball Centre

Term 4 Net Set Go

Net Set GO for 5-9 year olds begins again in term 4 and registrations are now open. This is a great learning experience for children wanting to learn the game of netball through games and skills and drills. The sessions run on Thursday and Friday from 4.15pm – 5.00pm. For more information please contact the Knox Regional Netball Centre on the details below.

Ladies Daytime and Sunday Evening Mixed Competitions

The Knox Regional Netball Centre runs ladies day time netball competitions and Sunday evening mixed netball. The new season will begin in February, but now is the time to start putting your team together and contacting the centre



Term 4 Fitness Classes

With summer just around the corner, it's time to make a commitment to your health and wellbeing. Why not enrol in one of our Yoga or Stretch and Tone classes for term 4 and enjoy the benefits of our small classes and qualified instructors. Places in all fitness classes are limited to 12, so

for some forms and information.

Annual School Holiday Clinic

On September 22nd and 23rd September the Knox Regional Netball Centre ran its annual netball school holiday clinic for 8-13 year olds. Day 1 of the clinic was skills and drills with current Vixens and past Vixens players, a local umpire mentor and a session with Back in Motion physiotherapists. Day 2 was tournament play putting all the skills learnt on day 1 into action. Each participant had morning tea, drinks and lunch supplied each day. Everyone went home with a clinic polo top, a show bag, new skills and friends.

This clinic runs in September each year, if you would like to put on the lists to receive the information about next year's clinic please contact the centre and leave your email address.

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

call the centre on 9763 7400 to see what we can offer you.

2016 Three Year Old Pre Kinder Applications Now Open.

The Rowville Community Centre runs a Three Year Old Pre Kinder program from Monday to Friday during school terms, with only 10 children per group and higher children to staff ratios than other three year old groups.

The two hour sessions are by our teachers who are all fully qualified and the centre operates under the Department of Education and Early Childhood Education (DEECD) guidelines. We are currently taking 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.

Trish Massie



Stamford Park Mens Shed

Well spring is definitely here, trees and shrubs are showing new growth including the elms surrounding the Homestead.....and of course the grass. So the Sheddors have been busy putting the renovated tiller, mentioned in last month's issue, to good use turning over a patch of ground in preparation for planting. This certainly takes the effort out of digging but has meant tired shoulder muscles trying to hold the machine back, which shows our engineers and tinkers have done an excellent job of getting it back in working order.

Our new, and larger, veggie patch now has rows of peas, cauliflower and broccoli growing strongly with more to come over the next few weeks as other seedlings mature. Last years donated strawberry plants have flourished meaning we have surplus for sale (via Gumtree), and our worm farm is producing litres of liquid plant food (worm wee) to enhance any garden plants (also available thru Gumtree).

Even our newly planted donated grapevines have encouraged us with strong growth, not sure of the variety but our resident home brewer (Barry) is hoping to produce something drinkable in the future, and the 140 year old pear trees on the northern boundary will hopefully give us a crop that can be crushed and pressed to make another batch of perry.

As always we welcome visitors one the days we are open, please see the "What's On Locally" page for times and contacts.

Allan Billham 0418 677 898



Council Minutes August 25th Meeting

6.1 Report of Planning Applications Decided Under Delegation

Knox City Council Planning Applications Decided by Responsible Officer 1 July 2015 to 31 July 2015

Friberg 2014/7095 **1 Bexsarm Crescent Rowville** The construction of two double storey dwellings on the land 15/07/2015 Notice of Decision

Taylor 2015/6446 **LOT 3 Wellington Road Rowville** The installation of internally illuminated business identification signage 29/07/2015 Approved.

Taylor 2014/6904 **28 Farview Drive Rowville** Development of the land for two (2) double storey dwellings 31/07/2015 Notice of Decision.

Tirhatuan 2015/6033 **7 Lakeview Avenue Rowville** The construction of four (4) double storey dwellings to the rear of the existing dwelling 28/07/2015 Approved

Tirhatuan 2015/6185 **G01/1090 Wellington Road Rowville** Change of Use (Veterinary Clinic) 23/07/2015 Approved.

Tirhatuan 2015/6246 **22 Drummond Crescent Rowville** 2 Lot Subdivision (Approved Unit Development) 29/07/2015 Approved.

Tirhatuan 2015/6272 **52 Avalon Road Rowville** 2 Lot Subdivision (Approved Unit Development) 3/07/2015 Approved

Tirhatuan 2015/6294 **3 Denver Crescent Rowville** 4 Lot



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Council Minutes continued...

Subdivision (Approved Unit Development) 15/07/2015 Approved

8.1 2014/15 CAPITAL WORKS PROGRAM DELIVERY REPORT

This report informs Council of the delivery outcomes of the 2014/15 Capital Works Program, as well as progress towards strategic objectives of asset renewal, sustainability initiatives, Environmentally Sustainable Development (ESD) initiatives and Water Sensitive Urban Design (WSUD) achievements in 2014/15.

Introduction The Capital Works Program is essentially the biggest service Council delivers to the community. The outcomes derived from the Capital Works Program supports service delivery and continues to improve the health and wellbeing of the Knox community. To ensure this program is administered appropriately and that good governance and project management practices are observed, this report documents the outcomes of the 2014/15 Capital Works Program and Council's progress in actioning a number of associated policies.

2.2 Significant Capital Works Projects. New and upgraded projects and programs that were undertaken or commenced during the year included the following:

New Assets · Seebeck Reserve – Spectator Seating · Bergins Road.

New bicycle shared path – Kelletts Road

Park Ridge Reserve and Liberty Reserve Floodlighting · Stamford Park Redevelopment Structure Modifications · Energy and Greenhouse Program for Council Facilities

Energy efficient lighting and ongoing energy monitoring

Knox Memorial and Roll of Honour Lakesfield Reserve – Renovation of Playing Surface;

Orville Court Swale & Raingarden (Rowville) – First constructed in 2006 by a private developer, and now owned by Council, a combination water quality treatment swale and raingarden have been found to be in poor condition. The system captures runoff from the industrial estate and treats it prior to discharging into the high value Corhanwarrabul Creek system. In 2014/15 the swale renewal works required a cleanup of illegally dumped rubbish and weed removal at the site; prior to new native plants being installed. The effectiveness of the raingarden component was monitored during the year by a research team from the University of Melbourne. The researchers have found that the original design of the raingarden has led to the system not functioning effectively. The redesign and re-construction of the raingarden has been scheduled as a future renewal under the 5 year WSUD Renewals program.

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