



# ROWVILLE-LYSTERFIELD COMMUNITY NEWS

PUBLISHED MONTHLY BY THE ROWVILLE  
LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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**Harmony Day at Heany Park PS:  
Developing Globally  
Minded Students**

**HPPS Out of School Hours Care is rated “EXCEEDING” in  
National Quality Standards. See article on Schools page.**



## ROWVILLE SECONDARY COLLEGE

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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

May 2016

**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.

**CFA Juniors** Meet every Thursday 7pm

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

**1st Rowville Scouts:**

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

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

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

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

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

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

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

**Lions Club** Meet 2nd & 4th Wednesday – 7pm for 7.30pm at the Knox Tavern, Knox City. Meal available. Contact Julia: 0414 608 824

**Little Athletics** For training & event days: 9763 1404

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

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

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

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

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

**Probus Club** (Knoxfield Ladies) Meet 4th Mon. of month at Waverley Golf Club 9.30am. Contact Beverley 9753 3224

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

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

**Restore Church** Sunday services are held at 10.15am at 24 Laser Drive. Light refreshments and finger food served after the service. Phone 8736 7053

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

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## RLCN Life Members

Diana Amend, Peter Barton, Jan Bates, Beattie family, Carol Belcourt, Wendy and Andrew Beveridge, Colin Bradley, Muriel Cartwright, Nola & Andrew Chapman Josie Dawson, Christine Dawson-Marsh, Wikje Dermynn, Kel & Di Emerson, Graham & Margaret Freestone, Hazel Haynes, Mary Henderson, Tony & Marjo Ho, David Hodgins, Patricia Jackson, Barbara King, King family, Marjorie Lade, Lyn & Doug Laphorne, Nicky Laughton, Joan & Ray Lightowler, Luxmoore family, Maureen & Graeme McEwin, Rod McKenzie, Christine Mitchell, June Murphy, Sandra Ogrizovic, Mary Powell, Bryan Power, Sue Rasti, Peter & Pauline Rumble, Sandy Sharp, Gerard Smith, Graham Smith, Pat Stemmer, Merle Turner, Ray Vancam, Michael & Jenny Walters, Barry & Karen Wells, Doug Whan, Christine & Mal White, Andrew Williams, Yates family

## Life Membership

Boyd Academy of Dance, Heany Park Primary School, Hillview Community Church, Karoo Primary School, Lions Club of Rowville, Lysterfield Primary School, Park Ridge Primary School, Promech Automotive Services, Revamp Automotives, Rowville Baptist Church, Rowville Pets Home Feeding Service, Rowville Primary School, Rowville Secondary College, Rowville Uniting Church, Salvation Army – Rowville Corps.

**Rotary Club** Every Tuesday evening at Tosario Restaurant, at 6.30 for 7.00pm,

**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.

**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

## May Events RAFT Family History

Our next meeting will be Wednesday 4th May – 10am to 12 noon. Our speaker will be Jan Jozsa who will talk about "Comfort funds, buttons and kinship at home during the wars". You are welcome to join us. Inquiries Bev, phone 9759 5455 or jibec@bigpond.com.



# 2016 RLCN Presentation Night



## 2016 RLCN Presentation Night

The RLCN held its annual presentation night on April 14th, with more than 40 people in attendance including Alan Tudge, Federal Member for Aston and Kim Wells State Member for Rowville.

Presentations included certificates of appreciation to deliverers for 5, 10, 15, 20 and 25 years dedication and two life memberships.

**5 Years** Veronica Bianco, Helga Carter, Sean Hansen, Janice Hill, Ursula Nowaski, Shanthi Piyanandana, Joseph Ratnasingham, Jordan Schwass, Braedyn Williams and Jacqui Wright, plus Alan Tudge for his sponsorship of the 'Achievers' page.

**10 Years** Cindy Banjanin, Rob James, King family, plus Kim Wells for sponsorship of the 'Sporting Roundup' page and the Wellington Village for advertising.

**15 Years** Geoff Baird, Shaddy Cameron, Rita Cicchiello, Marie-Anne Duthil, Valerie Gosch, Jill Greenard, Lesley Jenkins, Nadia Porter, Sue Richter, Linda Strahan, plus Rowville Picture framing for advertising and Fruitful Vine Church and St Simon's Primary School for sponsorship.

**20 Years** Diana Amend, John & Remy Brady, Nelly McLennan, Janice Nicol and Lyn Stubbs

**25 Years** Sue Rasti and son Kyle, Yates family and Rowville Pets Home feeding for advertising.

**Life Membership** Diana Amend for distribution and Doug Whan for auditing.





Our Autumn Charity Business Breakfast was held on Friday 15th April at the Waverley Golf Club and was a great success. Around 90 people turned up to join us and hear the special speaker, David Galbally AM QC, a leading Australian QC. David's theme was "Odd Encounters of the Defence Advocate". He proceeded to give us an enlightening and amusing run down of his legal life experiences and the people he had both met and defended during his lifetime in courtrooms around the country. Reluctantly, we only



David Galbally with Club President Kevin Harrison

## Communities that Care Knox

Communities that Care aims to reduce underage alcohol use in Knox

The Knox Community are standing up for the healthy social development of children and young people.

Alcohol consumption amongst young people (12-17) in Knox is higher than the national average, raising real concerns for their health and wellbeing, especially in relation to the impact on the child's developing brain. Supported by funding through Healthy Together Knox, Knox City Council and EACH are facilitating the Communities that Care Knox strategy. Communities That Care Knox (CTC Knox) is a community prevention strategy supported by 25 organisations in Knox working together to lead and plan for positive social development of children and young people by initially tackling the issue of underage alcohol consumption and binge drinking.

The Communities that Care research (2014) revealed that young people believe that their community thinks that this behavior is OK – the challenge is to switch these beliefs and perceptions. To achieve this requires community solidarity regarding reducing the supply and consumption of alcohol to young people especially those fifteen and under.

For more information or details contact Communities that Care Knox coordinator- Deborah Cocks

Deborah.cocks@each.com.au or on 9757 6297

had about 40 minutes for his address, but could have gone on for twice that time. A question time followed, which was lively and interesting. Donation cheques were presented to representatives from Alzheimer's Australia and local charity, Hands Off Foundation.

It was great to have a delegation of 10 members of the Interact Club and 2 staff from Rowville Secondary College, which was a great opportunity for these young people to experience the breakfast function and learn more about the world of Rotary. Interact is a program of Rotary that fosters the development of leadership skills and responsible citizenship for secondary school students with the RSC group being very enthusiastic and marvellously supported by the College staff and our Rotary Club.

Alzheimer's Australia was David Galbally's nominated charity and Hands Off Foundation was chosen as it is a local Knox community program with its mission being to support victims of sexual assault and then assist them in the healing process.

Hands Off is vital activity and has taken on a great challenge as the facts tell us that 1 in 3 women are sexually assaulted, 1 in 20 men are sexually assaulted and staggeringly, only 5% of cases will be prosecuted! Here's some more statistics about this situation that 'fly under the radar'. A woman has a 1 in 262,365 chance of being killed by a shark in her lifetime yet in that same lifetime, she has a 1 in 6 chance of being raped! Millions of sharks are culled annually in the name of unjustified threat to humans. But when it comes to rape prosecutions, only 16.3% of reported rapists are imprisoned! We're worried about the wrong predators!! To become better informed about this charity and its invaluable work check out their website at: [www.handsofffoundation.org.au](http://www.handsofffoundation.org.au) or phone them on: 0400 679 888.

Our Club project for Kiriwina Island, PNG has now been approved and will receive some funding through the Rotary International Global Grants system which means we are very close to reaching the target for funds to complete the project. With the appreciation of the Australian dollar



Interact student group from Rowville Secondary College with David Galbally

against the 'green back', it means that our target has blown, meaning that we have to raise about another A\$7,000! If anyone out there would like to help with a donation, either personally or corporately, would you please contact our Club's Project Co-ordinator Alan Lunghusen on 0488 033 133 or Club President Kevin Harrison on 0419 919 011 as soon as convenient.

Club membership continues to grow with another couple of local people in the last few weeks contacting President Kevin and coming along to our weekly meetings to see what we are about. If you are community minded and would like to give something back, then you are invited to come along any Tuesday evening to find out just what Rotary is all about. Just give either Kevin Harrison on 0419 919 011 or Jeff Somers on 0413 150 587. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. You can also log on to our Club website: [www.rowvillerotary.com.au](http://www.rowvillerotary.com.au) and follow us on Facebook and/ or Twitter.

Jim Wilson

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These classes are guaranteed to help you either burn fat and/ or reduce your stress levels FAST!

They have been designed by leading Melbourne Personal Trainer, Linda Mainwaring and are held locally at RAFT Anglican Church 131 Taylor's Lane, Rowville.

ABT BLAST & FAT BURNER classes at 6.30pm and the MINDFUL MOTION class at 7.30pm. I am so confident that you will absolutely love these classes that the first one (\$15 value) is on me! Yes, that's right. To reserve your place in one of these classes either call or text Linda Mainwaring on 0417 370 489



# Rowville Lions Club



*Easter morning tea for the Knox Police*

Pressure testing and at the Scoresby Bunnings BBQ.

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

For further information, phone Julia on 0414 608 824 or Gordon on 0412 624 202.

*Julia Young*

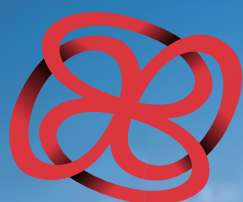
# Wanted

## Voluntary Advertising Coordinator

### Duties include:

- Liaise with advertisers
- Coordinate with publisher
- Available during office hours  
(Suit someone not in the workforce)
- Voluntary position  
(This means you don't get paid!)
- No previous experience required
- On the job training provided

## Friendly Team



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## From the Editor's Desk



After a wonderful cruise with my wife which started in Hong Kong then visited Shanghai, South Korea, Japan, Taiwan, Vietnam and finally disembarking in Singapore, I am back at my desk. We enjoyed every port we visited, from the glamour of Hong Kong and Singapore to the confrontation of Nagasaki and Hiroshima. The atmosphere of promoting peace is very evident and the recovery from those dark days is amazing. We found the people in all countries very friendly and helpful, even if there was a language barrier. We feel very lucky to have visited southern Japan before they were hit by those terrible earthquakes.

I must thank Rob James for standing in for me with the April issue, which apparently all fell into place easily (?). Certainly it was a good read with plenty to digest.

One thing that has not been a success however is our search for a volunteer advertising person. As National Volunteers Week is from the 9th to the 15th May, what better time than to volunteer at the RLCN? It is not a very time consuming role and offers opportunities to meet, as and when you feel it is necessary, local businesses. Please give this role consideration as without advertising income, the paper will struggle to survive. You will not be left to 'get on with it', as we can offer any support you may need. It is interesting that we were looking to fill the same position 5 years ago.

Two very worthy causes come up in May. Firstly, Australia's Biggest Morning Tea is on again, so drop into the Library at 10am on Thursday 26th May, enjoy some a lovely morning tea and make a donation to the cancer council. Later in the month there is another chance for you to show your community spirit by donating on the 28th or 29th May to the annual Red Shield Door Knock Appeal.

Of course we can't forget 'Mother's Day', a day to thank Mum for everything she does for us throughout the year. Breakfast in bed is a good start or just whisper in her ear "I love you Mum". You will note I inserted an apostrophe in 'Mother's Day, but should it be 'Mothers' Day'? Is it the day belonging to a singular Mum or is it a day for all mothers? According to the original campaigner for creating Mother's day, Anna Jarvis, explicitly wanted an apostrophe and she wanted it to be before the "s": It was to be a singular possessive, for each family to honour their mother, not a plural possessive commemorating all mothers in the world. And how many times do you see the wrong use of a capital letter for Mum? According to my English master, many, many years ago, a capital letter is for 'proper nouns' only. So "I love you Mum" is correct, but so is "I love my mum". Confused? Let's move on.

No doubt you've all turned your clocks back and have noticed the hours of gardening and other daylight outdoor activities have been curtailed. So now you can turn your attention to indoor jobs. I'm sure you have some. In fact I'm off now to fix a leaking tap. Until next month, enjoy the colours of autumn and the last days of warmth.

David Gilbert

# Wanted

## Voluntary Advertising Coordinator

- No previous experience required
- On the job training provided

## Friendly Team

## Calendar of Events

### May 2016

**65 Roses** - Cystic Fibrosis Federation Australia - [www.65roses.org.au](http://www.65roses.org.au)

**Domestic and Family Violence Prevention Month** - [www.domesticviolence.com.au/pages/domestic-violence-prevention-month-1st-31st-may-20.php](http://www.domesticviolence.com.au/pages/domestic-violence-prevention-month-1st-31st-may-20.php)

**Miracle Month Of May** - Miracle Babies Foundation - [www.miraclebabies.org.au](http://www.miraclebabies.org.au)

**Neurofibromatosis Awareness Month** - [www.nfaa.org.au/](http://www.nfaa.org.au/)

**Crohns and Colitis Awareness Month** - [www.crohnsandcolitis.com.au](http://www.crohnsandcolitis.com.au)

**Australia's Biggest Morning Tea** - Cancer Council - [www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au)

1 May - **Kiss Goodbye to MS** - [www.kissgoodbyetoms.org](http://www.kissgoodbyetoms.org)

1 May - **White Shirt Day** - Ovarian Cancer Research Foundation - [www.whiteshirtcampaign.com.au](http://www.whiteshirtcampaign.com.au)

1-7 May - **Tourette Syndrome Awareness Week** - [www.tourette.org.au/index.php](http://www.tourette.org.au/index.php)

1- 7 May - **Heart Week** - [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

3 May - **Immunisation** - Rowville Community Centre - No appointments necessary 1.30pm to 3 pm. Please bring your Medicare card and your child's Health Record book to the session.

3-9 May - **National Family Day Care Week** - [www.fdcweek.com.au](http://www.fdcweek.com.au)

4 May - **Play Outside Day** - [www.action.org.au/news/play-outside-day](http://www.action.org.au/news/play-outside-day)

4-8 May - **Live Below The Line** - Oaktree Foundation - [www.livebelowtheline.com.au](http://www.livebelowtheline.com.au)

6 May - **Starlight Day** - Starlight Children's Foundation - [www.starlightday.org.au](http://www.starlightday.org.au)

6 May - **Sports Without Borders** - [www.ourcommunity.com.au/swb2016](http://www.ourcommunity.com.au/swb2016)

7 May - **National Domestic Violence Remembrance Day**

7-13 May - **Australian Dance Week** - [ausdance.org.au/news/archive/events](http://ausdance.org.au/news/archive/events)

8 May - **Mother's Day**

9-15 May - **National Volunteer Week** - [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

10 May - **Immunisation** - Rowville Community Centre - No appointments necessary. 6pm - 7.30pm Please bring Medicare card and your child's Health Record book to the session.

11 May - **WOW Day** - (State Emergency Services) - [www.wearorangewednesday.com.au](http://www.wearorangewednesday.com.au)

13-20 May - **Coeliac Awareness Week** - [www.coeliac.org.au/CAW/](http://www.coeliac.org.au/CAW/)

15 May - **RSPCA Million Paws Walk** - [www.millionpawswalk.com.au/](http://www.millionpawswalk.com.au/)

15-21 May - **National Families Week** - [www.familiesaustralia.org.au/familiesweek/index.htm](http://www.familiesaustralia.org.au/familiesweek/index.htm)

15-21 May - **Schizophrenia Awareness Week** - [www.sfnsw.org.au](http://www.sfnsw.org.au)

15-21 May - **Food Allergy Week** - [www.foodallergyaware.com.au](http://www.foodallergyaware.com.au)

16 May - **Shine a Light on Road Safety** - [www.rtssv.org.au](http://www.rtssv.org.au)

16-20 May - **National Law Week** - [www.lawweek.com.au](http://www.lawweek.com.au)

18 May - **Immunisation** - Rowville Community Centre - No appointments necessary 1.30pm to 3 pm. Please bring your Medicare card and your child's Health Record book to the session.

