



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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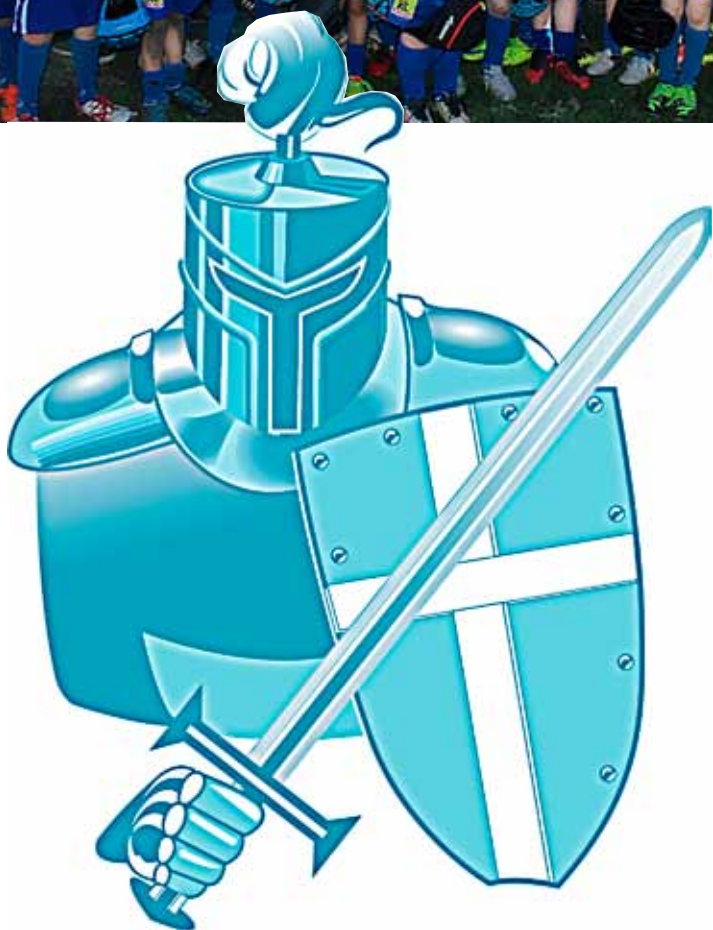
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ROWVILLE KNIGHTS

COMMUNITY FOOTBALL CLUB INC



www.rowilleknights.org.au – Rowville's Community Football Club



Auskick

Boys - U8 – U17

Girls - U10, 12, 14, 16, 18

REGISTRATIONS NOW OPEN

Enquiries
rowvilleknights@gmail.com



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

Western Campus

Paratea Drive, Rowville

Ph | 9755 4555

Email | rowville.sc@edumail.vic.gov.au

Website | www.rowvillesc.vic.edu.au

Eastern Campus

Humphreys Way, Rowville

Fax | 9764 5087



Rowville-Lysterfield Community News Supported By



**Rowville Neighbourhood
Learning Centre Inc.**

Meetings are held at Aimee Seebeck Hall, Police Road at 7.30pm on the first Tuesday of the month. Visitors and potential committee members are most welcome.

OUR TEAM

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Free Advertising for Garage Sales

To reach a wider audience use the Rowville
Lysterfield Community News Website
It is easy as 1, 2 and 3

- 1 Visit our website www.rlcnews.com.au
- 2 Click the Advertising tab
- 3 And follow the prompts

Remember:- It is against EPA Litter Rules/Laws to leave posters on public property after the sale and you risk receiving an infringement notice. If you are looking for a bargain, check out the Garage Sales by visiting our website.
Are you a Tablet or Smart Phone user? Our website is not yet equipped to interface with Tablets or Smart Phones. We are working on it. Please bear with us in the meantime.

FREE

This is a community initiative by your community newspaper.

Example of your
advertisement
information
and content:

14 Second Street, Rowville
9th and 10th July 2016
9.00 am to 3.00 pm
Special Items - Weber Kettle BBQ;
Set of weights; Ladies size 14 clothing

What's On
Locally



Sponsored by:
Lions Club
of Rowville

DIRECTORY

November 2016

Australia For Christ Church Sunday Services:- English Service 9-10am and 10:30am-12pm

Indonesian Service 10:30am, Mandarin Service 1:30pm

Stomper Play Group 10am -11:45am (during School Term).
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 Knox Enquiries 0481 831 788
knox.enquiries@life.org.au

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. **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

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@rowvillertoastmasters.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



From the Editor's Desk



In October four committee members travelled to Bendigo for the CNAV Conference, dinner and annual awards. The conference was very interesting with subjects ranging from copyright to linking with social media and creating attention grabbing headlines. The keynote speaker was Police superintendent, Matthew Ryan, who spoke on the subject of family violence and the evening meal was delightful. But the awards let us down, with not a single mention. The playing field, I believe, is becoming tilted with the advent of community newspapers that pay journalists and other staff, which whilst it is not illegal or wrong in any way, means that they can focus for the whole month and chase stories, whereas we have none of those advantages. That is not to say that we were alone in failing to get any recognition, as there were 50 or more other papers in the same category. Anyway we will soldier on. After all, two other local community papers won awards so there is hope, but it will never be the priority of the RLCN to chase awards at the expense of advising residents about the day to day happenings in their suburb.

The committee wishes to thank all the volunteers who helped on our Stringybark Festival stand and to all the local residents who offered to help with distribution of the paper. Without your support life would be much more difficult for us to operate successfully.

I would like to thank John Lewis for his services as a proof reader, which started 4 years ago this month. Thanks John.

As the major exams start for hundreds of local students, we wish you all the very best. When they are all over it is time for Schoolies Week. Enjoy every minute of it but

Community Announcement

For the benefit of the community, please be advised that a defibrillator has been installed at Bowens Timber and Hardware, 963 Stud Rd Rowville (corner of Kelletts Road). For any additional information please phone 9763 7522.

Adrian Wells

Calendar of Events - November 2016

E-Tea – Epilepsy Action Australia

www.epilepsy.org.au/support-us/fundraise-for-us/e-tea

Movember - au.movember.com

Asbestos Awareness Month - www.asbestosawareness.com.au

Lung Health Awareness Month - www.lungfoundation.com.au

6-12 Nov - Spinal Injury Awareness Week

www.rebuildinglives.com.au

6-12 Nov - National Adoption Awareness Week

www.adoptchange.org.au

6-12 Nov - National Psychology Week

www.psychology.org.au/NPW

6-12 Nov - Australian Food Safety Week

www.foodsafety.asn.au

7-13 Nov - National Recycling Week

recyclingweek.planetark.org/about

8 Nov - Thank U NICU Day - www.thankunicu.org.au

8 Nov - **Immunisation** – Aust. for Christ Fellowship - No appointments necessary 6 pm to 7.30 pm. Bring Medicare card and child's Health Record book to the session.

8 Nov - Election of Knox Council Mayor - Civic Centre

11 Nov - REMEMBRANCE DAY

www.awm.gov.au/commemoration/remembrance

11 Nov - Walk to Work Day – (Diabetes Aust)

behave sensibly, consider others and you will enjoy and remember the time just as well.

November is also a time for reflection as we recall those Australians and Allied men and women who died as a result of war and peacekeeping missions, particularly from World War 1 onwards. Remembrance Day is commemorated with a minutes silence at the 11th hour on the 11th day of the 11th month

On Monday 14th at 4pm nominations for the Knox Australia Day awards close. If you know someone who should be recognised for their work within the Knox Community, contact the Council offices for a nomination form.

Finally this month, have you got any back issues of the RLCN? They may be the ones we are looking for. Give me a call if you can help 9764 4703.

David Gilbert

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3517, 3519, 3521, 3523, 3525, 3527, 3529, 3531, 3533, 3535, 3537, 3539, 3541, 3543, 3545, 3547,



Our Spring Charity Business Breakfast was well received on Thursday 13th October, with around 80 guests rolling up to hear celebrated financial journalist Alan Kohler's talk on our economy and prospects.



If you weren't there then you missed a real insight into Australia's standing in international trading and future prospects, particularly in relation to China, what might happen after the US election fever is over and any fallout for us from the UK 'Brexit' phenomenon.

As usual, auctioneer 'extraordinaire', Brenton Wilson from Barry Plant Real Estate, Rowville, 'extracted' quite a few dollars for an array of desirable items. This effort, together with the raffle results, enable the club to donate \$1,000 each to the selected charities, JDRF (Juvenile Diabetes Research Foundation) and HeadSpace Knox. Our next Charity Business Breakfast is scheduled for April 2017.

It is amazing what can be 'jammed' into a 40ft container as we found when loading a range of goods into such a container on Saturday 8 October to be sent overseas to our Club's major project for Kiriwina Island PNG.



This is the second container load to be despatched in the past 18 months to help "Make a Difference" to people who have only the bare necessities to live by, let alone proper sanitation, running water, school desks etc. A team of volunteers from our Club loaded over 100 items into the container (see photo) ranging from wash basins wheeled walkers to three (3) complete composting toilet systems and a quantity of timber enough to make a number of school desks together with a range of power tools and other woodworking tools to equip a small local workshop for the locals to make the desks themselves.

The total funds involved in this current part of the project was in excess of \$120,000 contributed by a number of other Rotary Clubs within our Rotary District 9810 in Melbourne, and donations from a range of private sources and funds from the Rotary International Global Development Funds organisation. This Fund, which will celebrate 100 years in 2017, is derived from contributions received by The Rotary Foundation and proceeds are 'recycled' back to Rotary clubs all over the world to facilitate local development projects. It's like the old saying "What goes around, comes around".

We have recently had an update on developments with our Club's other overseas aid project in Bangladesh, the SHEBA medical facility project. This stands for 'Social Help Endeavour for Bangladesh' and is centred around a village of Shomaj in the Pabna District of central Bangladesh, serving a surrounding population of close to 20,000 people. For the first time local people have access to medical assistance that was previously only available at the nearest hospital, 16km away and, depending on the season as the roads are pretty basic at best, takes from 4 to



6 hours of travel time. To date our Club has given approx. \$5,000 and you would be surprised just how far one Aussie dollar will stretch in Bangladesh! The facility now has a registered MBBS Medical Practitioner consulting one day a week, together with a qualified medical Assistant and two health workers.

Both pharmacy and pathology services have also been established locally, which is a great help as previously they were only at the hospital.

Our Rotary Club will be supporting the local Melbourne Bangladesh Community at their annual Fund Raising Dinner and Cultural Evening on Saturday 22 October at Clarinda Community Centre. If there is anyone out there who would like to help with a donation to this worthy cause, just call our Club International Convenor, Neil White on 0418 378 647 who would be very happy to tell you how to contribute.

Details of our Club's meeting venue, dates and times can be found in "What's On Locally" on page 2. If you are community minded and would like to give something back, meet some likeminded people and have some fun and fellowship, then you are invited to come along to a meeting to find out what Rotary is all about. You can come as a guest the first time. Interested? Then call either Murray Wilson on 0402 088 999 or Kevin Harrison on 0419 919 011. Log on to our website www.rowvillerotary.com.au and follow us on Facebook and/or Twitter.

Rotarian James Wilson

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Lions Club of Rowville



Initiated by the Lions Club of Waverley in 1996 and now a major, national project of Lions, the Lions Cord Blood Foundation recently celebrated its 20th birthday.

The Foundation funds a research scientist, whose primary purpose is to carry out research on cord blood,



From left to right Noel, Monica, Ivan, Ron, (cutting the cake) Julia, Chooi-nee and Graeme, some of the members of the Lions Cord Blood Foundation.

with the view to improving the effectiveness of cord blood transplantation, in overcoming diseases such as leukaemia and other blood disorders, especially in children. The Foundation also supports a cord blood collection nurse, dedicated to collecting quality cord blood samples as soon as possible after birth. Increased collection of cord blood, improves the likelihood of genetic matching of recipients to donors and therefore improves the success rate for overcoming diseases.

To date the Lions Cord Blood Foundation has donated more than \$1.7million to the Fight Cancer Foundation (formerly the Bone Marrow Donor Institute) for the BMDI Cord Blood Bank, along with the ongoing support of all District Lions Clubs. Located at The Royal Children's Hospital in Parkville, the BMDI Cord Blood Bank is a joint initiative of the Fight Cancer Foundation and the Murdoch Children's Research Institute. Since the release of the first cord blood unit for transplantation in 2000, the BMDI Cord Blood Bank has now released over 500 units.

Chairman of the LCB Foundation, Ron Tregear stated "That having cord blood available in a bank, stored frozen and fully tested, allows a fast response to patients in need of a stem cell transplant." Rowville Lions Club is a strong supporter of the Lions Cord Blood Foundation.

If you would like to join us, please see details of our meeting venue, dates and times in "What's On Locally" on page 2. For further information, phone Julia on 0414 608 824 or look for us on Facebook at www.facebook.com/rowvillelions

Julia Young



Rowville Unit

Our Clover Cottage Lunch saw 100 people enjoying wonderful food and good company on Oct 12th. This was our 10th annual Clover Cottage lunch and sadly the last as the owners after 40 years, have decided to sell. We

are very grateful for all the hard work our member Pauline Lilley has put into this fund raiser over those years.



Monies we raised at the lunch have been directed to a Special School in Tonga run by the Red Cross. The Ofa Tui Amanaki Centre is an inclusive school affording children with disabilities a chance at education and vocational training. Monies will also support the Tongan Red Cross Society with its disability advocacy work with the Tongan Government....a very worthy cause.

On the world stage the opening of our new community centre in the Tiwi Islands was an unforgettable experience.

