



# ROWVILLE-LYSTERFIELD COMMUNITY NEWS

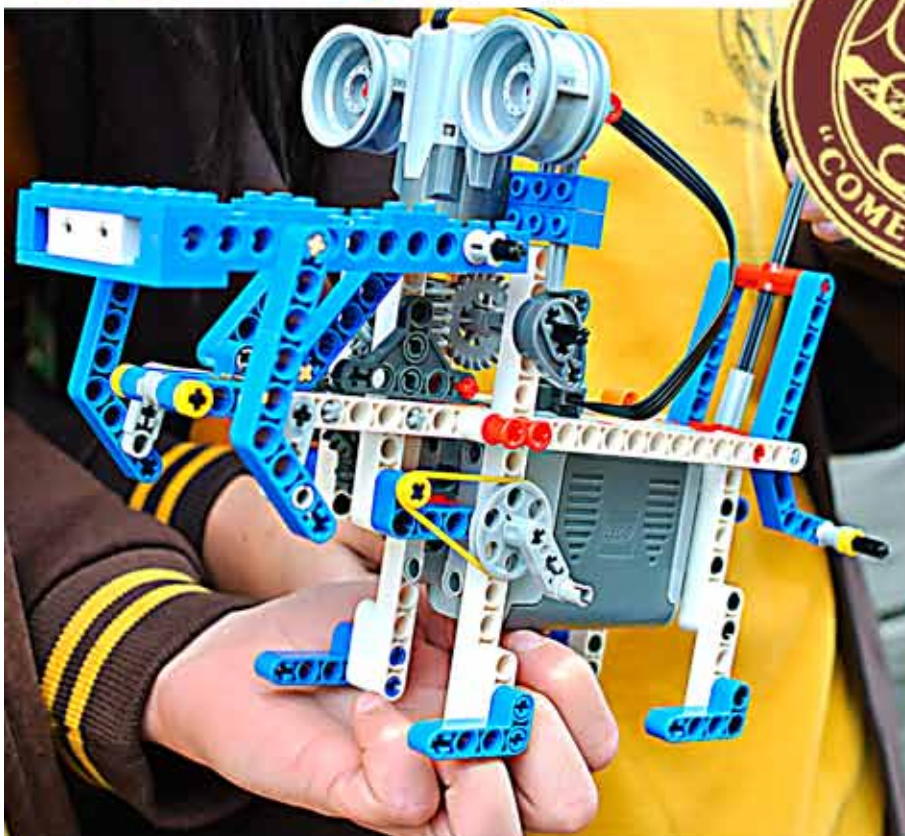
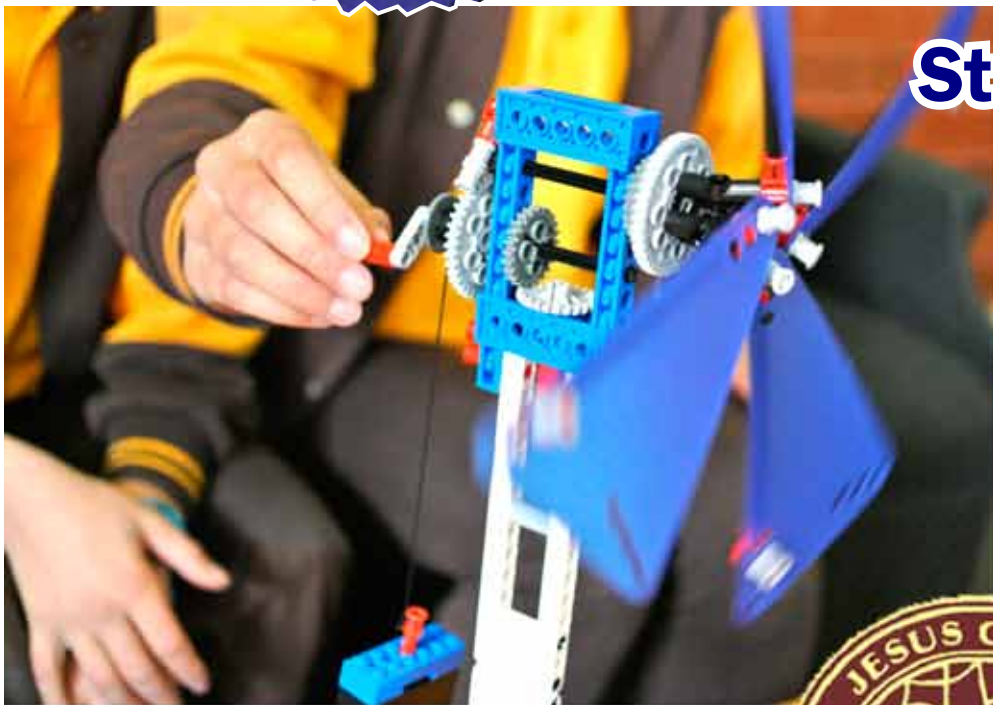
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LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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Issue No-375 November 2015  
ISSN 0819 0240

## St Simon's Primary School



Embracing design, innovation  
and technology  
The lunchtime Lego Club,  
creating engineering models  
from education kits, moving onto  
'Mindstorms', building robots and  
programming.



Applied Science Soccer Project  
for girls and boys  
Energy Systems; Bio Mechanics; Sports  
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## 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

November 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 (11-14years)** every Thursday 7.30-9.30pm

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

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

**Fruitful Vine Church** Services every Sunday 10am

**Girl Guides** Age groups 5-8 yrs, 8-11 yrs, 11-14 yrs, 14-18 yrs. Contact Jill Livingston, Eastern Region Manager on 0409 583 847 or Knox District Leader Christine Clifton on 0408 505 661

**Heany Park Scouts** Meets at: Makeham Road, Heany Park

**Joey Mob** (6-7 years old) - meet Thursday 5.45 - 6.45pm,

**Cub Pack** (8-10 years old) - meet Thursday 7 - 8.30pm,

**Scout Troop** (10-14 years old) meet Monday 6.30 - 8.30pm

**Venturer Unit** (14-17 years old) meet Friday 7.30 - 10.30pm

Contact Gavin Thomas on 0417 529 848

or email gl.heany-park@vicscouts.asn.au

**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

## From the Editor's Desk



Every time I turn to page 3 and see the list of events happening in the coming month, it never ceases to amaze as to how many and how varied they are. Take this month as an example. The Novel Writing Month may explain the release of the new book by Sandra Fitzgerald, reviewed in the Rowville Aspiring Writers article. Then there is 'Orangutan Caring Week' 8th to 14th, so you had better take care of yours and the 'Buy Nothing Day' (must tell my wife about that one) and the International Computer Security Day on 30th which ties in nicely with the 'Let's Talk Technology' article. However, the piece de resistance is on the 19th World Toilet Day!! The UN is involved and has a tag line 'We can't wait'. 2.5 billion people worldwide have no access to proper sanitation which is a clear manifestation of poverty. A worthy cause no doubt, but surely they could have used a more appropriate title.

Recent research reveals that Victoria is now the fastest growing State in Australia, the first time it has happened since 1888! (We were the fastest in 1942 but only the half year to June. We are getting a larger share of interstate migration, which peaked at 9,300 last year, the highest in 40 years. Nevertheless this makes up less than 10% of population growth with the majority coming through overseas migration, which at 56,000 hasn't dropped off.

As you will read under the heading 'At last a winning entry' that we finally after six years, won a category at the Community Newspaper Association of Victoria awards night. Is it conceded to say I had a feeling that our article by a person under 18 had to win? Well, thanks to the efforts of Jade Sheehan we are no longer without a winner's certificate.

We were saddened to learn of the passing of Mary Sturrock (nee Bickerton). The Bickerton family were pioneers of early Rowville development and were great supporters of the Rowville Cricket Club. There is a court bearing their name in the Stamford Estate. Our deepest condolences to Mary's family.

With the end of school exams nearing their end, schoolies week approaches. To you all, you are the future of our

**Ruby Gumnut Goddesses** (Red Hat Society) For all events contact Catherine 0418 102 064

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

**Rotary Club** Every Tuesday at Baton Rouge at 7pm

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

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

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

**St Simon's Parish** Services Saturday 6.00pm.

Sunday 8am, 9.30am and 11.00am. Tuesday 7.30pm, Wednesday to Friday 9.15pm. Cancer Group meets every 3rd Thursday at 7.30pm in the Meeting House

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

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

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

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

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

**Uniting Church** Services Sunday at 10am. Contact 9753 3495

**LINK** Thurs 10am. **Toddler Gym** Tues & Friday 9.30-10.30 & 11am - Noon (during School terms)

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

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



community so enjoy yourselves but be careful.

If you are passing through Knox Shopping Centre on November 4<sup>th</sup>, look in at the 'Community Space' near Coles and come and have a chat. All the Knox Community papers will be there from 10am.

Finally, a reminder that the 19<sup>th</sup> is Remembrance Day and there will be a ceremony at the Knox War Memorial in Dorset Road FTG.

David Gilbert

## Calendar of Events November 2015

### Asbestos Awareness Month -

[www.asbestosawareness.com.au/](http://www.asbestosawareness.com.au/)

### Movember -

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

### Lung Health Awareness Month

[www.lungfoundation.com.au/](http://www.lungfoundation.com.au/)

### World Vegan Month -

[www.worldveganmonth.net/](http://www.worldveganmonth.net/)

### National Novel Writing Month -

[nanowrimo.org/](http://nanowrimo.org/)

### Nude Food Day -

[www.nudefoodday.com.au/](http://www.nudefoodday.com.au/)

### 1 Nov.-International Drug Users Day

[www.nuaa.org.au/](http://www.nuaa.org.au/)

### 1 Nov.- World Vegan Day -

[www.wvd.org.au](http://www.wvd.org.au)

### 1-7 Nov. - National Others Week -

[nationalothersweek.com](http://nationalothersweek.com)

### 5 Nov. – International Volunteer Managers Day

[volunteermanagersday.org/](http://volunteermanagersday.org/)

### 8-14 Nov. – National Psychology Week

[www.psychology.org.au/NPW/](http://www.psychology.org.au/NPW/)

### 8-14 Nov.– Orangutan Caring Week

[www.worldorangutanevents.org/orangutan-caring-week.php](http://www.worldorangutanevents.org/orangutan-caring-week.php)

### 8-14 Nov. – National Adoption Awareness Week

[www.adoptchange.org.au](http://www.adoptchange.org.au)

### 8-14 Nov. – Spinal Injury Awareness Week

[www.rebuildinglives.com.au/](http://www.rebuildinglives.com.au/)

### 8-15 Nov. – Australian Food Safety Week

[www.foodsafety.asn.au/](http://www.foodsafety.asn.au/)

### 9-15 Nov. – National Recycling Week

[recyclingweek.planetark.org/about/](http://recyclingweek.planetark.org/about/)

### 9-31 Nov. – Dinesmart

[www.streetsmartaustralia.org/dinesmart](http://www.streetsmartaustralia.org/dinesmart)

10 Nov. - **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

### 10 Nov. -World Science Day for Peace & Development

[www.un.org/en/events/scienceday/](http://www.un.org/en/events/scienceday/)

### 10-16 Nov.–Intl Week of Science and Peace

[www.un.org/en/events/scienceday/week.shtml](http://www.un.org/en/events/scienceday/week.shtml)

### 11 Nov. – REMEMBRANCE DAY

[www.awm.gov.au/commemoration/remembrance/](http://www.awm.gov.au/commemoration/remembrance/)

11-15 Nov. - **Diwali** –Festival of lights celebrated by Hindu, Jain and Sikh religions

### 12 Nov. -World Pneumonia Day-

[www.who.int/mediacentre/events/annual/world\\_pneumonia\\_day/en/](http://www.who.int/mediacentre/events/annual/world_pneumonia_day/en/)

13 Nov. **Thank U NICU Day** - [www.miraclebabies.org.au/health-professionals/events/thank-u-nicu-day/](http://www.miraclebabies.org.au/health-professionals/events/thank-u-nicu-day/)

### 13 Nov. - World Kindness Day

[www.kindness.com.au/world-kindness-day.html](http://www.kindness.com.au/world-kindness-day.html)

### 13 Nov. - Walk to Work Day

[www.walk.com.au/wwt/how-to-participate.asp](http://www.walk.com.au/wwt/how-to-participate.asp)

### 14 Nov. - World Diabetes Day

[www.idf.org/worlddiabetesday](http://www.idf.org/worlddiabetesday)

### 14-15 Nov. - Accessibility Weekend

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

### 14-22 Nov. - Schoolies Week

[www.schooliesvolunteer.com.au/](http://www.schooliesvolunteer.com.au/)

15 Nov. -**World Day of Remembrance for Road Traffic Victims** - [www.worlddayofremembrance.org/](http://www.worlddayofremembrance.org/)

15 Nov. - **World Chronic Obstructive Pulmonary Disease Day** - [www.goldcopd.org/wcd-home.html](http://www.goldcopd.org/wcd-home.html)

15 Nov. - **Eureka Climb 2015** - [www.eurekaclimb.com.au](http://www.eurekaclimb.com.au)

15-21 Nov. - **Perinatal Depression and Anxiety Awareness Week** - [www.panda.org.au/panda-events/postnatal-depression-week](http://www.panda.org.au/panda-events/postnatal-depression-week)

16 Nov. - **International Day for Tolerance** - [www.un.org/en/events/toleranceday/](http://www.un.org/en/events/toleranceday/)

### 17 Nov. - World Prematurity Day

<https://www.facebook.com/WorldPrematurityDay>

18 Nov. - **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

### 18 Nov. – Wow Day

S.E.S. [www.wearorangewednesday.com.au/](http://www.wearorangewednesday.com.au/)

### 19 Nov.- World Toilet Day -

[worldtoiletday.org/](http://worldtoiletday.org/)

### 20 Nov. - Go Home On Time Day

<https://www.facebook.com/gohomeontimeday>

### 20 Nov. - World Philosophy Day

[www.un.org/en/events/philosophyday/](http://www.un.org/en/events/philosophyday/)

### 20 Nov. – Universal Children's Day

[www.un.org/en/events/childrenday/](http://www.un.org/en/events/childrenday/)

20 Nov.–**World COPD Day** (Chronic Obstructive Lung Disease) [www.goldcopd.org/wcd-home.html](http://www.goldcopd.org/wcd-home.html)

### 20 Nov. – Human Walking Program

[dogshome.com/hwp-2/](http://dogshome.com/hwp-2/)

### 21 Nov. – World Television Day

[www.un.org/en/events/televisionday/](http://www.un.org/en/events/televisionday/)

### 21-29 Nov.- Social Inclusion Week

[socialinclusionweek@gmail.com](mailto:socialinclusionweek@gmail.com)

### 24 Nov. Ordinary Council Meeting

Knox Civic Centre 7.00pm

25 Nov. – **International Day for the Elimination of Violence against Women**

[www.un.org/en/events/endviolenceday/](http://www.un.org/en/events/endviolenceday/)

25 Nov.- **Orange Day** –[www.unwomen.org/en/what-we-do/ending-violence-against-women/take-action](http://www.unwomen.org/en/what-we-do/ending-violence-against-women/take-action)

25 Nov. - **White Ribbon Day** - [www.whiteribbon.org.au/](http://www.whiteribbon.org.au/)

25 Nov.-10 Dec.- **16 days of activism against gender violence** - [saynotoviolence.org/](http://saynotoviolence.org/)

## - Deadline - December 2015

EDITORIAL & ADVERTISEMENTS  
**Wednesday 11th November**

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

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RLCNadvertising@gmail.com**

### DISTRIBUTION

**Saturday, 28 November 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](mailto: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 speaker will be our President Rob James who will give a small presentation on his recent visit to Bruny Island where he and his wife looked after the Quarantine Station for a month.

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 David: 9764 4703.

27 Nov. - **World Day Against Foie Gras**

[www.foiegrasfarms.org/](http://www.foiegrasfarms.org/)

29 Nov. - **Buy Nothing Day**

<https://www.adbusters.org/campaigns/bnd>

29 Nov. **International Day of Solidarity with the Palestinian People** - [www.un.org/en/events/palestiniaday/index.shtml](http://www.un.org/en/events/palestiniaday/index.shtml)

30 Nov. **International Computer Security Day**

**ROWVILLE PICTURE FRAMING**

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**9763 0069**

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[www.rowvilleframing.com.au](http://www.rowvilleframing.com.au)





The Charity Business Breakfast held on Friday 9th October was a great success with just on 90 guests turning up to hear the special speaker, Andrew Rule the well known crime reporter for the Herald-Sun newspaper, as well as a prolific author on the subject of crime and the underworld. Andrew has also co-written several books with John Silvester, the renowned crime reporter for The Age newspaper. Titles include the 'Underbelly' series, part of which was dramatized into a TV series last year. Andrew delivered a very entertaining address followed by a lively question and answer session. Part of the proceeds were donated to a forthcoming Rotary initiative dealing with domestic violence, which is planned for early 2016.