20 May - **Vesak - Festival of Light** - [events@stupa.org.au](mailto:events@stupa.org.au)

22 May - **National Walk Safely to School Day** - [www.walk.com.au](http://www.walk.com.au)

22-28 May **Kidney Health Awareness Week** - [www.kidney.org.au/NewsEvents/KidneyHealthWeek/tabid/648](http://www.kidney.org.au/NewsEvents/KidneyHealthWeek/tabid/648)

22-28 May - **Macular Degeneration Awareness Week** - [info@mdfoundation.com.au](mailto:info@mdfoundation.com.au)

22-28 May - **National Palliative Care Week** - [www.palliativecare.org.au/Ourwork/NationalPalliativeCareWeek.aspx](http://www.palliativecare.org.au/Ourwork/NationalPalliativeCareWeek.aspx)

24 May - **Knox Council Meeting** 7.00pm Civic Centre

25-31- **Spinal Health Week** - [chiropractors.asn.au/education-a-events/spinal-health-week](http://chiropractors.asn.au/education-a-events/spinal-health-week)

26 May - **National Sorry Day** - [www.nsd.org.au](http://www.nsd.org.au)

27 May - **World MS Day - MS Australia** - [www.worldmsday.org](http://www.worldmsday.org)

27 May - 3 June - **National Reconciliation Week** - [www.reconciliation.org.au/nrw/what-is-nrw/](http://www.reconciliation.org.au/nrw/what-is-nrw/)

28-29 May - **Red Shield Appeal Door Knock** - [salvos.org.au/get-involved/help-us-fundraise/red-shield-appeal/](http://salvos.org.au/get-involved/help-us-fundraise/red-shield-appeal/)

29 May - **White Wreath Day - Victims of Suicide** - [www.whitewreath.com/coming-events](http://www.whitewreath.com/coming-events)

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Mark telling some of our Group about the history of his Projekt

## LIFE ACTIVITIES CLUB KNOX

Life Activities Club Knox is one of the largest seniors clubs in Knox. There are currently 23 'not-for-profit' Life Activities Clubs in Victoria providing activities for people who want to make friends and enjoy the second half of their life. LAC (Knox) Inc. is one of the largest seniors clubs in the City of Knox with over 200 members and over 20 Activity Groups. More than 80% of our members live within the City of Knox or the suburbs around its perimeter.

Projekt 3488 at Warburton

In March our Garden Visits Group went to Warburton to see the amazing 'Projekt 3488 Bespoke Event Space'. Owner, Mark, has converted the old Masonic Hall into a beautiful venue with a rear garden containing a large number

of plants, ponds and bespoke 'sculptures'. The ground floor of the building has a huge hall with four 15 metre-long solid timber banquet tables. The tables are supported by scissor jacks and can be moved around according to the layout required. If you want to feed 200 people they are brought into the middle. If you want a dance or theatre space they are put against the wall. A modern light fitting dominates the large hole in the ceiling. A spiral staircase in the corner connects to the upper lounge area and large terrace with spectacular mountain views.

Stage One of the rear garden is now complete and we wandered about enjoying the sunny morning. The windmill in the back corner pumps water from the bottom pond up to the waterfall and the interconnected pond system. The main paths are covered with hardwood sleepers and there are spaces for sitting down and enjoying the ambience. Most of the plants are native with eucalypts, grass trees and 'lime magik' acacias dominating. Stage Two of the garden will provide access down to the creek area via a long curved path. Our Group will definitely return when this is completed.

If you would like to find out about our activities and what fun we are having, phone 0481 831 788 or email [enquiries@life.org.au](mailto:enquiries@life.org.au). A full activity list is on our website. [www.life.org.au/knox](http://www.life.org.au/knox)

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





## Knox & District Over 50s

### Important Notice:

**For 2016 our monthly meetings will commence at 10.30am.**

Hi! Everyone. Well we have just turned the clocks back and gained an extra hour in our lives. If like me you are related to the lark family then staying in bed is just not an option. Neither is mowing the lawn at the crack of dawn which makes the neighbors so angry and rushing around the house with the vacuum just sends my cat into a terrified frenzy. So what's the answer? Well if you were a member of the Knox over 50s then you could use the hour to relax, have your morning a coffee and read your Knox Natters and plan what you are going to do for the day. The Knox Natters is the club newsletter and is filled with interesting social events that are always well attended. We are a very popular club with a growing membership of both married and single members. You will find the club offers a wide range of activities - we like to focus on friendship and having fun.

There are various activities the Club has planned for the next few months. There will be a holiday to Warnambool in October, a trip to the Vic Market and the Casino, two theatre outings to see Mary Poppins and the Sound of Music and a visit to Rippon Lea Mansion to see The Dressmaker Costume Exhibition. We are also planning morning melodies to see 'Mirusia: Andre Rieu's Angel of Australia' at Hammer Hall. Not forgetting the clubs regular events that are held each month which include, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions for 2016 remain at the same level as for 2015 - that is \$15.00 for the year. You can of course visit us three times before deciding to become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere, while you enjoy the entertainment and social events planned for the year.

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

Our next monthly meeting is on Tuesday 24 May 2016. Meetings start at 10.30am so come early to get a good seat. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Make a note in your diary, on your calendar, or on your iPhone and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there. Contact Jill on 9801 4363 for any further information.

Kay McLoughlin

## Let's Talk Local Issues

With Cr  
**Nicole Seymour**



## No Ordinary Life



## You are never too old!



*Tirhatuan Ward Reception, Cr Nicole Seymour centre with editor David Gilbert beside her (left).*

## Positive Ageing in Knox

A few weeks ago, the most fabulous holiday picture came up in my Facebook feed of a local gentleman named Eric who had recently been on a trip to New Zealand with his family. I could not help but smile and feel inspired as the photo was of 78-year-old Eric flying through the air like superman whilst strapped to a zip line in beautiful Queenstown. You could sense his feeling of exhilaration by the massive smile beaming from his face. He looked so happy and free and the photo really depicted just how age doesn't need to limit you from a little extreme adventure from time to time.

The photo got me thinking, how often do we self-talk ourselves out of doing something by saying the words "I'm too old". Or worse having others around us pass judgement around what should or should not be done at a particular age. My response to nay-sayers is "who says?" To that point who wrote the rule book on what is and isn't acceptable to do as you age? Ah..no-one, so why limit the possibilities? Out of curiosity I decided to research about NZ canopy tours a little more and found that age is definitely not a barrier. One company reports a great example of their eldest customer, a 93-year-old man called Lewis and his 87-year-old sister zip lining through the native forest canopy in Rotorua. To this same Company, having a disability doesn't necessarily preclude you from having a go either. They had a great video of a person in a wheelchair participating which was also inspiring to see.

Sometimes in life it is worth getting out of one's comfort zone and doing something different to reignite the adrenaline pumping sensation of what it is to feel alive and joyful. After all, it's the things you don't do, that you wish you had done that end up being regrets.

So if George Bush Snr can skydive for his 75th, 80th and 90th Birthdays and Lewis at 93 or Eric at 78 can zip line, what is stopping you? Be your own super hero, live for the moment and be fearless...what have you got to lose?

If you or a family member have done something similar to the above, I would love to hear your story or see your photos. Please email me at [Nicole.seymour@knox.vic.gov.au](mailto:Nicole.seymour@knox.vic.gov.au) or send me a letter - Cr Nicole Seymour, Tirhatuan Ward, Knox City Council, 511 Burwood Highway, Wantirna South. 3152

*Wishing you another wonderful month ahead,*

*Cr Nicole Seymour (Knox City Council - Tirhatuan ward)*

# OPPORTUNITY KNOX

## OLD FASHIONED VALUES 21ST CENTURY EDUCATION

School Tour Saturday May 28, 9.30am

School in Action Tour Wednesday July 20, 9.00am

## Bookings Essential



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# National Volunteer Week and YOU

Have you ever wondered how your copy of the RLCN gets into your letterbox?

It gets there through the diligent work of 200+ volunteers, who give up their time, once a month, in most cases for no more than 30 minutes, to help let the community get to know what is happening in Rowville and Lysterfield.

As National Volunteer Week 2015 is fast approaching (May 11th – 17th), there is no time like the present to contact Peter Rumble and see if you can help. Details of the areas and number of papers involved appears in the 'Walking The News' section below. Some papers this month will have stickers on the cover advising residents that their area is in need of volunteers.

This year with the theme for the week is 'Give Happy, Live Happy', because not only are volunteers helping make the lives of others happier, they too are happier as a result. Less than an hour of volunteer work can make a difference, so pledge to volunteer with the RLCN this National Volunteer Week and you too can Give Happy, Live Happy.

Peter Rumble &  
David Gilbert



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## FERNTREE GULLY ARTS SOCIETY PRESENTS

### YOUNG @ ART

Official opening & Award giving Sunday,  
5 June 2016 at 2pm

Then open Sundays 11AM -4PM until 26 June

Senior Awards 16 – 19 Years  
1<sup>st</sup> Prize \$400 2<sup>nd</sup> Prize \$200  
Junior Awards 12 – 15 Years  
1<sup>st</sup> Prize \$200 2<sup>nd</sup> Prize \$100

The Hut Gallery

157 Underwood Road' Ferntree Gully

Enquiries & entry forms T:

9762 9429/ 9758 8955

E: [the\\_hut@outlook.com](mailto:the_hut@outlook.com)

## Distributor of the Month

This is the first in a series of insights into the experiences of our distributors/ deliverers. Whilst we are proud to have more than 150 volunteers in our team, delivering more than 14,000 papers each month, we are always happy to add new names to our roster.

Each month we will talk to a different deliverer, to offer prospective new team members an insight into their experiences.

This month, the honour of being the first interviewee, we caught up with Cindy Banjanin.

10 years ago Cindy, her husband and two daughters moved into their new home in the Timbertop Estate. The people selling the house mentioned that they were part of the RLCN distribution team, so Cindy decided to take over the round and has been doing it ever since. During those 10 years Cindy has received intermittent help from the girls but has been regularly accompanied by the family dog.

Her round started at 64 papers but today is 63 as one householder has a sign saying 'no papers'. "It takes me about 40 minutes she says, which includes sniffing and nature call stops for the dog". Cindy enjoys the exercise and is more than happy to give something back to the community.

Cindy enjoys reading the Council minutes as it keeps her



informed about what council is doing in the area. "I hope that people who read this will offer their services, to keep fit whilst doing something good in the community".

*Interviewed by David Gilbert*

## WALKING THE NEWS APRIL 2016 Distribution Report

**WELCOME to new distributorS** - Maureen Gawley, Muriel Bailie, Paul Keyter and Helen Yann.

**THANK YOU** to retiring distributors The King family and Becky Walls.

**THANK YOU** – to new ACPs for Area 7 and Captains for 5B - Kayla McCulloch & Chris Sudweeks and to new Captains for 5C - Lyn & David Stephen.

### Voluntary Positions

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

\*3A-02 - Pia Dr (Trisha to Sheridan), Suzana Place, Edmond Court – 86 papers  
\*3A-08 - Heany Park Rd (even #'s 24 to 30), Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl – 72 papers  
\*3A-10 - Farview Drive, Christian Crt – 47 papers  
\*3A-15 - Quail Way (even #'s 4 to 26; odd #'s 3 to 45), Goldfinch Pl, Whipbird Ct – 60 papers  
\*3A-17 - Clauscen Dve (both sides - from Drain to Trisha Dve), Magdalena Pl, Leah Ct, Jonathon Pl – 96 papers

\*3A-22 - Quail Way (even #'s 28 to 88; odd #'s 47 to 69), Harwood Ct, Chatsworth Ct – 60 papers  
\*3A-23 - Devira Ct, Robina Ct, Liberty Av (odd #'s 1 to 37), Westminster Dr (odd #'s 17 to 65) – 57 papers  
\*3A-24 - Lesay Ct, Liberty Av (odd #'s 41 to 57), Westminster Dr (even #'s 24 to 60) – 40 papers  
Please contact – Shirley Oudshoorn – 9764 4672

\*5B-04 - Sovereign Manors Crescent - (130 papers  
\*5B-15 (linked with 5C-12) Karoo Rd (South Side) - Victoria Knox Road to Bonaparte Pl (13 papers)  
\*5C-12 (linked with 5B-15) Karoo Rd (North Side) - Victoria Knox Ave to Bonaparte Pl, Victoria Knox Ave (East Side) - Karoo Rd to Rutherglen Crt, Langhorne Dr (South side) between Grosvenor Rd & Victoria Knox Ave, Parklane Way (39 papers)  
\*6A-08 - Stableford, Treboryn, Lawncliffe Cts, Ravenscourt Cl, Moorgate Crt, Airedale Way (Lawncliffe to Wentworth), Wentworth Ave (west side - Woodside to Dandelion) – 120 papers

*Please contact – Peter Rumble – 9752 7592*

1 x Area Contact Person (ACP) - who liaises between the distributors and the Distribution Co-ordinator  
Area 1 – This area is the Timbertop Dr and Seebeck Rd Estates.

**Please contact – Peter Rumble – 9752 7592**

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



## We've got a new home

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

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

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Rowville **Community Bank**® Branch







## Rowville Rail – it will happen

There is no doubt the Rowville Rail will become a reality. It is not a matter

of if; it is a matter of when. Traffic congestion has been unbearable for many years and no matter how many road improvements or Freeway extensions occur, Wellington Road, Ferntree Gully Road and the Monash Freeway continue to get worse. There needs to be a much stronger focus by both the State and Federal governments on Public Transport so that the alternative is provided. The State Government needs to speed up planning and delivery whilst the Federal Government can help by instantly ramping up funding for the Metro Rail project and committing to help fund Rowville Rail when there is a commitment from the

State Government.

Recent State Government feasibility studies have found the Rowville Rail to be just that, feasible. In fact it would become one of the busiest rail lines in the outer East. The State Government is pushing ahead with building the Metropolitan Rail tunnel and Grade separations on the Dandenong Line which will allow the capacity needed to add 4 trains an hour from a future Rowville Rail line, connecting into the line at Huntingdale station via the busy Monash University.

We've waited 40 years since the Rowville rail was first promised and it is now time for our State and Federal politicians to ramp up the advocacy for Rowville Rail and get it delivered within 5-10 years. The Knox Council have identified the Rowville Rail as the priority major transport project for Knox. Let's encourage our State and Federal Politicians to get behind them. Things are only going to get worse and we have been patient enough.



**The time has come to deliver Rowville Rail.**

Mick Van de Vreede Spokesperson PRO KNOX

**People Representing Opportunity**

## Cake Decorators Association of Victoria Rowville Branch



*The award winning Rowville CDAV display at the State seminar in Ballarat*



Our next workshop of the Rowville branch of the Cake Decorators Association, will be on Sunday June 12th. We will be learning how to do Cocoa Butter Painting and time permitting a demonstration of Brush embroidery with Velma Brown. For further information, including future workshop lists, go to Cake Decorators Association Rowville Branch on facebook, or contact Velma on the number below.

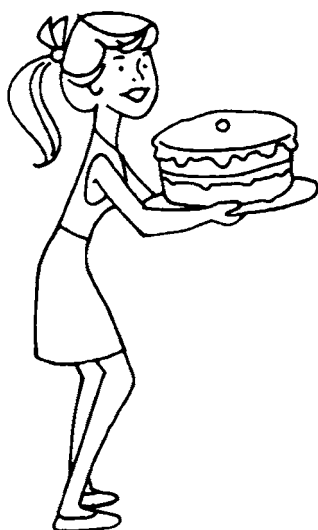
Our yearly Demonstration Day will be on July 10th, which will include a catered lunch. We are now taking bookings and full details will appear in the June edition of the RLCN.

Our normal workshops are held on Sundays, bi-monthly at the Scout Hall, Turrumurra Dr. Rowville from 10am-3pm. Members \$10 non members \$15. BYO lunch.

For all Bookings and Enquiries please phone Jean on 9763 1702 or Velma on 5998 4067

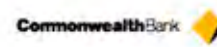
Velma Brown,

Branch Secretary



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*Happy Mother's Day!*



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



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Closure during refurbishments: The Rowville Library will be closed from Anzac Day 25th April and will re-open on Monday 9th May. The library is being painted and refurbished. Unfortunately there will be no after-hours chute for returns but we have given everyone extra time for their loans so that nothing is due back whilst we are closed. Apologies for not being able to put this information in the April newsletter, we simply didn't know in time!

**Biggest Morning Tea:** Will be held from 10am on Thursday 26th May, 2016, in the Library. This year we will be aiming for a bigger and better result with all donations going to the Cancer Council. Please come along and donate to this worthy cause, listen to some music, and enjoy a friendly and sumptuous morning tea! (If you can't come along please call into the library prior to the day and make your donation!)

**Getting the most from your device:** a series of free workshops on Thursday afternoons at 2pm. The May sessions are: 12/5 Communicating via Skype, 19/5 and 26/5 Follow-up Support Sessions One and Two. Free sessions. Bring your iPad, tablet or smart phone. Bookings please 98006443

**Tech Help:** On Tuesday and Wednesday mornings a tutor is available from 10am to assist people to use the computers (ours or yours!). Tutors are able to help with Internet, iPads, tablets, Email, Facebook, Office and now mobile phone usage. Everyone is welcome. The sessions are free. Do you need help to set margins, attachments for emails, access online services, etc? This is for you! Includes help with eBooks and eMagazines.

**Afternoon Bookchat!** Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. The next meeting will be on Monday 9th May at 2pm. (A week later than usual due to the closure)

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

**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 98006439. Total cost is \$36 per person for 2016.

**Ask our Expert, including Family History Help:** Rowville Library offers FREE one-on-one assistance, but first please telephone 9800 6443 for a time to ensure staff availability. Charles can assist with a range of research options based on years of experience!