As guests CEO Judy Slatyer, Chairman Michael Legge and other Red Cross officials walked through the gates, Tiwi men came up to greet them. With arms lifted, they chanted and stomped the ground, calling out to their visitors. Come. Welcome.

Our staff reciprocated, lifting their arms and stomping the ground in unison with their hosts.

Thank you Tiwi Islanders for the most incredible welcome to your beautiful home.

The opening was a day of great celebration of our partnership and the blessing of the building was a moving moment.

Red Cross also opened our new Darwin office that will maximise our impact in the region and strengthen our long-term commitment to supporting Aboriginal and Torres Strait Islander peoples.

Joan Read

Cake Decorators Association of Victoria Rowville Branch

As the year draws to a close, our next workshop to be held on Sunday 27th November will be our last for 2016 and will incorporate our 'Christmas Break Up'.

Our demonstrator will be Rachel Dorman, who will demonstrate and show you her lace techniques and how to do them. After a shared lunch (please bring a plate), Rachel has a surprise demonstration for you.



0412 809 024

Velma Brown



Members, please remember to try and bring a small Christmas cake with flat decorations, wrapped in cellophane. We are also collecting very good toys and non-perishable foods for the Knox Relief fund which will be distributed to the needy.

Our first workshop of the New Year will be on February 12th 2017. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Our fees remain the same at \$10 for members and \$15 for non-members. Please be advised to BYO lunch.

Merry Christmas and Happy New Year to all. For all bookings and general enquiries please ring Jean on 9763 1702 or Jan on

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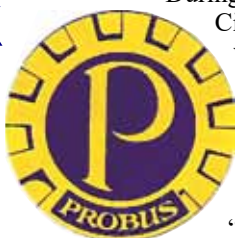
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Combined Probus Club of Knox

October saw a change in our guest speaker due to our booked person having to attend an interstate funeral. Bev, our guest speaker organiser, did a great job in persuading Tony Currie to rearrange his schedule and step in as our October speaker. He is a former member of the Victoria Police Special Operations Group, whose primary focus was counter – terrorism, but also supported other specialist groups within the police force. Tony was assigned to an assault team which took part in many high profile raids and arrests over a 10 year period and he recounted significant life-threatening events that took place during his time at the SOG. He later commenced a glazing company which he ran for 19 years until it was acquired by a multi-national organisation in 2011. Tony is a founding member of ‘Club 50’, which is a not-for-profit organisation contributing to lesser known local charities and individuals needing support. He is married with one son.



Our November speaker is Graeme Robin- “Travelling around Europe in my trusty Fiat”

During September, members went to two musicals in the City, “Matilda” and “We Will Rock You”. Both were well attended and thoroughly enjoyed. From the 18th to the 22nd, seventeen members had a great time touring Echuca and the surrounding districts. They all agreed that they had had ‘a ball’.

On 27th October, come rain or shine, we will wander through Maureen & Paul’s beautiful “award winning garden” in Rowville, where I am sure many cuttings will be requested! The Sup and Sip group are off to Seville Estate Winery towards the end of November.

Our Christmas lunch in December will be enhanced by some special entertainment. Later in the month we will have our annual council bus trip which this year will take us to Cowes on Philip Island and will include a scenic coastal seal watching cruise.

Val Eldridge

Editor’s Note:- Val writes these articles in trying times as her husband is unwell and has been hospitalised. We wish you a speedy recovery Chris.

Probus Knoxfield Ladies



Two new members Kaye and Vivienne on the Maldon Vintage Train



The Knoxfield Ladies Probus Club ventured by bus to Castlemaine, then by vintage steam train to the historic township of Maldon last month. After lunch, some of the members made a swift round of the shops. The Christmas Shop was a favourite, as was the Lolly Shop (for the grandchildren of course), and the famous Maldon speciality shops. Beaton’s Clothing Shop donated a \$50.00 voucher which was won in a raffle draw as we travelled to Castlemaine. The winner was very happy with her quality jumper at the reduced price.

We are looking forward to a day at Como Gardens in the The Basin with morning tea and a barbeque lunch in October with the added attractions of the cars and fire trucks in the museum, the lake and gardens and having a ride on the mini railway. Also coming up is a tour of Channel 7 in the Docklands. Our Christmas breakup lunch will be held at our meeting place the very comfortable Waverley Golf Club, where we have enjoyed delicious Christmas lunches in past years.

We enjoy a variety of speakers after our monthly meetings held on the 4th Monday of each month. Our latest speaker was a retired police helicopter pilot who had participated in the rescue of sailors in the ill-fated Sydney to Hobart yacht race in 1998.

Knoxfield Ladies Probus Club warmly welcomes new members. If you are a lady of 55 years plus, please contact Val on 9763 6175 or Bev on 9753 3224 for further details.

Bev Bishop, Secretary

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FROM THE ARCHIVES

Memory Lane November 2011

Knox Council announced that the **Starlight Sculpture Exhibition** would be held in the Starlight Reserve and they were calling for ‘expressions of interest’ from artists, schools and community groups. Did you enter?

Rowville resident **Sambhav Kothari** was awarded an Australian Student Prize by Alan Tudge. The award was one of only 500 nationally and is awarded for academic excellence in the school certificate. He was also the first ever recipient from Rowville Secondary College.

10 scouts and 3 leaders from the **1st Rowville Scouts** went on a 38km bike hike, with lots of stops so that the leaders could catch up! Were you involved and what do you remember?

Volunteers were looking forward to cooking their traditional free Christmas Day lunch at the **Baptist Church** on upgraded equipment thanks to a \$10,000 donation from “Feed Melbourne”.

A term of poetry writing by senior students at **Rowville Primary School** was the base for the “Poetry Café”. On



November 2011 - Dunaden wins Melbourne Cup in tightest finish in 131 years.

the morning of 13th October parents gathered in the café and were treated to a trove of poetry treasures, written on a variety of subjects. And the response was ‘brilliant’, ‘fantastic’ and great. Did you recite or attend?

Karoo Primary School Year 6’s went to Coonawarra Camp and enjoyed the amazing and decent food almost as much as the raft making and the 18 metre swing. Do you recall the delicious food?

CFA Rowville



Exceptional teamwork saved a teenager's life, after he went into cardiac arrest at an Activity Centre in Rowville on September 28th.

Off-duty MFB Station Officer Julian Bisbal and off-duty nurse Louise Mollet were in the right place to put their emergency medical response (EMR) skills into action

when they saw the male struggling for his life. Together with Centre employee and paramedic student Mikayla Studley and other basic first aid-trained employees, the group used the on-site defibrillator to attempt to revive the non-breathing, pulseless male while emergency service personnel rushed to the scene.

CFA's Rowville brigade was the first emergency service agency to arrive, with firefighters putting their EMR training into action to take over from the group of bystanders.



Rowville 'A Platoon' Senior Station Officer Tim Van Den Driest said the work that had already been done for the patient was integral to reviving him.

"Every second counts when it comes to a medical

Photo left: Dandenong CFA officers during EMR training

emergency – these bystanders played a vital role in keeping the patient alive. Our crew took over from the very competent and diligent people already helping the patient. With our new EMR equipment, we were able to continue helping the patient whilst paramedics stepped in to use their expertise to work more on the patient. He was conscious and alert by the time paramedics were putting him in the ambulance, which was a remarkable improvement. This is a true example of not only emergency services working together but members of our community pitching in to save a life," Tim said.

Rowville Fire Station has been equipped to co-respond to EMR incidents for the last month, as part of the state government's program to roll out EMR training and equipment to all 35 of CFA's integrated brigades.



On 12th October, Rowville Senior Citizens hosted the Knox Indoor Bowling Carnival for the 10th time and it was a great success. There were 18 teams entered, with old & new friends getting together and having fun. The winning team "Rowville 6" had an extremely successful day winning all 6 games. The team members were: Allen Berg (skip), Irene Tam, Charles Hardy & Andrew Fong. Congratulations to all the teams and competitors.

Mayor Tony Holland came along to present the medals



The Victorious "Rowville 6" Team: Andrew Fong, Charles Hardy, Irene Tam & Allen Berg (skip), with Mayor Tony Holland on the right.

and trophy. Many thanks to Sandra Goodwin for organising the event so well and our wonderful committee for their hard work. Thanks also to Kath Lovegrove and Maree Sonogan for also helping on the day.

We had a day out on the 14th October, enjoying Morning Melodies and buffet lunch at the Ferntree Gully Hotel. At the Rowville Stringybark Festival, we had the opportunity to promote our club and hope to see some of the people we spoke to, come along on club days Wednesday & Friday 1:00pm to 3:30pm.

Friday, 28th October is our annual Melbourne Cup Lunch where we always have a lot of fun with plenty of entertainment and sweeps as well as a best hat parade for both the men and women. Later on we dress in silk jockey vests and have races by throwing dice to see how many paces we move along the grid on

the floor. As always there will be lots of laughter, which is the best medicine.

If you would like to join us see "What's On Locally" on page 2 for details of our meeting venue, dates and times. All enquiries should be directed to Anne Berg on 0404 007 174 or Sandra Goodwin on 0402 811 789

Anne Berg (President)

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Did you know that if a child attends school without having eaten breakfast they cannot concentrate and lose half a day of schooling every day?

The team at Rowville Community Kitchen have been extra busy this year since commencing their Food4Kids program, working with seven local primary schools to provide fresh breakfast and lunch provisions or fruit for morning tea, to ensure that all students can learn to the best of their ability.

Why did we start the Food4Kids program? We have found that the majority of households accessing charity or welfare organisations have at least one adult in work, so it is not just unemployed people or people receiving benefits who are struggling to get by. Families living on low wages who struggle to make ends meet, people who have become sick, been made redundant, had rent increases or an unexpected utility bill. It all makes stretching finances more difficult.

Often when people do reach out for help, they've already gone hungry for a day or so, have cut back at home and have reduced the quality and quantity of the food they buy to make it last through the week.

Living on a limited income is difficult generally, having such tight budgets, deciding which bill to pay first, choosing between gas or electric, or food is stressful. Being unable to provide food for your family is distressing, and over longer periods of time, this can have a bigger impact on mental health and quality of life.

Physically, poor diet contributes to a whole range of health conditions including heart disease, type 2 diabetes and high blood pressure. However, processed food is often much cheaper to buy than fresh food, meaning that while hunger is on the rise, so too is obesity.

Welfare organisations have been providing food for people

in need for years. However, the majority are only able to provide processed food, and as people are facing longer term crisis, it is more important than ever to provide them with fresh food that feeds them well and for long enough to enable them to support themselves out of crisis and become less reliant on emergency food.

That's why we provide fresh provisions and no processed food.

To support and grow their Food4Kids program, Christine (Founder of RCK), said they are launching their new initiative this week "Share your Lunch"

Why we need everyone to back Share Your Lunch? -We're asking our local business community to get behind us either with donations or getting involved. We will promote every business that helps us and give them a sticker for their window or car.

Where will your money go and what will it do? Each donation received will enable us to provide nutritious food for people across Knox.

We have multiple partners across Knox who work with a whole range of people struggling to feed themselves and their families. We are actively expanding distribution points so that everybody is able to access fresh food if they fall into crisis.

How can you donate or help? - Firstly, we are asking you to contact us on 1300 363 723 to register your interest or donate via our new website <http://www.recipe4change.com.au>

For more information contact RCK team on 0416 350 741

Christine Smith



Recipe Dark Chocolate Zucchini Cake

Ingredients:

- 2 cups self raising flour
- 1/2 cup cocoa powder
- 1/2 cup dark brown sugar
- 3/4 teaspoon fine sea salt
- 2 large eggs
- 1/4 cup vegetable oil
- 1 1/4 cups milk
- 1 teaspoon pure vanilla extract
- 1 cup packed grated zucchini, squeeze to remove excess water
- 1 cup dark chocolate chips

Instructions

- Preheat oven to 180. Line cake tin with baking paper or spray with oil
- In a medium bowl, sift together the flour, cocoa powder and baking powder
- Add in the sugar and salt
- In a large bowl whisk the eggs until frothy. Mix in the oil, milk and vanilla
- Add the dry ingredients and fold together
- Add in the grated zucchini and the chocolate chips. Fold all the ingredients together until combined
- Bake until the top springs back lightly when pressed or test with a skewer
- Cool for 10 minutes in the pan, then remove & cool on a wire rack.



Knox & District Over 50s

The Knox Over Fifties would like to wish everyone an early Merry Christmas. It's been a great year for the club with many new members joining us. So if you have reached a point in your life where you are looking for something new to do, then it's time to join a club. But not just any club, it has to be special and that's the Knox Over Fifties. We offer a wide range of social activities that will stimulate the little grey cells while at the same time offering you the opportunity to make new friends. So take the plunge and give us a go, we are cheaper than vitamins and can give you the happy high without prescription drugs.

There are various activities the Club has planned for the next few months. In November we are celebrating the Melbourne Cup with a bit of a get together, we are also ending the year with a club Christmas BBQ and in December we will also celebrate with a Christmas party held at the Marybrooke, plus a visit to the theatre to see the 'Joy of Christmas'. The club also hosts monthly events with 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 guest speaker.