"Men Against Domestic Violence" will be the theme for our Club project and the objective is to highlight to males between the ages of 25 and 45, that domestic violence is not acceptable in today's society and that perpetrators should seek medical assistance. The program is planned to involve the other Rotary Clubs in Knox and involves visits to sporting clubs in Knox to give a short 10 minute address to players and supporters. It is planned to roll out the program through the FTG & District Cricket Association, then if this trial is successful the Eastern Football League and Knox Basketball Association would be the next targeted sports. Our Club has recently received a funds grant from Knox



*Speaker Andrew Rule Addressing The Audience*

City Council to assist with the costs to implement the overall program.

Over the past 3 years, we have supported an organisation called SHEBA (Social Help Endeavour for Bangladesh) that has established a Basic Health Unit in the village of Shomaj, Bangladesh. The unit comprises a GP, a Medical

Assistant and two Health Workers. The team provides preventive screening and health promotion and recently, pharmacy and pathology facilities were added. At our recent annual dinner many Club members were joined by members of the Bangladesh community from all over Melbourne. Plans are in place to make the operation more self-funded, by developing local income generating programs such as fish farming. The ultimate goal is to establish a small hospital facility and we are investigating sources of donated hospital equipment such as beds, mattresses, tables etc. from hospitals that are re-equipping wards etc. Rotary Australia World Community Service (RAWCS) operates a large warehouse at West Footscray where a vast range of superseded equipment is stored for redistribution to programs such as SHEBA.

Plans are now drawn up for a toilet facility and a solar power unit to enable the use of computers during the day, for the Primary School on Kiriwina Island PNG. We are also looking at supplying hospital beds/mattresses for the hospital and TB Ward. The Club was thrilled and very grateful to receive a substantial monetary donation from the Gearon family (owners of Wellington Village Shopping Centre), along with other funds contributed during the Business Breakfast. There is still a long way to go but we are very encouraged by the generous support that we have received to date.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. We usually finish around 8.30pm so it is not a late night. If you are community minded and would like to give something back, meet some likeminded people and have some fun and fellowship, then you are invited to come along to any meeting to find out what Rotary is all about. Come as a guest the first time. Interested? Then call either Murray Wilson on 0402 088 999 or Jeff Somers on 0413 150 587. Log on to our website [www.rowvill Rotary.com.au](http://www.rowvill Rotary.com.au) and follow us on Facebook and/or Twitter.

*Rotarian James Wilson*



## Lions Club of Rowville

### Happy 30<sup>th</sup> Birthday Stringybark Festival

Rowville Lions Club members are pleased and proud to have been associated with and participated in the Stringybark Festival for over 20 years.

Each year our members have put their hands in the hot water and washed all the plates, bowls, cups and cutlery that are used by the public and the food vendors.

The washing up process requires at least 6-8 members and as fast as we get the dishes washed, dried and returned to the various food vendors, the next pile of dirty dishes is already stacked and waiting. Having our own trailer there means we have a constant supply of very hot water for the dish-washing.

Scouring the whole of the Festival area looking for the dirty dishes, gives each of us a chance to glimpse the many and varied displays that Stringybark attracts.

Sunshine and warm weather always encourages a good attendance at the festival. For the Lions, it means that the tea-towels will dry quickly...we never seem to have



*Rowville Lions at Stringybark*

enough but more importantly our Snow Cone stand will be very popular. Who can resist a flavoured crushed ice drink on a sunny day at the Festival?

For all details and further information, contact Gordon on 0412 624 202 or Julia on 0414 608 824

*Julia Young*



## Rowville Unit

Thank you to all who donated blood in September and as always your donation is very much appreciated. The next opportunity is 7th -11th December at St Mary's Hall in Dandenong.

We are once again helping to man the Lion's Club Mt Waverley Op-Shop in Wadham Pde from 9th to 13th November. Part of the takings will go to Red Cross, so if you are after a bargain just before Christmas, please come and support us.

Four years on, and the conflict in Syria shows no signs of ending. More than 16 million Syrians need help urgently. Many are seeking shelter from the fighting, while others have become refugees in neighbouring countries. The International Committee of the Red Cross has been able to cross frontlines and deliver humanitarian aid to areas like Aleppo, Homs and rural Damascus, as well as assisting the millions of Syrians who have fled to neighbouring Lebanon, Jordan, Turkey and Iraq.

Fifty years ago today, the International Red Cross Red Crescent Movement adopted seven principles that have shaped humanitarian action ever since. Our Fundamental Principles, adopted at the International Conference of the Red Cross in 1965, have helped define the neutral and impartial nature of humanitarian work, informed international humanitarian law and inspired millions around the world.

If you can help in any way please contact the Red Cross. For any further information about the Rowville Unit, please ring Joan on 9764 4611.

*Elly Baré*



# CNAV Awards At Last... A Winning Entry

The RLCN has been an active member of the Community Newspaper Association of Victoria (CNAV) for 10 years and has been entering the various categories in their annual awards for the last six years.

This year we entered 7 of the 9 categories and felt that our selections were capable of taking home a first prize, a feat we had never achieved before, although we did have a 'finalist' award in 2013. There are 72 members of the CNAV so winning is not easy, but at the awards dinner following this year's conference we finally did it. Well.. actually, a Rowville Secondary College student, Jade Sheehan, won the "Best Article By A Person Under 18" category for us. Jade wrote three articles covering her selection to go to Gallipoli for Anzac Day, her time in Gallipoli and her memories of her time in Gallipoli. The judges were full of praise for her description of events and her ability to engage the reader.

We were also given a 'Highly Regarded Commendation' for the paper as a whole so now we must try to build on the success next year. Our grateful thanks to you Jade and we wish you all the very best as you move on to tertiary education at Latrobe University.

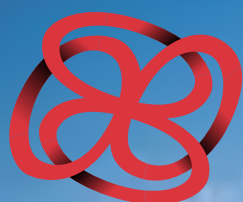
David Gilbert

## Wacky Wisdom

*I don't trip over things,  
I do random gravity checks.*



*President Rob James Presenting The Winners Certificate To Jade*



# wellness on wellington

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**Public Holiday:** Please note that all Eastern Regional Library branches, including Rowville, will be closed for the public holiday for Cup Day on **Tuesday 3<sup>rd</sup> November 2015**. The after-hours chute will be open to accept returns.

**Immerse:** From the 14 November – 14 December, over 30 artists will be displaying their work in 30 locations throughout Knox. **Rowville Library** has been selected as a venue and will be showcasing the work of Lee McGill (foyer) – glass artist, exhibition called *In the Balance*, Rachel Phillips (main library)-photographer, exhibition called *Wireless Dreams*, and Ian Johnston (rear room)-watercolourist, cartoonist, poet, exhibition called *Boisterous Beasties*

**Technology Q & A:** Our tech expert, Micah, will be available to assist you with any questions related to technology, 12 November 6.30pm. This forum style of interaction gives you the opportunity to hear the answers to questions asked by other people as well as the specific response to your own questions. Please book for this free event. Phone 9800 6443

**Hearing checks:** Australian Hearing will conduct free hearing tests at Rowville Library between 2pm and 3.30pm on Monday 9th November. Free event. Bookings are essential for a 15 minute appointment during these times, 9800 6443.

**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 coming up one Sunday soon. From mid-November please ask staff for details then come along to listen, enjoy and encourage this group in their endeavours.

**eBooks and eAudiobooks:** We now have Borrow Box (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 98006443

**Investigating your family history:** on **Wednesday 11<sup>th</sup> November, Remembrance Day**, from 1-4 pm book a Family History session with Charles who



**ABOVE:** Rachel Phillips – *Wireless Dreams*; **LEFT:** Lee McGill – *Glass Wren*

can assist with a range of research options based on years of experience. Charles can help you to investigate your WW1 digger ancestors! Free! Phone: 98006443

**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.

**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 staff member is available from 10am to assist people to use the computers (ours or yours!). Staff are able to help with Internet, iPads, tablets, Email, Facebook, Office and now **mobile phone** usage, everyone is welcome. The sessions are free. Do you need help to set margins, attachments for emails, access online services, etc? This is for you! Includes help with eBooks and eMagazines.

**Rowville Writers' group:** Next workshop will be Tuesday 1<sup>st</sup> December (due to the public holiday for Cup Day on the first Tuesday in November) and meeting Tuesday 24<sup>th</sup> November, 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



## You Are Dead by Peter James.

This is the latest and best Peter James book, about the crime solving abilities of Detective Superintendent Roy Grace.

Set in the seaside city of Brighton, England, this fast-paced novel begins with the abduction of a female in her early twenties. The same afternoon, the body of a similar young woman is found by Council workers while removing paving which had been laid over twenty years earlier.

Initially the cases are investigated separately, but when another young woman, a police constable, is abducted, the clues are pieced together to connect the past with the present. DS Grace leads the investigation with the assistance of Sergeant Potting, and together they

re-construct the cases and their connection to crimes committed over twenty years before. They form the view that this could be the area's first serial killer.

The slightly gruesome perpetrator has some very unusual traits!

The book rises to a climactic ending with an unexpected final twist, which is typical of Peter James.

This book will be enjoyed by fans of British crime writing. It draws you in immediately, and is very hard to put down. It is organised into 111 short chapters, which makes it very easy to read. Even so, it is a book which flows and allows you to piece the various storylines together.

All in all an excellent read.

*Fred Thompson, Reader, Rowville Library.*

library for free? Charles is available to assist you with any Family History question.

## Home Library Services:

for free book deliveries please ask for 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, 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 will be held on **November 6th**.

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

Details about the library service are available from our website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au), and you can even join on-line.

Rose Thompson, Manager – Rowville Community Library  
9800 6443

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# 1<sup>st</sup> Rowville Scouts

## Scouting Adventures in Term 3

Wow! What an action-packed term! In August we had our annual reports and presentation night, celebrating the achievements of the 2014-2015 year. Youth achievements recognised included the Joey Promise Challenge Award (*Olly Badham, Andrew Chang, Jack Considine, Mikaela Giulieri, Nathan Hogeboom, Hayley Moylan, Maia Rashleigh and Monique Stephenson*), Grey Wolf Awards (*Emily Ghost, Aron Henry and Charlotte Verplak*), Australian Scout Medallion Awards (*Elise Gordon and Edmund Verplak*), Adventurer Cords (*Elise Gordon and Edmund Verplak*) and Queen Scout Award (*Jade Sheehan*).

Here's a run-down of what each of our sections got up to:  
**Joeys** - 8 Joeys attended a Paddington-themed sleepover, enjoying the Paddington movie and making a Paddington bear bag for their popcorn. The Creepy Crawlies District Sleepover was held with 65 Joeys from across the district and included creepy crawlies cake and making slime gardens and bugs. This sleepover was in preparation for the big State event next year, Kangaroo.

**Cubs** - 22 of our Cubs attended the annual Knox district

badge day, earning a total of 72 badges by rotating through various activities throughout the day. Well done Cubs! Another highlight was a night focussing on forensic investigators which included a special guest speaker from the police force.

**Scouts** - Our Scouts worked hard to build and decorate two billy carts which were then raced in a Billy Cart Derby held at Wonga Park. The following day they competed against hundreds of scouts from across Victoria in the Cohen Shield event, winning a Bronze and three Silvers, through their efforts in construction, cooking, first aid, navigation and camp craft.

**Venturers** - A night hike was held at the 1000 steps Kokoda Memorial Walk in the Dandenong Ranges National Park, with everyone walking fast to keep warm during the cold and windy night. The views were beautiful and the Venturers enjoyed exploring various tracks and spotting nocturnal wildlife.

By *Bethany Henry*.

For information on joining the 1<sup>st</sup> Rowville Scout Group, please contact :Sue – Memberships – Support Committee – 0407 528 351 or Andrew Breeden-Walton – Group Leader – 0419 879 164

*Bethany Henry*



*Racing A Billy Cart At Wonga Park*

## Ferntree Gully Girl Guides

Ferntree Gully Girl Guides have vacancies for girls aged 5-18 years.

Guides Victoria offers an exciting program of fun, friendship and adventure in a safe and supportive environment. There are also terrific opportunities for

women of all ages to make new friends, receive free leadership training, increase their leadership skills and try out different activities.

### There five levels of Guiding;

Gumnut Guides	aged 5-7yrs
Junior Guides	aged 7-11yrs
Guides	aged 10-14yrs
Guides	aged 14-18yrs
Olaves	aged 18-29yrs

**Leaders.** We are always seeking females over 18 years as Leaders and there are various levels of leadership and commitment available.

**Supports Group.** These male and female supporters involve themselves in fund raising and hall maintenance as their principal roles. All are welcome.

If you would like to help or have daughters who want to join please contact Christine Clifton on 0408 505 661 or [knox@guidesvic.org.au](mailto:knox@guidesvic.org.au) for more information

*Jane Meehan*

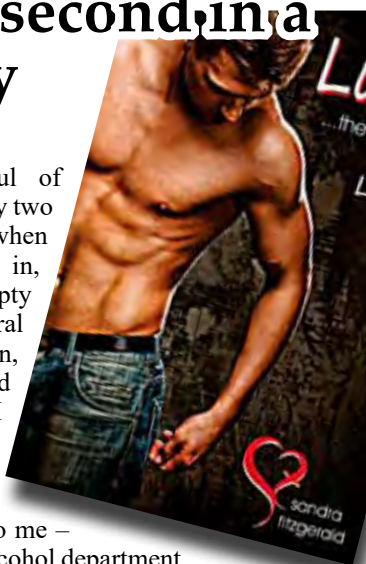
## Luke ...the second in a LOVE story

By *Sandra Fitzgerald*

I'm balancing an armful of drinks and attempting to carry two large bowls of chips outside when Maggie comes stumbling in, giggling. She throws an empty Canadian Club in the general direction of the rubbish bin, covering her mouth and mumbling something that I think is supposed to be an apology when it lands in the sink.

Smiling, she sways over to me – clearly a lightweight in the alcohol department – and dives a hand into one of the bowls I'm trying not to drop. She clips the edge and knocks both the bowls off balance, sending the salt and vinegars flying, scattering them over the bench and the floor. Some even land on top of the fridge. Maggie's bug-eyed expression is priceless and no matter how hard I try, I can't hold back my laughter.

Mortified, she drops to her knees, crushing anything within



reach, and starts scooping handfuls back into the bowls. Handfuls of chips, rubbish, pretty much anything within her reach.

Pinching back my grin, I kneel beside her and help, watching the strain on her mouth as she tries to hold back her reaction. Knocking my shoulder into her side breaks the seal and has us both cracking up. Maggie's laughing so hard she curls up and lies down on her side, clutching onto her stomach.

"Stop making me laugh." She's pretending to be angry with me, but she sucks at the angry, so I don't get offended. "You're killing me."

"What? You did this?"

"But you don't have to make it so damn funny." Maggie gasps for breath, pushing her bare feet into my side. Oh, she wants funny, huh? I happen to be an expert on funny.

### Review by Nicole (Goodreads)

Sometimes, less is more.

There is a lot I could tell you about Sandra Fitzgerald's

newest book, Luke ...the second in a LOVE story, but I've decided that some things just need to be discovered for yourself. I will tell you that Luke...the second in a LOVE story has all of the things that make for a great love story. Angst, heartbreak, joy, hilarity and heat are seen throughout the story. There is a smart and funny female character that keeps our hero on his toes. There is a smart, sweet and sexy male character that makes our heroine feel like she is the most important person in the world. There are moments of snort-giggling laughter; moments where the butterflies are fluttering; and moments where the heat is scorching. There is also a cliff-hanger of "never saw it coming" proportions that will leave you bereft and wanting to know when book 3 will be released!!!

I thoroughly enjoyed reading Luke's story. Luke is a quick read that grabs you from the beginning and drops you hard at the end.

I need to tell you that Luke is just one part of the story. The first book in the series, Maggie...the first in a LOVE story, is the other half, and it's her story that is told here. From what I can tell, it's a tragic one. I'll just add it to my TBR list!!

**Editor's Note:-** Sandra Fitzgerald is a member of the 'Rowville Aspiring Writers' Group and she has just released this, her second book.

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## Southern Voices Annual Concert 2015

The Southern Voices choristers opened their annual concert entitled 'Music, Now and Then' at the Rowville Performing Arts Centre at Rowville Secondary College on Saturday the 17<sup>th</sup> of October.

### *The Concert Choir In Full Voice*

The concert took its audience on a musical journey through time, beginning with one of the most ancient of songs "Sumer Is Icumen In", contrasted by several songs of later musical periods. The first half of the performance included a medley from the Muppet Movies, with sock puppets manipulated by the junior choristers being in fine voice.

## Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



Two highlights in this first half of the program were an excellent guitar solo by the gifted Daniel Johnson and the crystal voice of Monica Innes singing Kasey Chambers' classic "Am I Not Pretty Enough?"

It is quite an experience to hear the skilled musicianship of the many choristers, from the youngest group of Training Choirs to the precise, disciplined harmonies of the Chorale group. The sense of achievement in group participation is evident in all the work of the Southern Voices, and the quality of the singing demonstrates the choristers' joy in their involvement.

The second half of the concert opened with two songs from Mascagni's "Cavalleria Rusticana" in which the choir was led superbly by three beautiful voices from CitiOpera, a splendid offering to the large audience. A moving rendition of Les Miserables' "On My Own" was given by Chelsea Homan, the concert concluding with a tribute to the Anzacs with a singalong of "It's a Long Way to Tipperary" and "Pack Up your troubles in your old kitbag" by the choir groups comprising Southern Voices and its enthusiastic audience.

Currently recruiting for its training choir, Southern Voices invites children from ages 7 - 12 years to book in a free introductory rehearsal. To book in your child, please call 0497 008 266 or email [info@southernvoices.com.au](mailto:info@southernvoices.com.au)

Ron Pickett

## Piazza D'Oro Espresso 'Local Love' Campaign

Piazza D'Oro Espresso announced that Lysterfield Primary School was one of the five winners of their inaugural 'Local Love' campaign.

Nominated by Tracy Vegh, Lysterfield Primary School will use the \$10,000 to purchase and install a desperately needed security system to stop the constant vandalism that the school is encountering at the moment. During school holidays earlier this year, the years 5 and 6 classrooms were damaged so badly that they have since not been able to use the rooms.

With the aim to create opportunities and provide national community support in line with its brand belief that all of Australia deserves 'Local Love', the initiative celebrates community values including family, neighbourhood and one another.

Tracy, a Lysterfield resident for over 17 years, has two children, Nathan and Ryan at Lysterfield Primary School, so has firsthand experience of the damage sustained by vandals. She entered the



Piazza D'Oro competition on-line and had no hesitation in nominating LPS as her preferred recipients of the award.

Tracy, along with Tracy Wright, Acting Assistant Principal from the school, the school captains and her two boys was present at the Choco Bean Coffee Shop in Rowville Lakes Shopping Centre to receive the cheque. Owners Hilary and Ron Gendall, who have recently enlarged their coffee shop and improved patronage by 45%, were delighted to host the presentation in the company of David and Chris from Piazza D'Oro representatives.

David Gilbert

(L) Tracy Vegh accepting the cheque with school representatives - the Choco Bean owners (above)



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**Thursday 5 November, 9am:**  
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# Paul's Photography Patter

Thinking of upgrading your camera or considering a camera as a gift for Christmas or birthday etc and thinking of purchasing a digital SLR?

Digital SLRs are relatively bulky and/or heavier than compacts. Carrying them around can be a tiresome exercise, especially if you've also got a bunch of lenses.

Do you really need all those features? DSLRs traditionally have lots of programmable bits that were originally aimed at professional photographers who need to move quickly from one mode to another. Do you often switch from sports mode (e.g. long lens, high shutter speed, burst mode) to portrait mode (e.g. medium lens, aperture priority, single shot mode) in an instant? Maybe all you need is a fixed lens compact camera with plenty of zoom range. Increasingly compact cameras have a range of "modes" you can simply switch to. These cameras are also generally cheaper.

Today's compact cameras, iPads and phones can produce very good image quality from remarkably small sensors. Think carefully about how you view your images. If you rarely print images on paper larger than an A4 page, you don't need more than 8 megapixels and most compact cameras and even phones and iPads are increasingly in excess of this. Viewing photos on a TV screen is no problem as even HD screens are low resolution.

If you're worried about not looking like a "real" photographer because your gear isn't impressive, remember even some famous photographers sometimes use a small compact camera for convenience in some circumstances.

Size, or equipment isn't necessarily an indicator of performance when you're just trying to capture some great



*A pleasant photo taken with my compact camera rather than my complicated, heavy DSLR camera.*

images!

**HINT:** Think about what you want to do with your photos before deciding on the style of camera, phone or iPad you will purchase.

*Happy snapping, Paul Lucas.*

## Cake Decorators Association of Victoria Rowville Branch



The year is drawing to a close so thoughts go to our Christmas breakup on **Sunday 29<sup>th</sup> November 2015**. We would really enjoy seeing you there. Please bring a shared lunch. We are collecting our usual Christmas cake donations, toys and non-perishable foods, for the Knox Community Christmas Support group "Sharing the Joy" Appeal. Your help is much appreciated.

Our next workshop is not until **Sunday February 14<sup>th</sup> 2016**, so if it is not too early we wish everyone a merry Christmas and a happy new year.

Details of our normal workshops can be found in "What's On Locally" on page 2. For all

**bookings & enquiries** phone Jean on 9763 1702 or Velma on 5998 4067

*Velma Brown, Branch Secretary*

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# Rowville Fire Brigade



On the 26<sup>th</sup> of September RFB held their Annual Awards Dinner, where we acknowledge members' contribution to the brigade and community. The following members received these awards:

Assist. Group Officer Ian Atherton received his 25 year CFA Service Award

**FF Rob Tarquinio** received the inaugural Roy D'Andrea Esprit De Corp award for upholding Brigades core values

**FF Isaac Curkpatrick** received Firefighter of the Year Award

**JLT Wes Hill** received Junior Firefighter of the Year Award

Isaac Curkpatrick joined the CFA in early 2014 becoming a Firefighter. He was elected the training manager in 2015, facilitating the Brigade's training and skills maintenance courses for all members.

Personal interests include:

- Studying at Melbourne University "Doctor of Optometry"
- Photography
- Fitness
- Mountain bike riding
- Rock climbing
- Gymnastics

Junior Lieutenant Wes Hill joined the CFA in 2011. "I had no idea there was a junior fire brigade, until I saw a story in the newspaper about it. I investigated and joined the Junior Brigade, the best thing I've ever done in my life. I have made new friends and learnt running competition skills. I now compete in State wide competitions throughout the year. I was elected to the role of Junior Lt last year. This opportunity has given me the place to develop my leadership skills, confidence, and mentoring strategies in a supportive environment. Shortly I am moving to the senior volunteer ranks, hoping to one day become a career firefighter. Firefighting is my number one interest. However I love the outdoors, enjoying hiking and camping whenever I get the chance. I also like photography incorporating photo/video editing.

Congratulations to all recipients and members of the Rowville Fire Brigade, on a job well done throughout 2015.

*Are You Bushfire Ready? It is going to be a long, dry summer.*

**The number of calls attended since 1<sup>st</sup> July 2015 is: 118**

*Paula Robinson*



*Rowville Juniors training at Bangholme (Photo - CFA)*

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

[www.theworldgroovemovement.com](http://www.theworldgroovemovement.com) or  
[www.facebook.com/rebeccakatejones](https://www.facebook.com/rebeccakatejones)



**Brings to Rowville  
Four, Brand New Exercise Classes**

**ABT Blast** is a low impact, fun class that will suit all ages and levels of fitness. This unique class will help you strengthen and firm up your Abs, butt and thighs

**Tues 6.30pm**

**FAT BURNER** is a low impact class that will suit all ages and levels of fitness. This class uses hand weights to help you get lean and burn body fat!

**Thurs 6.30pm**

**MINDFUL MOTION** is a beautiful, gentle class that will allow you to unwind and relax with a combination of stretching, yoga style moves, as well as relaxation techniques all designed to allow you to let go of stress and feel calm.

**Tues & Thurs 7.30pm**-Please bring a mat

Classes held at RAFT Anglican Church Hall, 131 Taylors Lane, Rowville. Classes \$15.00

First class FREE Enquiries: Linda on 0417 370 489





## Father and son immersed in art

Some boys and their fathers play sport together. Knox residents, Warren Brohier and his 13 year old son Ryley, prefer a different activity: art.

"Ryley was drawing from a young age, though sadly neglecting his school work", says Warren. Instead of worrying about Ryley's lack of concentration when doing his homework, Warren decided to encourage his son with his drawing and found himself becoming interested too. He started dabbling in pastel pieces and painting at art classes which he now attends with Ryley. "It's a way for us to spend time together even if we are simply sitting side by side in silence," say Warren.

In an exciting development for the artistic duo, both are set to be showcased in a short video in the Westfield Knox Community Space this November, as part of the Immerse Exhibition program. The Immerse Exhibition program has

been developed by Knox City Council, where over 30 artists will display their work in 30 public spaces throughout Knox from the 14 November – 14 December. The program aims to share the creativity of artists in Knox and surrounds, with the local community. Venues include everyday places such as the Ferntree Gully Community Centre and Library, Roller



*An Example Of Ryley Brohier Artwork*

City in Bayswater, even the State Basketball Centre in Wantirna South.

For a full list of venues and a map of the art tour across Knox, please visit [knox.vic.gov.au/Immerse](http://knox.vic.gov.au/Immerse)

## Knoxfield Ladies Probus Club

The beautiful Coombe Yarra Valley Estate in Coldstream, former home of Dame Nellie Melba, was the setting for a memorable outing this month for the Knoxfield Ladies Probus Club. We were escorted around the historic house, the gorgeous garden brimming with colour, the vegetable and herb garden, the swimming pool and recent renovations, by the knowledgeable guides, passionate about the family and estate. They were also proud of the place Dame Nellie Melba holds in Australia's history. After a delicious morning tea of scones, jam & cream, we were free to wander around



## WALKING THE NEWS NOVEMBER 2015 Distribution Report

**WELCOME to new distributor, Shirley Lim**

**THANK YOU** to retiring distributors - The Moyle family (8 years) & Allan Billham (5 years) and to distributors – David & Lyn & Stephen who are now the ACP and Captain of Area 8.

### 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
- \*Clausen Dve (both sides - from Drain to Trisha Dve), Magdalena Pl, Leah Ct, Jonathon Pl – 93 papers
- Please contact – *Shirley Oudshoorn* – 9764 4672
- \*Everglades Crt, Goulburn Dve (Nth side) odd #'s 3 to 17 – 22 papers
- \*Pitfield Cr to Woodside + 2 houses, D'Andrea Crt, Hodges Cl, Lade Court – 84 papers
- Please contact – *Peter Rumble* – 9752 7592

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

**1 x Captain** – 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.

Please contact – *Peter Rumble* – 9752 7592

*Peter Rumble - 9752 7592 - Distribution Co-ordinator*

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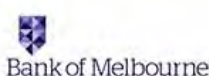
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**It's Smart to Ask  
for a Second Opinion**



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the gallery of photographs, paintings and memorabilia with a background of Dame Nellie's famous voice. Wine tastings and purchases at the gift shop all added to what was an enjoyable morning's discovery of what lies behind the hedge.

The Knoxfield Ladies meet every fourth Monday at Waverley Golf Club at 9.30 am. For further details, phone Bev on 9753 3224 or Jan on 9774 8408

Bev Bishop, Secretary



Members In The Grounds Of Coombe Estate

## 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, Rowville and Lysterfield.

**Scammers don't discriminate. Stay informed. Be scam savvy.**

This month we are promoting the Scam Awareness Campaign by **Consumer Affairs Victoria** and **Good Shepherd Australia New Zealand**. The information below was provided by Consumer Affairs Victoria during the campaign launch during Mental Health Week in October. The campaign will run until March 2016. The 'Scammers don't discriminate' campaign aims to raise awareness of:

- how anyone can fall for a scam;
- how to identify and avoid scams;
- the importance of reporting scams to warn others about their tactics; and
- the mental health support services available to assist anyone who may be experiencing anxiety or



## Life Activities Club Knox

Hopefully our "senior" population enjoyed the many activities organised for Senior's Week October. We were spoiled with options for the whole month and offer our wholehearted appreciation to our Knox Council.

Our editor decided it was time to pay a visit to the "500" card group, and what a surprise to see so many of our members enjoying this card game. Not only do they play "500" every week, but they enjoy getting together socially too.

Anticipation is building as we prepare for our November "Getaway". We'll have members in cabins, some in caravans and I wonder if there will be any in tents? That's not for me though, having been there and done that. You can find us in Seymour, walking, shopping, barbecuing, talking and exploring. We are there for 3 days, so we should get to know the area quite well. But whatever, these times away are always fun, interesting, restful, and full of new experiences.

We would like to send you a newsletter explaining our many activities.

It only takes a phone call or you can contact us on the net at [www.life.org.au/knox](http://www.life.org.au/knox)

For more information, please call Melva on 9762 3764 or Margaret on 9762 4332

Melva Bauer

## #HandsUp for gender equality

Knox PLEDGE (People Linking to Embrace and Develop Gender Equality) invites you to join the #HandsUp campaign for gender equality. Join Knox services and community members for an inspiring and creative workshop to learn how you can be a part of preventing violence against women and children in Knox. Free morning tea will be provided.

When: 10:30am-12:30pm

Monday 23 November 2015

Where: Boronia Progress Hall  
134 Boronia Rd, Boronia VIC

RSVP: The Basin Community House  
9761 0209 or email  
[info@basincommunityhouse.org](mailto:info@basincommunityhouse.org)

When you RSVP, please let us know if you require interpreter assistance. We hope to see you there.

depression as a result of being scammed.

No one expects to be scammed, but anyone can fall for one, especially as scams become more sophisticated. If you've been scammed, you're not alone. According to the Australian Competition and Consumer Commission, over 19,000 Victorians reported a scam last year, although the

## Can You Believe It?



Granite Falls, Washington, celebrated the opening of its first public restroom with a two-day "Toilet Festival". It included a ceremonial tearing of toilet paper and a draw for the honour of christening the commode!



actual number of people who have been scammed is likely to be higher as many scams go unreported.

Visit the Consumer Affairs Victoria website for:

- tips on how to be scam savvy;
- a handy quiz to test whether you can spot a scam;
- videos of real stories from Victorians who have been scammed; and
- the opportunity to share your story to help others.

There are also educational videos about romance, lottery, online selling, investment, rebates, rental and business scams.

Visit [www.consumer.vic.gov.au/scamsavvy](http://www.consumer.vic.gov.au/scamsavvy) for more information, or to share your story.

If you've been scammed, it can help to talk about how you're feeling with someone you trust. If you need professional support, help is available. The campaign is being supported by beyondblue, SANE Australia, headspace and the Victorian Men's Shed Association.

Helpful contacts:

- Consumer Affairs Victoria on 1300 55 81 81 to report a scam
- Eastern Community Legal Centre on 9762 6235 for information about your legal rights
- Moneyhelp on 1800 007 007 if you are suffering financial stress due to a scam
- beyondblue on 1300 22 4636 if you are suffering depression and anxiety

Jacqui D'Sylva, Community Development Co-Ordinator

Telephone: (03) 9763 0011  
Fax: (03) 9763 0300

Email: [emily@dollarwise.net.au](mailto:emily@dollarwise.net.au)  
Internet: [www.dollarwise.amp.com.au](http://www.dollarwise.amp.com.au)

Facebook: [facebook.com/DollarWise](https://www.facebook.com/DollarWise)  
Twitter: [twitter.com/DollarWiseFS](https://twitter.com/DollarWiseFS)

Shop 4/7 Fulham Road Rowville 3178  
Postal: PO Box 2644 Rowville 3178

Adrian Pearce Financial Services Pty. Ltd.  
Trading as Dollarwise Financial Services  
Authorised representative of:  
AMP Financial Planning Pty. Limited  
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Complimentary  
First Meeting



- |                      |                     |
|----------------------|---------------------|
| -Wealth Creation     | -Financial Planning |
| -Superannuation      | -Home Loans         |
| -Investment Plans    | -Income Protection  |
| -Life/TPD Insurance  | -Debt Consolidation |
| -Retirement Planning | -Trauma Insurance   |

Accredited by  
AMP Financial Planning | AMP







I am sure some of you have heard the story about the blind boy. This was written by Stephen on 13 January 2013 on his blog... I came across this just the other day and realised the power of words... here is a summarised version of the story.

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help." There were only a few coins in the hat. A man was walking by. He then took the sign, turned it around, and wrote "Today is a beautiful day and I cannot see it." He put the sign back so that everyone who walked by would see the new words. Soon the hat began to fill up. A lot more people were giving money to the blind boy.

Do you think the first sign and the second sign were saying the same thing?

Yes, of course, both phrases convey the same message, however the second phrase is more creative, innovative and appealing. It is able to deliver your message in a way that grabs the audience, whoever the audience is, which in my mind is a great example of the effective use of communication skills.