**eBooks and eAudiobooks:** We now have Borrow Books (in addition to Overdrive) where you can borrow from a



Pauline, Home Service client, and volunteer Joan

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

**Rowville Writers' group:** Next meeting will be Tuesday 24th May, both at 1pm.

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

**Children's Activities**  
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

Queensland town of Barwen. Clancy is not your typical sixteen year old girl. She rides her push bike everywhere, enjoys attending (nerdy) Nature Club, doesn't own a mobile phone and has a crush on Sasha, girlfriend of the town bogan, Buggs. It's the summer holidays and Clancy is struggling with family relationships, friendships and small town mentality.

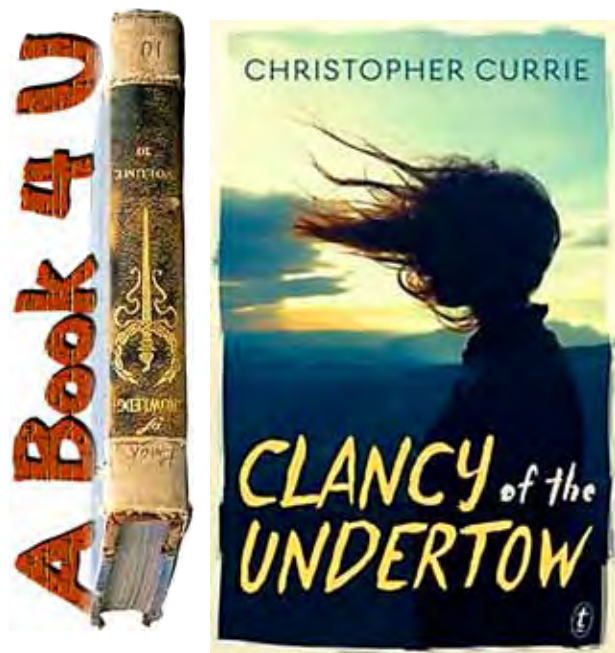
Life in Barwen becomes even more complicated for Clancy when her father is prematurely blamed for a car accident which kills two local, popular teenagers. The Underhill family are ostracised by many locals, the word "murderer" is spray painted onto the side of their house one night and news crews appear in their driveway.

Refreshingly, Clancy knows she likes girls and a struggle with her sexuality isn't the main focus of the story. Her lovable, university drop-out older brother Angus teases her about it good naturedly and her friends Nancy and Reeve are surprised but immediately accepting when she finally tells them.

After a brief, unexpected and exciting friendship with Sasha, Clancy embarrasses herself by misreading the signs and trying to kiss her. This leads to the devastating climax of the book which sees Clancy and her brother Angus lucky to be alive.

I highly recommend this bonza Australian story which has been longlisted for the 2016 Inky Awards.

Michelle Tomazin, Youth Services Librarian, Rowville Library



Clancy of the Undertow  
By Christopher Currie

Clancy of the Undertow is Brisbane based author Christopher Currie's first Young Adult novel. Clancy Underhill is sixteen and lives in the fictional, dead end

7pm. This month the session will be held on May 13. (A week later than usual due to the closure)

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 online.

Rose Thompson, Manager - Rowville Community Library 9800 6443

## Rowville Aspiring Writers

### The Battle of Pandora's Box



by Linda Hutchison

Pandora moved slowly, tentatively, towards the box, reaching out to touch it. It was so beautiful. Tantalizing. But no, she quickly withdrew her hand and held it tightly to herself. The box was locked for a reason and she was on no account to open it, ever.

The lustrous wooden box had arrived the month before, a special delivery from Zeus for her marriage to Epimetheus. They had placed it on show for their myriad of guests to admire. The ornate iron key to the box, however, had been hidden safely in a secret alcove in their cellar, well away from the inquisitive eyes of the public and securely distant from the box itself. Prometheus, her husband's brother, had shaken his head in disbelief when the box arrived, convinced that it was another trick the Gods were playing on them, like the arrival of Pandora herself. But Epimetheus could not be swayed; both Pandora and the box were here to stay.

The box was magnificent in its construction, finely crafted in oak with beech, willow, yew and precious metal inlays. The joinery was so precise that the box appeared seamless despite its complexity and size. And the box was heavy, although it was hard to know if the weight came from what was held within or from the box itself. It was a glorious mystery.

And therein lay the problem. Pandora held her face



Rowville  
& Rafters  
Toastmasters

### An amazing Toastmasters journey....

This story is all about the amazing, inspiring and successful Toastmasters journey of Debbie Lee, ACG ALB.

At a recent Rowville Toastmasters Club meeting, Debbie in her usual true and sincere manner shared this story with the club members...

A few years ago Debbie had wanted to be a member of a cross-functional project team at work. After much anticipation and careful preparation, she went to the first meeting. She was at the podium, facing her colleagues and some members of the senior staff, when she realised that something was not quite right. Debbie tried to speak, but nothing came out of her lips. Her brain was frozen, she could not formulate any words, so she could not deliver her carefully prepared speech. Debbie went back to her seat very quietly and sat through the entire meeting without speaking another word.

That was Debbie a few years ago.

Debbie thought through this experience and realised that not all was lost. It was clear to her what her next step should be. She searched and found the closest Toastmasters club to her home. Through the next couple of years Debbie completed her Competent Communicator manual and



tightly in her hands, as if to squeeze the box from her mind. It played with her. She could scarcely go an hour without the box appearing, whether it be immediately before her in reality, or in her mind's eye. It followed her everywhere, even to the theatre, although her thoughts at the time had been miles away, consumed by the drama. All it had taken was the mention of forbidden fruit to veer her attention straight back to the achingly exquisite box. It felt tattooed into her vision, irremovable.

Knowing that the box was locked, and that the key was in the cellar helped, because she couldn't open the box without the key and only her slaves had ever been down to the cellar. But not knowing what the box held, especially as it had been given by Zeus, was intensely frustrating. Surely he, as a one of the gods, would know exactly what she'd like. Perhaps it contained finely woven garments, or intricate golden jewellery. Oh, why had he told her to leave it alone? Couldn't he have just left the box empty? Or perhaps the inside of the box was even more amazing than the outside? It was all too hard! She frowned and walked out into the glaring midday sun.

Pacing up and down the stone-paved courtyard, Pandora determined to reign in her thoughts. She mulled over the evening's menu for her guests - wine, cheese, olives, figs, fish and bread and of course, honey cakes for dessert. Rich, golden cakes, breathtakingly sweet and, she paused, exactly the colour of the wood panels on that dratted box. Arrggh! She wandered towards the pool and into the shade of the palms. She breathed deeply and sat looking at her reflection in the water. It is just a box, she told herself. There are many other beautiful things I can delight myself with. Or could she? Would she find joy in nothing else while this box ruled her life? Provocation, irritation, vexation, and exasperation of the highest level all seemed to be ruling with it, and it was all too disturbing.

Enough, she resolved. I am in charge, not the box. She ordered the key to be retrieved from the cellar and strode into the room where the box held court. She placed the key in the lock and turned. She hesitated for a moment, then fought off any thoughts of wavering and lifted the lid. Instead of light, all she could see was blackness. A deep guttural sigh and desperately dark sense of foreboding entered the room as the contents spilled from the box. She moaned as she realised that the box had held unutterable terrors and not precious gifts and she had just released them into the world. The battle had never been with the box itself; the battle had been with Zeus. And she had wholeheartedly capitulated. She sank to the cold stone floor and cried, suddenly understanding that her curiosity had led her to a choice that had far-reaching and miserable consequences for the world. One selfish decision had unleashed hell.



A monochrome shot of a sunset in China.

Even when just taking “snaps” we like to produce photos with maximum appeal. I am a photographic judge and I impress on photographers that there are 5 elements that combine to make a winning image – but those same 5 basic elements can be equally kept in mind to maximize the impact of your “snaps”.

1 – The Subject

The most important element is the subject itself - to be interesting enough to capture your viewer's attention.

2 – The Composition

A great subject only works as a lovely photo if composed to make the most of what you are seeing. Too much dead space and the subject is lost. Too close and the viewer may miss the surroundings which are imperative to the photo. Take your time, and really think about how to make the most of the scene.

3 – Lighting

Whatever you are photographing, whether outdoors or indoors, lighting is key to capturing a lovely photo. Natural light, at different times of the day will look completely different and give your photos a different look and feel. The direction of the light can also have a huge impact on how your photo will look. If you are working indoors consider how to utilize the artificial light, perhaps in conjunction with available daylight, or the use of a flash.

4 – Technical Elements

It's no good having a great subject that is composed well and beautifully lit, but blurred or out of focus. So, consider the focusing, depth of field, shutter speed etc. Have more creative control, such as using a slower shutter speed to capture movement to give your photo a different look and feel, rather than freezing the action using a fast shutter speed.

5 – Originality

We are becoming used to seeing many places and subjects, so to really ‘wow’ people with photos, you need to show something unique and different. This could be from lighting or composition to showing a different perspective of something people have seen before. So, when next time you are “snapping”, stop and think about how you can make it look different.

**HINT: Try to think “outside the square” when taking your photographs.**

Happy snapping, Paul Lucas.

the Competent Leadership manual, then finished a number of leadership projects including the Rowville Toastmasters Club Speechcraft Program in 2015. Debbie planned, prepared and led this short course, two and a half hours each week for 5 weeks with some help from the club. The club members and the participants agreed together that it was a very successful program.

The Debbie of today has no trouble speaking in front of people. Debbie is one of the most confident, fluent and enthusiastic speakers I have had the opportunity

to meet during my Toastmasters journey. After being in a number of leadership positions at Toastmasters, currently Debbie holds the Area Director position for Area 36

What an amazing journey!

So if you are over 18 years of age and want to improve your communication and leadership skills, join a Toastmasters club. Luckily for you there are 2 Toastmasters clubs close to you. You can come along to a Rafter's and/or Rowville Toastmasters meeting as a guest. Guests are warmly welcomed and are able to attend free of charge. We look forward to seeing you there!



The induction of three new members.

L to R:- Henk van den Bergen, DTM; Debbie Lee, ACG ALB; Leona Jorgensen, CC ALB (Club President); Anil Khanna (new member); Luke Augustin (new member); Mena Govalan (new member); Rina Rosemeyer (Vice President – Membership).

Details of our meeting venue, dates and times can be found in “What’s On Locally” on page 2

Sandhya Duggan Vice President, Public Relations

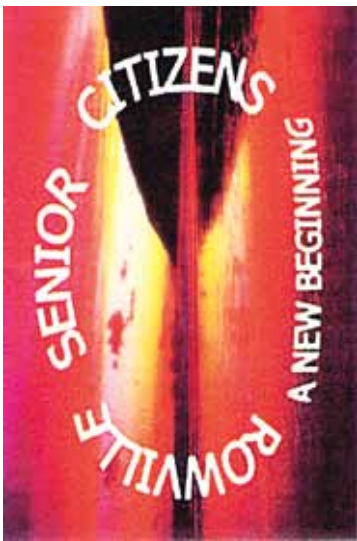
National **SORRY DAY** gives people an opportunity to come together, acknowledge and move towards healing for the Stolen Generations.

Join Knox City Council for a Flag Raising Ceremony, traditional Welcome to Country and Smoking Ceremony, followed by morning tea.

**Thursday 26 May 2016 @ 10:30am**  
**Knox Civic Centre**  
**511 Burwood Hwy, Wantirna South 3152**

**Find out more**  
[www.knox.vic.gov.au/sorry](http://www.knox.vic.gov.au/sorry)  
or contact (03) 9298 8000





*Fun for members on the Melbourne Star*

On the 21st March, 33 of our members had a wonderful day out. Firstly we enjoyed a ride on the Melbourne Star. The weather was superb, giving us wonderful views in all directions.

We followed the ride, with a trip to Caroline Springs for lunch. The food was delicious, with very generous serves and there were many favourable comments on the way home. It was a great day out.

During the month, we also held another trading table

and a Trivia day. There is always something happening at Rowville Senior Citizens. Besides our normal activities, the main thing we all enjoy is the friendship, lots of laughs and each other's company.

Details of our meeting venue, dates and times can be found in "What's on Locally" on page 2. Please direct all enquiries to Sandra on 9758 7996 or 0402 811 789.

*Anne Berg (President)*

## National Seniors Australia

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 27th April, 2016 at 10.15am for a 10.30am start. Details of our meeting venue, dates and times can be found in "What's On Locally" ON PAGE 2. The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna.

Our guest speaker for March was Ann Roberts from the Yarra Valley Bee Group. Ann spoke about how the Queen Bee is picked and looked after, how long the workers live for etc. It was a very informative talk.

Our guest speaker for April will be John Liddell. John will be giving us a talk about the history of Hang Gliding and his adventures.

Our April Lunch out at the Lilydale International was a great success with about 30 people turning up, including some grandchildren as the school holidays were on. Many thanks to Pauline for organizing the day. As usual the food was good and of course the company were very talkative. It is always good to go out socializing and having a good chat.

Also in April we had a Sunday out at the Royal Hotel in Ferntree Gully, with a turnout of about 26 people. The 'New Melbourne Jazz Band' entertained us for the afternoon. No one was brave enough to get up and dance, but I think there was a lot of hand clapping and feet tapping going on. That's what we oldies call table dancing. It was another good day out.

On the 26th May we are organizing a "Day at Geelong". The days outing includes a "Rest Stop" on the way, then onto lunch at the RSL. After lunch we have been invited to join a Walking Tour of Geelong. If you are not up to that then maybe a leisurely walk along the coastline or even a ride on the Carousel. Then it's off to the Novatel for "High Tea" (la de da). We will be returning via the Queenscliff/Sorrento ferry and join our wonderful freeway system to get us home.

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

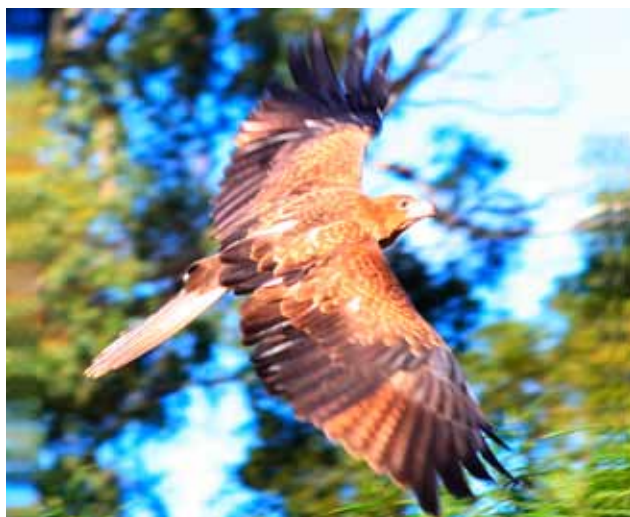
National seniors are a fun loving group of people aged from 50 plus and new members are warmly welcomed.

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

*Rhonda Cowen*

## Can You Believe It?

Cuban artist Felix Gonzales-Torres' latest work should thrill art lovers. He laid out 650 kilos of chocolate caramels in London's Serpentine Gallery. Visitors can eat the exhibit, *Untitled (Placebo)*, which will be replenished daily.



## GROOVE Dance Classes "United & Unique"

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

Held on Sundays at Bridgewater Centre, Rowville from 3-4pm. Bookings essential, call Rebecca 0419 899 867.

For more information:  
[www.theworldgroovemovement.com/australia](http://www.theworldgroovemovement.com/australia)  
or [www.facebook.com/rebeccakatejones](https://www.facebook.com/rebeccakatejones)



## Let's Talk Technology SEO- Search Engine Optimization



Search engine optimization (SEO) is the process of affecting the visibility of a website or a web page in a search engine's unpaid results—often referred to as "natural," "organic," or "earned" results. In general, the earlier (or higher ranked on the search results page), and more frequently a site appears in the search results list, the more visitors it will receive from the search engine's users, and these visitors can be converted into customers. SEO may target different kinds of search, including image

search, local search, video search, academic search, news search and industry-specific vertical search engines.

As an Internet marketing strategy, SEO considers how search engines work, what people search for, the actual search terms or keywords typed into search engines and which search engines are preferred by their targeted audience. Optimizing a website may involve editing its content, HTML and associated coding to both increase its relevance to specific keywords and to remove barriers to the indexing activities of search engines. Promoting a site to increase the number of backlinks, or inbound links, is another SEO tactic. As of May 2015, mobile search has finally surpassed desktop search, so much so that Google is developing and pushing mobile search as the future in all of its products and many brands are beginning to take a different approach on their internet strategies

We at Evoke IT also build and improve websites. If you would like to bring more work to your website or want your page to appear first link on Google, feel free to contact us, as we have an expert who can help you with SEO for your website.

Link us via social media: [www.facebook.com/evkit](https://www.facebook.com/evkit)  
[https://twitter.com/evokeit\\_au](https://twitter.com/evokeit_au)

If you have any questions or you would like to understand particular technology, please feel free to email us on [info@evokeit.com.au](mailto:info@evokeit.com.au) or call us today, 1300 788 405

*Sher Singh 0409 376 853*



## Three Year Old Pre-Kinder

Term 2 for our Three Year Old Pre Kinder will run until June 24 and there are still limited vacancies throughout the week.

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 Training (DET) guidelines.