Subscriptions for 2017 are due in January 2017 and remain at the same level as 2016, which is **\$15.00** for the year. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social

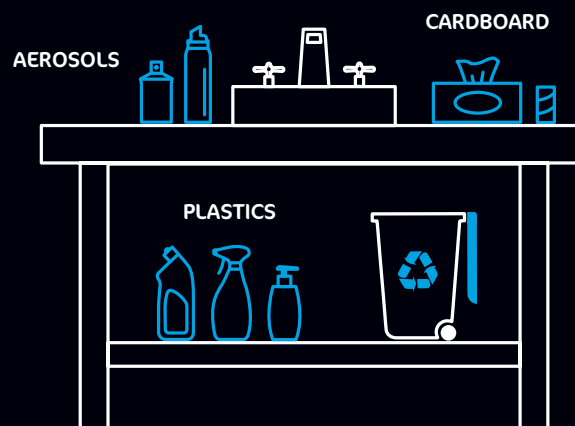
events planned for the year.

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

Details of our monthly meeting venue, dates and times can be found in "What's On Locally" on page 2. There is no meeting in December 2016 so our next meeting is on **Tuesday 24 January 2017**. Meetings start at 10.30am so come early to get a good seat. 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, Media Officer

Bathroom items can be recycled too. See what's possible for you.



Aerosol cans, bathroom plastics, cardboard boxes and toilet rolls can all be recycled. So let's take Knox's recycling efforts further than the kitchen. Start bathroom recycling today, and put your rubbish to work.

Find out what to recycle at
knox.vic.gov.au/waste





Another Great Art Show

Saturday 8th October, a superb spring day, saw the opening of the 20th Annual Art & Craft Show, run by the Knox U3A. This year the organisers made the decision to separate the Craft show to a date in April 2017. It has long been felt that the craft exhibitors have been hampered by the shortage of space in our building, and so as to enable the entries to be better shown, this show concentrated entirely on graphic

arts. Submissions were of an exceptionally high standard, making the judges' task all the more difficult. (Shirley Dougan of The Hut Gallery was judge of fine arts, and Barbara Oehring for Photography).

President Stephen Damm welcomed the Mayor, Cr. Tony Holland, who opened the show, and presented the Mayor's prize to Alison Clark for her work *Morning Rest for Two Siblings*. Alan Tudge, Nick Wakeling, Heidi Victoria and Kim Wells all attended, and were called upon to make presentations to prize winners. Stephen then paid tribute to the organising committee and volunteers who have maintained the high standard of this event for yet another year.

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

Some of the principal prize-winners were -:

Ferntree Gully Toyota prize for Best in Show – *Anglesea, Victoria* by Draga Gelt.



President Steve Damm presents Julie Doig with the People's Choice award for her study, "Kookaburra"

Bendigo Bank Ltd, Rowville for Runner-Up -Best in Show – *Rural Afternoon* by Julie Lundgren-Coulter.

Knox Environment Society for Best Landscape – Russell Halden, *East Coast, Tasmania*.

Best Pastel – Robert Diss – *Our Time* – presented by Nick Wakeling MP.

Best Oils – Zhong Hua Fan *Life in the Blue* - presented by Cr. Peter Lockwood.

Best Water Colour – Ian Sinclair *Maligne Lake* presented by Alan Tudge MP.

Best Other Media – Alison Clarke *Vigilance in the Winter Forest* – presented by Kim Wells MP.

Best in Photography – Mark Dent *Outside Looking In* – presented by Heidi Victoria MP.

Helloworld Travel presented an Encouragement Award to Elizabeth Cole for *Looking Out*, the Kath & Don Brown Appreciation Award went to Lesley Moore for *Night Time Story* and the People's Choice Award, voted on by patrons of the show, went to Julie Doig for her study, *Kookaburra*.

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

We at U3A cannot stress enough, our gratitude for the generosity of sponsors, and the hard work that is put in every year by volunteers, all of whom have ensured the success of the Knox U3A Annual Art Show. We look forward to similar success at the Craft Show, to be held in early April 2017.

For more information about Knox U3A and its activities, telephone 9752 2737, or visit our website at www.u3aknox.org.au.

John E Ford, Publicity Officer



Winning entry of Best in Exhibition. "Anglesea, Victoria" by Draga Gelt.

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Eastern Community Legal Centre

‘Taking Good Legal Care of Yourself’ is a regular contribution by Eastern Community Legal Centre (ECLC) to raise awareness of legal needs in the community,

and encourage people to seek legal advice early. ECLC is a not-for-profit community service that provides free legal advice to Melbourne’s outer-eastern communities, including Rowville and Lysterfield.

ECLC is proud to support #GE4Me the 2016 16 Days of Activism Against Gender Violence (16Days) campaign, led by Women’s Health East (WHE).

Why don’t you join us! WHE have provided the following information on the campaign (<http://whe.org.au/news-events/news/>)

What is GE4Me?

#GE4Me is a social marketing campaign designed to coincide with the 16 Days of Activism Against Gender Based Violence, 25th November–10th December. The campaign focusses on what gender equality means to the many diverse groups that shape Melbourne’s Eastern Metropolitan Region. It also encourages other members of the community across the region to think about what gender equality also means to them!

What is the 16 Days of Activism Against Gender Based Violence?

‘16 Days’ is a global campaign to raise awareness about violence against women and its impact on a woman’s physical, psychological, social and spiritual well-being. The 16 Days begin on 25th November, the International Day for the Elimination of Violence Against Women, and ends on December 10th, International Human Rights Day. These dates were chosen to highlight that violence against women is a human rights abuse.

Men’s violence against women is now widely recognised as a global problem and one of the most widespread violations of human rights. Research indicates that since the age of fifteen, 1 in 5 Australian women have experienced sexual violence and 1 in 3 women physical violence, and

over half of all women have experienced at least one incident of physical or sexual violence in their lifetime.

While violence against women is prevalent and serious, it is also preventable. To do this, we must address the underlying cause of violence against women – gender inequality. The key to ending violence against women is gender equality.

What is Gender Equality?

Gender equality is achieved when people are able to access and enjoy the same rewards, resources and opportunities regardless of whether they are a woman or a man. Gender equality is the view that everyone should receive equal treatment and not be discriminated against based on their gender.

There is a strong link between violence against women and the ingrained inequalities between men and women. Research has shown a strong association between sexist attitudes, the unequal status of women in society and the perpetration of violence against women, which is why the message of gender equality in the #GE4Me campaign is so important.

To achieve gender equality, we must recognise that gender inequality affects us all, regardless of our age, ability, gender or culture. Then we can advocate for change. By participating in the #GE4Me campaign, you can help to spread the #GE4Me message. You can also add your voice to the public conversation about gender equality. Sharing your own message about what gender equality means to you (via social media or other avenues) can also encourage others in the community to stop and think about examples from their own lives. By raising awareness of gender equality and talking about why it is important for all of us we can help to shift the conversation to what we need to change in order to achieve gender equality.

How can you be involved?

There are a number of ways that you can be involved in the #GE4Me campaign.

- The Women’s Health East Facebook and Twitter pages will act as a portal for sharing the campaign messages and information on gender equality more broadly across the 16 Days. The hashtag #GE4Me will be the official campaign hashtag to use on all campaign posts and tweets.
- A really easy way that you can be involved in the campaign is to share the campaign memes via your social media channels. There are 16 messages – one for each of the 16 days! Or you can create and share one of your own - make sure to tag @WHEast on Twitter or @Women’s Health East on Facebook and use the official hashtag, #GE4Me.
- To help you get started have a look at the campaign package on <http://whe.org.au/news-events/news/>
- At a local level, activities are being coordinated by Knox PLEDGE (People Linking to Embrace and Develop Gender Equality). Knox PLEDGE are local services and

"Gender Equality 4 Me is being able to be a Leader in my Faith Group and Community"

Dilnaz Billimoria



community members working together to achieve equality for everyone. Visit <http://pledge.org.au/> or <https://www.facebook.com/PledgeKnox/> for more information

Who do I contact for more information?

- If you have any questions about the campaign, please contact Vanessa or Kate at Women’s Health East – 9851 3700 / vczerniawski@whe.org.au / kgibson@whe.org.au
- For information on Knox PLEDGE and activities in Knox, contact Catherine D’Arcy at Knox Social and Community Health (EACH) on (03) 9757 6200 or visit <http://pledge.org.au/> or <https://www.facebook.com/PledgeKnox/>
- If you or someone you know is experiencing family violence, please call Eastern Community Legal Centre on 9762 6235 to make an appointment for free legal advice
- Call 000 Victoria Police if you are in immediate danger

Jacqui D’Sylva Community Development Coordinator (Outer East)

Why Is It So?

Why isn’t there Mouse-flavored cat food?

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9764 1119

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WALKING THE NOVEMBER 2016 NEWS Distribution Report

Voluntary Positions

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

- *3A-08 - Heany Park Rd (even #'s 24 to 30), Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl – 72 papers
- *3A-15 - Quail Way (even #'s 4 to 26; odd #'s 3 to 45), Goldfinch Pl, Whipbird Ct – 60 papers
- *3A-18 - Quail Way (odd #'s 73 to 101), Montague Ct, Cleveland Ct, Glenn Ct, Ian Ct, Nicole Ct, Dani Ct, Sheridan Ave, Pia Dv (even #'s 68 to 80; odd #'s 69 to 77) – 125 papers
- *3A-22 - Quail Way (even #'s 28 to 88; odd #'s 47 to 69), Harwood Ct, Chatsworth Ct – 60 papers

- *3A-24 - Lesay Ct, Liberty Av (odd #'s 41 to 57), Westminster Dr (even #'s 24 to 60) – 40 papers
- *3B-08 - Salerno Way (except 2 houses), Brearley Ct, Ferrier Ct & Whitton Ct – 75 papers

Please contact – Shirley Oudshoorn – 9764 4672

*5B-04 - Sovereign Manors Crescent - (130 papers)

*6A-17 - Dandelion Dr (even #'s 166 to 188), Wentworth Av (odd #'s 3 to 15), Airlie Crt, Balmoral Crt, Silkwood Stars (Child Care Centre) - 50 papers

*6A-18 - Willow Ave (even #'s 32 to 94), Poplar Cl, Jasmine Ct - 55 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 is the Timbertop Dr and Seebeck Rd Estates. 1 x Captain (CAP) – who counts and delivers the bundles of papers to the distributors

Area 3B – This area is border by Bergins Rd, Whitecliffe Dr / Liviana Dr / Trisha Dr / Clauscen Dr & Wellington Rd.

Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator

A Young Person's View



(LEFT) Kelly With A Sample Illustration

online illustration store, Sweet Cheeks Images, is celebrating over seven times more sales than the previous year.

At only 25 years of age Kelly has achieved all this from the comfort of her family home. "When I first started, it was a couple of months before I even got my first sale. I was thinking what am I doing," Kelly laughed.

She never imagined that in only a couple of years her small store on Etsy.com would become her first full time job. "It's the same old story of people wanting you to have experience so they won't hire you, but you can't get experience because no one will hire you," she said.

So Kelly took things into her own hands and began selling homemade nursery and wedding prints on the American based site. "Ten years ago I wouldn't be doing this because it just wouldn't be. Now with the ease of buying from home, people can just type in what they're looking for," she said.

But Kelly's success has not all come from the ease of technology and luck of finding a niche market. Kelly's mother, Kristine, insists her daughter works very hard.

"Some nights she's up until all hours, determined to get her work finished," she said. "I'm very proud because a lot of people doubted she could make a living out of doing something she loved as a hobby and now she's proving them wrong."

Sweet Cheeks Images sells worldwide with its biggest market being the USA. But Australia is not far behind and sometimes Kelly will even be surprised with orders from the Rowville and Lysterfield area. She believes it's important for local businesses and the community to support one another.

"Everything that I buy, excluding the envelopes I get, is all Australian made or owned and I print everything locally," she said. "I think it's good to give back to the community and, where you can, get Australian made supplies."

Although Sweet Cheeks Images is a one-woman show, Kelly believes the heart of her business is the people.

"Sometimes it's a bit overwhelming, especially when you've got a lot of orders going at once. But if people message me and say they've got their print, it makes my day. I just want to continue to make people happy," smiles Kelly.

You can find Kelly's store at [etsy.com/au/shop/sweetcheeksimages](https://www.etsy.com/au/shop/sweetcheeksimages)

Chantelle Francis

Editor's Note:- Chantelle is a Lysterfield resident and is currently studying journalism at Deakin University.

Young Lysterfield Resident Runs Her International Business From Home

YOUNG Lysterfield resident, Kelly Marshall, had everything to smile about this October, as she celebrated her very own international business' second birthday. Her

KNOX REMEMBRANCE DAY COMMEMORATION

The Knox Remembrance Day Committee, with assistance from Knox City Council, conducts a ceremony on the Sunday prior to the 11th November each year at the Knox War Memorial in Dorset Road, Boronia. This year it will be held on Sunday 6th November at 10:50am.

Finding the right home loan starts with finding the right people.



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

AUSSIE KNOX
Shop 1057
(11, next to Flight Centre)
Westfield Knox Shopping Centre
425 Burwood Highway
Wantirna 3152
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November "Feeding the minds of our community..."
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Cup Day closed: Rowville Library and all Eastern Regional Libraries will be closed on **Tuesday 1st November** for the Cup Day Public Holiday. However the after-hours chute will be available for returns. Good luck if you have a flutter!

New Group. Family Circle: Join us for complimentary health and wellness sessions at the Rowville Library Family Circle in conjunction with local community partner Rise Health Group "Your Health Care Partner for Life". On the **second Monday** of the month at **1pm** we will present relevant topics for families to help with: nutrition, lifestyle, injury prevention and treatment, exercise and wellbeing. The next session will be held on **14 November**. To book in call Rowville Library 9800 6443.

New Group. Italian Chat: have you learnt, or are you learning, Italian and want to practice? Sessions will be held on the second Wednesday of the month at 2pm. We have our Italian speaking staff member who will lead this session so that you can practice your Italian (not a class). Next session will be held on 9 November.