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

During your Toastmasters journey there are two tracks you can follow; a communication track and a leadership track. You are encouraged to participate in both tracks. The two tracks are not mutually exclusive, and you can work in both at the same time. Both provide recognition for specific accomplishments. In addition, Toastmasters offer a number of other opportunities, one being 'Speech Contests' in which you can participate as a contestant or as an official.

So why not take that step. Lucky for you there is a Toastmasters Club Near You. You can come along to a Rafter's and/or Rowville Toastmasters meeting as a guest or prospective new member free of charge and will be warmly welcomed. Details of the meeting venues, dates and times for both Clubs can be found in "What's On locally" on page 2. We look forward to seeing you there!

*Sandhya Duggan Vice President Public Relations*



*At a recent Speech Contest of Rowville Toastmasters Club. From left to right: Phil Lokot, Leona Jorgensen, Michael Byrne, Henri Guillaume and Henk van den Bergen.*



*Jon Heap, Manager of Ferntree Gully Toyota, hands over their cheque for \$1000 to Noeline Reys for the Best Craft Item award.*

## U3A Knox Hosts Another Great Art And Craft Show

Saturday 10<sup>th</sup> October saw the opening of the 19<sup>th</sup> Annual Art & Craft Show, run by the Knox U3A. Entries, which

are open to all artists, were slightly down on previous years, but, as the judges remarked, the standard of entries in all categories was pleasingly high, which made their task all the more difficult.

On opening the show, President Stephen Damm welcomed parliamentary representatives, Alan Tudge, Nick Wakeling and Kim Wells, and the Mayor of the City of Knox, Cr. Peter Lockwood, all of whom spoke highly, not only on the quality of the Art Show, but generally on the community benefit provided by the Knox U3A. Stephen then paid tribute to long-serving members of U3A in Kath and Don Brown, who have been the driving force behind this event since its inception.

A number of valuable prizes were on offer, in each of the categories, made possible through the continuing generosity of the sponsors of the Art Show. Additionally, a near-record number of entries were deemed desirable enough by patrons to be purchased.

Some of the principal prize-winners were -:

**Ferntree Gully Bendigo Bank Ltd for Best in Show – Zhong Hua Fan – "Listening and Reading"**

**Ferntree Gully Toyota for Best Craft entry – Noeline Reys – Lorna"**

**Knox Environment Society for Best Landscape – John Kodric "Point Lonsdale"**

**Heritage Prize for Best Pastel – Julia Brown-Jeffree – "The Rose"**

Local radio station, 98.1 Eastern FM was on hand again, with their mobile studio, adding to the mood of the event interviewing members of U3A, artists, visiting dignitaries and patrons, as well as providing an eclectic mix of music for everyone's enjoyment. A number of stalls, all manned by U3A volunteers, contributed to the enjoyment of the day.

We at U3A cannot stress enough, our gratitude for the generosity of sponsors, and the hard work that is put in every year by volunteers, all of whom have ensured the success, once more, of the Knox U3A Annual Art & Craft Show.

For more information about Knox U3A and its activities, telephone 9752 2737, or visit our website at [www.u3aknox.org.au](http://www.u3aknox.org.au).

*John E Ford, Publicity Officer*



## Bank Support For Big Hole Golf At Churchill Park Golf Club

Recently, two bank representatives attended the Churchill Park Golf Club to present a Community Grant cheque for \$1439 to fund the purchase of Big Hole Golf supplies, including signage, for the golf club. The club hopes that this will encourage families, groups and beginners to experience the pleasure of being in the outdoors and to play golf.

*Janine Shepherd*



*Tina Leslie and Daniel Dakic present the cheque to golf club representatives.*



## We've got a new home

Rowville **Community Bank**<sup>®</sup> 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**<sup>®</sup> Branch





# Red Hat Society

## Red Hats in Spring Time!!!!

Lady Lavender's Tea Room in Bunyip was the venue for a very successful outing for 10 Red Hatters from the Ruby Gumnut Goddesses. We shopped and had a great lunch with our Queenie indulging in a very popular tradition for Red Hatters of having her dessert first and she sure had fun. This was followed by a visit to the Red Hat chocolate and coffee shop nearby and finished with some op shopping, another pastime we Red Hatters do well. After buying jigsaws, books and bling we returned home happy and contented.

Shopping at Forest Hill Chase and a lovely lunch was recently enjoyed by 9 Hatters with many people stopping us to say how we brightened up their day with our lovely Red hats and purple outfits.

Some of our ladies recently had a fantastic weekend in Albury celebrating Dianne, Queen of Decorum's, 10th anniversary as a Red Hat Queen. Dianne and her royal ladies of the Delectable Divas of Distinction put on a thoroughly enjoyable pirate occasion, which was very well attended by glorious and glamorous pirate wenches from all over. We partied, pirated and shopped until we dropped.



The Melbourne Star was our most recent outing. With beautiful Melbourne weather we ventured high above the ever changing skyline of Melbourne and took in the sights and of course we shopped in nearby docklands, lunched, laughed and generally enjoyed life. Red Hatting is fun.

If you would like to join us, please give our lovely

*Queenie Rosalee the Fabulous, enjoying dessert*

Catherine a ring on 0418 102 064 and she will give you details of our next adventure.

Upcoming events include a trip to the casino, shopping at Dandenong market, a carriage ride in the city and a special event to help raise funds for breast cancer with the Comfort Cushions Fundraiser in Warragul. We are also attending the afternoon tea coronation of a new Queen at the Chirnside Chicks Red Hat group, where we will be all dressed in our royal splendour to mark the occasion. I am sure there will be much fun and laughter. Some of our ladies are off to Ballarat next month enjoying the friendship of the Ballarat Ladybirds Red Hat group.

If you are looking to enjoy fun and friendship we would love to have you join us in Red Hatting. We are part of a group of women from around the world who are enjoying growing old playfully and on our own terms. We are not invisible!

*Gillian George*



*Red Hatters On The Melbourne Star*



It was Friday evening and all the hustle and bustle of the week was bearing down on us. No one wanted to walk near the kitchen with the fear of having to enter it. The weather was excellent and the unanimous choice was to dine out at 'Bella Restaurant'.

Conveniently located on Fulham Road, Bella offers a wide range of Italian cuisines. The menu has sufficient choices, however the range of food options are limited for the Vegetarian beings.

Our efforts to book online were unsuccessful but a phone call to the restaurant confirmed availability. We found the restaurant welcoming with the staff very cheerful, which adds to the taste of food for sure.

We ordered a glass of house White and Red each and the wine did not disappoint.

## Dining Out

For food we ordered platter of dips for entree, and these were well-prepared, mild in taste and vanished from the plate in no time.

The Mains were Fettucine Florentine for my vegetarian wife, Calamari with potato chips for my daughter and Chicken Parmigiana for me. The servings were generous, food well made and the salad for sides did its job, though it took much longer than anticipated for the food to arrive.

We chose to sit outside with another large family who were celebrating a birthday and had a good time chatting about the week and the plans for the weekend. The music playing inside almost made sure we were on our higher decibels. Maybe a few notches' down, it would be perfect for the ambience.

The desert was chocolate mousse and vanilla ice cream, both were excellent and we enjoyed it with gusto.

To sum up our evening experience, it was great going to a local restaurant that serves some great food, always welcoming and smiling. What more could you ask for?

*Rahul Kumar*



## 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.

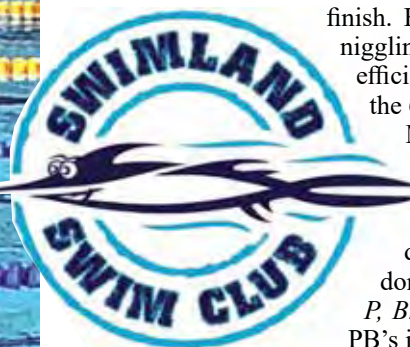
**9761 2156 | employease.com.au**

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





# Swimland Swim Club



(left) A duck and Her Ducklings Cheering On Will

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

SSC had sixteen swimmers represent the club in 24 individual events and 3 relays. Some notable performances were *Will B* swimming PB's in 7 of his 8 swims including placing top 10, Victorian 12yrs Boys (5<sup>th</sup> 400 FR, 7<sup>th</sup> 200 IM & 200 BK, 8<sup>th</sup> 200 FLY, 200 FR). *Alicia M* swam PB's in 3 of 4 swims and placing top 10 Victorian 12yrs Girls (10<sup>th</sup> 100 BR and 8<sup>th</sup> 200 BR). All 3 relays finished 13<sup>th</sup>.

**Australian Masters Games – Adelaide, SA October 3-5**  
*Robert Mc* represented us at the Australian Masters Games coming home with 1 Gold, 2 Silver, 1 Bronze and a 4<sup>th</sup> place

U9-U15). This year was no exception, with all of the Knox relay teams performing amazingly well on the day. Next stop, the Regions Relays at Yarra Ranges on Saturday 21<sup>st</sup> November. Good luck to all of the teams involved. Do your best ... be your best!

Here are some sensational little athletes who are already achieving fantastic results in the track & field season so far:-



finish. He posted 3 PB's in 5 events despite fighting a niggling cold marched on and focused on great skills and efficient technique showing that he is one of the best in the 60-65yrs age category.

## Metro East LC Distance Meet – October 4

On a gorgeous Sunday afternoon, 12 athletes along with their support crew (parents), ducks and coaches, competed in 23 swims in the longer distance events (400IM, 800FR & 1500FR). Well done to *Will B*, *Patrick F*, *Liam H*, *Blake P*, *Karsha P*, *Brayden R*, *Mitchell T* and *Ryan W* who all swam PB's in each of their swims. *Will B* swam a club record of 20:02.0 for the 13yo Boys 1500FR.

## SSC Movers (Squad Promotion Standards/Skills Met)

State Target Squad – *Patrick F*

**Victorian Junior Talent Squad – James P & Will B**  
Congratulations to *James* and *Will* on their invitation to attend Victorian Junior Talent Squad training sessions which focuses on specific skills and techniques. *James* – Recognised and qualified through his performance in the 2015 State Championships (800 FR) and *Will* – Recognised and qualified through his performance in the 2015 State SC Championships (200 IM & 400 FR). They were among 46 Victorian junior swimmers who met the required talent ID requirements to participate in 4 special sessions.

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

See you in the Pool!

Jodie Browne

- **Jordan Munyard** broke the U16B 100m record with a time of 11.08s during a Little Athletics meet in October. That is super-fast!

- **Jessica Lillie** broke the U16G Hammer Throw record with a distance of 24.70m. Well done Jessica!

- These little athletes have already achieved their bronze PB medal for collecting 10 personal best performances already this season: **Alisha Downie** (U12G), **Natasha Kindler** (U10G), **Tyler Walther** (U9B), **Trent Stapleton** (U11B), **Liam Epps** (U14B), **Aranya Manchanayake** (U10G), **Leah Woolmore** (U9G) and **Liam Ayleen** (U11B). Keep up the great work everyone!

Don't forget that Nevenka and Katherine are holding coaching sessions, specifically for the 6-10 year old athletes, all through November and finishing up on the 14<sup>th</sup> December. A different discipline of athletics will be practiced each week, so whether your child loves to run, jump, throw or all three, bring them down to the Knox Athletic track to participate and have fun on Mondays 5-6pm.

Please check out the KLAC website for the latest news and updates: [www.klac23.org.au](http://www.klac23.org.au)

A big thank you to the photographers at Knox Little Athletics for all of the amazing action shots that you take.

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

Jazz Deol



## Waverley Golf Club – Open Day

Waverley Golf Club will be holding an "Open Day" on Sunday 15 November. Available will be **free Golf** from 2.00

pm, **free Bowls** from 2.00 pm, and **free Sausage Sizzle** plus private, corporate and wedding function displays. For guests present on the day, there will be **free Room Hire Offer** for functions and **Discount Golf and Bowls memberships**. Dress code is applicable for Golf. Everyone from the local community is welcome to attend and enjoy the hospitality of Waverley Golf Club. Waverley Golf Club (Home to the Victorian Junior

Masters) currently has opportunities for Golf and/or Bowls membership. Non members and visitors are welcome to utilise the club for Green Fee (golf and bowls) access, Dining, Private and Corporate Functions.

Matthew Taylor General Manager







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

**SPORTING ROUNDUP**



## Knox Regional Netball Centre

Although it is only November the Knox Regional Netball Centre is very much in planning for 2016 mode! It's hard to believe but now is the time to get sorted for next year.

**Do you want to play netball in 2016? All ages!**

**Net Set Go – introductory netball program for 5-9 year olds**

The Knox Regional Netball Centre will be again conducting the Net Set Go program in 2016. This program is run on Thursdays and Fridays after school on the indoor courts. The program is designed to teach children the fundamentals of netball through game play and skills and drills. When your child is old enough to join a club and play on a Saturday we will provide you with a list of clubs to assist you with choosing which club best suits you. We are taking expressions of interest for both Thursdays and Fridays 4.15pm – 5.00pm so please email us and we can provide you with the forms and information.

**Saturday netball for players 8yrs – adult**

Mountain District Netball Association run the Saturday netball competition here at the Knox Regional Netball Centre. The winter season begins in March and will run through to August. There are many clubs who play at this centre and for a list of them head to the website [www.knoxnetball.com.au](http://www.knoxnetball.com.au) and then to the downloads section where you will find all the details. All the clubs play at the Netball Centre on a Saturday but train at various places and at various times. If you are considering playing in 2016 contact the clubs now as the teams are usually put together early 2016.

**Ladies Netball – Daytime competitions Wednesday and Friday**

The Knox Regional Netball Centre runs a ladies competition on Wednesday and Friday mornings. All games are on the indoor full size netball courts. Games are officiated by qualified umpires and uniform rules are relaxed. There is a free crèche which is staffed by fully



*Stringybark Lantern Parade*



## Lysterfield Junior Football Club

### Registration for 2016 Season

Lysterfield Junior Football Club is now accepting registrations from new players for the 2016 season. The club will have teams in Under 8 through to Under 17 in 2016 and new players are being sought for all



*The Victorious Premiership Winning Under*

teams. Registration forms are available on the club website, [www.lysterfieldjfc.org.au](http://www.lysterfieldjfc.org.au), or alternatively you can contact Rohan Young on 0412 377 866.

The Annual General Meeting for the Club will be held at the club on Sunday 22<sup>nd</sup> November.

Enquiries for new members or the AGM may be directed to the Secretary, Tanya Carroll on 0414 417 810. Go Wolves!

*Tanya Carroll*

qualified and first aid trained Knox City Council staff. We always welcome new teams into these competitions so if you are thinking of entering a team for 2016 contact us now!

**Sunday Evening Mixed Netball**

A Sunday evening mixed competition is run at the Knox Regional Netball Centre. There are four sections in the mixed competition so we offer competition for everyone.

If you would like to get a mixed team together then please contact the centre for an entry form.

More information on these programs and the centre can be found at [www.knoxnetball.com.au](http://www.knoxnetball.com.au) or contact us [knox.netball@knox.vic.gov.au](mailto:knox.netball@knox.vic.gov.au) or 9758 7191

*Rosalind Montgomery*

## Churchill Park GOLF CLUB

### TWO GREAT OFFERS

Mention this advertisement and:

- 1. Get 16 months membership for the price of 12 months;**
  - 2 Greenfee and Cart special after 4pm (mon to Fri excl public holidays.)**
- Pro Shop now open til 8 pm.



Ph: (03) 9700 4445  
[www.churchillparkgolf.com.au](http://www.churchillparkgolf.com.au)  
113 Churchill Park Drive,  
Endeavour Hills 3802



## Rowville Group Fitness

### Pilates Book Now

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

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

Book Now For Term 4

~~Wednesday 9.15am~~ **BOOKED OUT!**

**Wednesday 6.15 pm BE QUICK!**

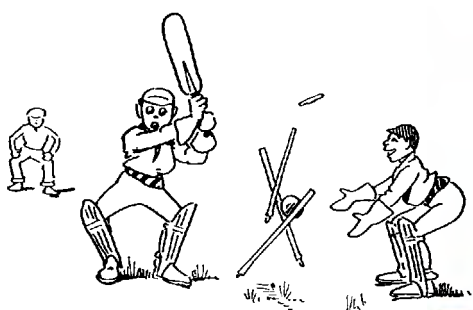
**Rowville Group Fitness at the Rowville Community Centre**

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



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





## Milo in2cricket commences 6 November 2015

**All kids (girls and boys) kinder and up all welcome**

Rowville Cricket Club is again hosting a Milo in2cricket squad for children aged 5+ and it is a fun and friendly way to socialise, play with friends, and learn about cricket. We commence on 6th November. Registrations are via [www.in2cricket.com.au](http://www.in2cricket.com.au) and click on the register now button. Follow the prompts and register online.