The sessions are run with only 10 children per group with higher children to staff ratios than other three year old groups. To secure the final few spots in our program for 2016 please call 9763 7400 and speak to one of our friendly staff. To fill out an online application form for 2017 and beyond, log on to:

[www.knox.vic.gov.au/A-Z](http://www.knox.vic.gov.au/A-Z) listing and follow the prompts.

## Fitness Classes

Fitness classes at the Rowville Community Centre run throughout the school terms and can be joined at any time where vacancies exist. For more information on these classes, or on what other activities we have to offer here at the Rowville Community Centre, please contact us on 9763 7400 or log on to [www.knox.vic.gov.au/A-Z](http://www.knox.vic.gov.au/A-Z) listing for more information.

*Trish Massie*



# Memory Lane May 2011

Sarah Hamilton took her veggie box to the Milan Furniture fair. What happened Sarah and did you enjoy the experience?

Transition Knox launched a craft group with a difference..”Craftshare”. President Fiona Lowry said it was aimed at providing 20 and 30 year olds traditional craft skills. Is the group still going Fiona?

‘Step Into Life’ an outdoor training programme came to Rowville under the guidance of Angela McLaren. Are you still keeping people fit Angela?

Local Little Athletics star, Charan Thavendran, produced two terrific runs at the Victorian championships to win both the under 16 girls, 100 and 200 metre events. To add to her special day she broke the state record in the shorter race. There was another gold medal performance from Jesse Eickoff, who won the under 9 girls 80 metre hurdles. Five years on are you still running competitively girls?

Knox Council introduced compulsory cat desexing and microchipping for all cats due to be registered.

Councillor Pearce presented a petition to Council, signed by 115 people, about the unacceptable behaviour of drivers in Gearon Avenue. Have things improved as a result?

The “Who’s On Board”, Rowville Rail public transport campaign won the Government’s ‘Best Communication Award’, but did it work? More than 5,000 residents responded to the campaign but are we any closer to the trains arriving?



# Travels With The RLCN

Did you think that the RLCN is only read locally? Well think again. Here is a photo taken in Shanghai of Pam Gilbert sharing the sports pages with Chairman Mao Zedong, commonly referred to as Mao Tse-tung.

Why not take the RLCN with you on your next holiday, trip or adventure, take a photo and share it with the local community. Each month we will publish your photos and at the end of the year the best, most inventive contribution will win a \$50 Coles or Woolworths voucher.

**Start snapping now.**

## Annual Puffing Billy Race

Around 3,500 athletes will find out on May 1st whether they have enough fuel in their tanks to beat the Puffing Billy train over the 13.5km from Belgrave to Emerald. This is the 35th time the event has been held which makes it one of the oldest running races in Australia.

Puffing Billy Railway Special Events Manager, Matt Collopy, said “The three hill climbs in the first 10km will certainly test the runners and it is certainly not for the faint hearted”. Steve Kelly will be attempting to create history by becoming the first runner to win the race four times and in the process break the race time record.



The race starts in Belgrave at 9.30am.

To register go to [www.greattrainrace.com.au](http://www.greattrainrace.com.au) and for more information email:

[race@pbr.org.au](mailto:race@pbr.org.au) or call 9757 0775

## Laws Of Life

### Law of Random Numbers

If you dial a wrong number, you never get a busy signal and someone always answers.

## Always wanted to work in Aged Care?

We now offer training in Rowville!

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



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

**9761 2156 | [employeease.com.au](http://employeease.com.au)**

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



# Rowville Football Club

## Hawthorn Football Club Donate \$10,000 Worth Of Junior Football Guernseys

As part of its community grassroots football strategy, Hawthorn Football Club committed to a \$10,000 donation of football guernseys to affiliated junior club Rowville Hawks. Premiership players Isaac Smith and Ben McEvoy were on hand at a recent Rowville Hawks Junior training session to present the club with 234 new playing guernseys, one for every Rowville Junior footballer.

Purchasing the guernseys will enable Rowville to invest the money set aside for guernseys elsewhere, including providing new equipment and resources to assist Junior development. Hawthorn's grassroots strategy involves a key partnership with the Eastern Football League and includes support through coach education sessions and providing unique opportunities for its players and fans with various appearances by its players.



## Key talking points

Rowville Hawks Junior Football Club are the Affiliated Club of the Hawthorn Football Club. HFC purchased 234 Junior playing Guernsey's for the whole Junior club to the value of \$10,000 and is committed to supporting grassroots football through unique opportunities for those involved with the Rowville Hawks and the Eastern Football League.

With regards to this affiliation agreement with the Hawthorn Football Club, Rowville President, Paul Mynott, said:

"Of all the football clubs throughout Victoria, I'm quite humbled by the fact a successful AFL Club like Hawthorn Football Club has chosen Rowville Football Club as their only affiliated club throughout the whole state. We're really proud of our successful junior pathways program. The majority of our current Senior team are from within our local community, having transitioned through our junior pathway program. Hawthorn's generous donation now enables us to focus our energies by further by developing



and growing our club to introduce new female teams across various age groups and also a football integration development (disabilities) team in season 2017. We welcome anyone from within our local community who is interested in participating in the game we all love to reach out to us. We encourage sponsors to get involved in our junior pathway program so we can continue giving back to our local community into the future."

*Tony Costanzo*

## Lysterfield Junior Football Club



In 2016, Lysterfield Junior Football Club is fielding 17 sides in the Eastern Football League from Under 8s through to Under 17s. Lakesfield Reserve is now available for us to use having been resurfaced and all the players have been enjoying a run around on the new ground. Light towers have recently gone up and will soon be connected and ready to use. The ground is looking fantastic!

On 1<sup>st</sup> April all players were formally presented with their Jumpers for the season, then on 10<sup>th</sup> April the 2016 season commenced. All our teams are now ready and raring for a great season ahead! We still have limited places available in most teams. For registration enquiries please contact Rohan on 0412 377 866

Lakesfield Reserve has also welcomed back Auskick



Check out the Lysterfield Wolves online at:

<http://lysterfieldjfc.org.au>

on Saturday mornings in 2016. Clinics run from 9:30 – 11:00am. It's not too late to join in, so if you have any budding footballers, please go to [www.aflauskick.com.au/](http://www.aflauskick.com.au/) register, to register. For further details on Auskick please contact Brad on 0409 149 868. All other enquiries to Tanya on 0414 417 810. *Go Wolves!*

*Tanya Carroll*



## Victorian Netball League comes to Knox!

On Saturday 7th May Knox Regional Netball Centre will play host to the Yarra Valley Grammar Aerials in their home game against Melbourne University Lightning. The Victorian Netball League is the top netball league in Victoria. This is a chance to see some of the best and up and coming netballers in the state at a local venue. Tickets are available at the door and the game times are: 19&Under at 5.30pm, Division 1 at 7.00pm and Championship Division at 8.30pm. We look forward to seeing you at the centre for this spectacle of netball.

## NetFit Netball Academy

The Knox Regional Netball Centre has been hosting the NetFit Netball Academy for players aged Under 11 to Under 15. This is being run by experienced coaches Micaela Wilson and Ash Howard, who both grew up playing at the centre and then went on to play in the ANZ Championships. The Academy runs on a term basis and is extremely popular, to find out more log on to [www.netfitnetball.com.au/development-academy](http://www.netfitnetball.com.au/development-academy)

## Saturday 14th May – PINK Day

The Mountain District Netball Association will be hosting its annual pink day on Saturday 14th May. All clubs are encouraged to get into the spirit of the day by wearing pink with their uniforms and donating to the breast cancer Australia cause. There is morning tea on sale and tins for collection around the centre so please come and support netball and the great cause!

## Ladies Daytime and Sunday Evening Mixed Netball

The current seasons of Ladies Daytime Netball (Wednesdays and Fridays) and Sunday Mixed Netball (Sunday Evenings) is drawing to a close, with the finals in June. We would love to welcome new and returning teams to these competitions so if you have a group of friends who might be interested in a weekly game and want to enter a team, get in touch with the centre now on 9758 7191 or email [knox.netball@knox.vic.gov.au](mailto:knox.netball@knox.vic.gov.au)

*Rosalind Montgomery*

## Auskick is back... time to join in

Auskick is back at Liberty Oval. Saturday mornings are again echoing with the sound of kids have fun. We are still accepting registrations and operate at Liberty Avenue on Saturday's from 9.30am to 11.00am. All boys and girls welcome. Kinder Kids and Kids with special needs are most welcome. If you love footy, you'll love Rowville Knights Auskick. The newly resurfaced ground at Liberty Avenue is looking great and will provide an outstanding Auskick experience.

Formally Heany Park Auskick, Rowville Knights Auskick is the same program, just with a facelift. We have a new ground, new name and a great future, although one

## Rowville Knights Auskick Centre



thing that won't change is the smile on the kids' faces when they kick the goal, take a mark or simply run out on to the field. Coordinator Andrew Williams said, "It is great to see the kids running around a local ground having fun, making new friends and learning new skills. Our centre values are Fun Friendly Footy."

If you have any questions or unsure if your child is ready for Auskick, give me a call and have a chat. Or call down to Liberty on Saturday morning. Registration are open at [www.aflauskick.com.au](http://www.aflauskick.com.au) search Rowville Knights Auskick

*Andrew Williams Coordinator*





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

**SPORTING  
ROUNDUP**

# St Simons Knights Community Football Club

Footy has arrived again to fill our Sundays! We are very excited at the Knights to be able to field an Under 15 team for the Eastern Region Girls competition! The girls had their first game on the 10th April playing in a Lightning Premiership at Mt Evelyn. It was with great excitement that the girls took to the field to play three games. One win, one loss and one draw in their first ever games (first game for most of the girls) shows the girls will be extremely competitive in season 2016. If you are interested in playing, we still have some spots available. Contact Brad Slater 0418 325 018.

The boy's competition also commenced on 10 April, which saw many happy faces as footy started! The Knights were very happy to be back playing on our home ground, Liberty Reserve, after the oval was resurfaced in 2015. The oval looks great and we are all very happy to have a great surface to play on. The Knights have facilities now equal to all other clubs and we think our ovals (Liberty and Stud) are in prime locations.

We welcome our under 8 players who debuted recently at the Knights. Their enthusiasm and love for the game is the reason why the many volunteers at our club do it. It is great to see.

True to the Knights history, we continue to develop some outstanding talent. The club is very proud to announce that Shaun Lovell has been selected to play in the 2016 Under



*Under 15 Girls Lightning Premiership Team*



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Email rowville@jumpswimschools.com.au  
Website: http://jumpswimschools.com.au



*Under 9 Team The First To Play On The New Surface At Liberty Oval*

18 TAC Cup Final Squad. What a great achievement for Shaun who has played 121 games at the Knights! Well Done!!

Five Knights boys have been chosen for the Under 14 interleague squad. Congratulations go to James, Kurt,

Liam, Marcello and Marlon. Two of our under 15 girls have been chosen for the preliminary squad for the Under 15 girls interleague program. Congratulations to Ava and Claudia.

*Natalie Williams*

## Fire danger period ends, but don't be complacent

The fire danger period for the City of Knox has ended, but Mayor Tony Holland says fires can still occur despite conditions getting milder. "If you are going to conduct a burnoff, you must obtain a permit from Knox City Council. Permit applications are available online, or contact Council's emergency management team. In areas like Knox with farmland, bush and national parks on our boundaries fire is an ever-present risk. We all have a part to play in preventing it so we can protect our community."

The mayor said burning off should be for fire hazard reduction purposes and only when there is no other practical way of disposing of the material. "Even though not all property owners would conduct burnoffs, everyone should ensure all combustible material was cleared before the next fire season. We need people to be clearing their properties as the season approaches and some years it comes early. Spending the winter months doing a bit of cleaning up as you go is an investment in the future," he said.

Council's website has information on how to safely conduct a burnoff and prepare for the next fire season as does the CFA. Once you get a permit make sure you comply with all conditions stated on the permit.

## Churchill Park GOLF CLUB

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## Rowville Group Fitness

### Pilates

**Term 2**

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.

**Term 2**

**Wednesday 9.15am**

**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)



COLOMBIA CUBA ECUADOR FRENCH GUIANA GUYANA PARAGUAY PERU SURINAME URUGUAY VENEZUELA



So far it has been so nice to see so many of the same familiar faces, kids of all levels trying their best. At the same time, it is so nice to see new faces and competitors from different centres such as Waverley, Nunawading, Sherbrooke, Box Hill, Ringwood and Doncaster.



VIC GAUCHO

A map of South America with countries labeled in all caps: U.S.A., TRINIDAD, GUYANA, VENEZUELA, SURINAME, FRENCH GUIANA, COLOMBIA, ECUADOR, PERU, BRAZIL, CHILE, ARGENTINA, PARAGUAY, and URUGUAY. Major cities are marked with dots and labeled: Caracas, Georgetown, Paramaribo, Cayenne, Quito, Lima, La Paz, Buenos Aires, Montevideo, Santiago, and Rio de Janeiro. Red arrows indicate flight paths from Lima to La Paz, La Paz to Rio de Janeiro, and Santiago to Buenos Aires. The Pacific Ocean is labeled on the west coast.

**Time!**

**SOUTH AMERICA DESTINATIONS**

# Cuba

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**Graham Strachan**  
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**SOUTH AMERICA DESTINATIONS**

can tailor  
ests.



This Saturday 7th May is our Knox Cross Country Pink Day. Parents and kids, please wear as much pink as you can (or like) and support the National Breast Cancer Foundation, as well as celebrating Mother's Day a day early.

This season, there are many events to look forward to: Knox Open Day, a weekend away at the annual Benalla Open Day, regional and state competitions. Take advantage of the Cross Country training sessions held by Mike Kerr on Wednesdays and Sundays to maximise your enjoyment through the season (visit [www.klac23.org.au](http://www.klac23.org.au) for details).

A huge 'Thank You' to all the volunteers that help each and every week, the dedicated team that help set up (& pack up) the courses way before everyone begins arriving, the course marshalls, finish line helpers, recorders, first aid, bbq (very important), the hare/tortoise runners (you guys are all amazing) and the Knox photography team for capturing and sharing all of the fun.

See you at the next Saturday morning meet.  
For more information on Little Athletics, contact Claire Lillie 0421 300 467 or Steve Pepper 0417 325 917.

Jazz Deol

## Australian Red Cross Rowville Unit

Did you know that Australian Red Cross is a member of the international Red Cross Red Crescent movement, which is the world's largest volunteer network with more than 97 million volunteers in 190 countries. In Australia about 26,000 volunteers regularly give their time to support more than 60 services provided by Red Cross across the country.

Red CrossTrauma Teddies give comfort to children suffering stress, whether through hospitalisation or disastrous events such as bushfires. We at Rowville presented 716 teddies to Monash Hospital last year and have so far this year created over 100. We are very grateful for the wonderful effort of our knitting friends and to our own Maria who stuffs and stitches to complete the colourful, cuddly teddies. We are always happy for more knitters to assist us and any donations of 8 ply wool.

The Syrian Crisis has now meant 5 years of suffering; the largest humanitarian crisis since WW2. There are 18 million people depending on aid to survive. Through donations,



Judy Slatyer



Red Cross Red Crescent helps 4.5 million people each month to survive and endure by providing food, medical care, shelter and other assistance. Anyone wishing to donate to the Syria Crisis Appeal may do so at [redcross.org.au/syriacrisis](http://redcross.org.au/syriacrisis)

Mount Waverley Lions Op Shop will be our next fundraiser. We will be manning the shop from May 30th to June 3rd. Please call in if in the area. Proceeds from the week's taking come to Red Cross.

### Meet Our New CEO

With a career that's spanned leading roles in corporate Australia as well as an international not for profit, Judy Slatyer is joining another organisation that aligns with her core values.

"What excites me about Australian Red Cross" said Judy, "is that I have a firm belief in the importance of inclusive communities, where everybody has a role and



a place and feels part of something bigger. I love working in organisations that are very on the ground, very hands-on, in this case helping people, helping communities, helping to make change."

Joan Read






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[enquiries@lynnlearning.com](mailto:enquiries@lynnlearning.com)

**[www.lynnlearning.com.au](http://www.lynnlearning.com.au)**



**Rowville Group Fitness**  
**Boxing Bootcamp**

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

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

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**Wednesday 7.30pm - \$15**

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





## Chiro-Practicals

### World Health Day

World Health Day was on April 7th this year and it focused on the impact that Diabetes is having on the world's population. You may have seen the media reports that if Diabetes was a country, it would be the 3rd largest with a population of 415 million people. The World Health Organisation is highlighting diabetes as the major global health challenge of the 21st century and one of the biggest threats to economies across the globe.

Diabetes Australia CEO Professor Greg Johnson said that the 100,000 people diagnosed in 2015 took the total number of Australians now living with all types of diabetes to 1.2 million. "On top of this Diabetes Australia estimates there are hundreds of thousands of Australians with silent, undiagnosed type

2 diabetes and around two million adult Australians with prediabetes (early stage disruption of glucose metabolism) who are the high risk population likely to develop type 2 diabetes. We have very strong evidence that intensive lifestyle behaviour changes including alterations to diet, increased physical activity and a reduction of 5-7 per cent of body weight can reduce the risk of type 2 diabetes by around 60% for people at high risk," he said.