***Using Podcasts & Pandora Radio:**
2pm on Thursday 3 November

***TV but better – welcome to YouTube!**
2pm Thursday 10 November

***Introduction to Instagram and Twitter:**
2pm Thursday 17 November

***Getting started with Pinterest:**
2pm Thursday 24 November

*For these sessions please bring your device. Free. Bookings essential. Book now by phone on 9800 6443 or online at www.yourlibrary.com.au

Gardening @ Rowville: Will have their meeting on **Tuesday 8 November** at 10.30am. The group will meet monthly on the 2nd Tuesday of the month. Come along to meet other keen gardeners and enjoy guest speakers. Free sessions. All welcome. For further information phone 9800 6443

Simply Stitching: will be held weekly on **Wednesdays** from **9.30am**. This is a 'bring your craft session' which anyone can attend. Phone 9800 6443. All will be made welcome. Refreshments provided.

Welsh Language Group: join us on the **1st and 3rd Sundays** of the month from **1-4pm** to learn Welsh! What a great opportunity to learn such an interesting language. Just come along. It's free!

Tech Help: On Tuesday and Wednesday mornings a tutor is available from 10am to assist people to use the computers (ours or yours!). Staff are able to help with



ERL technical specialist Micah with two 'Tech Tools For Business Workshop' attendees.

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. Next meeting will be on Monday 7 November at 2pm.

Book Clubs: There are three book clubs 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 offer 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 Boxes (in addition to Overdrive) where you can borrow from a wider choice of Australian and eAudiobook titles. Not set up for eBooks? We can help. Make a one on one eHelp appointment now! 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... Sessions are available in Italian. Bookings are essential 9800 6443

Rowville Writers' group: Due to Cup Day, the next workshop will be Tuesday 22 November, at 1pm.

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

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

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 7pm. This month it is the 4th November.

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

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

Rose Thompson,

Manager – Rowville Community Library 9800 6443

Rowville Aspiring Writers

The Memory of You



(c) *Ine*

Today I stood on a carpet of gum nuts, feathery pink flowers and tender young leaves discarded by a horde of noisy rainbow lorikeets and crimson rosellas. Yellow sunshine did nothing to soften the morning chill as I craned my neck to gaze upwards.

I hoped I might see you, partly obscured by leaves, perched up there on that crooked branch. Searching for you is a habit I have formed now. It's something I do when autumn paints the parks and gardens with russets and browns, when the skies are dull with the greyness of winter and when the daffodils are blooming in early spring. The tree has grown too big but we keep it, just in case.

You came one autumn when my spirits were low and the tree had fewer leaves. You were not alone. We stood there, my husband and I, where I stood today, and gazed upwards in wonder. Nestled close to each other, two feathered balls sat high above us.

'Tawney Frogmouths!' I exclaimed. I examined you with

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binoculars to make sure. You sat next to your partner, either unaware of or ignoring me. A kind of amazed gratitude swept over me as I thought about how you had chosen a tree in our garden as a safe haven to spend your days.

Back then, there was bleakness about my life. Cancer treatment had denuded my head, sapped my energy and fogged my brain. Hovering around me like a swarm of bees was a threat that cancer would return. People were kind and loving towards me. They knitted beanies for my head and warm rugs for my knees. They brought me potato soup and, when all else tasted foul, vanilla slices. They massaged my shoulders with lavender oil and brought me books. Such love, such care and attention gave me great comfort but the knowledge that two magnificent feathered creatures had honoured me with their presence in the front yard kept the flame of my dim spirit burning.

Some days, I would go to the patio out the back, stand on a garden seat and look over the brick wall. Reassured that you were there with your friend, I would sit in the sun for a while, if there was sun, or go indoors to rest. I often stood beneath you to report on my treatment, to tell you how many more rounds of chemotherapy or radiotherapy zaps I would be having. Quite often, I asked after your health and that of your partner. Neither of you replied. I knew that passers-by might judge me harshly for gazing up at a tree and talking in such a way, but I didn't care.

One day, as I stood gazing up, you lifted a foot and scratched the side of your head. I wondered if you had lice as I watched two speckled grey feathers float towards me. It was about then that my hair began to regrow.

Sometime during spring, you left with your partner. I wept a little but I was stronger and accepted that you may not wish to stay for ever.

My heart filled with joy when you both returned the next autumn. Same tree, same branch. The first time one of you was absent, I grieved. The next day, you were both present and I sighed with relief. I asked you if you had argued or disagreed about something but got no reply. I grew accustomed to these occasional absences and ceased to worry. When you left again in spring I knew you would be back.

There came a time when your partner didn't return. You sat up there all alone. One half of a fluffy figure of eight. I told you how I felt your sorrow. I knew that your kind choose a mate forever and don't swap partners like we humans are prone to do. I mourned for your loss and wished I could reach up to stroke you and somehow comfort you.

This is the second winter without your presence. When the days turn cold and the sun is hidden behind clouds, I mourn for you afresh as I stand beneath the tree cherishing the memory of you.



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For more information:
www.theworldgroovemovement.com/australia
or www.facebook.com/rebeccakatejones

Mum's The Word

Mothers and best friends for nearly 50 years, Tracey Samios (a Lysterfield local) and Lis Norman (Wheelers Hill) have published their first novel, "Mum's the Word", recounting anecdotes from the childhoods of their five children. The product of years of parenting, Mum's the Word shares moments of wisdom, joy, and heartache as it documents the best and worst of motherhood, concluding that there's no such thing as a perfect mum, and how ultimately that's not such a bad thing. Our publisher Karen McDermott has described it as a "fabulous light-hearted look at the complexities we face during motherhood," saying "Mums will connect on many levels with this phenomenal book."

The idea came whilst reminiscing about their kids' childhoods, swapping stories and realising how much from this time one forgets. "Realising that the older you get the more you forget, led to the brainwave of writing memories down and putting them in a book for the kids to have and look back on," says Lis, "And it grew from there."

Mum's the Word is more than just personal memories, it also aims to share the two mums' wisdom and tricks they picked up along the way for other mothers embarking on 'the hardest job they will ever have,' as the book describes motherhood. "It shows how parenting can be very different from family to family," says Tracey. "It may make you cry, we hope it makes you laugh, but most of all we hope it shows there's no such thing as a perfect parent. As long as you and your kids are happy, you're doing okay!"

Having known each other for nearly fifty years and



having grown up in Melbourne, Lis and Tracey say they make a great team, and have embarked on many small business endeavours together. They currently have two Etsy stores: 'LittleOwlsandPals', which sells various knitted and fabric animals, and 'KidsMysteryGames', which sells party kits for kids, similar to the murder mystery parties of the late 80s and early 90s.

Mum's the Word is their latest venture and is now available for \$24.95. (postage is included in the price) Orders can be made via email at mumsthewordbook@bigpond.com or through www.makingmagichappenacademy.com and online retailers.

Truly Madly Guilty

by Liane Moriarty

It was just an ordinary Sunday afternoon. Six responsible adults. Three cute kids. One yapping dog. It's a normal weekend in the suburbs. What could possibly go wrong? Liane Moriarty has not disappointed with her latest book.

Once again she uses her unique insight into apparently happy Australian families to reveal their inner problems. Her characters may be ordinary on the surface, but they all have secrets: Erika is struggling to overcome the childhood trauma caused by her mother's compulsive hoarding habit. Oliver's parents were alcoholics. When Erika and Oliver ask Clementine, her oldest friend, to help them overcome their childlessness, tensions arise. Because of these tensions between the friends, Erika accepts an invitation to the neighbors' barbecue and includes Clementine and her husband. Having Tiffany and Vid's exuberant personalities there will be a welcome respite.

As with *Big Little Lies*, Liane Moriarty builds the suspense by flitting back and forward to the event, in this case, the day of the barbecue, only revealing small amounts of detail at a time. The actual event is not revealed until deep into the book.

I loved this book because Moriarty created authentic characters that tackled their problems in a plausible way. I had to use supreme will power not to flip to the end to see what actually happened at the barbeque. If you are already a Moriarty fan you will love this latest book. *Truly Madly Guilty* is as compelling as her other books.

Jenny Crynes, Rowville Library Bookclub



Travels With The RLCN David In Front Of Niagara Falls

Laws Of Life

The Coffee Law

As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Getaway holiday with a bang!

The Life Activities Club Knox's **Weekday Getaway** group went to Stratford in Gippsland for a mini holiday in September. 24 participants, including 8 'first-timers', stayed at the 'Stratford on the River' Tourist Park just next to the bridge over the Avon River.

We had a very pleasant sunny first day visiting the Port of Sale and the famous Swing Bridge, 5km south of the town at the junction of the Thompson and Latrobe Rivers. Our picnic lunch was amongst the peacocks in the Sale Botanic Gardens on the shores of Lake Guthridge.

After dinner at the Avon Hotel our peace was shattered. As we walked back to the Tourist Park we heard many loud explosions and saw



"How does this work? Maybe this lever here will get it turning." "No, it is not moving yet. Try this handle."

a spectacular fire on the main road just off the Avon River Bridge. We had a great vantage point looking across the river from the Tourist Park.

Evidently a transport truck had caught fire and was totally

destroyed. The trees and grass alongside the road caught fire and the road surface melted. Fortunately the driver got out in time. Fire trucks from Stratford, Maffra and Sale attended and the police organised for all vehicles that were already on the bridge to back-up and head for the next bridge 11km downstream.

David from our group said, "We had no idea what it was and didn't know how many vehicles were involved. The explosions sounded like ordnance." He sent a photo to the Gippsland Times and it appeared on page three in the Friday edition.

The next day we visited the Beet Sugar Museum in Maffra. We were amazed at the size of the sugar industry that existed there from 1896 – 1948. Victoria could have been a major sugar producing State. Unfortunately World War 2 took away most of the labour and the Government decision to fund sugar production from cane in Queensland, finally caused the Maffra factory to close down.

On our last day, a tour of Loch Sport and dinner at the Maffra Community Sports Club rounded off a rather different getaway.

Weekday Getaways are just one of the many different activities Life Activities Club Knox provides for seniors to enjoy. A full activity list and calendar are on our website. More photos on Facebook and Instagram.

Contact us: 0481 831 788 knox.enquiries@life.org.au

Website: www.life.org.au/knox

Facebook: LAC Knox - Instagram: #lifeactivitiesclubknox

Rowville & Rafter's Toastmasters Speech Contest Winners 2016

Evaluation Contest. *Karl Hughes*

International Speech Contest *George Bosco*

Humorous Speech Contest *George Bosco*

Table Topics Contest *Phil Muir*

Congratulations to all the competitors in this year's contests!

Members of Toastmasters clubs have four opportunities to participate in speaking contests each year and plenty of ways

to participate - as a speaker, a master of ceremonies (contest chair), as ushers, or as timers/counters. Judges volunteer to travel to other club's contests and in each role there are experienced Toastmasters to provide guidance. First place winners in these contests will compete in the Area competitions in November.

If you would like to take a look at either of your two local Toastmasters Clubs, you are welcome to attend as a guest. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

Louise Horgen, Rowville Toastmasters

Vice President Public Relations



Rowville Toastmasters Evaluation Contest. Immediate Past President Leona Jorgensen with Michael Zara (third), Karl Hughes (first), Michael Byrne (second) and contest chair, Muthumal Perera



Rowville Toastmasters International Speech Contest. Immediate Past President Leona Jorgensen with George Bosco (first), Lakshini Watson (third), Karl Hughes (second) and contest Chair Yasushi Hayashi.



Rowville Toastmasters Humorous Speech Contest. Muthumal Peters (second) George Bosco (first) and Hank van den Bergen (third)



Rowville Toastmasters Table Topics Contest. Henk van den Bergen (second), Phil Muir (first) and Debbie Lee (third).



The Shed gained a billiard table early October, thanks to a generous lady who had no further use for it. We're looking forward to brushing up on our skills.

We had a project a couple of weeks back to make some frames up with castors to move core flute displays loaded with pot-plants in and out of the local Coles store. The end result was well received and we could well be making quite a few in the future.

One of our Ride-on mowers came in after a very short time mowing with the clutch that drives the cutting blades in tatters. These mowers have to do a lot more than the job they were designed to tackle. Because of this problem, there are more than enough repairs needed to keep them going. Somehow, we always find a way. The Shed is about to be the proud owners of a new Ride-on mower, thanks to part funding by the council so we might be able to continue our community work somewhat more easily than in the past. The suppliers are at the moment waiting for delivery of the correct cutting deck.

There have been a few people dropping in to see if Shed life could be something they would enjoy. Even though we are a bit pushed for space at the moment, some of these latest people are very interested. They will be made most welcome. If for any reason you are looking to fill your idle time among good people any Tuesday, Thursday or Saturday, drop in and see what we have to offer.

At the annual Stringybark Festival this year the Shed had a display on the theme of 'Make-Do-Play' with a self-raising flag pole system and art sculptures. We would like to express our thanks to all who visited this great event. It's always a great show of local talent.

Ernie Morgan



Travels With The RLCN Dan At The Po Lin Monastery Hong Kong

Paul's Photography Patter

When we travel, I take 1000's of photos of places we will often only ever visit once. I take additional memory cards in case of loss of a card and to ensure I have sufficient memory to capture all the images I want each day. I also back up my photos every evening to a computer and to a portable hard drive so I never lose often "once in a lifetime" photos I have taken that day.

You may also do some of these actions to protect your irreplaceable holiday or family photos.