**T20Blast Opportunities:** We are also offering kids T20Blast which is designed for that the in-between age of Too Big for Milo or not quite ready for playing cricket. If you are not sure what level your child is at with cricket, give me a call or drop me an email and we will get it sorted.



Girls not only welcome but encouraged: Given the popularity of girl's cricket, girls would be most welcome and encouraged to participate. Sessions will be fun, yet will work to develop the cricket and social skills of all of our participants.

### Cricket for all abilities:

We welcome children of all abilities. Children with special needs are most welcome. If you can have fun, then we welcome you.

Players needed for Under 11s: Rowville Cricket Club still have vacancies in the under 11's team, so contact us to join up.

For any further details please feel free to contact RCC Milo coordinator Andrew Williams on 0407 621 057 or email [andrew.williams@ozed.org.au](mailto:andrew.williams@ozed.org.au)

*Andrew Williams*

## St Simon's Community Football Club

We are very excited at the Knights, with the warmer weather arriving early, because it has been a positive for Liberty Reserve which is currently being resurfaced in readiness for the 2016 season! The Knights planning is well underway for the 2016 season with coaches appointed and other important volunteer roles filled.

Congratulations to our 2016 coaches Wayne Pieterse – U8s, Troy Rabot – U9s, Mit Laughlin – U10s, Wayne Pollock – U11s, Brett Petrie – U 12s, Phil Buck – U 13s, Mick McCarthy – U14s, Rick Harris – U15s and Adrian Cannata – U 17s.

**The Knights registration/information day is at Stud Park on Saturday 14<sup>th</sup> November 10am – 2pm. So come on down and say hello.**

The Knights are progressing well with our plans to reintroduce girls' football to our club in 2016. We have started looking at coaches for the girls and working closely with the EFL to bring girl's football to Rowville. We will be



holding information days over the summer where you will see us in the community promoting the club, including the girls' teams. Club Secretary Natalie Williams says, "Girl's football is a great way for girls to socialise, develop team skills, improve self-confidence and improve their fitness. The Knights are also excited at the news that the Rowville Sports Academy are commencing a girl's 'AFL before school' development program in 2016. Like our girls team, this is open to all girls. It doesn't matter which school you go to, you can participate in the RSA program, like you can play for the Knights, even if your brothers don't". Girl's interested in the Rowville Sports Academy should contact Meg Boyle for more information at [boyle.megan.m@edumail.vic.gov.au](mailto:boyle.megan.m@edumail.vic.gov.au)

Girls aged 11 or younger on January 1, 2016 are eligible to play in the Under 12 Competition.

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

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

We are of course always looking for new players in the boy's team as well and encourage you to contact the club to discuss joining your son up to this great Community Club.

For more information on the girls or boys football, please contact Club Secretary, Natalie Williams 0417 346 863 or email [admin@stsimonsknights.org.au](mailto:admin@stsimonsknights.org.au)

*Natalie Williams*

## From the Archives

2010

MEMORY LA

**Rebecca and Maddison Stubbs** each won gold and silver medals at the 'Artistic Rollersports National Championships in Adelaide and were subsequently selected to represent Australia at the 2011 Oceania Championships. Are you still skating girls? Let us know.

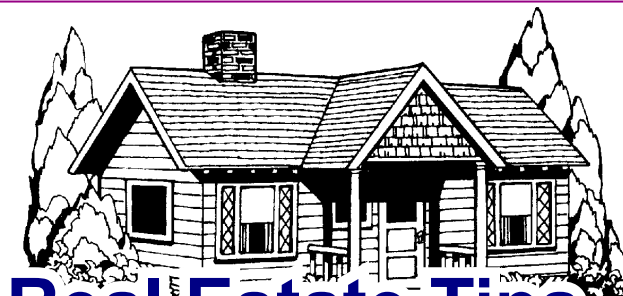
For the first time in their history, **Rowville Primary School** sent a group of 14 students and 3 chaperones to **Italy** for a two week cultural visit. Did you go on that trip? What are your memories?

**Ben Jones and Alexander Giordamnis** from **Eildon Park Tennis Club**, who were undefeated throughout the season, were both voted 'Pennant Players Of The Year' in their respective grades. Still playing boys?

The five time world title holder in aerial skiing, **Jacqui (Jumping Jac) Cooper** visited **Rowville Secondary School** to talk to students on 'motivation' and 'self belief'. Did you learn anything from the experience?

The Grade Two students at **Karoo Primary School** moved into their new classrooms. According to the students the automatic windows opening and closing was the highlight!

The **Lysterfield Junior Football Club** was established in April and the first 'Best And Fairest' winners were **Blake Lee** (under 10) and **Liam Dunning** (under 11). Are you still playing for the 'Wolves'?



## Real Estate Tips

**Great Weather, Great Interest Rates, More Homes To See!**

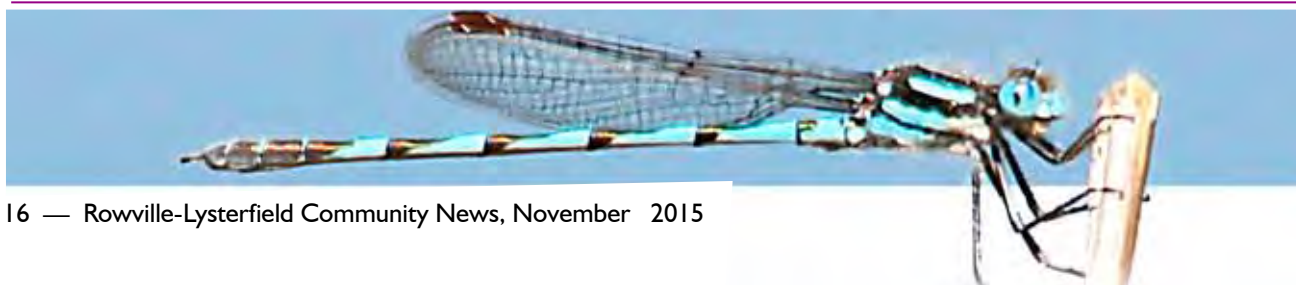
After a long, tedious and drawn-out winter, the weather has finally improved and this is the time when owners are thinking about making a move. Whether the move is in to a bigger home because of a growing family or a smaller home because the children have left the nest, for most it hasn't been very motivating to have your property on the market during the wet season.

Now that the sun is shining, more properties are coming onto the market and the lead up to Christmas looks as if it will be another busy selling time. Given that interest rates have held steady, buyers have confidence and are out in numbers to get themselves into the property market or make the move whilst the opportunity is here to lock in a good rate.

All of this is very encouraging for sellers and buyers alike. As a seller it is imperative that your property is presented to its best level and the gardens are neat and tidy. As a buyer there could hardly be a better time to purchase a home with a variety of homes to see.

We look forward to meeting you at one of our inspections soon!

*Neetu Watts*





On the 14th October, we hosted, for the ninth year, the Knox Indoor Bowling Carnival. Many thanks to Sandra Goodwin for all her hard work, organising and running the event once again. Thanks also for our wonderful committee and helpers who always do an amazing job.

Congratulations to the winning team, Rowville #2. Team members were: Margaret Leong (Skip), Margaret Lee, Kathy Richardson & James Leong. Congratulations also to the runners-up team, Rowville #1.

Thank you to all the 16 teams who competed and made the day such a success. We all enjoyed meeting people from different clubs and rekindling old friendships.

Violet White was the lucky raffle winner, taking home a hamper of wine and chocolates.....YUM.



Robbie Leslie, the Acting Co-Ordinator of Active Community (Knox City Council), came along to present the medals and trophy at the conclusion of the day. She was really "hands on", pouring the tea, chatting to everyone and even helped us clean up!! Well done Robbie and thanks for your time.

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

Anne Berg (President)

PHOTO RIGHT: James Leong, Margaret Leong (Skip), Margaret Lee & Kathy Richardson on the right.



## Let,s Talk Technology CryptoLocker is back

Cryptolocker, the planet's worst ransomware Trojan, has reappeared in all its ugly forms. Across the world networks and computer files have been encrypted by this Trojan before a ransom demand is made to the user or administrator. Some victims who don't have adequate backup are losing all their files, or having to pay a ransom of thousands to the criminals who propagate this electronic curse.

Cryptolocker is propagated via infected email attachments, and via abotnet; when activated, the malware encrypts certain types of files stored on local and mounted network drives using RSA public key cryptography.

Almost a year ago the US Department of Justice announced that the FBI and Interpol had publicly issued an indictment against a Russian hacker and had gained the keys to the malware. However it appears a new version and clones such as CryptoWall and TorrentLocker are back in business.

### How do you get Cryptolocker?

Email is the primary entry point for the Cryptolocker Trojan into networks and computers. Cryptolocker typically is propagated as an attachment to a seemingly innocuous e-mail message, which appears to have been sent by a legitimate company. These emails may contain company logos and representations that they are legitimate.

The emails tend to offer legitimate services or ask a reasonable request as simple as a payment receipt, deliver document, or in the case of the Australian Federal Police scam asking you to view a speeding fine or photo. Once the attachment is clicked, the ransomware is deployed in your systems and then encrypts files across local hard drives and mapped network drives with the public key, and logs each file encrypted to a registry key.

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Sher Singh



## Radio EASTERN FM 98.1

### In Tune With The Outer East

Why do you listen to a particular radio station? In the case of our local Eastern FM 98.1 broadcaster, the answers varied from "I enjoy the variety of specialised music programmes", to "I hear information and news that I don't hear anywhere else" and "the announcers sound like one of us. And that last one certainly applied to me when I was recently invited by Peter McArthur to spend 15 minutes on air with him discussing the benefits and aims of the RLCN.

98.1fm can be found in two studios behind the Wyreena Community Centre in Hull Road Croydon and broadcast 24 hours a day. There is also a mobile studio which is often seen at events and festivals in local communities. The beginnings of the station are a story of persistence and climbing over obstacles, but 25 years ago the first programme hit the air waves. The founders sought sponsorship from the four local councils and Peter recalled that Knox stipulated that they would only support the project if the station could be

clearly received in their new suburb of Rowville!

Whilst the station has a small library of music, most of the presenters bring in their own, which they have collected over the years, adding enormous variety to their programmes.

Each week there is a programme that reviews local theatre productions and local artists are often featured and interviewed on air. As part of their initial agreement with the Government, they conduct regular interviews with local groups, helping to promote complementary and cohesive information sharing with the community.

Sport too plays a significant part of their broadcasting mix and includes live coverage of EFL matches and interviews with players, coaches and fans. In fact, Eastern FM is dedicated to local community information sharing and to making the best use of their broadcasting licence.

News is broadcast twice daily, six days a week.

Peter said, "During the day our target audience is the over 50's, but we have a broader appeal in the evenings aiming at a younger audience. On the weekends it is focussed on sport and youngsters".

Both permanent studios are large enough to accommodate several guests, which happens regularly, and even to host live music.

Advertising plays an important role for 98.1 as it brings in necessary funds to keep the station going. Non-profit organisations can arrange a 'Community Service Announcement' which is a free service.

Eastern radio encourages input and feedback from listeners, so why not tune in? All in all it is great entertainment for everyone in the outer east of Melbourne. You can contact them on 9722 9981, visit their website at [www.easternfm.com.au](http://www.easternfm.com.au) or simply pop in to their studios.

David Gilbert

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or go to: [www.rowvillegroupfitness.com.au](http://www.rowvillegroupfitness.com.au)



# Chiro-Practicals

## Rethink Sugary Drinks



A graphic television advertisement highlighting the serious health effects of regular sugary drink consumption has been on our screens over the last few weeks as part of a campaign encouraging people to cut back.

The new 'LiveLighter' advertisement pictures a man reaching for a sugary drink from a fridge in a convenience store. The camera then takes the viewer inside the man's body for a graphic look at the toxic fat surrounding his vital organs.

In launching the advertisement, Cancer Council Victoria CEO Todd Harper guzzled a 600ml bottle of cola – containing 16 teaspoons of sugar – while a doctor monitored the impact on his blood sugar and heart rate.

Mr Harper said the results from the experiment speak for themselves: "Sugary drinks such as soft drinks, energy drinks and sports drinks contain dangerously high levels of sugar which, as I experienced first-hand today, cause sudden and quite significant changes to your body.

"Within minutes my blood sugar level spiked and I started to feel jittery, but before long my energy levels dropped." For the 1 in 5 Victorian adults who consume sugary drinks on a daily basis, this can do serious damage to their vital organs over the long term. The excess sugar in these drinks can turn to toxic fat and increase your risk of developing type 2 diabetes, heart disease and some cancers.

Sugary drink consumption is contributing significantly to our obesity crisis, with the average Australian soft drink consumer drinking the equivalent to one 375ml can of sugary drink a day – that's 14.6kg of sugar per year that our bodies don't need.

Research has shown that consuming a can of sugary drink a day can lead to 6.75kg weight gain in one year, increasing the risk of obesity and weight-related health concerns. For decades we've been bombarded by sugary drinks advertising – now for the first time Victorians are seeing an advertisement about the serious threat regular sugary drink consumption poses to our health.

There are small changes we can make to our diets and our lifestyles which can improve our long-term health and wellbeing. Even just one or two less soft drinks a day or a week will make a difference.

*Dr Frank Whelan*



## Counselling

### What is counselling?

Counselling is a process of self-discovery that can help people learn how to deal more effectively with situations in their lives such as depression, stress, problems with self-esteem, grief, issues related to mental and emotional health, and relational problems. This process helps people feel more comfortable with themselves and others and helps develop skills needed to deal with the tensions that come from inside.

#### Who benefits from counselling?

The therapy/counselling process helps people get "unstuck". Through the development of insight and increased self-awareness, people are able to gain a better understanding of their own behaviour and the issues, feelings and events that motivate them. The most useful benefit of therapy is often an improvement in health and well-being. This often translates into increased self-confidence, productivity and a greater sense of vitality and peace of mind. People of any age can grow and profit from the experience of therapy. There is no "wrong" time to begin! It is never too late!



*Suzanne Katzmann-Fogel*

## Health Pages

sponsored by  
Cr Tony Holland



### What can I expect?

Counselling is a type of learning about oneself, one's feelings, and one's relationships with others. As in any learning environment, individuals will benefit most if they participate actively, attend sessions on time and are

open and honest with the counsellor. In turn, the counsellor will listen to the individual's concerns, assist him/her in setting and reaching appropriate goals and will respect his/her confidentiality. Counsellors abide by the ethical principles of their professional bodies and individuals can expect to have services delivered in a professional, legal and ethical manner.

The Bridgewater Centre's Suzanne Katzmann-Fogel is a fully qualified Clinical Social Worker/Counsellor. Suzanne has extensive experience supporting families and individuals in a variety of settings, including working in private psychiatric hospitals and private practice. This experience includes issues regarding parenting, relationships, as well as general mental health and wellbeing. The Bridgewater Centre is NOT a religious program and is available to ALL in the community.

If you would like more information or to book a counselling appointment, please contact Kerryn Davies at the Bridgewater Centre on 9753 4203.

*Kerryn Davies*

# Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rise Health Group

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

Physiotherapy 9763 9233

Sports Medicine 9763 3944



### November

November is the month

where we bring awareness to the health and wellbeing of men.

Here are some simple steps that you can take to help you to look after your health:

#### Know Your Family Health History

This will help you to understand your health and help you and your GP to assess your risk of cancer, diabetes, heart disease, stroke and mental problems.

#### Exercise

If you are not already doing some form of exercise, start to introduce small amounts of physical activity each day. If you don't know where to start, get advice from your GP or an exercise physiologist.

#### Take Action Early

If you experience a health issue, seek advice from your health professional, as early diagnosis is often vital to living a healthy life.

#### Don't Smoke

If you do smoke, take action to quit. Smoking significantly increases your likelihood of developing lung cancer and heart disease.

#### Sleep Well

The quality of your sleep has a huge influence on your overall wellbeing. Make sure you get enough sleep and keep a regular sleep pattern by going to bed and waking up at roughly the same time.

#### Eat A Healthy Diet

Aim to eat a wide range of foods to ensure you get a variety of nutrients and vitamins. Ensure you fill up with fruits, vegetables, whole grains and healthy proteins like lean meats, poultry, fish, beans and nuts.

Eat foods low in saturated fats, trans fats, cholesterol, salt

and added sugars. Drink water instead of soft drinks or juice. If you need assistance with this, see a dietician who can work with you to improve your diet.

#### Stay At A healthy Weight

Obesity and being overweight can lead to general health problems and the risk of chronic diseases including type 2 diabetes, cardiovascular disease, hypertension, stroke and certain cancers.