Diabetes is the leading cause of preventable blindness in working age Australians. Thousands of Australians lose their sight every year and tragically 98% of this is preventable. Diabetes is also the leading cause of lower limb amputation with around 70 Australians undergoing diabetes-related limb amputations every week. At a community and an individual level we need people to take control of their lives and ensure they are eating healthy, getting regular physical activity and maintaining a healthy weight."

While it's great to have one day that highlights this as a community issue, from an individual perspective true health needs to be something that has your focus every day. And if you have children, your example will be instrumental in setting the behaviours that will determine whether they also become part of these statistics in years to come.

**If you have any concerns re your weight, diet or activity levels.....Don't wait until it's too late!**

*Dr Frank Whelan*

## Health & Wellbeing Recipe Roast vegetable pasta

Serves 6-8

### Ingredients

500g shell pasta 1 large eggplant, slice thinly  
1 large red capsicum, cut into strips  
1 cup green beans, cut in half  
2 handfuls of baby spinach leaves  
Red onion, slice thinly  
Handful of parsley  
Can of tuna Dressing  
3 tablespoon extra virgin olive oil  
Drizzle of lemon Black pepper

### Method

1. Combine eggplant, capsicum and green beans in a bowl. Drizzle with some olive oil and mix well. Roast the vegetables in the oven for 30mins on 180 degrees.



2. Cook pasta until al dente. Drain.

3. Mix pasta, roasted vegetables, tuna, baby spinach, onion and parsley. Drizzle with more olive oil and lemon until evenly coated.



## Pilates and the Athlete

### Why it is the perfect training partner?

Clinical Pilates is a specific form of exercise rehabilitation or performance enhancement that is derived from the Pilates method. Clinical Pilates is a highly tailored individual program that is designed to address your specific performance needs and/or weaknesses. It is an excellent form of exercise for all members of the community. Whether recovering from any injury or surgery, preparing for elite sport or just looking to improve your strength and posture, clinical pilates is right for you.

Clinical Pilates has the ability to address key athletic issues to improve performance, target areas of weakness and aid recovery. For example;

- **Cycling:** Strengthen gluteal (buttock) activation and control for speed and hill performance.
- **Running:** Improve trunk posture and hip control to assist optimal run technique and efficiency.
- **Football:** Improve core and trunk stability to strengthen tackle resilience and direction changing agility.
- **Dancing:** Strengthen trunk and hip control through all postures to optimise controlled flexibility and long, lean muscle strength.
- **Swimming:** Improve trunk and shoulder stability to optimise range of stroke and power efficiency.
- **Recovery:** An 'off-legs' session of muscle toning and stretching to compliment heavy training loads and ensure



balance throughout the muscular system.

Clinical Pilates is run by highly qualified physiotherapists, who are skilled in observation and 'problem solving' for the musculoskeletal system and who are highly trained in injury identification, treatment and exercise design. Programs are individually designed for each person to get maximum benefit and aim to treat not only the symptoms but the cause of problems.

Clinical pilates can be performed on the floor or using equipment such as reformers and trapeze tables. It is appropriate for any level of fitness from first timers to advanced and it is used by elite athletes all over the world across all sports. It is an excellent adjunct to any exercise program as a strength session or 'off legs' recovery session.

Contact your local clinical Pilates provider with any training or performance concerns you may have and they will develop a program to address those issues for improved athletic performance.

*Lauren Brereton*

## Probus Knoxfield Ladies

Probus Knoxfield Ladies' Club has survived the Annual General Meeting and is busily organizing the program for the rest of the year. Coming up we have a visit to a Jazz Museum, a delicious Christmas in July lunch, a visit to the movies with lunch to follow, a trip to country Victoria which includes a tourist train ride, plus a visit to a television station. The committee works hard, especially the Speaker Convenor and the Social Secretary to present interesting and informative speakers and enjoyable, educational/fun trips.



There is no fund raising, but there is a very friendly group of ladies who love to chat and laugh. Our photograph shows a few members of the Committee relaxing with a cuppa & biscuits after our lively Committee meeting.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. If the 4th Monday falls during a public holiday, we then meet on the 3rd Monday of the month at 9.30 am.

If you are tempted to join us and you are over 55, please contact Val on 9763 6175 or Bev on 9753 3224. You will be very welcome.

*Bev Bishop*



## Why Is It So?

**Why does the sun lighten our hair, but darken our skin?**

## IS YOUR SPINE ALIGNED?

Unlike the Leaning Tower of Pisa which has degenerated over time, Dr. Frank Whelan's aim is to actively boost your body's ability to heal and repair itself with CHIROPRACTIC care.



### IF YOU SUFFER FROM:

- \* Neck pain and headaches
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- \* Shoulder and arm pain
- \* Leg, knee and foot pain
- \* Upper back and rib pain

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# Combined Probus Club of Knox

March was food for our body & soul. The craft group was inspired by the incredible works displayed when we visited the Australian Fabric Crafts & Quilting Exhibition held at the Royal Botanic Gardens in Cranbourne. Our 'High Tea Lunch' at Cilantro's went off extremely well with us enjoying copious servings of dainty sandwiches, hot nibbles and a large range of very 'moreish' cakes and pastries, all washed down with a range of teas and coffees. Movie Day film, 'The Lady in the Van' had us laughing & crying.

Club members had a surprise when the models appeared at the Liz Davenport at Creswick fashion showing, which happened after our April 5th meeting. Club members, Anthony & Ray, proved that you are never too old to accept a challenge when they modelled the men's knitwear to the delight of the audience. The ladies fashions were shown by beautiful model Giselle. It was refreshing that she was a realistic size 10/12 & not the usual size 8 model. The fashions were a mix of natural fibres and easy care knits plus beautiful Liz Davenport prints. Creswick Woollen Mills is



now the only remaining woollen coloured spinning mill of its type left in Australia, so it was great to support them and also have the opportunity to buy from their lovely range of clothes.

Later in April we will have been to see the Hastings Ostrich Farm & Country Dahlias. Our April movie outing to Waverley Cinema will be to see "Eddie the Eagle".

We have some exciting outings coming up in May and June. On May 12th there is a bus trip into the City for our guided tour of the "3 T's": Old Treasury Building, Treasury Gardens, and Treasury Place. On the 18th May we are going by bus to the Regent Theatre to a matinee of the Sound of Music. For our next 'Sup & Sip' lunch we are travelling to the Yarra Valley on 20th May to sample some quality wines and to partake of a 3 course lunch at De Bortoli's Winery/Restaurant at Dixons Creek. On Thursday 2nd June we will tour the Jayco factory in Dandenong, where we will hear about the fascinating story of Gerry Ryan and his foresight, now an amazing sports



Our Two Male Models With Giselle At The Fashion Show

sponsor for Australians.

Our next meeting at the Stamford Hotel will be on 3rd May at 10am after which Shirley & Brian Hardy-Rix will regale us with tales of their travels on a motor bike. See "What's On Locally" on page 2 for details of our meeting venue, dates and times. You will also find our contact number there if you wish to come along as a guest.

Val Eldridge



Cakes and Pastries For High Tea At Cilantros

## Kim Wells Reports



Public transport is an issue which Rowville and Lysterfield residents regularly raise with me. For some time, I have been liaising with parents and students who attend Wheelers Hill Secondary College about school bus services which travel to and from Stud Park, Rowville.

Parents, students & the school deserve to be congratulated for their effective and persistent lobbying of the Victorian Transport Minister to provide an additional bus service. They recently made great progress in their campaign for more services, with the announcement that at the start of Term Two, an extra bus service would operate in the afternoon.

Last year, a group of Wheelers Hill Secondary students visited my office to discuss the overcrowding on the bus service. The bus company advised me that their figures did not show a problem, as not all students were tapping their MYKI cards on & off correctly. I wrote to the Minister for Transport in May 2015, then asked the Minister a question in Parliament. The Minister replied, stating she had asked Public Transport Victoria to investigate the number of students travelling to Wheelers Hill Secondary College from Rowville and Lysterfield further, with mention of funding for additional bus services.

A few days into Term One this year, parents emailed me

to say that students were still having problems getting a spot on the bus, even with the school's sensible policy of directing students to give priority to the youngest students.

Again, I asked the Transport Minister in Parliament to look at the problem. The Minister stated Public Transport Victoria would only review the bus service yet again. The Minister also suggested students should try alternative public transport. This was a pathetic response.

Parents were quick to explain that naturally, the students who couldn't get on the school bus already used the public buses, but this actually meant catching two buses (and paying for two trips), often missing a connection or waiting half an hour for the next service, arriving at school late, or taking a huge amount of time (up to two hours by one parent's calculation) to get home. Everyone who has caught public transport has had delays from time to time, but from the examples parents gave me, it was clear that for young students, for Year 12's carrying heavy schoolbags & text books, these extra hours getting to and from school every day were totally unacceptable. For students who were managing to get on the school bus, safety was still an issue.

With the direct feedback parents have given me, I've been able to write to the Transport Minister yet again, to reinforce that an extra bus in the morning is still needed.

Although there is still work to be done on getting extra services in the morning, I have been so pleased by the regular emails, feedback on letters and the commitment from the school, the Rowville parents and the students to fixing this ongoing problem.



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Rowville VIC 3178  
Level 1 (above First Health)

Back & Neck Pain, Foot conditions & Diabetes, Work & Sports Injuries, Depression & Anxiety, Headaches, Nutrition, Pregnancy, Exercise & Natural Health

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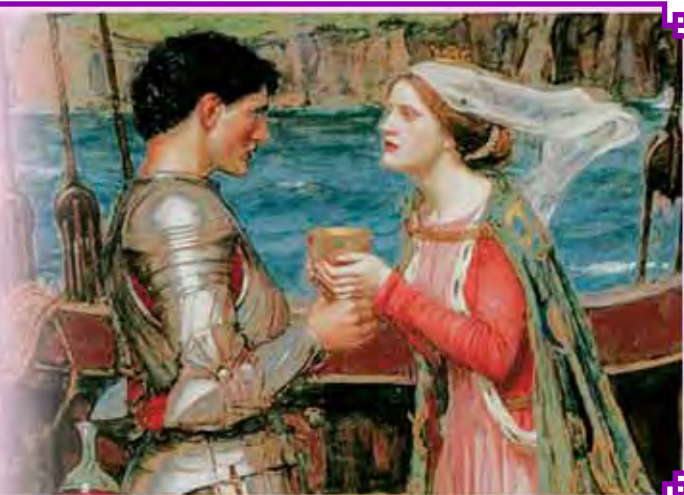
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## Origins of Words and Phrases 'Honeymoon'

It was the accepted practice in Anglo-Saxon England that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink, which was supposed to make the wife fertile and the husband virile.

Mead is a honey wine and because their calendar was lunar based, this period was called the "honey month" or what we know today as the "honeymoon."





# Knox Home Garden Club

Isn't it lovely to see some rain. The gardens certainly need it.

Sitting outside as I write this article, I am watching a New Holland honeyeater feasting on a salvia, less than 3 metres away. Towards the rear of my garden, several wattle birds are jockeying for position on the golden flowers of the grevillea 'Bush Lemon'. A pair of eastern rosellas has flown in to check out the bird table. Silver eyes are darting in and out of the fern area.

The sudden appearance of a cat leaping over the back fence and this lovely scenario changed immediately. The wattle birds gave a noisy warning and everything took flight.

Dr Chris Brown, (vet of TV fame), recently said what wonderful pets cats are. They are low maintenance, happy on their own and equally as happy with company. However, they are not so wonderful in the garden. Extremely athletic, they create murder and mayhem amongst their prey. The big cats, lions etc, don't kill for sport, only when they need food. Not so your average moggie.

I love cats, have always owned one. My current puss, Oscar, is 17 years old. He was a fierce, dedicated hunter and his collar had more bells than Rudolph's sleigh, but he quickly adapted to stalking his prey without one tinkle. A weapon of mass destruction, birds, lizards, virtually anything that moved didn't stand a chance. This couldn't continue. An enclosed outdoor run was attached to his



*New England Honeyeater in local garden.*

catflap, which led to an enclosed large cage, where he can come and go as he pleases. Oscar took a little time to appreciate his new arrangement, but hey, who is in charge here? Cats adjust equally well to being house cats. Don't

gasp in horror at the very thought of confining your cat. Indoors, or a well set up area outdoors with shelter from the sun and rain, shelves to climb, a comfy sleeping basket, cat grass to munch on, water, toilet tray, is all it takes to keep your cat and your garden inhabitants safe and happy. Oscar also happily walks on a lead around the garden!

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. New members are always welcome. Enquiries 9739 8783.

*Happy gardening.*

*Betty Wright*

**Editor's Note:-** Under the Domestic Animals Act 1994, it is an offence for a cat to remain on private property without permission and landowners or occupiers may trap cats (both owned and unowned) found trespassing on their property. For Council to take enforcement action against a cat that is continually trespassing, the cat will need to be trapped and given to Council on more than one occasion. Once it has been established that the same cat is reoffending, Council can issue a Notice of Objection to the cat owner, objecting to the presence of that cat being on your property. Customers need to be aware that if a Notice of Objection is issued, that their address will be identified. If the cat continues to trespass, Council may then issue a fine/s to the cat owner each time it is impounded.



One of the objectives of the Shed is to promote the wellbeing of members. We do this for three reasons.

First Keeping physical active through the tasks we undertake. Usually this involves grounds maintenance work at the Homestead, by pushing a mower, using a line trimmer, raking mulch and leaves and generally ensuring the grounds look good. No matter how little you can do, it is beneficial to health and a whole lot better than sitting down watching TV. We also have a large vegetable garden (or two), which provides fresh produce for our twice weekly healthy lunch.

Second Keeping mentally active by interacting with fellow shedders, be that a chat about our lives, the news or sport, or engaging in friendly banter (always sure to raise a smile). Each of our members has a different background in life and work, so the opportunity is there to teach and learn, no matter how young you are. There are regular social events where we can enjoy the company of each other

Third Awareness of health issues both physical and mental. It is a sign of the times that older Australians, particularly men, do tend to live isolated lives and the opportunity to enjoy the company of others makes for a healthy mind. Surveys have shown that mental health issues can be alleviated by social interaction. Physical issues, such as prostate problems, cancer, diabetes, heart attack and strokes plus the 'elephant in the room' topic of sexual dysfunction, are all discussed with literature available. The Shed also has a defibrillator in case of emergency. Happily it has not been used to date.

Men generally find these issues can be difficult to discuss, but should not be ignored, as many are treatable. Each of our members has a health problem or two so you are not alone, but importantly go and see your doctor.

As always we welcome visitors on the days we are open, details of which can be seen in the Men's Shed entry on page 2, or just Google us.

*Allan Billham 0418 677 898*



## Stamford Park Another key milestone for the Stamford Park development

Another key milestone has been reached towards the creation of a new residential community at the site of an historic 19<sup>th</sup> Century homestead and surrounding parklands at Stamford Park, Rowville.

Settlement of the sale to successful tenderer Stockland occurred on Friday 18 March.

Mayor Tony Holland and the Stamford Park Steering Committee Chair, Cr Nicole Seymour, welcomed the news as an exciting next step in the project. "This is a green light to proceed with this major new development to deliver around 180 dwellings in the residential part of this 40-hectare (100 acres) heritage, wetlands and parklands site," the Mayor said. "We know this will be one of Australia's most sought-after addresses once it is completed, and one we can't wait to see delivered."

Cr Seymour said demand would be high for the estate. "We've had people calling us already wondering how they can get in touch with Stockland to find out how they can get on a waiting list," she said. "That's the sort of passion to live in this wonderful area of Melbourne that will only accelerate." Once realised, the whole precinct will become the jewel in Knox's crown, providing public space and historic legacy, Cr Seymour added.

Council conducted a competitive tendering process for the land sale last year to enable this community development to occur, without cost to ratepayers, completely self-funded by the sale of the residential land.

"Stamford Park will provide social and recreational



*Bird life in the wetlands.*

opportunities for its immediate neighbours and the entire Knox community," the Mayor added.

### Key features of the development will include:

- ✓ Extensive public parklands, waterways and shared bicycle/pedestrian paths for all the community to enjoy
- ✓ Stamford Park homestead rejuvenation, including restaurant and function spaces
- ✓ Community permaculture garden to grow food locally
- ✓ Independently accredited 5 star 'Green Star Communities' estate of 180+ dwellings
- ✓ Harvested water for household use
- ✓ Built-in solar generation to all homes
- ✓ Electric vehicle recharge points to all garages
- ✓ Solar lighting throughout estate

Stockland is presently working closely with Council to prepare the Development Plans for this exciting new community and an Expression of Interest webpage will be available soon.