However, have you considered the disastrous consequences of either your memory card becoming corrupted or if you accidentally delete irreplaceable photos or reformat the card when playing with the settings?

A further precaution I take is, rather than in-camera deletion of individual images at the end of the day, I download the entire card, reformat it, then start shooting again. This method is said to save wear and tear on your card. While cards aren't as expensive to replace as they used to be, they do last longer with more care. Reformating rather than deleting also seems to help prevent your card from corrupting, which saves you the time and expense (and panic) of dealing with that issue. It's never pleasant to download a card and realize half your day's shoot is corrupted and won't download.

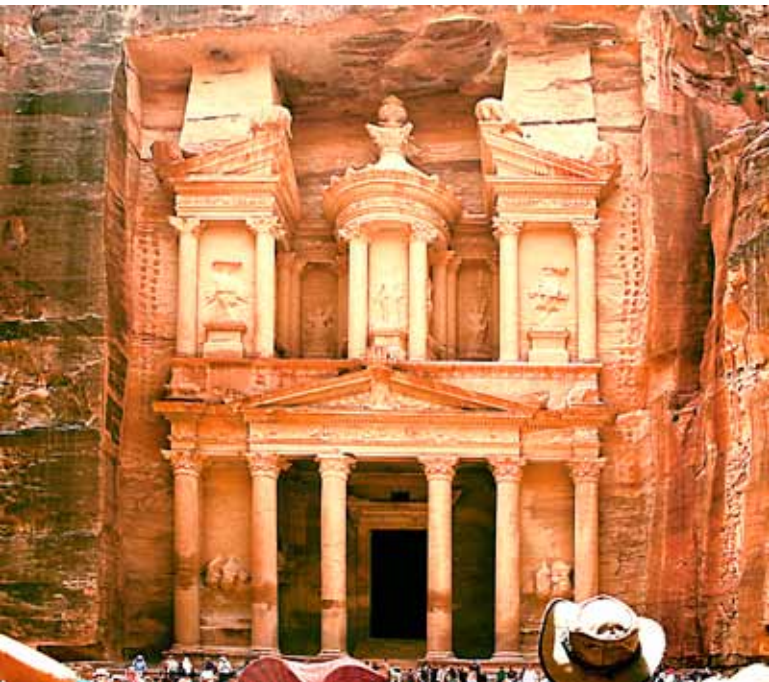


Image of the spectacular Treasury facade in remote Petra, Jordan, that we would only visit once.

If you feel this is important to you, the purchase of a recovery software program (such as ArtPlus Digital Photo Recovery 7.0 for around \$34) will usually enable you to retrieve those images if any of these situations occur.

HINT: Consider not only carrying extra camera memory cards in case of loss, but have you considered possibly losing irreplaceable images due to corruption of the card or accidental deletion?

Happy snapping, Paul Lucas.

Model Engineering Exhibition

What a marvellous array of ships, planes, trains, gadgets and working models were on display at the Model Engineering Exhibition held at the Rowville Secondary College Sports Centre on the 15th and 16th October. The skills of the exhibitors were clear to see and their dedication to accuracy was amazing. We hope to see you back in Rowville next year.

David Gilbert



Ships, Planes and Meccano, Just Some Of The Varied Displays



Can You Believe It?

A group of women stormed a Kenyan police

station to demand officers either make love to them or close illegal drinking dens that they said made their husbands impotent.



Cameron in action this season for the Hawks

Rowville Football Club

ROWVILLE HAWKS



Rowville Hawks Football Club capped off its most successful on field performance in the Eastern Football League's Division 1 competition with midfielder Cameron Manuel winning the clubs first ever Chandler Medal.

Cameron moved to the Rowville Hawks at the start of last year from WAFL Club Perth and capped off an outstanding season by taking out the Eastern Football League's highest individual honour with 23 votes as the league's best and fairest Division 1 player, six votes clear of runner up, Doncaster's Heath Scotland.

Seeking a fresh start after playing for Perth for 4 years, Cameron moved to Melbourne to enjoy life a bit and explore new surroundings after the passing of his father with whom he was very close. After a catch-up with Rowville Hawks Football Director Mark Hamilton, Cameron signed with the Rowville Hawks and hasn't looked back since helping the team finish 3rd this season behind traditional Division 1 powerhouses Vermont and Balwyn.

Cameron is confident the Hawks are well placed next year to improve even further on this years' 3rd place



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

SPORTING ROUNDUP

performance and can launch a genuine tilt at the Division 1 Premiership with the core group of senior players being young and still developing as talented footballers.

The Rowville Hawks Football Club has teams ranging from Under 8s all the way through to Seniors and the clubs recent success in Division 1 has been the result of the development and re-investment back in the clubs junior pathway program. The Hawks are poised for further significant growth in the coming years with the addition of all girls teams starting in 2017, as well as a genuine tilt at the clubs first ever Division 1 Premiership.

As a result, the Club's Committee is calling upon any suitable applicants within the community wishing to assist with the Treasurer or Secretary roles to please contact Club President Paul Mynott on 0418 397 538 for more information.

Helen Ruddell

competition is being held on Wednesday nights from 6.00pm – 7.30ish at Liberty Avenue, in Rowville and is where all clubs come together and play against each other. There may be no winners or losers (although the kids always know the score); it is a great introduction to playing cricket. Whilst a kid's team is batting, the rest of the team participate in a skills session, so they are always active and are developing their skills.

Girls not only welcome, but encouraged.

Given the popularity of girl's cricket, girls would be most welcome and encouraged to participate. Sessions will be fun, yet will work to develop the cricket and social skills of all of our participants. At this stage we are hopeful of setting up a **T20 Blast** girl's side. Girls aged from 8 to 11 are encouraged to join in and have a Blast...

Junior Player Opportunities: We have some limited places in our junior teams. Please contact us if you are interested, as we never want to see kids miss out on the game we love.

Milo in2cricket and T20Blast Cricket are fun and friendly ways to socialise, play with friends, and learn about cricket.

For any further details please feel free to contact RCC Milo coordinator

Andrew Williams on 9755 5626 or email: andrew.williams@ozed.org.au

Rowville Cricket Club

Milo in2cricket and T20 Blast has hit off

New Players are always still welcome at Rowville

Rowville Cricket Club is again hosting a Milo in2cricket squad for children aged 5+.

We commenced on 28th October.

Registrations can be made via www.in2cricket.com.au

and click on the register now button. Follow the prompts and register online.

T 2 0 B l a s t Opportunities:

We are also offering kids that are at the in-between age of TOO BIG for Milo and NQR for playing cricket, T20Blast, which is ideal if you are not sure where your child is at with cricket. Give me a call or drop me an email and we will get it sorted. This



Last weekend saw season 2016/17 kick off with all junior age groups between 12 and 16 as well as our senior sides excited to be on the pitch at last.

Our First and Second XI's started the season off in style with comfortable victories. Unfortunately the 3rd and 4th XI's, both suffered losses but were certainly not disgraced in gallant efforts and there is a long season ahead.

Our Under 16's, 14's and 13's cruised to victories against their respective opponents and look set to be dominate forces for season 2016/17.

Please note there is still time to register your future cricket stars: 'Milo In2cricket' for 5-8 year olds, 'Milo T20 Blast' for 7 to 12 year olds or 'Junior Cricket' U/10, U/11, U/12, U/14 & U/16.

There are limited positions remaining in all age groups for 'Junior Cricket', except the U/13 teams, which are now full.

For more information please head to our website at www.eildonparkcc.com.au.



Sean Woodward

Action From The Opening Week Of The Season.

With the Victorian Age LC Championships only a month away, we have been busy swimming in qualifying meets with some awesome results. At the paper deadline there were 11 SSC swimmers already qualified in 32 events. Fantastic effort, with seven meets still to come, this list is going to continue to grow. It is an exciting time for our relatively small swimming club.



Victorian SC Competition – 10th & 11th Sept @ MSAC

This was the final short course meet before the Age Championships with just 13 athletes competing. Congratulations to *Samuel F* with a Silver in the 400IM and Bronze in the 200FL along with a Bronze to *Fletcher K* – 100BR and *Mitchell Torpy* – 400 IM. *Julia S* was the only swimmer to swim a PB in all her events although there were 13 new club records: *Anita W* (8yrs) – 100 FR, 100 BK, 200 BK, 100 FLY, 200 IM, 400 IM; *Julia S* (8yrs) – 100 FR, 50 BK, 50 BR, 100 BR, 50 FLY, 200 IM; and *Jessica H* (9yrs) – 100 FLY. Well done girls – future state representatives.

Victorian SC Open & 12&U State Championships – 17th & 18th Sept @ MSAC

We were proudly represented by 13 swimmers (plus 7 in relays only) in 41 events. Congratulations to *Nicole C*, *Patrick F*, *Amiety K*, *Steven P*, *Karsha P* & *Cam Vy P* on achieving a PB in every event they competed. No medals but 12 club records were broken: *Alicia M* (13yrs) – 50



Training Hard For The Next Competition

BR, 100 BR; *Stephanie P* (15yrs) – 100 FR, 200 FR, 50 FLY; *Liam H* (11yrs) – 50 FR; *Steven P* (12yrs) – 50 FR; *Blake P* (15yrs) – 50 BK; *Stephanie P* (Open) – 100 FR, 200 FR; *Alicia M* (Open) – 50 BR and *Blake P* (Open) – 50 BK.

Metro East LC Sprint Meet – 2nd Oct @ Aquanation

We had 25 athletes swim in 53 events, all of which were 400m or longer! A massive 17 athletes swam a PB (88.6%) of swims. Awesome effort by: *William B*, *Aleesha B*, *Nicole C*, *William C*, *Ethan F*, *Samuel F*, *Fletcher K*, *Ciara M*, *Emmerson N*, *Steven O*, *Karsha P*, *Cam Vy P*, *Dzie P*, *Brayden R*, *Julia S*, *Mitchell T* & *Anita W*. These included sixteen new club records: *Anita W* (8yrs) – 100 FR, 200 FR, 400 FR, 800 FR, 1500 FR, 100 FLY, 400 IM; *Julia S* (8yrs) – 100 FR, 200 FR, 400 FR, 800 FR, 50 FLY,

100 FLY, 400 IM & *William B* (14yrs) – 800 FR, 1500 FR.

This month's club movers were:

SSC Development Squad to SSC Intraclub Squad – *Noah H* & *Domonik R*
SSC Intraclub Squad to SSC District Squad – *Mia R*, *Jemma S*, *Lara S*, *Anita W*, *Catherine W*
SSC District Squad to SSC State Target Squad – *Olivia B*
SSC State Target Squad to SSC National Target Squad – *Cam Vy P*

New SSC Members this month: – *Bayley B*, *Kirralea G*, *Alexandra L*, *Nicholas N*, *Penny V*, *Dylan C*, *Ava S*, *Ellawen G*, *Lleyton H*, *Alisha H*, *Aaron S*, *Sara L*, *Ruby A*, *Derek C*.

Jodie Browne

www.swimland.swimming.org.au

www.facebook.com/SwimlandSwimClub

Rowville Knights Community Football Club

It has been another busy month at the Rowville Knights Community Football Club. AFL Grand Final Day saw the club unveil “*The Knight*” at Wellington Village grand final celebrations. This was a great event and we appreciate the Wellington Village team for their fantastic support of our Community Football Club.



Registrations are now open via the website www.rowvilleknights.org.au. Jump on and follow the prompts to register for the 2017 season.

Girls program expanding in 2017

We are excited at the development of the girl's competition and are aiming to host U10, 12, 14, 16 and 18's in 2017. We have an established structure and the proof was in the almost 30 girls that were a part of the Knights in 2016.

Knights Secretary, Natalie Williams says, “The girls are an integral part of our club. They play for each other and they play for the club, they're not scared of getting dirty, clearly, and they have a great time.”

Girl's Coordinator and coach, Brad Slater said “The girls love being part of the club and with their pink slash on the jumpers, the girls are recognised as individuals within the club.” All girls are welcome to contact the club and discuss the playing options.



Registrations open from November

We will be fielding boy's teams from Under 8 to U17. We are looking for limited players in each age group to complete each team. The boy's teams had a great year and are looking forward to whatever season 2017 brings. Congratulations to our 2017 coaches, TBC -U8, Wayne Pieterse - U9, Troy Rabot - U10, Mike Mc Ness - U11, Chris Baker - U12, Brett Petrie - U13, TBC - U14, Charlie Caputo - U15 Boys, Brad Slater - U16 Girls and Adrian Cannata - U17.

Natalie Williams

Little Athletics

Rowville/Rowville Lakes

We have made a terrific start to the 2016/17 athletics track & field season at the Knox Little Athletics Centre. There have been very good attendances from both the returning and the new little athletes. It is shaping up to be a great



season with so much fun to be had and many personal bests to achieve.

Speaking of PBs – here is an update on how our superstars are going. The following have all achieved 10PBs this season:-

- Callum Bramer U16B
- Liam Hoskin U16B
- Hannah Hodges U14G
- Dharam Deol U14B

Club records:-

- Jemma Stapleton U16G (Row): 90mH @ 14.3 seconds
- Tyler Gray U16B (Row): 400m @ 56.09 seconds
- Holly Hodges U15G (Row): SP @ 9.52m
- Holly Hodges U15G (Row): Javelin @ 26.81m
- Aranya Manchanayake U11G (Row): 80mH @ 14.08 seconds
- Katherine Dekel U11G (Row): SP @ 9.28m
- Lachlan Monteath U11B (RowLakes): 80mH
- Oliver Blackburn U16B (RowLakes): Javelin

So with a couple of very pleasant twilight meets already behind us, the usual splendid Saturday mornings, and the annual Box Hill relay day giving our little champions the opportunity to work together as a team, we now look forward to November.