#### Manage Your Stress

Stress, particularly long-term stress, can be a factor in the onset or worsening of ill health. Managing your stress is essential to your health and wellbeing.

#### Stay Mentally Healthy

To help cope when you feel like things aren't going your way, take positive action by working on improving your mental health and wellbeing, just as you would with your physical health and fitness. Talk to your friends and family and seek help.

#### Drink Alcohol In Moderation

Alcohol can be part of a healthy, balanced diet, but only if consumed in moderation. Give yourself the option of having alcohol-free days to detox your body and feel good.

#### Wear Sunscreen

When you're enjoying life in the sun, wear sunscreen with an SPF 30 or higher. Check regularly for changes to your skin, paying particular attention to moles, and if you're concerned about any skin changes see your doctor.

Rise Health Group has a number of services and programs that can assist men with weight loss, exercise & improving fitness as well as recovery from prostate cancer. Call us on 9763 9233 for information or visit our website [www.risehealthgroup.com.au](http://www.risehealthgroup.com.au)

*Kathryn Oldman*

## IS YOUR SPINE ALIGNED?

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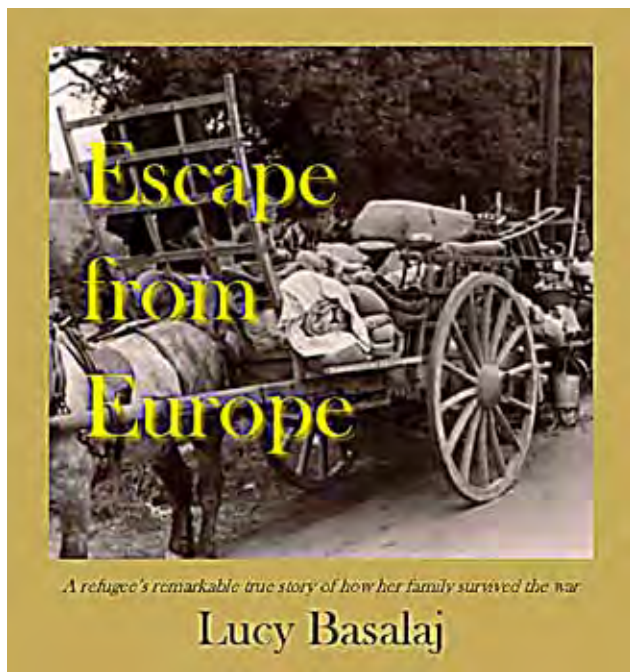
- \* Neck pain and headaches
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## Escape from Europe

*"As it was getting dark we started looking for shelter. At the nearby farm a kind family took us in, gave us hot food and a place to sleep. In the morning the same farmer offered us an old horse and a wagon for a token payment, which we accepted gratefully but with some reservation - another mouth to feed. This was the beginning of a three and a*

*half month long journey across Central Europe during one of the coldest winters on record. The temperature often reached 45-50 degrees below zero. Without the help of many kind strangers on the way we would have perished as did many others that dreadful winter."*

"Escape from Europe" is the remarkable true story of a family's struggle to survive the Second World War in Europe, as told by the elder daughter, Lucy. The tragic separation from her Father ensured that the family survived and was able to emigrate to New Zealand after the war. Lucy left New Zealand in 1987 and moved to Melbourne. At the request of one of her sons, she first put her recollections on paper in 1998.

The story begins in Wilno which was in Poland, with the details of Lucy's parents. When the bombing started the family moved to Bulgaria. Here Lucy and her younger sister, Zena, went to school. In 1941 they were forced to return to Poland and they settled in Lodz, near Warsaw. As the Soviet forces advanced in January 1945, Lodz was being bombed and the family was forced to evacuate.

*"During the day we moved with hundreds of others along a road constantly searching the sky above for a single plane which usually descended low and machine-gunned the moving "train" of people. If the plane was noticed in the distance we had about two minutes to get off the road either into the ditch or under the wagon or run to the nearest clump of trees. This routine was followed several times a day and it was a great relief to us when the shooting stopped altogether soon after we crossed the river Oder, the ancient frontier between Poland and Germany."*

Their 3 month journey to escape from Europe had begun. They were on the outskirts of Dresden when it was bombed.

200,000 people died in a single night! The war soon ended and they moved to a camp at Ried near Linz. Here Lucy passed her Matriculation exams and entered University. The family registered with many organisations that were finding countries that were accepting homeless people. Mother and two daughters were accepted by New Zealand and Father by Australia. They boarded the ship in Trieste. Nine years and ten months after leaving Wilno, Lucy set foot in New Zealand to begin a new life.

*"All through the war our family tried to stay together and now for the first time we were separating and travelling to "the end of the world". My father travelled with us on the train as far as the border town between Austria and Italy; we sat together the whole night, giving each other instructions how to look after ourselves. The parting was very painful. My last sight of father was through the window of the railway carriage, he was standing on the platform looking very lonely. I did not know then that I would never see him again. Our future was mapped out for us and we were helpless to change it."*

The book contains a family tree, so one can identify the people mentioned in the story, and also some old photographs taken in Europe and New Zealand. It was published in July 2015 and is available from the on-line bookstore at [www.blurb.com](http://www.blurb.com). Once you start reading this book you will not be able to put it down!

David & Glenys Mallen

July 2015

## Kim Wells Reports



I recently raised with the Roads Minister in Parliament, the issue of the current poor state of the road surface on Wellington Road, Rowville, on behalf of Rowville and Lysterfield residents.

Concerned local residents have advised me of the poor state of the road surface, particularly the section

of road between the Wellington Village Shopping Centre entrance at the intersection with Braeburn Parade and the Stud Road intersection, a distance of approximately 1.6 km.

The concerns are particularly important as this section of Wellington Road is a major thoroughfare for the many heavy trucks and trailers which daily service the Lysterfield quarries to the nearby east. Many of these trucks travel down Wellington Road to the entrance with East Link, just west of the Stud Road intersection.

Winter rains have seen sections of the top road surface break up resulting in numerous large pot holes and widening cracks, exacerbated by the constant weight of the heavy haulage trucks from the quarries.

Residents are increasingly worried that the poor road surface is creating a major road safety hazard and want the pot holes and road surface repaired before there is a major accident.

I specifically asked the Minister to request an urgent VicRoads review of the road surface along Wellington Road, Rowville and ensure immediate remedial road repairs are undertaken.

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



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## Remembrance Day Commemorations in Knox

On Sunday 8<sup>th</sup> 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](mailto:hurtle.lupton@optusnet.com.au)

William J Cane JP



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# National Seniors Australia

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club, at the corner of Stud and Boronia Roads, Wantirna on the 28<sup>th</sup> October 2015, doors open at 10.15am for a 10.30 start

Our Christmas in July at Marybrook was a great success with 33 people attending.

Our guest speaker in October was Peter Maffey, who gave us a talk about Gold Prospecting. Peter has been looking for that elusive big find for many years and had a lot of stories to regale to us with.

## Our Social Activities for November are:

“A Day at the Races”. We are off to the Mornington Racecourse in all our finery to watch some races, maybe have a flutter and lunch at “The Steeples Bistro”

Then comes a night out at the Mooroolbark Theatre. They are presenting a production called “Cash on Delivery” which promises to be a great night out.

In Early October we hired a bus and 14 of us set off to Wonthaggi. We stopped on the way to Caldermeade Farm for morning tea, where everyone loved the fresh warm scones with jam and cream. We ended up at the State Coal Mine.

A few of the group went on the underground tour into the mine and the rest visited the Museum parts in the grounds. We saw where the men showered, washed their clothes and the tools they used. We also visited a miners hut and an owner's home, which were very well displayed with old furniture, books, cutlery, dishes etc. This was followed by a lovely lunch at the Wonthaggi Workers Club. Darryl, our driver, took us on a scenic tour back to our pick up point. It was a most enjoyable day and I'm told everyone slept very well that night.

Our walking group now meets every 2<sup>nd</sup> Thursday. If you require any further information, please contact Darryl on 9878 1045

National Seniors are a fun loving group of people aged from 50 plus and new members will receive a warm welcome.

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

*Rhondda Cowen*



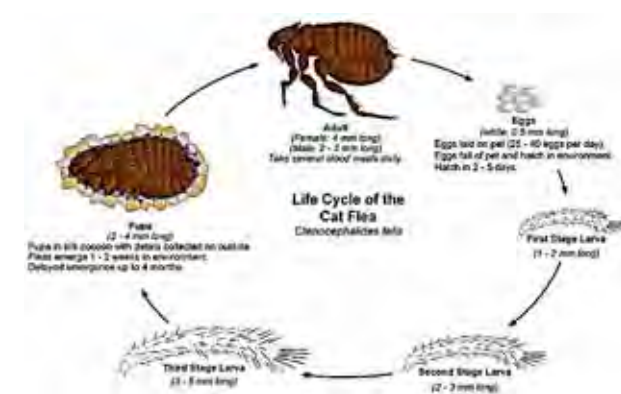
## Fleas

Flea season is upon us once again. In actual fact fleas are with us all year long, they just prefer the warm humid conditions in spring and summer. During this time their life cycle speeds right up, meaning more fleas are produced.

It is important to prevent fleas from infesting your pet all year, as once they get a foothold in your home they are very difficult to control especially when the weather warms up!

But why stop your pet getting fleas? The answer is simple. Fleas cause disease. Apart from making your four legged friends itchy and uncomfortable, fleas also cause many other diseases. These include flea allergy dermatitis, many bacterial diseases (some of which can be transmitted to humans), worms, anaemia in young and heavily infested animals and myxomatosis in rabbits. Fleas were even responsible for bubonic plague or the ‘black death’ which killed more people than all the world wars combined.

So how do you prevent your pet from getting fleas? It is important to understand the flea life cycle when it comes to controlling fleas. Fleas have 4 stages in their life cycle. Adults, these are the critters that run around on your pet sucking their blood, they lay up to 50 eggs each a day! The eggs drop off into the environment, basically anywhere



your pet spends time but especially their beds. The eggs turn into larvae who don't like light and wriggle into small dark crevices such as deep into carpets and bedding. The larvae form into pupae which are very resistant and no chemicals or flea products can kill them. Sometimes they can survive for up to 2 years! The adult forms inside the tough cocoon of the pupae and lies in wait, it can sense the vibrations of your pet and will jump great heights onto your pet and the whole cycle begins again.

There are many products on the market for flea control but it is important to get the right one for your pet's needs. Also some supermarket products are toxic to certain species such as cats and rabbits. That is why it is important to discuss your pet's flea control program with your veterinarian or trained vet staff. The choice of products on offer can include monthly spot-on treatments, tablets and even a new product that lasts for 3 months in dogs. So come and speak with the friendly team at Stud Park Greencross Vets today. We'll be happy to answer any of your questions.

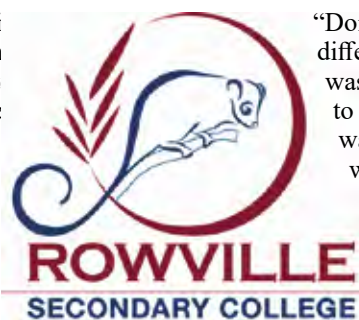
*Jesse Harvey*

Six students attended the Japan tour, v. Rowville Secondary College's sister sch Motoyama Junior High School, locat in Aichi Prefecture, near Nagoya. The Motoyama sister school visit, run annually at Rowville Secondary College, took place from the 23<sup>rd</sup> of September until the 7<sup>th</sup> of October.

Year eight and nine students, Adam Bromage, David Kay, Bailey Ryan, Lucas Durant, Brianna Lillie and Xara Storey represented the College, along with teacher Kate Ununsu, International Programs Coordinator, Chris Rodier and Principal, Glenn Fankhauser.

Xara Storey, of year nine, was impressed with the Japanese history and culture. “The highlight for me was mostly being able to see all the culture, especially the Hiroshima Peace Park, because we were able to see the history,” she said.

Storey was also intrigued by the cultural differences she experienced.

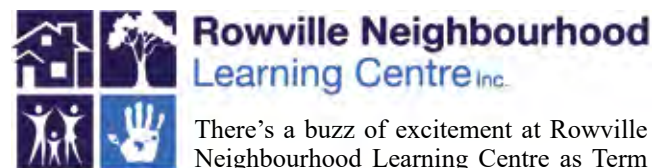


“Doing the home-stay as well, that was very different, we were living a different life but it was interesting to see how differently they live to us. Everyone was really nice and everything was really pretty. We arrived in the night and we went sight-seeing the next day. There were differences and similarities and it was interesting to see,” she said.

On her first visit to Japan, Xara hopes to one day return, along with the other students. “The group I was in made a pact to go back when the youngest turns 18,” she said.

The relationship between Rowville Secondary College and Motoyama Junior High School fosters, maintains and promotes positive relations between the two nations.

2014 Senior volleyballer, **Phil Freere**, has begun life as a professional player having been signed to play in Denmark in the top flight league. Phil recently left Australia for his new life fulfilling a dream to play pro in



There's a buzz of excitement at Rowville Neighbourhood Learning Centre as Term 4 classes are well and truly underway. But don't feel dismayed, you haven't missed out just yet, as there are with even more fabulous courses and workshops commencing in November!

At Rowville Neighbourhood Learning Centre we have something for everyone right here in your local community. Here are but a few of the many affordable options that might just inspire you to begin, recommence or contemplate your learning journey:

### Microsoft Excel – Intermediate

Wednesday 4<sup>th</sup> November to 9<sup>th</sup> December 12.30pm – 3.30pm

### Short Course in Office Administration

Wednesday 4<sup>th</sup> to 25<sup>th</sup> November 9.30am – 2.30pm

### Introduction to Small Business

Saturday 14<sup>th</sup> to 28<sup>th</sup> November 9.30am – 3.30pm

### Customer Experience Workshop

Tuesday 10<sup>th</sup> November 8.45am – 4.30pm

### Social Media for Business Workshop

Monday 30<sup>th</sup> November 9.30am – 1.30pm

### Fashion Jewellery Making

Monday 9<sup>th</sup> to 23<sup>rd</sup> November 12.30pm – 2.30pm

### Transparent Mosaics

Saturday 21<sup>st</sup> November 10am – 3pm

### Eat Well and Stay Healthy with Oriental Nutrition

Tuesday 17<sup>th</sup> November 11.30am – 1pm

If you would like further information on these or any of our courses, check out our Term 4 Brochure online or call into the centre and speak to us in person. We would love to hear from you! — [www.rowvillenc.org.au](http://www.rowvillenc.org.au)

*Heather Mileto*



Europe. He recently won the best attacker award in the top division of Victorian State League also taking out the honours premiership with Yarra Ranges.

Rowville Secondary College dominated the **McDonald's Cup** during the holidays, winning three state titles at Nunawading Basketball Stadium. The junior girls, junior boys and intermediate boys all took out respective championships, while the intermediate girls were gallant in defeat against Maribyrnong College.

RSA Head Basketball Coach Dean Kinsman said. “I just think we've had an outstanding year to win three (championships) and to represent in four finals in an all-state program, whether it be private or public school,”

**Millie Reed** represented Rowville Secondary College at the BMX school cycling BMX State Championships in Geelong and placed first in all of her races and once again was the State Champion for the third year in a row.

**How I wish I could calculate pi 3.141592...** . This is how **Marty Ross** began his presentation to the MSA students. A very clever way to remember the first 7 digits of pi is to count the number of letters in each of the words ‘How I wish I could calculate pi’ and compare these numbers to the digits in pi!

*Daniel Cencic*



## Science Club and TeachLive Expedition

At Rowville Primary School we pride ourselves on our ability to encourage a sense of wonder in our students. After all, curiosity is one of the most powerful things you can own. It is this mantra that led to the formation of our Science Club in 2014.

Year 4 teacher, Megan McKinley, runs Science Club once a week with a group of students who are passionate about asking questions. Under her guidance the students develop authentic ways in which they can look after our school environment. Arwa has been a Science Club member since early 2014 and says “I decided to join Science Club because I have always had a deep interest for science. We look after our garden by doing pH testing of the soil to make sure the plants are healthy.”

In Term 3, Megan was one of only six Victorian teachers to go on a government subsidised research trip to Queensland by Earthwatch. From 24<sup>th</sup> – 30<sup>th</sup> October she will be living at the Moreton Bay Research Station, and conducting research into the impact of urbanisation on the marine mammals that live in the bay. The Science Club program is always strongly linked to real world problems and this is an amazing opportunity to make this link explicit!

Science Club members and Year 4 students will be following Megan’s trip through photos, videos and her blog on the TeachLive website and will be able to ask questions and get answers in real time. By accessing [teachlive.org.au](http://teachlive.org.au) you can also follow her. Watch for an exciting update in the next month

## Rowville Primary School Junior Sports Precinct

Spring has sprung! And what better way to celebrate the warmer weather arriving than to create an outdoor playing area fit for any aspiring sports star?