# Romance Scams – an online dating story

Consumer Affairs Victoria (CAV) has been raising awareness of scams through their Scammers Don't Discriminate Campaign. The campaign's key message is that anyone can fall for a scam. This month we are helping CAV raise awareness of romance scams. Australians lost over \$22.7m on romance scams in 2015, yet the actual figures are likely to be much higher. The CAV website has tips to help you identify and avoid scams. If you have been scammed you contact CAV for advice, and to help prevent it from happening to others. Help is also available if you are experiencing financial stress, or anxiety and depression as a result of being scammed. Contact details for who can help are provided below.

## Maria's story

"I was very lonely, looking for companionship, looking for love, so I went online. This guy showed interested in me, he was from Queensland. He said he was a civil engineer and he worked overseas. He was due to go to Kuala Lumpur (KL) to finish a big project that he was working on. He very quickly got me off the website. We were on Skype just typing - I never ever got to see his face.

He went off to KL then he started saying that there was some problem with the machinery and he needed twenty seven thousand dollars. I sent him a thousand via Western Union - that quickly just disappeared. Then I started dipping into funds to borrow. Family members and my friends were worried - they were asking me questions. Another woman that he was scamming contacted me and said that



he gave her the details of the account I had given him. The millisecond that she told me, I snapped out of it. It was a very, very strange feeling. I was humiliated, demoralised. I didn't want to talk to people, I just wanted to hide. I hardly slept, I hardly ate. I really felt ill. I lost fifteen grand and there's no way that I can really pay it all back.

Everybody thinks that the best thing is to just not to go online at all. No, go online, you've just got to be wary. If you're talking to anybody from overseas never send them money. If somebody's in a relationship and all they want is money, it's not a relationship, it's a business transaction."

See Maria's video on <https://www.consumer.vic.gov.au/ScamSavvy>.

What you can do:



- Do not give out your bank account details or send money to someone you have never met.
- If you have sent money to a scammer through an agent, such as Western Union, contact them immediately and they may be able to stop the transfer.
- If you used a credit card, contact your bank or financial institution immediately.
- Call the CAV helpline on 1300 55 81 81. You can also report the scam online <https://www.consumer.vic.gov.au/contact-us/report-a-scam>
- Call the toll-free Moneyhelp hotline on 1800 007 007 if you are experiencing financial stress due to money lost in a scam, Beyondblue on 1300 22 4636 if you are experiencing depression or anxiety, Lifeline crisis support and suicide prevention hotline 13 11 14 or ECLC to assess if you have a legal issue we can assist with, or referral to appropriate services.

Celebrate Law Week 16 – 22 May 2016

Law Week is an annual festival of events presented by Victoria Law Foundation that makes learning about the law easy. Law Week has taken place across Victoria since 1980. It's an opportunity to find answers to your legal questions, discover the history of the courts or simply enjoy the spectacle of the law. The program includes mock trials, behind-the-scenes tours, expert information sessions, panel forums and more.

This year Law Week will run from 16 May to 22 May 2016. For more information on the program of events please got to <http://www.everyday-law.org.au/law-week/whats-on-in-law-week-2016>.

Jacqui D'Sylva Community Development Coordinator



## Here's your chance to Immerse yourself in art Knox Council

Knox's acclaimed Immerse exhibition program, an innovative new art initiative returns by popular demand in 2016.

Expressions of Interest in taking part are now open and close 1 June 2016. Prizes are on offer for artists across all mediums.

Featuring acclaimed and emerging artists presenting 30 exhibitions over 30 days at 30 venues, Immerse takes art into the heart of the community. It showcases various art forms in traditional and non-traditional spaces like cafes, libraries, shopping centres, a billboard, civic spaces and

even Rollercity at Bayswater and Knox Private Hospital.

In its inaugural year, 2015, Immerse captured the attention of artists and residents alike, and quickly became Knox's most successful art initiative and one of Australia's largest exhibition programs.

Mayor Tony Holland said last year's Immerse exhibition program built artistic and audience interest in Knox.

"The aim of Immerse is to bring art into people's everyday lives, outside the traditional gallery space and to people who may not normally visit galleries. Immerse encourages diversity and creativity by exhibiting outside a gallery close to where they live and work, even if it is outside of a traditional gallery space.

To find out more or register your interest in taking part in



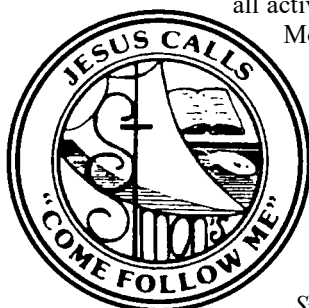
Immerse visit: [www.knox.vic.gov.au/immerse](http://www.knox.vic.gov.au/immerse).

The exhibitions will run from 11 November to 11 December.

## Opportunities For Youth At St Simon's

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

Firstly, for those in yrs 7 – 10 we run a regular



Please join us on the 4th May from 7.30 to 9pm at Rowville/Lysterfield Church, 82 Bellfield Drive Lysterfield to learn

Youth Group evening the last Sunday of the month from 6 – 8pm. It's only \$5 which includes pizza or other food and all activities. Themes are as diverse as Christmas in July, Movie Night, Chocolate Appreciation and more!

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

Join our next event "Movies in Pajamas" from 6-9pm at 2 Taylors Lane Rowville

Any questions or you would be interested in joining please contact Jacqui at the Parish, 9764 4058 or email [jgiuliano@stsimonsparish.com.au](mailto:jgiuliano@stsimonsparish.com.au)

Suzette Diaz

## Food for Life Vegetarian Cooking Demonstration

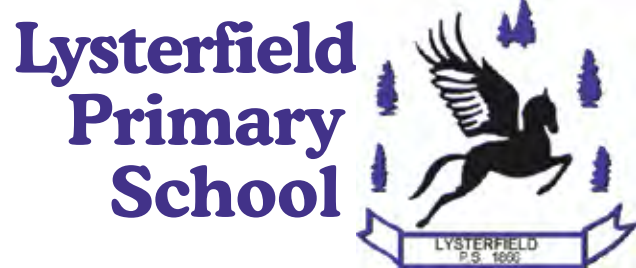
about vegetarian cooking principles and healthy eating habits, for a small donation of \$5.

Your attendance is rewarded with delicious tastings and recipes supplied. Everyone is welcome.

Please email [sandratiscia@hotmail.com](mailto:sandratiscia@hotmail.com) or phone Sandra Tiscia on 0402 099 567 if you have any queries.







**School Leaders:**  
*Ashleigh, Keely, Holly, Ethan, Ben and Sean*

## The Next Generation:

### Lysterfield Primary School Captains Share their Perspectives on Leadership

Lysterfield Primary School prides itself on the development of leadership skills in our student leaders. They undergo training specific to their positions and carry out many different tasks. The school and vice school captains undergo a rigorous process before being elected.

We asked our 2016 school captains a series of questions about why they ran for captain, what qualities they think were important in leaders, what made Lysterfield a good school to attend, their best memories of Lysterfield so far and what advice they would offer to foundation students starting this year.

**Students running for Captain did so because they wanted to make a positive impact:**

I will enjoy being able to improve our school with the other 5 school captains and coming up with new ideas on how to improve Lysterfield Primary. *Sean, Vice School Captain*  
I will enjoy going to the leadership breakfasts where we

will be able to discuss things to help improve our school and brainstorm as a leadership team. *Ashleigh, Vice School Captain*  
Seeing the school in a different perspective than I used to and being able to help make it better for all. *Ethan, School Captain*

**Students running for Captain believed that good leaders should be friendly, responsible, respect others and be great role models:**

Good leaders should be great role models, represent the school with pride and be responsible and great workers. *Keely, School Captain*

A good leader needs to be responsible, friendly, someone to look up to, and a good role model. They have to take pride in their school and work, and put effort into their role. They should respect everyone around them but most importantly make sure the school is happy and having fun! *Sean, Vice School Captain*

A good leader needs to be responsible and a great role model. They should show pride in their work and the school and also be humble. *Ethan, School Captain*

Being a great role model means being someone who other kids can look up to. Being friendly, kind and helpful to, not just students but teachers, parents and everyone. *Ben, Vice School Captain*

It's important for leaders to be confident, positive, passionate and respectful. *Holly, Vice School Captain*

**All students considered that Lysterfield had many opportunities and a great environment to learn and had numerous fond memories:**

All of the teachers because they are really fun to work with, the students because they're friendly, the work because it's very interesting and all of the clubs because they are fun to do.

*Ashleigh, Vice School Captain*

I love being part of a confident and very welcoming school, all of the fun excursions and incursions as well as all of the opportunities LPS offers. Getting Vice School Captain and attending the young leaders day where we met lots of inspirational speakers has been some of my highlights at LPS.

*Holly, Vice School Captain*

**Importantly, school captains emphasised the centrality of enjoying school and making the most of opportunities to foundation students:**

My advice to them is to try your hardest to make some good friends and make sure you enjoy yourself! I'm sure you'll enjoy yourself for the next 7 years here at this school. If you act sensibly and are a respectful student, you could definitely have a leadership role when you reach grade 6

too! So enjoy yourself and keep smiling because here at Lysterfield Primary School, you have a bright future ahead of you! *Sean, Vice School Captain*

To believe in yourself, be proud and grateful that you are in such a great school. *Keely, School Captain*

If you want to be a leader in Year 6 you have to show leadership qualities for the whole 6 years not just in Year 5. *Ethan, School Captain*

We are lucky to have such conscientious, responsible, dynamic and highly motivated school captains at Lysterfield Primary School. Our hope is that our school community can learn from our school leaders and that they encapsulate the spirit of our school.

## Farewell To Our Principal

In term one, the Lysterfield Primary school community was informed of very good news for our Principal, Tina Clydesdale, in that she had been successfully appointed as the inaugural Principal of a primary school in Clyde North. While this news was fantastic for Tina, our school community were sad and disappointed knowing that she wouldn't be at Lysterfield Primary anymore.

Some of the students have reflected on their fondest memories of Mrs Clydesdale:

'Mrs Clydesdale brought great leadership, a great spirit and attitude to the school. She came to all our camps even though she was so busy. She was great with all the kids and treated them like we were her own. She was a great principal and did so much for the school. She will be missed and will be forever in our greatest memories.' - *Sarah S*

'Mrs Clydesdale had awesome hair styles that changed a lot!' - *Ethan P*

'She always wore awesome clothes' - *Keely W*

'She brought so much colour to our school' - *Ben*

'Mrs Clydesdale knew the best hair styles' - *Daniel*

It is with great regret that we have to farewell our principal of 6½ years, Mrs Clydesdale. Mrs Clydesdale put a lot of effort into her role as principal. She attended camps, sport days and gave everyone the encouragement they needed to achieve great things. Mrs Clydesdale had a positive attitude to the school and everyone in it. Mrs Clydesdale's true legacy was that she brought a love of education, happiness and hope to the students, staff and community of Lysterfield Primary. We will never forget her sense of humour and ability to put a smile on everyone's face. We hope she enjoys her new school and the people in it. We wish her good luck and will always remember her. *Brooke and Jack (Promotion Leaders)*  
*Kristine Roose*



## St Simon The Apostle Primary School

Term Two has already started and the students are ready to go. This term the Grade Fives are on camp at Paynesville and they are extremely excited about the activities on offer.

Prep Sports - The prep twilight sports were a great success and we would like to thank the teachers who co-ordinated the event. Also a special thank you to the Parents' Association for organising a BBQ and the support teachers who assisted.

We believe we have a few future Olympians in our prep class.

**Congratulations:** Cameron (5Y) & Chris (3G) who took part in and completed the Sanitarium Kids Triathlon 2016 on Sunday 13th March at Catani Gardens, St. Kilda. A tremendous achievement, well done!

### Riddles Of The Month

Q: What do you get when you cross a popular large dog with a car?

A: A Holden Retriever.

Q: What has a thumb and four fingers but is not alive?

A: A glove.

Animal Club News

This weeks item is about "Brewski" from Elsie (3R)

Fact 1 My dog is named Brewski. He is a beer colour with a white lip on his tail

Fact 2 Brewski is an American Staffy. He is a wonderful puppy and jumps up on us and kisses us when we come home.

### Fun Fact

Brewski sits in the washing basket on cold nights.

Birthday Wishes

**Wishing the following staff and students a very happy birthday.**

Katie Edgar	Laura	Lisa Wenhryniewicz
Sharni Spriggs	Lauren Wallis	Makayla (6G)
Jacob (5R)	Dalena (5R)	Lily (3Y)
Ashley (4B)	Charlotte (Prep G)	Dylan (3Y)
Kade (3G)	Caitlin (3B)	Joel (Prep R)
Georgia (Prep Y)	Rebecca (1B)	Zac (Prep Y)
Levi (5B)	Isabelle (4R)	Sienna (3Y)
Kohan (5Y)	Bradley (5Y)	Sienna f (1Y)
Samuel (6G)	Peter (6Y)	Chatelle (Prep Y)
Jaron (2G)	Noah (2G)	Hannah (5Y)
Salayah (Prep R)	Johnathan (6B)	Jack Sarris (3R)
Daniela (6R)	Thomas (6B)	Jaida (5Y)

## Student of the week awards

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

Prep B - Prep Blue	Prep G - Savanna
Prep R - Joel	Prep Y - Isaiah
1 Blue - Alex	1 Green - Cooper
1 Red - Sienna	1 Yellow - Ally

2 Blue - Charlotte & Jamie	2 Green - Sharanya
2 Red - Cian	2 Yellow - Jake
3 Blue - Khushi	3 Green - Jasleen
3 Red - Christian	3 Yellow - Talia
4 Blue - Tyler	4 Green - Miguel
4 Red - Deanne	5 Blue - Emma
5 Green - Roshan	5 Red - Isaac
5 Yellow - Lachlan	6 Blue - Rhiannon
6 Green - Makayla	6 Red - Matt
6 Yellow - Nathaniel	

Art student of the week: This week's award goes to Jemma (Prep B), Andrew (Prep B) & Jed (Prep G) for trying hard in art with primary colours.

Japanese student of the week: This week's award goes to Nikyla (3G), Elijah (3G) & Anthony (5G)

Library student of the week: This week's award goes to Brady (3R) & Levi Dobson (5B) for great work in the library!

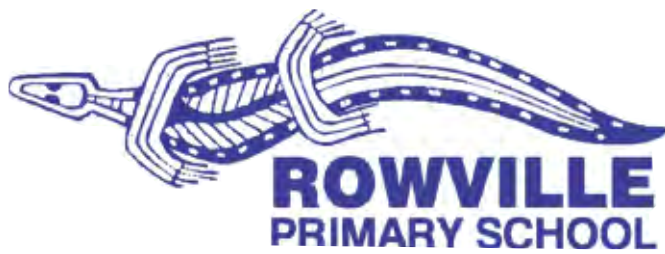
Music student of the week: This week's award goes to (6R).

### Parents' Association News

Easter Raffle - The Parents' Association would like to thank all the families who contributed to making the Easter raffle another successful event. Raffle prizes have been distributed to the lucky winners. Congratulations to the major prize winners:

1st Prize - Salayah (Prep Red), 2nd Prize - Caitlin (6 Green), 3rd Prize - Jay (6 Green). A further 100 consolation prizes were also given out to various families. A big thank you also to the families who assisted in sorting and wrapping these prizes.





## Successful Fete Contributes to Library Development

The rain could not dampen the excitement as hundreds of children and their families flocked to the Rowville Primary School Fete on Friday the 18<sup>th</sup> of March. A huge variety of stalls, entertainment and food were on offer for the happy punters. Despite the frequent, torrential downpours there were numerous highlights as described by RPS students;

The fete was amazing! My favourite thing was going on the Cha-cha ride just as it started pouring with rain, so that when I stepped off I was soaking wet. It was so fun, that I went and gathered my friends to go on the ride again and we started singing 'Downtown' and we were all screaming with laughter. After the ride, I went to get some yummy hot chips. If I had to describe the fete in 10 words or less, it would be fun, wet, funny, yummy, great and fast!

*Ashna, Age 10*

My favourite things about the fete was going on the all the awesome rides and when I got to make a necklace. A funny thing that happened at the fete was when I was on the kite and it started to rain and I got soaked. After that I went inside and the teachers were doing a big dance and it made me laugh.

*Tyson, Age 5*

My favourite thing about the fete was getting to help my Mum with the bead stall. It was funny when my brother ran away from my Dad and we had to go find him.

*Amalie, Age 7*

Our school fete was fun, good, happy, yummy and exciting! One thing that I remember was when I got called up on stage by the dude in the weird suit and I called him 'Money Man'.

*Oscar, Age 10*

My favourite thing about the fete were the rides because

they were fast-paced. The funniest thing that happened at the fete was when I went on the rides and the rain poured on to my friends and I. We were all screaming like crazy!

Some words that describe the fete were wet, exiting and fun!

*Jazmine, Age 9*

My favourite thing at the fete was when I had a yummy hot chocolate because it was such a cold day, but I still really liked the fete. The funniest thing I saw was when someone was carrying a humungous watermelon and they dropped it and it splattered everywhere.