November consists of (*please check out the <http://klac23.org.au> website for more details*)-

- EMR Camp for the U10-11's from Fri 11th – Sun 13th Nov
- Regional Relays @ Doncaster on Sat 19th Nov
- Multi Event Day @ Knox on Sat 26th Nov
- Jetstar U6-8 Carnival @ Doncaster on Sun 27th Nov

For those of you who would like to begin athletics training, visit the <http://klac23.org.au> website and look at the Athletes Training page for the coaching timetable. Please contact the relevant coach to confirm the day/time. Hopefully this will really help the young athletes sharpen



Knox Regional Netball Centre

NET SET GO – For 5 to 9 Year Olds

Net Set Go is a development program for children aged 5-9 years. It is run at the centre on Thursdays from 4.15pm – 5.00pm. It involves learning the skills of netball and game play in a fun environment. The program is run on a term by term basis so if you have a child interested you can join now or in 2017. Please contact us at knox.netball@knox.vic.gov.au or log on to www.knoxnetball.com.au for more information.

Want To Play Netball In 2017?

If you have a team wanting to join a competition or you are an individual looking for a team, contact the centre for more information! We have a Wednesday and Friday ladies daytime competition supported by a free crèche (run by qualified childcare workers) and a Sunday evening mixed competition with various sections catering for different levels of ability.

To find out more contact the Knox Regional Netball



Centre call: 9758 7191, email: knox.netball@knox.vic.gov.au or log on to www.knoxnetball.com.au

Mountain District Netball Association – Night and Saturday Competitions

The Mountain District Netball Association runs ladies netball competitions on Monday, Tuesday and Thursday evenings with new teams very welcome. They also run the Saturday netball competition, which is open to both junior and senior players. On the www.knoxnetball.com.au website there is a list of clubs and their contact details that play in this Saturday competition. New players are always welcome. The Mountain District Netball Association website is www.mountaindina.vic.netball.com.au

Rosalind Montgomery

Golf Club Merger

Churchill Park Golf Club and Waverley Golf Club Merger Announcement

The members of Churchill Park Golf Club and Waverley Golf Club at special meetings both voted overwhelmingly to merge their two clubs into one entity, to be known as **Churchill – Waverley Golf and Bowls Club Limited**, with the intention to consolidate onto the current Churchill Park land in Churchill Park Drive, Endeavour Hills.

“This merger is the culmination of extensive work by our clubs exploring options to secure our long term future,” said Mr Geoff Ellis, President of Churchill Park Golf Club. “Both of our clubs have suffered for some time from the over-supply of golf courses in Melbourne, however, we both have committed and passionate member groups and we are confident the merger will allow existing and new members to be part of a competitive and exciting club for many years to come.”

This sentiment was supported by President of Waverley Golf Club, Mr Roland Nicholson, who highlighted some of the future plans for the new club and talked of the thorough process of analysis and planning both clubs completed prior to the decision.

- 🌈 Green Pool
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- 🌈 Casual Servicing
- 🌈 New Pool Handover
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their skills and increase enjoyment.
For more information on Little Athletics, contact Claire Lillie 0421 300 467 or Rob Monteath 0401 699 413.

Jazz Deol



Golf Club Merger

"The merger provides the foundation for a long-term sustainable vibrant club," said Mr Nicholson. "We can now look forward to quality golf, bowls and leisure facilities underpinned by a diverse community business model."

The new Board will set upon delivering the vision for a premium, family-friendly sporting club and community precinct in Melbourne's southeast, which will set new standards in leisure activities and affordability.

Mr Simon Brookhouse, CEO of Golf Victoria commented: "It is very pleasing to see two of our member clubs effect a merger of equals with such professionalism and it is an example of a detailed collaborative approach achieving a great outcome for all."

When the merger is fully implemented the existing Waverley Golf Club in Bergins Road, Rowville will close and be sold for redevelopment. The club will then consolidate onto the existing Churchill Park site approximately 2.5km away.

Mr Peter Delaney, Bowls Victoria – Operations Manager commented, "We commend Churchill Park and Waverley on achieving this milestone and are excited for the opportunity to further grow the sport of bowls in the community, in particular social bowls (adult, barefoot, junior and schools programs)."

During the transition period of an envisaged three to five years, extensive works to upgrade golf courses, bowls greens and clubhouse facilities will be completed at the Churchill Park site. It is anticipated the 'transition period' will be in the order of three to five years.

Both presidents expressed great appreciation to the members, club general managers, staff and boards from both clubs for the significant amount of work and positive energy that has contributed to this milestone and would like to thank Parks Victoria, City of Casey, City of Knox, Golf Victoria and Bowls Victoria for their encouragement, support and assistance.

Churchill -Waverley Golf and Bowls Club looks forward to continuing to work collaboratively with our partners to deliver positive outcomes for the community.

For more information, please contact;

Tim O'Sullivan, General Manager, Churchill Park on

9700 4445 manager@churchillparkgolf.com.au

Matthew Taylor, General Manager - Waverley on 9764

5144 manager@waverleygolfclub.com.



City of Knox Cub Scouts

"Scouting for Transplant Research" Charity Bike Ride

The Cub Scouts in the City of Knox District jumped on their bikes and rode from their scout halls to Chesterfield Farm in Scoresby, to raise funds and awareness for The Margaret Pratt Foundation – Heart Lung Transplant Trust.

What better way for them to celebrate the 100 Years of Cub Scouts than by supporting a charity, getting out and about and most of all, having fun. The weather was not at all kind to us, but everyone enjoyed the carnival atmosphere, including activities in the big circus tent, show bags, raffle, lucky jars and of course the BBQ. The Cubs collected sponsorship for their ride and together with the day's activities we are very happy to have raised \$1788.19 for The Margaret Pratt Foundation.

We were delighted on the day, to have pediatric transplant patient Zoe and her family attend. At the time of her operation, Zoe was the youngest child in Australia to have received a double lung and heart transplant. It was great to see her so active riding her bike alongside the Cub Scouts on the day. Zoe and Wendy Jenkins (Co-Chairperson of



Happy Cub Scouts arrive at Chesterfield Farm

The Margaret Pratt Foundation) were presented with their special Scouting Ambassador Scarves on the day.

The Alfred Hospital Heart Lung Transplant Service is one of the largest clinical programs for adult and children in the area of lung transplantation in the world. The Margaret Pratt Foundation is a major benefactor of the research projects of the Lung Transplant Research Team at The Alfred. These projects are focused on discovering the cause of chronic lung rejection and developing treatments to prevent it in both children and adults. Please visit

www.mprattfoundation.com.au

information about The Foundation & the projects it is currently supporting.

The City of Knox District Cub Scouts is very proud to have contributed to this very worthwhile charity.

*Kerrie Coghlan, Event Organiser,
Cub Scout Leader – 2nd Wantirna
Scout Group*

*Committee Member – The Margaret
Pratt Foundation*



Zoe and Wendy at Chesterfield Farm

Rowville Group Fitness

Boxing Bootcamp

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

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

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

Wednesday 7.30pm - \$15

All classes at the Rowville Community Centre

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

Enquiries to Lisa on 0407 873 271
or go to: www.lisabullockfitness.com

Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rise Health Group

96 Kelletts Rd, (Cnr Kelletts Rd & Taylors Lane) Rowville
Physiotherapy 9763 9233 Sports Medicine 9763 3944



Proudly sponsoring RFC (Rowville Hawks), LWJFC, Rowville Rockets and other local clubs.

Rise Health Group – Your Health Care Partner for Life

One traumatic accident leads to a dream career

Rise Health Group is a business that is dedicated to the health and wellbeing of all community members.

Through the development of the business, Rise has seen an extensive number of patients; each brings with them their own stories about their needs for care. As a journalism student at Swinburne University and staff member at Rise Health Group, I, Breanna Harris, will be highlighting the stories of both patients and staff. Each story will be told over a series of articles. The following is the first in a series about our Exercise Scientist, Miss Zoe Ruth.

“If I hadn’t [had] done it, I one, wouldn’t be working here; and two, wouldn’t have studied what I studied.”

Zoe Ruth started out as a patient, but is now a qualified exercise scientist who has gone on to complete her masters at Deakin University in order to become a fully qualified exercise physiologist, as a result of her 14 years with Rise Health Group.

Zoe’s involvement with Rise Health Group first started when she broke the femur in her left leg. At the time, Zoe was only eight years old, and when she believed that her cat was stuck behind a few slabs of marble, she had to do

something. “Because my dad worked in construction, we were banned from the side of the house.” Zoe explained.

Terrified about her cat, she ignored the family rule and crept down the side of her house. Zoe laid three slabs on her lap before a fourth one fell down, causing the break in her leg. She was rushed to Dandenong Hospital and into surgery in order to implant two internal pins into her left femur.

While waiting in the emergency room, Zoe’s mum saw a similar situation telecast on Channel 7. A young girl, about Zoe’s age, had been taken to Dandenong Hospital from Rowville with reports that she had broken her left leg. It only came to Zoe’s mum’s mind that the news story was about her daughter when she began receiving a number of text messages and calls from concerned relatives.

Mrs. Ruth was mortified that Zoe’s story had been telecast nationwide and that her other two children had also been interviewed despite her wishes.

After Zoe was out of surgery and the Channel 7 ordeal had subsided for a moment, it was critical that they began her rehabilitation the next day due to the nature of her break and her age. Her rehabilitation started in Dandenong Hospital and then moved to another local physiotherapist

in Scoresby, but “they weren’t that great” for a young girl scared and having to learn how to walk again.

At this time, Rowville Physiotherapy, which is now called Rise Health Group, was only a new business in the Rowville area. With about three physiotherapists, including practice owner, Stuart Canavan, the practice was small and without many patients.

Based solely on the corner of Taylors Lane and Kelletts Road, the practice was relying heavily on word of mouth and locals seeing their signed location. Curiosity of the new practice in their area was what drew her mum to suggest trying Rowville Physiotherapy for her daughter’s treatment.

Beginning her rehabilitation with physiotherapist, Stuart Canavan, Zoe began to realise the full scope of her accident. From this one injury she had to learn how to walk again, her legs started to grow at different speeds, she developed muscular atrophy (the reduction in muscle size) and her body changed its response to even the simplest of tasks. “He was really good with assessing and treating,” Zoe said when asked about her rehabilitation sessions with Canavan, “[he was] really committed.”

Canavan reported that he can remember visiting Zoe one day after work in order to check up on her pain because the nature of the injury that she had, was reasonably significant. “It wasn’t any different to what I would do to other patients who were in a really bad way,” he continued.

Although Zoe’s leg has now completely healed, she continues to be a valuable asset to the Rise Health Group team working as an exercise scientist as well as helping out with administration work and running the new ‘Life!’ program.

If you believed that Zoe Ruth could help with your treatment, please contact Rise Health Group on 9763 9233 or visit any of our facilities to organise assistance with one of the Rise team members.

Lauren Bardis

Health & Wellbeing Recipe

Brought to you by Rise Health group

Mexi Beans

I love this recipe because the combination of roasted sweet potato & beans is filling but so tasty. The beans pack a protein punch, necessary for maintaining lean muscle mass, while the carbohydrate contained in the sweet potato and rice make this dish the perfect post-workout feast. After all, how could it not taste delicious when it’s topped with a scoop of guacamole!

Note: Mexi beans freezes brilliantly! Just layer a freezable container with a portion of rice, followed by a portion of the tomato/bean mix and you have yourself a nutritious stand-by meal.

Serves 6 Cooks in 1 hour

Ingredients

2 medium-sized sweet potatoes (approx. 500g)

1 level teaspoon each of salt, paprika, cayenne pepper, ground cumin, ground pepper, chilli powder (or simply mix & match with the spices that you have in your cupboard)

Oil (either olive, coconut or canola oil for baking, but not olive oil for frying)

1 brown onion

1 capsicum (red or yellow)

2 cloves of garlic (minced from the jar works fine –approx. 1 teaspoon)

2 tins of four bean mix (420g each)

1 large tin of diced tomatoes (800g)

¾ cup frozen corn kernels

Fresh coriander (leaves & stalk)

1 bag of Mission Original Tortilla



Strips (from the Mexican isle of the supermarket)

3 cups of rice (look for Sunrise low-GI white rice)

1 ripe avocado

Low-fat sour cream

Squeeze of lemon or lime juice (optional)

Finely grated tasty or parmesan cheese (optional)

Method

1. Preheat oven to 200°C.
2. Peel the sweet potato & cut into smallish sized chunks. Sprinkle with a pinch of salt and your spices of choice (paprika, cayenne pepper, ground cumin, ground pepper and/or chilli powder). Drizzle with either olive, coconut or canola oil, toss to coat, spread on a baking tray and set aside.
3. Peel and finely chop the onion and garlic. Halve, deseed and roughly chop the capsicum.
4. Pick the coriander leaves from the bunch and finely chop approx. 4-5 stalks.
5. Place the prepared sweet potato in the hot oven for 40 minutes or until soft and golden
6. Measure out 3 cups of rice and add the appropriate amount of water, cook on the stove, in the microwave or in a rice-cooker until soft.
7. Put a large pot on the stove on medium-high heat and add a drizzle of either canola or coconut oil. Add the onion, capsicum and garlic and cook for 5 minutes.
8. Add the chopped coriander stalks and remaining chosen spices and cook for a further 5-10 minutes, stirring every so often, until softened.
9. Drain the tinned beans, then tip them into the pan along with the tinned tomatoes and frozen corn. Stir well and bring to the boil before reducing to a low heat and leave for 25-30 minutes in order to thicken and reduce. Add a splash of water if it gets too thick.
10. While the bean and tomato mix is cooking, prepare the guacamole by de-seeding and peeling the avocado.