At the end of term three the students watched in



amazement as part of their playing area was transformed into a new, lush playing surface. Excavators and bob-cats were seen daily, digging and moving soil. Students spent each recess and lunch play watching eagerly the progress of the machines.

Then over the term 4 holidays something magical happened. The dusty soil had new grass growing and the words on every student’s lips were – “when can we start playing on it?” but it will be some time before they can practice their skills on the new playing surface.

These playing precincts, combined with the orchard and the Stephanie Alexander garden, make a wonderful contribution to the school’s learning programs and recreational play sessions. The junior school students would like to sincerely thank the many people who made this all happen: Adrian and Lisa from B&B Paving



and Landscaping; Peter from Coolabah Commercial Landscapes; Clinton from Play Ropes Pty Ltd; Tina from Lilydale Instant Lawn and last but not least Les Shane and Stewart Brown for making this plan a reality.

Level 1 students **Harry and Lachlan** said – “Our daddy used the digger to make it really flat so we can play soccer and footy on it. We loved seeing our daddy working on the sports field and helping so the kids in the junior school have somewhere really good to play like the older kids on the oval.”

## Park Ridge – A Healthy School

Park Ridge Primary School has been officially recognised by the Victorian Government as a ‘healthy school’ after reaching state-wide benchmarks for Mental Health and Wellbeing and Safe Environments.

The school, which is attended by more than 585 students from the local community, was recognised under the Healthy Together Achievement Program. Part of Healthy Together Victoria, the Achievement Program supports the development of healthy early childhood services, schools and workplaces across the state. It is focused not only on promoting healthy lifestyles, but improving the environments where Victorians live, learn and work.



David Mann Accepts The Certificate Of Achievement.



Park Ridge’s health and wellbeing achievements are proudly promoted by the Achievement Program sign but Principal David Mann said the real reward was having healthy and happy students and staff.

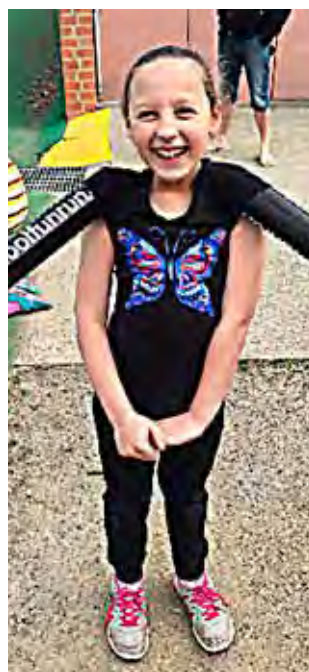
“Healthy young people learn better,” he said. “We aim to create a positive learning and working environment.”

To reach the benchmarks, the school took steps such as training ‘Peer Mediators’ to assist with issues in the yard, implementing social skills programs and holding a whole school ‘Wellbeing Week’ which included a highly successful Fun Run. David Mann said that the student leaders really enjoyed taking part in the decision making process. “It is important to get students involved and engaged in health and wellbeing activities,” he said.

Next, Park Ridge Primary School will focus on meeting the benchmarks for Physical Activity and Sun Protection. In all, there are eight health priority areas for schools – Healthy Eating and Oral Health, Physical, Tobacco Control, Alcohol and Other Drug Use and Sexual Health and Wellbeing.

The Healthy Together Achievement Program is improving the health of Victorians, funded by the Victorian Government.

Graeme Lloyd Assistant Principal (Administration)



## Origins of Words & Phrases

### ‘Crack a smile’



Women used to put wax on their faces (a forerunner of today’s makeup). Should the woman smile, the wax would crack, hence the term. Also, when they sat too close to a fire the wax would crack and drip!

## Rowville Pets Home Feeding Service

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Established For 15 Years

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## St Simon The Apostle Primary School

Throughout the month of September, Grade 5 & 6 students participated in an Applied Science Soccer Project at Rowville Secondary College, Eastern Campus. St Simon's applied for and was successful in receiving funding from the Science Partnership Grants Program.

Head soccer Coach, Ian Greener, headed up our project and worked with our teachers to deliver intensive soccer workshops. Rowville College students and coaches are linked with Melbourne City FC and the Melbourne City College of Football, establishing areas of co-operation in coaching, football services, elite training and playing opportunities, female coaching and commercial and community opportunities including hosting City Football Schools programs at Rowville. St Simon's are very fortunate to have had this opportunity and we believe our students totally enjoyed the training sessions.

Due to the close working relationship between Deakin University and Rowville Secondary College, Mrs Maree Fatouros who initiated the project, experienced Ian Greener's coaching skills first hand whilst completing a Bachelor of Exercise and Sports Science. Mrs Fatouros believes that it is important for teachers to view themselves as life-long learners in order to facilitate the excitement of linking with other professionals with passion.

This Program encourages innovation in science education in Catholic primary and secondary schools by:

- Fostering and supporting a culture of innovation in science education in Catholic schools;
- Encouraging schools to value, recognize and develop within students a personal capacity to work with and explore the learning potential of such innovation;
- Supporting improved levels of coordination of science teaching and learning within Catholic schools.
- Encouraging increased collaboration between Catholic schools and science organizations, universities, business and industry and other organizations

### Specific Curriculum Areas

Applied Sports Science

Energy Systems

Bio Mechanics

Sports Performance Analysis

Health Science and reasons to move

### Data Analysis Tools

Use digital devices to record, monitor and analyse data.

GPS devices, Go pro digital cameras, digital camera and tripods

The intended outcomes for students and/ teachers:

Teacher and student engagement will be apparent due to physical activity and an enthusiasm for soccer already evident within this specific student population.

- The development of the multi-media portfolios built around each student's data including personalised feedback for skill development will also be of benefit and an outcome of this project.
- Development of improved teacher confidence in specific areas of Applied Science not currently covered through

## School Talk

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

active participation between teaching peers and students alike when working with the digital devices.

- Students introduced to Applied Sports Science concepts that will be revisited and expanded upon throughout the continuing curriculum.
- The inclusion of digital devices to monitor actions on a number of levels will further enrich and challenge students when analysing collected data and problem solving within an Applied Sports Science environment.

### Lego at St. Simon's

Last year we introduced a lunchtime Lego Club for those students who love using LEGO. This enabled them to spend time with likeminded students creating and learning from each other. The response to this club was fantastic, so we have now taken our club to the next level and introduced it into the learning time for some of our students. During 3<sup>rd</sup> term some Gr 5 students were working with LEGO Education Kits, creating engineering models. This term those students have tutored some Gr 4 students in how to work with the education kits while they are moving onto LEGO Mindstorms, building robots and programming them to do a myriad of different moves. This has been a great success and it's hard to know who has enjoyed this program more, the students or the teachers!!! The only question now is where to next year??

*Maree Fatouros*



## Art at Karoo Primary School!

At Karoo Primary School, we teach a differentiated curriculum where each student is challenged and supported to achieve their personal best. Specialist programs and a diverse range of

extra-curricular programs allow each student to 'shine'. We offer Music, Art, Indonesian, Physical Education and Science and our students compete in district/region and state sport competitions. They act in professionally staged performing arts, Year 3 and 4 in "The Lone Star Cowboy" and for Year 5 the "State Schools Musical Spectacular", Instrumental Music, choirs and the GATEWAYS program for the gifted and talented, where we can engage and motivate our students to be high achievers.

Our Art teacher, Kim Cunningham, has organised for artist Adrian Ward to work with the Year 5 students as part of Karoo's Artist in Residence program. Adrian is a sculptor who has worked with Kim, sharing his artistic skills whilst

coaching students to create self-portraiture sculptures.

The program has run for nine weeks and the student work is amazing! We are very proud of their achievements, skills and ability and their positive embracing of the challenges of sculpture. The students have thoroughly enjoyed their time with Adrian, and they are very proud of the work they accomplished.

To see the brilliant sculptures created by Karoo students visit our website: [http://www.karoops.vic.edu.au/?page\\_id=2574](http://www.karoops.vic.edu.au/?page_id=2574).

For further information about Adrian Ward, please visit <http://www.adrianward.com.au/#!/about1/ci96>

*Kim Cunningham*

## Heany Park Primary School

### How Are Tsunamis Created?

Tsunamis are deadly and destructive natural disasters. Many homes, communities and people are destroyed or killed. Sometimes no warning is given and the people of that country will receive the shock of their lives.

A tsunami is a giant wave that is formed in the ocean and when it reaches land, it's deadly. The wave destroys anything in its way: homes, buildings and people. The wave can reach up to 30 metres high, flooding the city.

Tsunamis are created by landslides, volcanoes and earthquakes. When a landslides mud, sand and dirt falls into the water it may force the water to the side, causing a tsunami. A volcanic eruption's ash, lava and rock can cause tsunami waves as well.. The most common cause of a tsunami is an earthquake, with 80% caused by them. When the seabed is shaken it can send huge waves in every direction.

The tsunami waves surge through the ocean at the speed of a jet plane, until they reach the shore. The wave increases its size as it gets closer to the land. If no land is near the wave will dissolve and lower.

Sometimes more than one tsunami wave hits the shore and most are even deadlier than the first. The wave will flood over the city and there is no stopping it. After the wave has devastated the coastal community it will recede back to the ocean.

Many tsunamis have made history, but the 2004 Boxing



Day tsunami shocked the world. It affected 14 countries and killed more than 230,000 people. It was caused by an earthquake, the epicentre of which was near the island of Sumatra. Many families were lost, buildings were destroyed and many left homeless.

There are still people to this day affected by this tsunami. The unfortunate countries have had to make a massive recovery and regain its population. At the moment, tsunamis are impossible to stop, but hopefully, in time, we will be able to change that.

*Ashleigh G. Grade 6*

## Footy Walkathon Poems

### (Sensory poems)

I hear people chanting their club songs while music plays.  
I see brightly coloured footy clothing flowing in the wind.  
I feel ooey gooey mud soaking my shoes.  
I smell yummy, scrummy pies coming through the door.  
I taste warm pies with their sweet tomato sauce and scrumptious meat.

*Keeley Grade 3*

I hear loud club music bursting from the speaker.  
I see everyone holding up their flags high in the blowing wind.  
I feel the sweat dripping down my forehead.  
I smell the tasty hot dogs filling the air.  
I taste the hot sweet jam oozing down my chin.

*Zoe Grade 3*

I hear children crashing, burning, stomping, running.

I hear club songs, yelling and singing loudly.  
I see children finishing laps, laughing, running, walking and a herd of children ramming each other.  
I feel excited, happy, silly and awesome.  
I feel the breeze going across my face.  
I smell jam donuts burning my tongue.  
I taste beautiful hot dogs, smelly and tasty.

*Sebastian Grade 3*

I hear feet thumping and songs booming.  
I feel tired, my feet are aching. It feels like I'm walking a marathon.  
I see scarves whooshing in the wind and hats blowing.  
I smell hot dogs with sauce and meat pies.  
I taste delicious hot dogs and scrumptious apple juice.

*Samuel Grade 2*

**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](http://www.southernbears.uniqweb.net)



# KIDS PAGE

## Supplied by Lysterfield Primary School

By Ryan M & Hannah H Student Promotions Leaders

### Space Word Search

ALIEN  
ASTRONAUT  
COMET  
EARTH  
EXPLORE  
GRAVITY  
JUPITER  
MARS  
MERCURY  
METEOR  
MOON  
ORBIT  
PLUTO  
ROCKET  
SATURN  
SHUTTLE  
STAR  
URANUS  
VENUS



### Space jokes

- Q. What is a spaceman's favourite chocolate?  
A. A Mars Bar
- Q. What did the alien say to the cat?  
A. Take me to your litter!
- Q. Why did the cow visit outer space?  
A. To get to the milky way!
- Q. What do you call a loony spaceman?  
A. An Astronut

### Space Facts

1. You become taller in space.
2. On Venus, a day is longer than one Earth year.
3. The hottest planet isn't the closest planet to the Sun.
4. One million Earths can fit in the Sun.

### Lollies In The Jar

Stringybark is over for another year. So who won the "Lollies In The Jar" count at the RLCN stand? Stand up and take a bow Cameron Range from Narre Warren who came to the Festival with his Rowvillian Grandad but guessed the total without his help. The correct number was 373. Don't eat them all at once Cameron! A big thank you to all the kids who entered (and the Mums and Dads) a total of 147 entries.



Bianca researching

**Lysterfield Primary School**



Jack and Bo organising their presentations



Ryan in the 'wondering' phase

### Exploring Space

Senior School students at Lysterfield Primary School have been discovering things that are out of this world! From Earth to beyond our solar system, students posed questions about a focus area that made them wonder. Some examples included: "How do people live in the International Space Station?" and "What technology is being used to see if alien life really exists?"

Students used various methods to research information, including stories in the media, relevant websites, factual texts, documentaries and more. Information was sorted and

students presented their findings in a method that they felt was relevant to the inquiry process.

In addition, students took their learning further by relating new knowledge to broader understandings. The understandings included:

- How we understand the world and the universe now is different to the past, and it continues to change
- There are different ways that people and robots explore space, and they do so for different reasons

- We know and can learn more about space and the universe because of new and interesting technology
- Things in Space are affected by each other, including Earth.

The process took more than a term to complete but was certainly intriguing and fulfilling for all of those involved.





## Murrindal Playgroup

The first Murrindal Dads playgroup took place on Saturday 10<sup>th</sup> October, and was a big success.

The weather was warm, and the children gathered in the outside play area. They enjoyed the cubby house, sand pit and the shed crammed full of outdoor toys. Not even a sudden downpour could dampen their spirits; in fact it had the opposite effect. The rain created puddles, and we all know puddles are awesome!

Once the children had been gathered (caught), and moved inside out of the rain, they settled down to a snack of fruit, and did some drawings to take home with them, while the younger children played in the ball pit and took in the bright surroundings.

Seven dads attended the playgroup, and brought with them a total of nine children aged between 10 months and 6 years. It was a great opportunity for a bunch of dads to spend time chatting about parenting, work, and football (all codes), and also spend some time watching their kids interact with other kids their own age.

The group will run fortnightly from the 10<sup>th</sup> October, and all dads are welcome. For all enquiries, please contact Ben on 9753 9568, or at [benmcfarlin@live.com.au](mailto:benmcfarlin@live.com.au)

*Ben McFarlin*

**Editor's Note:-** *It sounds like a lot of fun....for the dads I mean!!*



*Dads Keeping A Close Eye On Their Children*



**Three Year Old Pre Kinder**  
**Applications now open for 2016 placements.**  
**The Rowville Community Centre runs a Three Year Old Pre Kinder program from Monday to**

## Rowville 3-Year-Old Kinder



*Sharon With The Bombers Supporters*



*Tamara With The Hawks Supporters*

## Footy Finals Fever Hits Rowville 3 Year Old Kindergarten...

Term 3 ended in excitement as the children came to Kinder wearing their favourite AFL team's colours. They were able to listen to team songs and walk in a parade on the day. Some children even knew all of the words to their team's song – an impressive effort. The clear favourites on the day were Hawthorn and Essendon! I wonder if this had anything to do with teacher Tamara's passion for the Hawks or assistant Sharon's love of the Bombers. The children had a go at handballing through a target and kicking the footy too. For some, this was their first experience with AFL.

In the lead up to the end of term, the children were also lucky enough to do the following activities;

- paint/decorate paper guernseys in their favourite colours
- paint football cut-outs
- create crafty football 'peg doll' players
- sing, sing, sing.

If you are interested in finding out more about our wonderful Kindergarten, please contact Tamara or Sharon on 9764 4030. Sessions run on Monday and Wednesday mornings and we are located in the Alan Clayton Wing, 965 Wellington Road (corner Tirhatuan Drive), Rowville. We only have a couple of places still available for 2016.

*Sally Dwyer*



## Three Year Old Kindergarten

Busy, busy, busy! It is hard to believe that we are in fourth term already. The children have been busy painting, pasting, cooking, gardening and learning, learning, learning! We have planted some sunflower seeds in our garden and have been monitoring, measuring and documenting their growth; we have maintained our worm farm and have produced some rich organic matter ready to plant some bean seeds that we will take home to our families; we have been learning about healthy eating, drinking and oral hygiene through the "Smiles for Miles" program; we have cooked some vegetable soup, popcorn, pancakes and our own playdough; our block buildings have become very detailed and intricate as we experiment with design and architecture; we have enjoyed having our own words written down and read back to us as we embark upon our literacy journey



through storytelling and with our art work – many of us have learnt to write our own names as well; we have been experimenting with colour mixing, symmetry, volume, capacity etc. etc. etc through experimentation and play; we are learning to be effective communicators as we share our thoughts and ideas through imaginative play; we have practiced and refined our motor skills, problem solving skills and our abilities to persist when challenged. Most of all, we have had fun, developed our independence and become important members of a group through our time at kindergarten.