*Jessie, Age 10*



A massive thank you to all families and friends for helping to make the 2016 fete the success that it was. It is wonderful to know that the **\$14,000** raised will go directly back into the school, towards enhancing our library to become a model 21<sup>st</sup> century learning centre. We are certainly lucky to have such a wonderful school community that cares about and supports our children so much. It takes many hands to pull off such a large event and acknowledgment must also be given to Tania Challis and her team who worked tirelessly behind the scenes to make it all happen.

## Future Leaders Tour

On Friday the 18<sup>th</sup> of March, the Year 6 students were given a tour of Parliament House by the Honourable Kim Wells. We learnt and saw lots of really interesting and exciting things. We learnt that there is



only red and green carpet throughout Parliament House and that the Queen and her representatives can only walk on the red carpet.

During the tour we walked through the extensive library, ornate buildings, Legislative Chamber and a lot of other interesting places.

My favourite part of the day was getting to debate in the Legislative Chamber which was exhilarating and a great opportunity to experience life as a politician. We debated about two topics; 'Zoos Should Be Abolished' and 'All High Schools Should Be Single Gender'.

I don't think I want to be a politician when I'm older but I really relished the opportunity to experience what it's like to be one for the day.

*Ayana, Grade 6*

Recently, Grade 6 got to go on a trip to Parliament House. It was great seeing the historic buildings and taking part in a debate in the Legislative Chamber.

While we were there, we learnt lots of interesting facts such as statues and sculptures of the Queen during war-time would always show her with her left foot forward and yet the statue at Parliament House has the wrong foot forward. We also learnt that the Queen can only walk on red carpet, and that historically the mace was used to defend people in Parliament if a fight broke out!

One thing I thought strange was the fact that if anybody who is not a member of a political party eats in the Parliament House they must eat in 'Stranger's Corridor' because they are a 'Stranger' to Parliament.

All in all, it was a really enjoyable trip, and we had lots of fun learning about Australia's history and the way our country's government works.

*Gareth, Grade 6*

*Sam Peters – Publicity Leader*

## Ask the Principal

**Q** Mr Shaw, I am worried about my children failing their NAPLAN tests. What can I do to assist them in dealing with these tests?

**A** NAPLAN tests should not be seen as tests that are passed or failed. NAPLAN (The National Assessment Program – Literacy and Numeracy) is an annual assessment for students in Years 3, 5, 7 and 9. It has been a part of the school calendar since 2008. Data from NAPLAN tests provides a point in time result for students in those Years. It is useful data for parents and schools. Literacy and numeracy are important to success as they underpin performance in many aspects of life as an adult. We should therefore take notice of NAPLAN results and review them seriously. But NAPLAN is certainly not the only assessment of student learning and how a student feels on the day can affect the



result.

I would encourage parents to write down in a diary or on a calendar how their children were feeling on the days of the NAPLAN tests. For example, results can be affected if a child has a cold and is not feeling well. Results can be affected if they are worried about other events in their lives. High levels of anxiety about the tests may affect results. These are the things that can be noted down to refer back to when the results come out in August/September.

All good schools recognise that literacy and numeracy are integral components of a good education and give them due focus. A good school also places considerable emphasis on a range of other factors. A great school will work with parents to 'grow' fine young people by building social and emotional intelligence, through physical, spiritual and aesthetic development and by focusing on overall wellbeing.

Good schools provide students with familiarity with NAPLAN style tests, so on the day, students are capable and confident in handling that type of situation. Good schools run strong literacy and numeracy programs through every week of every term across every year of schooling and thus do not need to focus on 'cramming' prior to NAPLAN tests.

Parents should encourage their children to stay relaxed and walk into the NAPLAN tests to sit and work through the material as best as they are able and not worry about it.

In conclusion, NAPLAN results provide useful data. They are tests at a point in time and the results can be affected by the events of the day as well as the skills and knowledge of the student.

*Allan Shaw* Principal, The Knox School





## Developmental Play in Foundation

At Karoo Primary School, developmental play is a vital part of our transition program from kindergarten to school. It provides students with the opportunity to play and further develop their academic and social skills in a fun and engaging setting.

We pride ourselves on offering our students play based learning opportunities in a bright, well designed learning environment. Foundation teachers link explicit teaching in English and Mathematics to student's play based experiences because they are personally significant to them



*Two Foundation students using their Mathematical skills to create patterns during a developmental play session .*

and are more meaningful.

Students have a wide variety of activities to choose from, all of which have been specially selected to engage students and develop their social, emotional and academic skills. The activities selected aim to draw upon the natural curiosity and inquisitive nature of our youngest students

## School Talk

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

and encourage students to take control over their own learning and achievement, by teaching self-direction and self-monitoring skills.

Oral language development is an essential part of the curriculum. Through social interactions and structured discussions with their peers and teachers during developmental play, students are given the opportunity to further their language development. During literacy sessions, students are encouraged to talk and write about their experiences during developmental play sessions.

Weekly developmental play sessions are keenly anticipated by all Foundation students. As you can see from their comments, our students thoroughly enjoy and engage in these sessions.

"I like drawing at the drawing table and writing secret messages to my friends. I also like painting pretty pictures to give to my family. We get to talk to our friends from other classes and it's really good because we can show each other all the things we have done." Charlotte

"I like doing painting because I can do cool drawings. I like to play schools with the whiteboards and teach everyone all of the letters that Mrs Elliott teaches us. I like to be the teacher and the kid. Sometimes I like to read as well." Matthew

*Monique Watson*



*The victorious RSC team with the State Championship trophy*

Photo courtesy Olav Dias

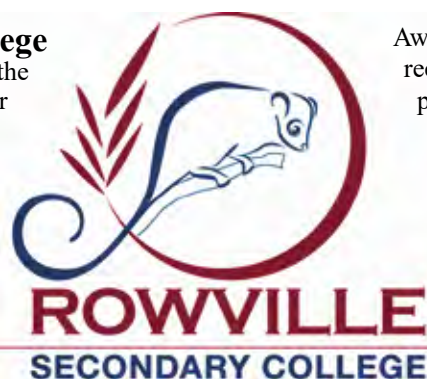
### Rowville Secondary College

played in a curtain-raiser to the Melbourne Victory – Brisbane Roar match, a strong start by Rowville saw it lead 2-0 at half time. John Fawcner College surged back into the match just after the main break, scoring two quick goals to tie the scores at 2-2.

Rowville hit back three minutes later to regain the lead, however John Fawcner rallied to score its third major in the 69th minute from a penalty kick. With the teams level, Rowville Secondary College won the School Sport Victoria Football Premier League Grand Final last Saturday, defeating John Fawcner College in a thrilling final at AAMI Park. 3-3 at the final whistle, the match went into penalties where Rowville edged John Fawcner College 5-3 to be crowned State champions.

It is Rowville Secondary College's second SSV Premier League championship in a row, having defeated Sirius College for the title in 2015. On hand to present the medals to the students were Melbourne Victory stars, Leigh Broxham and Nick Ansell.

Rowville Sports Academy student-athletes Cameron John (golf) and Rachel Foord (diving) received respective Sporting Blue Awards at term one's Victorian School Sport



Awards at the MCG. The Sporting Blue Award recognises outstanding achievement by a primary or secondary school student at a state, national or international level.

John won five major competitions in 2015, including the Tasmanian Junior Masters and the Victorian Junior Open. He also became the youngest ever winner of the Victorian Junior Masters. The 17-year-old has also represented Australia on three occasions and was named captain of the 2015 Victorian state team.

Foord has been a representative of the College and Diving Victoria at a national level for the past three years. She competed in her first Australian Open and World Qualifier in 2015, against Olympic and Commonwealth Games medallists. She placed first at the Victorian All Schools Championships at regional and state level in year 11 and year 12. She also competed at the Pacific School Games in November in the synchro event, competing on all boards.

Chloe Bibby and Daniel Robertson competed in the Australian Under 20 National Basketball Championships in term one. Bibby won a gold medal and Robertson won silver

*Daniel Cencic*

100 Murrindal Drive, Rowville  
murrindalplaygroup@hotmail.com



## Murrindal Playgroup

Q. What do you get when you mix 20 kids, chocolate, hot cross buns and games?

A. You get Murrindal Playgroups annual Easter Egg Hunt and as always this year's event was a great success and a lot of fun.

Coffee and hot cross buns were in plentiful supply for all of the mums, dads and grandparents who came along and it was great to see the number of families who turned up to share the day with their children and with other parents.

The weather was cold but sunny, which was a pleasant surprise given the rain of the previous day. The morning itself was choc-full (no pun intended) of fun activities, including an egg and spoon race, an Easter arts and craft table, an Easter bonnet parade (most of the bonnets having been created at the arts and craft table) and of course the Easter egg hunt itself.

A big thank you to everyone who came along, and to the Murrindal Playgroup committee for putting such a great morning together.

Oh, and remember, now that school holidays are over playgroup is up and running as normal.

Have a great term two, everyone!

*Ben McFarlin*





The students attended an incursion to support our first Unit of Inquiry “Who We Are”. The Coach Approach Team came to Heany Park Primary School to deliver the ‘Less Me and More We’ program. Students were able to identify the importance of working together as a team, while focusing on elements of communication, problem solving, trust and teambuilding exercises. Students learned more about themselves, identified leadership qualities within themselves and others and were able to articulate what they had achieved.



### Team Work Expo

By Emma

On Monday 29<sup>th</sup> February 2016 all of middle school at Heany Park Primary had their Coach Approach Team Work Building Exercise.

When our class finally got to the gym my friends and I all saw five athletes standing in front of us. After getting instructions we went to do the activities.

First my class did a communication and memory activity with Adrian. What you had to do was memorise a pattern and help get your teammates to the other side in the pattern. We got through three pages.

Secondly we played some games with Jade. We had to work as a team to get through.

Thirdly we had to get a cricket bat out of a bucket, without knocking the bucket over.

As time ran out we played a communication and team work game. All the classes had to pick tennis balls up in order of 1-10.

Before that, our class was with Kate. We had to spell out words without talking and we were getting up and down without hands.

Altogether it was the most fun I’ve had in a long time.

### Harmony Day

Celebrations such as Harmony Day give students at Heany Park an opportunity to become inquiring, knowledgeable and caring young people, to create a more peaceful world through intercultural understanding and respect, which supports our International Baccalaureate mission statement.

### Cross Country

As House Cross Country kicked off for 2016, Wurundjeri were under pressure to retain the shield for the fifth year in a row. House Cross Country is promoted as a participation event held at the school every year. Children are prepared for the event during P.E. lessons and Lap Club, which is run three times a week.

The weather presented challenging conditions throughout the event. All students displayed great resilience, completing the course wet, but happy. As the final results were totalled, anticipation was high, had Wurundjeri retained the shield again? With only ten points separating first and second, Wurundjeri scraped home with Kurung closing the gap for 2016.

The students and teachers are grateful for the assistance of



Principal Janet Evison Presenting The Shield To The Winning Cross Country House



The lead kept changing until the finish line.

the parents who helped on various points throughout the course.

Heather Brown

### Out Of School Hours Care –Exciting News!!

At the end of last year our Out of School Hours Care Service was assessed under the National Quality Framework and was rated as “Exceeding National Quality Standard”, an assessment achieved by only 18% of Victorian OSHC



Team Work Expo



A human graph was constructed that highlighted the family backgrounds of the year Four class members for Harmony Day

Services. All those involved were very proud and excited to receive this rating and we thank everybody for their input in this process.

Our OSHC service has also been recognised by Nutrition Australia Healthy Eating Advisory Service for the healthy breakfasts and afternoon teas that are offered to the children. Our Service appears in a short video on the Healthy Eating Advisory Services training website and it is also played at many Professional Learning meetings.

Our children are encouraged to taste many different types of fresh fruits and vegetables and a variety of different healthy, nutritious foods. They are able to choose what they would like to eat and also ask for taste tests before helping themselves to a full serve. These two times of the day have become a very important, if sometimes noisy, social event for the children. If parents arrive to collect their children before they have finished eating afternoon tea then there is a lot of negotiating between parent and child so they can stay until they have finished. It is an absolute joy to see the children enjoying healthy food and to listen to the enjoyable, social interactions between children and educators. We look forward to another busy term and trying many different healthy foods.

Sue Houghten

## Some Time With Tom Brunzell

At Park Ridge we are committed to building resilience and a growth mindset, where effort and persistence shown by students is acknowledged, thus enabling them to become motivated and successful lifelong learners. To help us on our journey we have engaged the service of Tom Brunzell, Senior Advisor, Teaching and Learning from the Berry Street Childhood Institute. To date Tom has provided four professional learning sessions to our staff and has conducted a forum for our parents.

The program involves developing knowledge of five domains, Body, Relationship, Stamina, Engagement and Character. Within each domain are ‘Focus Areas’ in which can be found strategies and recommendations for lessons, classroom activities and practices which promote the development of engaging classrooms, that promote personal



wellbeing and better learning.

Tom’s evening spent with about 100 parents from across the school focussed on the domain of relationships. The most popular strategy presented to parents was “Empathy and Zen Mind, using one liners” sub-titled “How to get your child to stop arguing and start listening.” So, when a child is complaining or whingeing, a simple statement such as “Thanks for sharing that with me.” or “It sounds like you are frustrated. Good luck.” is delivered.

By adopting a state of a Zen mind, where your mind is freed of all cluttering thoughts, the one-liner, delivered with empathy, relays to the subject that their dilemma is appreciated and that you are ready to help them get back in control of themselves, or their circumstances. Parents present, left the evening with a feeling of empowerment and there were many requests for an encore performance with Tom.

Tom will continue to work with the staff throughout



Tom Brunzell In Action

the year by modelling lessons and providing professional learning for teachers. It is intended that his work with us will empower teachers to develop growth mindsets in their students that will excite them to engage in challenging learning opportunities.

Graeme Lloyd





# Sant Nirankari Mission



## Tree Plantation and Clean Up Australia Day

The Sant Nirankari Mission, Melbourne Branch celebrated Guru Pooja Diwas on 28th Feb '2016, held to commemorate the 62nd Birthday of HH Sat guru Baba Hardev Singh Ji Maharaj. Guru Pooja Diwas is celebrated by Nirankari Mission at various places across the world with great zeal and enthusiasm.

The Sant Nirankari Mission promotes the philosophy of universal brotherhood and considers the entire world as one

big family, with the message "A world without walls, bridging humanity piece by piece".

With the resolve to spread the message and make it a reality, volunteers of the mission of all age groups including children took part in preparations for the event. Local dignitaries including Kim Wells MP - Member for Rowville, Cr Darren Pearce - Knox Council, Cr Joe Cossari - Knox Council along with other community leaders attended this welfare event.

The programme commenced with inspiring the Sewa Dal (Volunteers) line up, followed by an inspection of the volunteers and prayers. Enthusiastic SNM volunteers performed a PT parade and participated in various games and special games were organised for children as well. The main objective was to convey the importance of rendering selfless service while completing a task in a disciplined manner with coordination and team spirit.

The distinguished guests appreciated the contribution of the mission and its volunteers towards the various

community events and welfare activities. They acknowledged the mission's untiring efforts in making the community a better place, including their untiring efforts on 'Clean Up Australia Day'.

Mrs Shashi Grover, Vice President, Sant Nirankari Mission, Australia, blessed the audience from the Holy chair and emphasized the importance of God-Knowledge in life. She praised the importance of True Master and the application of his teachings in our lives.

Later, volunteers of the mission organised a tree plantation with hundreds of saplings and shrubs planted around the vicinity.

The event concluded with a telecast message from His Holiness. He said, "Today we have come to a stage where this message of truth is being given continuously. While the world is erecting walls, creating fissures and distancing man from man, the Mission continues to endeavour to establish love, brotherhood and unity. We are inspiring people to share each other's pain and pleasure."

*Raj Gopal – SNM Member*  
www.nirankari.org/melbourne



### The importance of regular wellness checks

As our pets age more rapidly than we do - the common rule of thumb is 7 animal years for every human year - their risk of developing disease or illness increases as does the possibility that the illness or disease will rapidly progress. So what should you look for in your senior?



#### Eyes

Pets can develop diseases of the eyes such as glaucoma, cataracts or dry eye.

#### Glaucoma:

Glaucoma is an increased eye pressure leading to blindness due to the death of the optic nerve. In the early stages very red, painful eyes develop but is treatable if detected very early on with a thorough vision assessment and eye examination by your veterinarian.

#### Cataracts:

Cataracts are due to lens changes in the eye and are common in ageing dogs or in those with diabetes. The most common sign is a blue/grey look to the centre of the eye which will lead to blindness. With early detection and regular vision assessments your veterinarian and yourself can monitor if and when surgery is required.



#### Dry Eye:

Dry eye is an autoimmune condition in certain breeds where decreased tear production reduces lubrication on the surface of the eye. This causes a thick sticky discharge to build up around the eye and surface of the eye to 'scar' affecting vision and possibly ulceration. Regular eye examinations will indicate if your pet is at risk of this disease.

#### Heart and Lungs

Pets can develop conditions such as bronchitis, emphysema, pneumonia and cardiac disease.