Mash the flesh with a fork, adding a squeeze of lemon or lime juice and a sprinkle of salt and pepper if desired.

11. Fold the roasted sweet potato through the bean and tomato mix on the stove.

12. To serve: first put a layer of rice in the bottom of the bowl, add a layer of the sweet potato/bean/tomato mix, finely grate some tasty or parmesan cheese (optional), place a big dollop of guacamole and sour cream on top, sprinkle with coriander leaves and finish with the Mission tortilla strips. Yum!

April Hart – Dietitian @ Rise Health Group

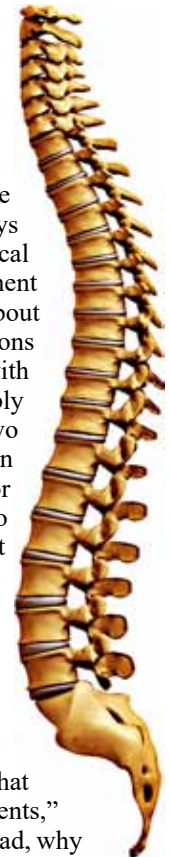
Chiro-Practicals

Spinal Fusion Failure

A visiting US expert has warned people with lower back pain that is mainly disc-related, to avoid having an operation called “lumbar fusion”, because it doesn’t relieve chronic pain and leaves many people permanently disabled.

“I’m talking about fusion for degenerative disc disease and chronic low back pain,” says Dr Gary Franklin, a neurologist and medical director of the Washington State Department of Labor and Industries. “I’m not talking about other kinds of spinal surgery for conditions such as scoliosis, or severe spinal stenosis with neurological impairment, or a measurably unstable spine.” Dr Franklin said that, in two separate studies over 15 years of workers in Washington State who had fusion surgery for lower back problems, “Two years later, two thirds are so totally disabled that they cannot work in any occupation, and 10 years later 44 per cent are permanently disabled.

Lumbar fusion involves fusing, or joining, one vertebra to an adjacent vertebra or to the sacrum, a triangular bone in the lower back. “The evidence of lumbar fusion for lower back pain is that it doesn’t relieve chronic pain; that it does cause harm; and that it’s way more expensive than other treatments,” Dr Franklin says. “If the outcomes are this bad, why





Kim Wells MP

State Member for Rowville



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When constituents ask me about a particular road or traffic problem in their local area that needs to be fixed, I write to the Minister for Roads, seeking VicRoads advice about whether there are already any plans underway to solve the problem. Recently, the Minister for Roads wrote to me about Dorset Road and Glenfern Road in Ferntree Gully and said that any road upgrades would be considered according to the priorities laid out by Infrastructure Victoria.

Infrastructure Victoria is a new government-appointed advisory panel set up to create a 30 year planning strategy for Victoria, in place of the previous 30 year Plan Melbourne report. Substantial and controversial projects were excluded from the report, including the undersized Monash Freeway upgrade, the re-tender of Myki ticketing, the Level Crossing Removal Program (including SkyRail) and the multi-billion dollar Melbourne Metro.

While the government was quick to back away from

some of the recommendations when the report was first released, the report is worth taking a closer look at for what it says about future planning of transport in Rowville and Lysterfield, the continued need for East West Link, the solutions still needed for local roads and the possible costs and benefits of Rowville Rail.

Disappointingly, despite the Roads Minister's answer about Glenfern & Dorset Roads, Infrastructure Victoria did not look at future or proposed arterial road upgrades in Rowville and Lysterfield. Apart from a general recommendation to upgrade seriously congested roads in outer-metropolitan areas ("because arterial roads are essential infrastructure used by many forms of transport"), upgrades often lag behind the growth of new suburbs and individual road projects were not examined, assessed or prioritised. Infrastructure Victoria concluded that "we do not have a sense of the broader community support for this

option", which is an insult to the thousands of people who experience congested roads every day in the outer suburbs.

Rowville Rail was assessed but eventually ruled out by Infrastructure Victoria, who assessed Rowville Rail as too expensive. Economic modelling commissioned for the report, suggested a high cost compared to the economic benefit. However, at every stage of assessment, including the Citizen Juries who were consulted, evidence showed strong community support for Rowville Rail and found significant benefits to the community of better access to the Monash University precinct. The report concluded that few commuters would change from using cars to catching the train, with most Rowville Rail users coming from other lines. However, the first Rowville Rail feasibility study thought transport modelling underestimated the potential shift from cars to trains. They predicted comparable usage of a Rowville Rail line on a 'passengers per station' basis to existing services in the eastern suburbs, such as Ringwood to Camberwell, or Dandenong to Caulfield. As with the Rowville Rail Feasibility Study from two years ago, making improvements to the Smartbus system were acknowledged as a timely solution to better transport in this area.

Despite Infrastructure Victoria not prioritising Rowville Rail due to its expense, I will continue to lobby the Government and my own colleagues to ensure this important project moves ahead.



Alan Tudge Writes

Aston Community Awards

honour local heroes

The annual Aston Community Awards were held in October to celebrate our local volunteers and community groups who give their time, skill and energy to helping others and making

are we doing it? Mainly because a lot of doctors believe their own theories."

According to an article in the Medical Journal of Australia earlier this year, a study of workers' compensation patients in NSW concluded that the outcomes were so poor that spinal fusions were not recommended for this group. The MJA article said independent reviews had found that as many as 40 per cent of those patients had persistent postoperative pain, and called for spinal surgeons to do a national audit of patient-centred outcomes for the procedure.

If you become aware of anyone who has been recommended to have this procedure, suggest they get a second opinion.

Dr Frank Whelan

the Knox community a better place to live. I was joined by community leader Phil Matthews and the Principal of St Simon's Primary School, Phil Hesse to select the 2016 winners of the Aston Community Awards. My office received hundreds of nominations for the awards, four of which were selected as the winners of the four categories.

The overall winners in the four award categories were:

Barbara Ellard – Seniors Volunteer Achievement Award

Barbara is a long standing member of the Knox Historical Society; she is a Museum Guide and often presents to school tour groups. Barbara dedicated a lot of time and played a significant role on the committee which led the expansion of the Knox War Memorial at the Ferntree Gully Arboretum.

Knox Infolink – Community Group Achievement Award

For 25 years Knox Infolink has provided assistance to many individuals in the community who are struggling with life in many forms of financial hardship, family breakdown, domestic violence or homelessness.

Shirley Teh – Individual Volunteer Achievement Award

Shirley is a member of the Chinese Association of Victoria's executive committee. As well as playing an active role in fundraising activities, Shirley has taken on a great role mentoring the young team at CAV and sets an



Alan With The Four Winners

excellent example through her hard work and enthusiasm.

James Philipsen – Youth Volunteer Achievement Award

James has been a volunteer with Foothills Community Care, Ferntree Gully Community Meal Night on Wednesday nights for 3 years. He works in the kitchen preparing meals and demonstrates a commitment to helping others.

Our local volunteers are the glue to our community; they build the social fabric and make our society a better place.

Well done to all of our finalists and award winners!

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'By hook or by crook'

There are several derivations given. One is that peasants were permitted under the ancient forestry acts only to take from the forests that which they could reach from the edge with their hooks or shepherds crooks. Another version has it that Cromwell vowed to take Waterford in Ireland attacking either via the villages of Hook or Crook.





Volunteers Robyn and Shirley Ready For A Busy Day at Stringybark 2016

Stringybark Festival

Another successful Stringybark Festival has concluded and despite the windy conditions plenty of locals and some from further afield came and enjoyed the two day Festival. A big thank you to all our volunteers who kept our stand manned throughout the days and to all those people who volunteered their time to help with the distribution of the paper. It is an ongoing problem for us to recruit volunteers so if you can afford around 30 minutes a month to deliver our paper, please contact Peter on 9752 7592.

David Gilbert



Zoe and Michael with their Awards

Local Scouts Celebrate Success

Two Venturers from Rowville were amongst those invited to Government House on Saturday October 8th to receive their Queen's Scout Award from the Governor of Victoria, the Honourable Linda Dessau AM.

Only a select few Venturers, who are members of the Scouting movement aged 14-17, each year, attain this highest achievement, the Queen's Scout award.

Rowville Venturers, Zoe Pagonis from Heany Park Venturer Unit, Heany Park Scout Group, and Michael Walton from Mahonga Venturer Unit, 1st Rowville Scout Group worked tirelessly during their three years in Venturers to be amongst this year's recipients.

The Queen's Scout Award represents hundreds of hours of dedicated development in areas including service to the community, leadership, personal growth and outdoor

adventure.

The Venturers plan their own Queen's Scout program, organise friends and family to participate in activities and community service, and exercise exemplary self-discipline to see it through.

Some of the highlights for Michael and Zoe included:

Learning to scuba dive, cross country skiing at Falls Creek, snowboarding, hiking in the Cathedral Ranges, 4WD trips, ballroom dancing, leadership positions on unit council, helping out in the Joey and Cub sections, canoeing, coaching netball and instructing taekwondo, organising venturer involvement in the Knox sleepout to raise awareness of homelessness, leading discussions on contemporary issues (youth suicide, abortion), and aiding the Knox Environment Society work on preservation of indigenous plants.

In meeting the requirements of the Queen's Scout award, the Venturers had to demonstrate improvement or ongoing involvement in their chosen activities or service for periods of up to 3 to 6 months, in at least 17 different areas.

Venturers Zoe and Michael say their journey to achieve

their Queen's Scout Award has been a challenging one but incredibly rewarding.

"While the workload and commitment of combining school and Venturers was testing at times, I know I feel like I can achieve anything I set out to do in the future" said Zoe.

"The Queen's Scout has provided me with the opportunity to meet new people, to go new places and have new experiences that I wouldn't have otherwise had. This has allowed me to grow as a person and I am incredibly grateful for it" said Michael.

The Chief Commissioner of Scouts Victoria, Mr Brendan Watson OAM, reiterated that the Queen's Scout Award is a marker of future success in life.

"It is an extraordinary effort for these already occupied secondary students in their final years at school to achieve their Queen's Scout at the same time. We, the entire Victorian Scouting community, are extremely proud of these Venturers' success in achieving their Queen's Scout Award" said Mr Watson.

Congratulations Zoe and Michael on your achievement.

1st Rowville & Heany Park Scout Groups



Common household pet poisons

There are many household items that can be toxic for your pets, and it's important to know what they are and what to do if your pet ingests one.

From your leftover chocolate dessert to your packet of painkillers, an average household contains many everyday items that are suitable for human consumption, but can be harmful to pets. And, of course, there are items that shouldn't be consumed by human or animal – like batteries and rat poison.

"It just takes one second to put a handbag down or leave a cupboard open and it's gone, Dogs in particular are incredibly curious, quick and sneaky."

What household items are poisonous to your pet?

- Drugs and medication (eg, Nurofen, Ibuprofen,

Panadol, Ventolin)

- Foods including chocolate, onion, garlic, raisins, grapes, sultanas
- Nuts, including macadamia nuts
- Detergents
- Toxins and poisons, eg, rat poison, snail bait, etc

In the garden, certain plants and flowers can be harmful, eg, for cats, lillies, azaleas and more; for dogs, lavender, and a flower called yesterday, today, tomorrow (which belongs to the very toxic 'nightshade' family of plants).

The common culprits

It's common to see pets that have ingested painkillers such as Panadol and Nurofen. This can have a long-term detrimental impact, the severity of which many people underestimate. The metabolic pathways in a cat or dog are totally different to a human. An example would be a client once thought their cat had a headache and gave it Panadol, and the cat died. Other drugs, prescription and illicit, are becoming increasingly common.

There have been incidents noted where clinics are starting to see pets ingesting human anti-anxiety, anti-psychotic medications as well, like Prozac and sleeping tablets. We see the odd dog who has ingested illicit substances like marijuana. Clinics have also seen things like Ventolin (asthma

medication), that may have been left on a low lying table, a dog may grab it and when they pierce the container with their teeth it releases the medication into the oral cavity of



the dog.

Everyday pleasures that humans enjoy like chewing gum, children's play dough and chocolate are also common culprits. The garden can also pose threats to cats and dogs, with certain plants and flowers being toxic.

And while it's tempting to want to spoil your pet with leftovers from dinner, we should be cautious against it. We must remember that not all human meals are healthy and nutritious for our pets. An example of this would be drippings off a lamb tray which will be full of fat. This can make a dog become incredibly sick if it was allowed to ingest this. Large doses of fat are not at all good for pets and can have detrimental side effects.

Overall advice to owners

The best way to identify and address risk factors is to think of a pet like a baby, then prepare the space accordingly. Imagine you have a toddler. Anything that the toddler can get into, a dog, or less commonly a cat, can get into as well.

As for information, the best source is a vet, so take your questions to your local vets rather than go online.

What to do if a pet ingests something harmful?

- Always call your nearest vet first and let them know what's happened
- Try to keep a sample of what was swallowed so the vet can identify the active ingredient
- The sooner you get in, the better; it's best for a vet to induce vomiting as soon as possible within the hour
- Never induce vomiting at home

If you know or suspect your pet has swallowed a poisonous item, call your local Greencross Vets immediately.

Michelle Bierman

Lysterfield Primary School



LPS AUSTRALIA ART GALLERY



We hope you enjoyed our article about our recent year 5 and 6camp to Canberra.