We offer a fun, play based educational program, where children attend for 5.5 hours per week in a small group of twenty children. Our two qualified educators, including a qualified Preschool teacher, provide an educationally stimulating, friendly and safe environment for families and children. We offer an indoor/outdoor program that encourages the children to make choices as they explore and learn through their play. Our educational program is based around the children's interests and is constantly evolving to reflect this. Each child's participation, interests and learning is documented and reflected upon along the way as the children grow, learn and develop both as individuals and as a valued, contributing member of a group.

We are in the process of organising our groups for 2016. For 2016 enrolment information or future years, please contact Sia on 0402 383 322. Alternatively, if you would like to visit, meet our dedicated educators and have a look around, call on 9764 4746 (Mondays & Thursdays).

*Jackie McCallum Vice President*

## Friday during school terms.

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

The sessions are run with only 10 children per group with higher children to staff ratios than other three year old groups.

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](http://www.knox.vic.gov.au/A-Z) listing.

*Patricia Massie*



The end of the year is drawing fast toward us. Christmas has made an appearance in our shops and people are frantically beginning to think of all that has to happen between now and December 25th! We are approaching a time that is meant to be joyful and happy; a time where families are to share with each other. But the reality is that not everyone is joyful. Not all families function well enough to find joy in the company of each other. For some, this time of the year brings into focus their unhappiness.

Some of the challenging feelings I have just mentioned are normal, especially in times when we are under stress. Mindfulness is a personal discipline that many people use today that helps them manage their feelings and their stress. Mindfulness is a type of relaxation and meditation that helps us take some time out to breath and become aware of our bodies. Sometimes it is helpful to find a peaceful image that we can focus on in our mind, with our eyes closed, that helps us. Then in times of stress we might call on this image to try and help us be calm in the stressful situation.

In the Uniting Church we sometimes call this process prayer; a chance to ask God to help us through difficult or challenging times. A good prayer life can make a huge difference to an individual's capacity to cope with many of life's challenges.

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



## Following Jesus; a life of faith in a postmodern world

### What does it mean to follow Jesus today?

We live in a very different age than the pre-modern people whom Jesus spoke of in the first century. The modern age,



## Never Too Late!

There was a man who needed a job urgently. He rose early and scoured the countryside for work.

Luckily a farmer engaged him that very day.

There was another man who also needed work. It was nearly evening when he came across the same farmer who agreed to employ him. All that was left was to stack the gathered grain.



Rev. Hilton Jordan and the MC (and one of the organisers) Ajith Chelliah

*"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



## Sri Lankan Hopper Night

A fun filled night was had by all who attended the Sri Lankan Hopper Night, a fund raiser held at RAFT Anglican Church, Rowville on 26<sup>th</sup> September 2015.

"Hoppers" are a much loved traditional Sri Lankan food made with rice flour and coconut milk. They are crispy edged, bowl shaped pancakes with soft middles to be enjoyed with your favourite curries.

Sri Lankan Hopper Nights are popular in Melbourne and this was proved as we watched the hall filled to its capacity with 165 guests enjoying a great time of fellowship.

The evening commenced with the traditional lighting of the Sri Lankan oil lamp by Rev Hilton Jordan before guests

which began in the Enlightenment of the eighteenth century, is now rapidly becoming the postmodern age.

In spite of a seeming chasm between the first and the twenty-first century, the way of Jesus is as appropriate to the postmodern world as it was to the pre-modern world. But it will not be achieved by clinging to a pre-modern worldview.

Marcus Borg, a biblical scholar, in his book, *The Heart of Christianity*, describes two different ways of seeing what the Christian life is all about. Borg says:

*"This earlier way of being Christian views the Bible as the unique revelation of God, emphasizes its literal meaning, and sees the Christian life as centred in believing now for the sake of salvation later- believing in God, the Bible, and Jesus as the way to heaven. Typically, it has also seen Christianity as the only true religion."*

The emerging way has been developing steadily for the last century and has become a kind of grassroots movement

When darkness fell the labourers queued up for their day's wages. The first man was most upset to find the latecomer was given exactly the same wages as himself. He complained, "This is unfair! I have worked hard all day and this man who came in so late gets the same wage?" The farmer explained that he had given him what was promised and, anyway, it was his prerogative to pay whatever he wanted. Also the second man got the same wage, as he *did* make it to the farm and his need was *as* great. (Story in Matthew 20:1-16.)

Remember the story about the prodigal son? It doesn't matter how long it took or how late before he returned home. Father was waiting.

The thief on the cross by the side of Jesus called to Him with his dying breath and Jesus said "This day you shall be

## The Churches

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



Rev. Hilton Jordan – the traditional lighting of the Sri Lankan Oil lamp

were entertained by several vocal performances.

As with any fundraiser, three impressive hampers went into a raffle draw which was generously supported by those present.

The hall was filled with the aroma of freshly cooked hot hoppers. There was a variety of egg hoppers and plain hoppers accompanied by delicious curries. The main meal was followed by dessert of ice cream and curd and honey, another Sri Lankan favourite.

As the night wore on, the DJ added to the atmosphere with a great mix of music which was thoroughly enjoyed by the guests as most took to the dance floor.

No Sri Lankan night is complete without the traditional 'Baila Music' at the end of the night.

The night was a great success resulting in a substantial sum of funds being raised towards ministry at RAFT Anglican Church.

Chamindra Ranasinghe

within the mainline denominations.

*"The emerging paradigm sees the Christian life as a life of relationship and transformation. Being Christian is not about meeting requirements for a future reward in an afterlife... Rather, the Christian life is about a relationship with God that transforms life in the present."*

The last part of this article will appear in the December edition.

In other news, Restore Community Church will be hosting a Restore Christmas Family Day, on Sunday 13<sup>th</sup> December commencing 10:15am. This **free community event** will include a BBQ lunch, loads of entertainment and activities, including a petting zoo and jumping castle, which will be preceded by a Christmas production and carols. And, of course an appearance by Santa! This event will be held at 24 Laser Drive, Rowville. Phone 8736 7053 for further information. We look forward to seeing you there!

Ray Green

with Me in Paradise". A last minute rescue! No, it is never too late to come to the Lord Jesus. God is waiting, and no matter how late you might think you are, He will welcome you.

The times of the services at Australia for Christ Church are in "What's On Locally" on page 2.

Plus The Stompers Play Group on Wednesday 10.00-11.45am, Youth Anthem every Friday at 8pm and SHARE Welfare Program every 1st and 3rd Thursday 5.30pm-7.30pm. All Welcome.

Marlene Smith





# Knox Home Garden Club

During a recent trip to Vietnam and Cambodia, not only did I take in the sights, sounds and culture, I had a thorough look at what was growing there. The tour began at Sapa, in the North of Vietnam. Sapa lies in beautiful valley, surrounded by rice paddy fields, and the spectacular hillside rice terraces, where ripening rice was turning a golden yellow. Rice is Vietnam's major export, with 8 million tonnes being exported annually. Depending on the region, 1 to 3 crops can be grown annually. Across Vietnam, very little ground is not under cultivation, growing food is essential. Land around homes is not wasted by growing trees, shrubs



*Breathtaking Philippines Jade Vine*

or flowers, instead the plantings included rice, corn, cabbage, lady finger bananas, and pumpkins on overhead trellises to keep them off the very wet ground.

Coffee was introduced to the Vietnamese by the French. Travelling south, Ban Me Thuot is the coffee capital of Vietnam. Coffee was a much, much more profitable crop than growing corn and sweet potato, so the farmers who made the change became quite wealthy. At 4.1 million tonnes from two crops per year, Vietnam is the largest coffee exporter in the world. They are also the second largest exporter (after India) of cashew nuts.

Six million hectares of vegetation were destroyed by chemicals such as Agent Orange and 1.3 million people were affected by the toxins. Some people were still being affected by food and water nine years later. Regrowth areas are gradually being planted with rotating forests, which include rubber, pine and eucalyptus trees. Russian scientists have calculated that it will take 50 years to clear the chemicals from the soil and underground water courses.

Across the country, some people grew plants and flowers in pots at their front door, but it was the hotels, business gardens, and public parks that excelled. In Dalat, the City Flower Garden was magnificent. Of particular note was a pergola covered in the Philippines Jade Vine, with its' breathtakingly beautiful metre long pendulous jade flowers. Also in Dalat was a market garden with 8,000 hectares of green houses and 12,000 hectares of open garden. There



*Hillside Rice Terraces Near Sapa, Vietnam*

were literally hundreds of bonsai plants, small, medium and large, outside and inside hotels and businesses. One town had a 2km median strip planted out with fabulous large cycads. The many beds of bright yellow cosmos encouraged me to purchase some seeds, however, Mr Customs confiscated them. The packet did not contain a botanical name, so the seeds were unable to be verified as Australia-safe. Such is life!

*Happy gardening, Betty Wright*



## Rowville & Lysterfield Council Minutes September 22<sup>nd</sup> Meeting

### 5.2 Ward Issues

#### 5.2.1 Councillor Seymour (Tirhatuan Ward)

Councillor Seymour was pleased to announce that 1060 Stud Road had recently been sold and that the site had been purchased by an aged care service provider. She noted that use of the site for an aged care facility was consistent with the use outlined in the Rowville Plan.

She was also pleased to announce that the Stringybark Festival would be held on the weekend of 17 & 18 October at the Rowville Community Centre. She advised that the festival is celebrating its 30th year and an exciting program has been prepared.

#### 5.2.6 Councillor Pearce (Taylor Ward)

Councilor Pearce was pleased to advise of his attendance at the Rowville Junior Netball Club's presentation day. He congratulated the club for their outstanding efforts over the past few years.

He also advised of his attendance at the Annual General Meeting for St Simon's Junior Football Club.

### 6.1 Planning Applications Decided Under Delegation

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

Dobson 2015/6353 **48 Sherwood Way Lysterfield**

Construction of a garage 13/08/2015 Approved

Dobson 2015/9070 **11 Greenbank Court Lysterfield**

Front fence 26/08/2015 Approved

Taylor 2015/6197 **500 Kelletts Road Lysterfield**

Minor Alterations and Additions to an existing Church 25/08/2015 Approved

Tirhatuan 2014/7017 **1338 Stud Road Rowville**

Development of a double storey dwelling to the rear of the existing dwelling and alteration to access to a Road Zone Category 1 11/08/2015 Notice of Decision

Tirhatuan 2015/6241 **28-30 Kingsley Close Rowville**

Change of Use - Training facilities and car parking waiver 20/08/2015 Notice of Decision

Tirhatuan 2015/6212 **1 Taylors Lane Rowville** Change of use to child care centre, associated buildings and works, and signage 20/08/2015 Approved

Tirhatuan 2015/6290 **19-21 Lakeside Boulevard**

**Rowville** 2 Lot Subdivision 19/08/2015 Notice of Decision

### 6.3 Municipal Fire Management Plan 2015-2018

**Summary:** The Country Fire Authority Act 1958 (the Act) requires that the Knox Municipal Fire Management Plan be reviewed triennially. The Knox Emergency Management team along with the fire management working group and the Municipal Emergency Management Planning Committee (MEMPC) have reviewed this plan in line with the Act requirements, CFA regulations and the guidelines contained within Part 6A of the Emergency Management Manual of Victoria. The reviewed Knox Municipal Fire Management Plan 2015 – 2018 (the Plan) has been formally endorsed by the MEMPC. To meet Council's legislative requirements adoption of this plan by Council is sought.

### 8.2 Water Sensitive Urban Design (WSUD) Policy

**Update Summary:** This report presents a review of the Knox City Council Water Sensitive Urban Design (WSUD) Policy.

**Discussion** The Policy demonstrates Council's commitment to the local environment, stormwater quality, enhancement of liveability standards for the local community and is consistent with Council's vision to build a water resilient, sustainable and liveable city. The Policy provides direction in the management of urban stormwater pollution for the protection of local waterway environments and recognises stormwater as a valuable resource. The principles underpinning WSUD were identified as a community priority.

**Conclusion** The updated Knox City Council WSUD Policy aims to provide a consistent approach in the inclusion of WSUD principles in Council projects and planning applications. The Policy principles are consistent with Victorian Government integrated water management policy, and the requirements of the Victorian Planning Provisions, in the management of urban stormwater quality runoff for local waterway protection

### 8.3 Native Vegetation Genetic Integrity Policy (2015)

**Summary:** This report seeks to update the Native Vegetation Genetic Integrity Policy (2012). This report recommends that the Policy position is retained with minor amendments. It is recommended that Council approves the Native Vegetation Genetic Integrity Policy (2015).

**Introduction** In September 2008, the Genetic Integrity Policy was adopted by Council. The Policy addresses the use of local provenance plants where indigenous species are planted in order to ensure that the local genetic pool is not impacted by cross fertilisation with genetically modified varieties.

**Discussion** Knox's native vegetation has become fragmented due to decades of land clearing for agriculture, housing development and other infrastructure. As a consequence, only small pockets of remnant plant populations remain. In this fragmented habitat context, a major threat to the genetic integrity of Knox's remnant vegetation is the mixing of pollen and hybridisation as a consequence of the planting of similar species that are not of local provenance. Council has very little ability to control the planting of species in private gardens and new developments; however, Council is a major planter of indigenous plants within public spaces in Knox and has led by example on this issue.

One of the challenges with the implementation of GIP has been sourcing large numbers of local provenance plants for large scale projects. Council has recently tendered for the supply of 60,000 local provenance plants annually for the coming five years. Species selection for street trees is addressed in the Green Streets Policy and therefore is not included in the GIP.

**Conclusion** The desired outcome of the Genetic Integrity Policy (2015) is to continue protecting and conserving this vegetation by reducing the threat of hybridisation of indigenous species through the planting of local provenance indigenous plant stock.

### 8.5 Street Tree Planting To High Profile Roads

**2. Discussion 2.1 Background** – Knox Council is uniquely situated at the foothills of the Dandenong Ranges, providing an extraordinary backdrop for both the community and visitors of Knox. The rate of change particularly in regards to housing developments in Activity Centres has led to renewed community concerns over the loss of Knox's leafy green image. Council has long recognised the importance





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## Council Minutes continued...

of the contribution of street trees, parkland trees, bush boulevards etc. and has a number of programs dedicated to the management and renewal of trees in the public realms, including the Street Tree Replacement Program and Residential Street Tree Planting. The necessity of these programs has been highlighted through progressive funding increases in recent years. This has allowed for the proactive renewal of poor condition trees and a reduction in the 11,350 street trees deficit that was identified in a 2011 report.

**2.2 Benefits.** The trees in Knox provide much more than a green leafy image. Trees provide numerous economic, environmental and social benefits. For example, research has proven that canopy trees can lower ambient temperature by up to 8°C thus reducing air conditioner use and saving an estimated 12-15% per annum in electricity bills (Moore 2012). In addition, tree lined streets not only enhance neighborhood aesthetics but have also found to lead to an increase in property values within a street (Sander, Polansky & Haight 2010). Environmental benefits include the providing of food and habitat for flora and fauna, improved air quality, carbon sequestration and a reduction in the impact of localised flooding through rainwater interception (it is estimated that only 40% of water striking a tree enters drains (Moore 2012)). Many studies have shown the positive effect green spaces or the ability to view green spaces have on people's wellbeing, such as a slower heartbeat and lower blood pressure (Dwyer, Schroeder & Gobster 1991). Also, Australia has one of the highest rates

of skin cancer in the world, a major cause of skin cancer is UV radiation. It has been found that with good protection from UV radiation, most cases of skin cancer can be prevented. Shade alone can reduce the overall exposure to UV radiation by up to 75% (Parsons et al. 1998) with trees providing excellent natural shade. In 2013, a prioritised proactive street tree planting program was initiated by identifying the canopy cover for each individual street/road through satellite imagery analysis, thereby prioritising those streets with the lowest percentage of existing canopy cover. In 2014-2015, streets with canopy coverage of between 0-5% were targeted and prioritised.

**8. Conclusion** Based on this higher level analysis, it is recommended that a scoping project would include the development of a proactive street tree planting program for high profile roads and identify budget requirements. The hierarchy in regards to planting priority would be Activity Centres (all roads within), Link Roads and Collector Roads. The program would likely have two distinct phases over a 15 year period – avenue establishment (1-3 years) and avenue renewal (5-15 years). The scoping would also identify other opportunities, such as the planting of VicRoads controlled roads.

You can obtain further comprehensive details on Knox Council website on any issue that interests you  
*Report compiled by Jan Bates*

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