#### Cardiac Disease

With an ageing heart the valves and chambers become less functional causing heart murmurs or a swollen heart. This means the heart works less efficiently causing breathlessness, cough, bloated belly or decreased exercise tolerance. Regular auscultation (listening with a stethoscope) will give your vet an early warning of cardiac disease. Bronchitis, Pneumonia, Emphysema:

As the lungs age, the tissue that makes the lungs becomes less pliable ("stretchy") meaning the lungs can't expand correctly or the tubes (trachea or bronchi) lose their shape. This causes cough, breathlessness or lack of energy. Again regular auscultation or X-rays can give early warning of respiratory conditions.

#### Joints



Senior pets can develop conditions such as arthritis or previously undiagnosed conditions such as hip or elbow dysplasia could become apparent.

#### Arthritis:

Most large breed dogs over seven years will develop this with painful, swollen joints and an unwillingness to move or sit being the most common symptoms. Smaller breed dogs and cats can also develop this condition. Regular examinations with your vet will indicate if or when treatment will be required for arthritis.



#### Hip or Elbow dysplasia:

These are conditions which develop when your dog is young but may not become apparent until the joint cartilage starts to "wear out". Again painful swollen elbows or an unwillingness to sit or lay down are the most common symptoms for these conditions. Regular monitoring and examinations will give your vet early indication if these conditions are progressing.



#### Organs

Senior cats should be regularly monitored for kidney failure and diabetes. Senior dogs should have regular checks to ensure their liver, kidneys and adrenal glands are working effectively.

#### Kidney Failure:

Increased thirst and weight loss are the first symptoms of kidney failure along with smelly breath, mouth ulcers and nausea as the disease progresses. Regular urine and blood testing together with routine examinations will give an early indication of this disease. Early intervention greatly improves quality of life.

#### Diabetes:

Increased thirst and weight loss again are early indicators along with recurrent urinary tract infections and increased appetite. Regular urine and blood testing with routine examinations will give an early indication of this disease. Early intervention greatly increases prognostic indicators with higher rates of remission especially in cats.

#### Liver Disease:

The liver stops processing certain waste products which cause nausea, lack of appetite and possibly seizures. Regular routine blood testing can give an early indication of decreased liver function.





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*"This is the day that the Lord has made, we will rejoice and be glad in it." (Psalm 118:24)*

This is a truly encouraging scripture verse. Whatever we have to face each day, we can rejoice for the Lord Jesus will see us through. We do love these messages that make us feel good. To find out how to deal with life's problems and our own human failings and weaknesses, that make it hard to rejoice at times, we need to find out what God has to say in His Word.

Australia for Christ Church Sunday services times are on Page 2 in "What's On Locally". Three separate services are held on Sunday, in English, Indonesian and Mandarin. All are very welcome.

The Anthem Youth Ministry exists for all high school students and meets every Friday night at 8.00pm and the Stompers' Playgroup is every Wednesday from 10am-11.45 am during school term.

The Alpha Course is an introductory course in Christianity. These are held every Wednesday evening at 6.45pm and include a meal, fellowship and excellent teaching.

Ring 9764 8330 for information about other activities and happenings at Australia for Christ Church.

Marlene Smith



There has been a lot said in politics, social media and the media about those who seek asylum in a country other than their own. Some people feel strongly that border control is important because with some of those seeking asylum there may be terrorists; some fear that the culture people bring with them might erode our own culture; others feel that the world is big enough that we ought to simply share the space we have with those who need refuge and others see the idea of detention of asylum seekers as absolutely abhorrent. There are many passionately held views about all this.

As a Christian, I seek to try and be Christ-like. In the bible there are many teachings and much advice is given that can be justified by some Biblical passage or another. But there are two regulative teachings for me. The command of Jesus is to first love God and, second, love thy neighbour. In the parable of the Good Samaritan Jesus addresses who our neighbour might be. In this case he makes the point that it is the one we might least expect... the foreigner and stranger.

Jesus certainly gives us food for thought as we try and come to conclusions about these issues.

The Uniting Church is a church committed to social justice. At the Rowville UCA one way we seek to express this commitment to love our neighbour is through the



## Rowville Baptist Church

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

[office@rowvillebaptist.org.au](mailto:office@rowvillebaptist.org.au)

Ph: 9764 4242

We here at RBC have experienced a difficult and sad season with several members of our church family passing away or battling serious illness. With this sadness comes change. Accepting and coping with change is a struggle and we can easily become despondent. It brings up the question, what is our hope?

Even in our grief we can say Jesus Christ is our Hope. Jesus is our comfort and eternal life in heaven is our destination. Those we have lost are there. As Jesus said "Truly, I say to you, today you will be with me in paradise" (Luke 23:43). Those we have lost had total hope and confidence in where they were going. They held no fear.

Those we have lost have left a great encouragement to us. They never wavered in their desire to have others know and accept the Love and Hope that is given in Jesus Christ. In times of great change, such as the loss of a loved one or battling illness, we need to be mindful that God goes ahead of us and is never changing. Life situations change. So when our hope is fading what can we hold onto? What can we hold that will never change?

In the midst of so much pain and changes in our lives, community and world, I find it difficult to determine with certainty things that stay the same. The apostle Paul also greatly encourages us by stating that "now these three remain: Faith, hope, and love. But the greatest of these is love" (1 Corinthians 13:13). The more things change the more faith, hope and love stay the same.

As we grieve with, love and support the family and friends of those we have lost, we are thankful for the faith they held and the example they set for us. Let their example be our direction, to give hope and demonstrate God's love to those who have not yet heard and/or received Jesus Christ.

If you are someone struggling with grief or questions of hope and faith, please contact the Rowville Baptist Church on 9764 4242 or for Counselling in grief or other issues the Wellington Care Centre on 9764 3738.

Suzanne Adams

Christmas Bowl. It is an annual appeal that gives money into many situations around the world.

Rowville UCA welcomes you to worship at 10am each Sunday. We have a worship that seeks to offer a view of faith that takes seriously what it means to be a Christian in the 21st century. We also have a special family and children service on the third Sunday of each month which involves puppets, craft and other participation.

Toddler Gym runs each Tuesday and Friday, offering two sessions each day at 9:30-10:30 and 11-12noon. This program enables children to learn and develop at their own pace in a safe and friendly environment. The cost is \$5 per family on a pay as you go basis. Registration is essential for this program. Please call the church office for information.

We are proud that our church facilities are used by a number of community groups and businesses. If you are seeking a space for your activity or program, please call the church office for information.

Trevor Bassett



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Hilton's children with their mother, Leanne

## All for Mother's Day

Some people oppose the celebration of Mother's Day because, they say, retailers have corrupted it for profit. Others argue that Mother's Day is an arbitrary date and that mothers should be celebrated every day of the year. Although retailers do milk the occasion for all its worth and our mothers should be shown appreciation daily, I think Mother's Day is worth observing.

Mother's Day began early last century in the United States of America at St Andrew's Methodist Church in Grafton, West Virginia. Mothering Sunday, which falls on the fourth Sunday of Lent and dates back to the sixteenth century in Europe, began as a commemoration of one's mother church and then also became an acknowledgement of mothers.

I am naturally a son and I value the opportunity to thank my mother for all that she has done for me. I am also the husband of the mother of my children and there is no doubt that Mother's Day is a great opportunity for my children and I to express our gratitude to their mother.

Of course not everyone has had an easy childhood or been raised by our biological mother but, whether we have benefitted from the ministry of a family member, adoptive mother, foster carer or another woman who has invested in our upbringing, the vast majority of us have a 'mother' in our lives who helped us along the way.

We set aside particular days in our calendar, such as ANZAC Day, to honour those who should be honoured. If we see fit to honour people who have sacrificed for our nation in other ways then surely we should honour the sacrifices of our mothers?

God tells us "honour your father and your mother" and although we should constantly do so, how wonderful to honour our mothers on a particular day, such as Mother's Day.

Hilton Jordan

Senior pastor (vicar) of RAFT Anglican Church

### Adrenal Disease:

The adrenal gland produces certain substances which help regulate metabolic processes. If it produces too much or too little the liver, heart, skin, hair coat and muscles can be affected leading immature ageing processes, diabetes and liver failure. Routine blood testing can give indications as to the function of the adrenal gland.



### Lumps



Pets can develop lumps on or under the skin which can become cancerous and spread to the lymph nodes or internal organs.

### Thyroid

Senior cats are at risk of developing an overactive thyroid gland which can lead to vomiting, weight loss and heart problems. Regular palpitation of the neck area and blood monitoring can lead to early detection.

As our pets age it is imperative for them to have regular contact with their veterinarian who will devise a plan for periodic examinations and monitoring with blood and urine tests. This will allow for our well-loved pets to grow old gracefully.

To book a senior pet wellness check, contact your local Greencross Vets today!





## Step Behind The Scenes Of A Victorian Icon

Rail and train enthusiasts will step behind the scenes of the iconic Puffing Billy trains and peek into the history of Victoria's rail network during special train services this year. Passengers will turn into locomotive inspectors for a day, as they step back in time to see what it was like to be a railway Commissioner—one of the top railway positions in the state during the early 1900s.

In its peak during the 1920s and 1930s, the Victorian Railways had a staff of thousands—and the Commissioners' Trains were used to visit every railway station in Victoria over a year, to inspect facilities, check on staff and to meet with members of local communities.

To commemorate those very special trains Puffing Billy is proud to take patrons on a tour of the railway to inspect the facilities - much like the Commissioners of the old days. Climax Locomotive 1694 will be hauling the train for the Belgrave to Emerald section of the line which is so special because only three other Climax locomotives are still operational (all in the USA). Only 19 survive, mostly in North America and Climax 1694 is the only one built for 2ft 6in gauge track. It is also the only wood burning locomotive we have. There will be three Commissioners' Trains operating throughout the year.

Your day starts at Puffing Billy's Belgrave station, where a tour of the railway's locomotive workshop is available from 8am. The Commissioners' Trains will depart Belgrave for Menzies Creek at 9am hauled by Climax Locomotive 1694. At Menzies Creek, you can view the progress on the new Puffing Billy Museum or watch the shunting operations. (Please note that due to upgrading of the museum, this



*Photo: Climax 1694 At Clematis*

inspection may be limited to external observation only.)

After a 30 minute break, the Commissioners' Train continues to Emerald, where you will enjoy morning tea and there will be open house at the carriage workshops. An NA locomotive will haul the train for the rest of the trip to Gembrook, with a stop at Lakeside to inspect the new refreshment facilities and passenger service area. Here you'll be sure to enjoy our sumptuous spit roast followed by tea and coffee. Please note that there will be no service of alcohol and that Puffing Billy is a Non-BYO venue.

The return departure to Belgrave is at 2:45 pm, arriving at 4:32 pm.

For further information on Climax Geared Locomotive 1694, go to our website at <http://puffingbilly.com.au/en/events-and-dining/commissioners-train/>



is not renovated will benefit from being perfectly clean and being 'staged' for the sale. Staging can either be undertaken by the experts or for a relatively small amount of money can be done by the owner in consultation with your agent.

Generally the home will be well received if it is presented in an uncluttered manner and the use of a tasteful contrasting colour in the rooms will help the photos of the home to 'lift' off the page. It is not uncommon for a home that has been presented in this way to achieve a result that is \$20,000+ above the price achieved on a similar home that has not been prepared for sale.

Of course choosing an agent that can demonstrate excellent negotiation skills will also increase your return on your investment.

*Brenton Wilson* Managing Director Barry Plant Rowville



*A Vacant Room*

## Property Presentation Staging

The easiest way to increase the amount you achieve when you sell your home is great presentation. Even a home that



*The Same Room 'Staged'*

## It's Our Lumber Jack!

The famous Australian tourism icon, Puffing Billy Railway, is at loggerheads with some of the locals of the Dandenong Ranges after noticing that the precious firewood used to keep the train alive and running on a daily basis, is being stolen from Puffing Billy's land.

Puffing Billy Chief Executive John Robinson said people are taking wood on a regular basis, which is actually stealing from Puffing Billy and trespassing on private land. "It is a great shame that it keeps happening and I'm sure if people realised this is actually a criminal offence, they would not do it'.

Trees and branches often fall along the railway line from severe weather or decay, and the Puffing Billy works crew are responsible for clearing it especially if there is safety concern. This wood is then used by the Railway in an effort to be as sustainable as possible.

The wood is used as 'light up wood' for the locomotives, some is milled on site to make building materials such as fence palings, and logs are burnt in fire places within the station buildings so that patrons and volunteers can keep warm. Mr Robinson said. "Utilising the wood saves on heating and supply costs which would place a dent in the operating budget if this was needed to be paid for".

The land along the railway line is managed by Puffing Billy Railway and the works crew and volunteers take pride in maintaining it to a high standard. It is disheartening for the staff and volunteers to discover that wood is being removed from railway land, and it is hoped that people will refrain from removing wood in the future.



## Summary of items relevant to residents of Rowville & Lysterfield 6.1 Planning Applications considered 1st Feb – 29th Feb 2016

Dobson: 2015/6865 – 40 Sherwood Way, Lysterfield. 3156 – Buildings and works (the construction of a single dwelling) and vegetation removal – 10/02/2016 Approved

Dobson: 2016/6108 – 40 Heritage Way, Lysterfield 3156 – The removal of eleven XCupressocyparis leylandii trees – 22/02/2016 Approved

Dobson: 2015/6954 – 10 Palmerston Road, Lysterfield 3156 – 2 Lot Subdivision – 18/02/2016 –Approved

Friberg : 2016/9006 – 6 Wyola Court, Rowville. 3178 – Garage in SBO area – 22/02/2016 –Approved

Taylor: 2016/6057 – 79 Major Cres, Lysterfield 3156 – Removal of two trees: one Eucalyptus pseudoglobulus and one Hesperocyparis macrocarpa – 8/02/2016 –Approved

Taylor: 2015/6395 – 5 Tarwin Court, Rowville. 3178 – The construction of one (1) double storey dwelling and two (2) single storey dwellings – 10/02/2016 –Refused

Taylor: 2015/6952 – Sh 19/1100 Wellington Road, Rowville 3178 – Internally illuminated signage – 10/02/2016 – Approved

Taylor: 2016/6045 – 11 Provence Rise, Lysterfield 3156 – Removal of two trees – 23/02/2016 –Refused

Taylor: 2016/9011 -8 Harry Nance Close, Lysterfield 3156 – Removal of 1 dead tree – 29/02/2016 –Approved

Tirhatuan: 2015/6923 – 53 Liberty Avenue, Rowville 3178 – The display of externally illuminated home occupation signage – 03/02/2016 –Approved

6.4 application for the construction of a five (5) storey





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## Council Minutes continued...

building (containing 76 apartments, a gymnasium and vet clinic), 13 two storey townhouses and alteration of access road to a road zone category 1 at 1103 stud road, rowville (Application No. P/2014/7108)

Council has issued a Notice of Refusal for this development as it is for buildings that exceed four storeys.

6.5 Application for subdivision of land into 5 lots (in 2 stages) and removal of easment at 84 major crescent, lysterfield (Application No. P/2013/6562)

The existing land use is single dwelling and outbuildings.

Recommendation: that Council issue a Notice of Decision to subdivide the land, generally in accordance with the endorsed plans and subject to conditions (full recommendation can be viewed on Council website)

### 7. Question Time

Question 2: Would Council please advise me how much Council is saving rate payers by using the "at call" hard rubbish. I wish to gain Councils attitude as to the

continuance of this service.

Answer: The Director of Engineering and Infrastructure, Dr Ian Bell, responded that he did not have exact numbers with him at this time, so the question will be taken on notice and a written response will be provided in due course.

### 8.1 Woodside Drive tree selection - petition

A report was tabled in response to a petition tabled at council meeting on January 27 2016 requesting a change in street tree planting options for Woodside Drive, Rowville.

Conclusion: Council acknowledges that a number of residents within Woodside Drive have requested a new street tree planting selection, with a strong preference for the addition of "Ornamental Manchurian Pear". While it is Council's preference to plant a street tree that is preferable to the majority of residents it is noted that the streetscape has an existing dominant native evergreen character and that existing trees are in good condition and are expected to have a useful life expectancy of 10 plus years. In keeping with Council's Green Streets Policy, three (3) species were offered to residents that would be in keeping with the

existing character.

The removal of existing healthy Eucalyptus Scoparia and planting of an Ornamental Pear tree would not be consistent with Council Policy. As such, it is recommended that Council accept the outcome of the returned survey results prior to the tabling of the petition.

### 10.1 Works report as at 3 March 2016

605- Illawarra Avenue, Rowville Contract works are well underway with K & Ch works almost complete – contract is around 50% complete

647 -Stud Park Reserve Rowville – Masterplan. The final Draft Masterplan is to be presented to Council for consideration in March 2016

677 – Liberty Reserve Oval Renewal . Grass coverage is now progressing well with contractor to manage weed control, monitoring continuing to ensure required coverage is obtained.

756 -Heany Park, Rowville . works being priced with a view to commence construction in late March

Report compiled by Jan Bates





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