Hope you enjoy our Canberra themed ‘Kid’s page’.

By Brooke Barnard and Sarah Shelton

Colour Canberra in:



Word Jumble

estrtaI werto =

hhgi sctrou =

pmeri smtrinie =

dol mintprali shuoE =



Parliament House Canberra

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Searching For Relatives And Placing A Poppy At The Australian War Memorial

On Tuesday October 11th, 111 very tired but excited Year Five and Six students gathered at school at 4:50am for our departure to the national capital for our 2016 school camp.

This camp was the culminating point of our Inquiry into ‘How can we work towards a fair and inclusive society?’ and would see us fly to Canberra to experience firsthand the institutions we had been learning so much about.

After arriving in Canberra, we began what was to be an extremely eventful camp. We started by visiting the National Gallery of Australia where we quickly recognised and were impressed by, Sidney Nolan’s Ned Kelly exhibition. Next were the National Museum and then the Museum of Australian Democracy at Old Parliament House. We engaged in a ‘Who’s the Boss’ program, where we learnt about the development and practice of democracy in Australia, by exploring the results of past democratic decisions in an interactive exhibition trail. We

Lysterfield Primary School



also discovered parliamentary procedure through role play in the historic chambers where past Prime Ministers walked. Our final activity for day one was visiting Telstra Tower by night. Upon our return we all fell straight asleep after our very long and full day.

Day Two saw us commence our full day quite early again. We visited the Australian War Memorial, which allowed us to gain an insight into the different facets of war. Many students purchased poppy’s and placed them on the names of their family members. We went to ‘Questacon’ where we were involved in different science based activities. A highlight was seeing Mrs Harvey experience ‘free fall’ when she went down the free fall slide. Our day concluded at the Canberra International Sports and Aquatic Centre, where we enjoyed some time in the pools.

On Day Three we went to the High Court of Australia where we observed a trial coming to its conclusion. The barristers and Justices used lots of complex and nuanced language that we were unsure of, but we got the gist of what was happening! We were excited to visit Parliament House where we were fortunate to see Prime Minister, Malcolm Turnbull and the leader of the opposition, Bill Shorten speak during question time and we also observed ministers in the Senate. Finally we visited the Australian Institute of Sport where we had a tour of their facilities and saw some of the athletes training. We also participated in different sporting activities in ‘Sportex’.

We all had a wonderful time learning about the history and

politics of the institutions of Australia’s democracy. We’d love to thank all of the staff who made this camp possible. Who knows, perhaps the future students of Lysterfield PS will visit one of us speaking in Parliament one day.

Kristine Roose

Editor’s Note:- What a great trip. But where is the photo of Mrs Harvey in ‘free fall’?



Holly Pretending To Be A Submariner



Lisa Williams



RIA Senior Music students have recorded their own original songs over two days in Studio 52 as part of the Kool Skools recording and song writing project. Year 10 Media students are photographing and creating the layout for the CD cover and album insert. CDs will be available for purchase at Showcase on the 1st December. The awards night for Kool Skools will be held on Sunday 18th December.

In an historic event for the Australian Football League, Rowville Secondary College's Head of Junior School, Lisa Williams, was selected at pick 92 by the Western Bulldogs in the NAB AFL Women's Draft, ahead of the inaugural AFL Women's season in 2017.

"I started playing when I was 23, which I guess is very late," she said. "I'd grown up playing netball and a lot of other sports so it was just a lot of transferable skills. I had always wanted to play when I was younger, but the opportunities weren't really there."

Williams admits the first years of her football career were tough, as she began her career as a PE teacher at around the same time. "I actually started playing the first year I started teaching at Rowville," she said.

The senior girls reigned supreme on the biggest stage of all, taking out the Basketball Victoria Champions Cup after defeating Box Hill Senior Secondary College, 64-51 at Nunawading Basketball Stadium.

The senior girls jumped out of the blocks early in front of a pulsating capacity crowd, taking an eight-point advantage into quarter-time. Box Hill Senior stormed back into the contest in the second term, cutting the deficit to just four points at the main break.

The teams rallied in the third, before the floodgates opened for Rowville, outscoring a hapless Box Hill Senior, 28-13, off the back of a stellar defensive lock-down as Rowville deprived Box Hill Senior of any momentum.

It all seemed a formality in the final quarter, with Rowville taking advantage of a number of fast-break opportunities to seal the championship win by 13 points.

In what followed as the second championship won by the College at the Champions Cup, the junior boys prevailed over the Maribyrnong Jets by 11 points earlier in the day, 75-64.

In other basketball news, RSA basketballer Chloe Bibby,



Chloe Bibby Shoots For Gold - Image courtesy of Sport In Focus

who plays for the Dandenong Ranges in the WNBL, has been selected in the Australian Jayco Under-19 Gems, ahead of the 2016 Oceania qualifiers in Suva, Fiji from December 5th-10th. The winner of the Oceania qualifiers will compete at the Under-19 World Championships in Italy next July.

On the golf course, Alessandra Nagayo, was the gross-winner of the Victorian Under-16 Girls Junior Classic, held in Mulgrave. The 12-year-old played well out of her age division, registering a gross score of 59 and a net score of 53.

Content courtesy 'Five Exciting Things'

Student

Corner

The U in you

"When you're 20, you care what everyone thinks, when you're 40, you stop caring what everyone thinks, when you're 60, you realize no one was ever thinking about you in the first place" -Winston Churchill

After considering that quote, I'm sure some would agree that you have been through too many lives already. But logistics aside, in everyone's life, there's a season. As we become exposed to new environments and become associated with new people, such is human nature that we find ourselves hyper-aware of our surroundings and ultimately, the thoughts of others.

Although the thoughts of others can be a valuable insight as to the radiating persona one gives off, as we all know, opinion is subjective. Many a times, opinions can be addictive as people become increasingly dependent on the need for temporary security in order to function throughout their lives. Progressively, this dependency evolves into an unhealthy obsession and before you know it, a lifestyle. Although some may be aware of this habit from its early days, many learn to accept their tendencies and "live life" with it. Not only do we begin to notice the sample of individuals living such lifestyles, but instead, we

witness the surge of the same collective mindset that has contributed in shaping our culture of today. The opinions of others are not only accepted, but it is the foundation of the "herd mentality" in which those who choose to differ, are people who must "accept their isolated fate", or so they say.

Thus, conformity is prevalent in society today with many choosing to take the comfortable way out. Who wouldn't agree that it is easier to have the rules laid out for you and be spoon-fed into the do's and don'ts of normality. However, **you are not born just to be a follower in the crowd.** Neither are you designed the way you are just to be told you are not good enough. With life: there's a season, and with each season brings a new mechanism for you to display the true you, in yourself.

It may be daunting to consider the so-called "consequences" of living a lifestyle free from the opinions and judgment of others. But the rewards are great. (I wouldn't be writing this article if I hadn't encountered the same problems we as humans face in our day-to-day basis). Let's link it back to the wise words of Winston Churchill, if it takes us till we are 60 to finally realise the truth about the thoughts of others, then life is well wasted in a bubble of hyper-awareness. Furthermore, if by 60 we realise this truth, then why not jump-start this new mindset that brings out the "you" in you? Not the "them" in you, but you (insert name here), as a person that can achieve greatness without the constant feeding of opinion from others.

Don't let others define your story, there's only one U in you, so make it count.

Joyee Koay

Knox Council Knox Basketball Infrastructure Review

Currently there are approximately 10,444 players affiliated with KBI. This represents a significant growth in membership from the last review undertaken in 2008. Basketball participation has increased by 25.8% in the last 10 years as opposed to the anticipated 8.75% proposed in 2008. This growth has been significant and indicates the need to revisit the 2008 Basketball Infrastructure Review.

Given these issues it is recommended that Council undertakes a review of the 2008 Basketball Infrastructure Review in order to develop a sound forward plan for basketball infrastructure which would take into account this growth in participation, the changes to other local basketball facilities such as the Boronia Basketball Stadium and the Rowville Secondary College and the most appropriate future plan for basketball facilities in Knox



School Talk

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



Travels With The RLCN Real Madrid, Spain



Year 6 Economics Expo

The Year 6 students at Karoo Primary created an amazing entrepreneurial 'Economics Expo' to raise funds for their own end of year graduations. Every student had to design, set up and run their own stall for the students of Karoo to come and try their skills, test their accuracy and enjoy the fun of the small businesses created by the year six students.

And On The Day...

"The doors to the gym burst open and a wave of kids flooded the gym. Children screamed, balloons popped, money fell....the Year 6 Economics Expo had finally started. Game on!

Kids came as fast as we could take their money (not really) and prizes were quickly going. The set up was quite good and our prizes were especially different.

Some students said it was better than the Melbourne show and they couldn't decide where to spend their



money. There was fierce competition between the stalls to make the most profit and win the entrepreneurs award. Every Year 6 student was in it to win.

In the end we all did really well. The stalls were excellent. There were so many stalls such as Poke-stop, I Spy, Pop it, Ultimate Lemon, Balloon of Fortune, Golfers Galore and Pluck-a-

Duck. It was an awesome day and we had heaps of fun and made over \$1300 towards our year 6 graduation."

Amaya P and Austin H.



Ask the Principal November 2016

Q Mr Shaw, schools need to teach students important knowledge and yet in doing so, many students seem to become disengaged. Is it possible to have a happy school and a successful school?

A Great question! And the answer is an unequivocal, yes! But it is not simple.

The best education is an 'education of the head, heart and soul'. Academic education, 'education of the head' is core business, but it is the education of all three (head, heart and soul) that makes schools a place where young people wish to be and feeling safe and engaged.

The best schools focus on the whole person, recognises them for who they are, and works with the parents to see them grow and develop. This sets them up for both short term and, more importantly, long term success as an adult.

An 'education of the head, the heart and the soul' includes a strong academic education, supportive care building a strong sense of wellbeing and a rich, rewarding cocurricular program.

The components all operate within a positive and clear set of commonly held values, within which, parents, teachers and students act as with common purpose.



Yet this is difficult to attain. Only 57% of students felt safe at school most of the time, according to a small survey conducted by Dr Tim Moore from the Australian Catholic University's Institute of Child Protection Studies, in conjunction with Griffith University and the Queensland University of Technology.

Thankfully, good schools attain results far higher than this, through a well-rounded approach to a child's education. To date, good schools have done so based on tradition and insight.

It is not surprising that someone who has learned to set goals, visualise paths to achieve them, and summon the motivation to start down those paths is more likely to succeed than someone who can't do those things.

Measuring the effect of these characteristics, which compose the definition of "hope", is starting to become clearer. Hope is a link to connection and engagement. There is a growing body of evidence to show that wellbeing, not only supports a good education but high levels of wellbeing produce better results.

Almost 11,000 students participated in Gallup's Australian Student Poll this year, which focused on measuring students' hope for the future, engagement in studies, wellbeing and entrepreneurship - rather than more traditional metrics of literacy and numeracy.

The poll of students from Year 5 to Year 12 drawn from across the country found that 63 per cent were "thriving"

in terms of their wellbeing. I know that good schools do much better than 63%, hovering between 85% and 100%. Our goal needs to be 100%.

This result is significant, says Anne Lingafelter, Gallup's Learning Solutions Consultant for Australia and New Zealand, because levels of hope are linked with graduation rates and future success.

"Levels of hope can be more indicative of university graduation than standardised testing," she said. "We all know kids who are super smart and test well, but because their hope levels are low, their wellbeing and engagement off, they are not resilient and do not succeed."

The research behind these comments is based in part on a small but growing body of scholarship that shows students' levels of hope are better predictors of academic success than intelligence, personality or even previous exam results.

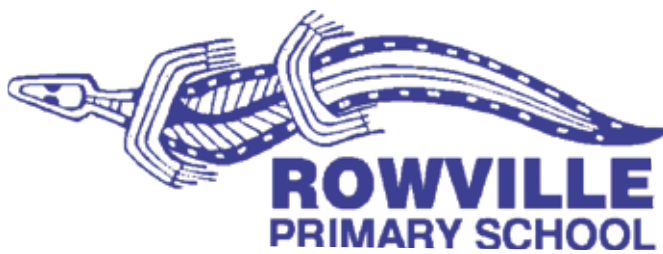
Good schools collect their own data on levels of hope through surveys such as those conducted by Resilient Youth Australia, which measures hope, resilience and wellbeing, along with many other physical, emotional and social characteristics of school age students.

The data sets built from these surveys are critical data sets for schools to use to improve their focus on student safety, engagement, and success, both short and long term success.

Given the media promotion of 'headline' results such as NAPLAN and VCE data, it is refreshing to see a well-rounded education being shown to be indicative of long term success through research and use of other data sets.

Allan Shaw,

Principal and Chief Executive,
The Knox School



Rowville Primary School 'Italiano Visita Culturale' 2016

As part of the 'Languages Other Than English' Italian program, Rowville Primary School offers a biannual opportunity for students and families to partake in a two week cultural tour of Italy. This provides a rich learning experience for students, where they are totally immersed in Italian culture and have the opportunity to apply their language skills in an authentic context. Here are the thoughts of three Year Six students who attended the cultural tour.

My highlight of our Italian tour was going to the amazing



city of Venice and attending the language school in Orvieto. On our first morning in Orvieto we went to the campus and learned some basic Italian phrases with our teacher, Giuseppina. Then after lunch we met up with our Italian buddies. My buddy was called Francesca and she and I formed an instant bond. The Italian students made a video telling us about the history of Orvieto. After watching the video we started our scavenger hunt with a card of instructions. The first card led us to the first envelope and so on. There were twelve envelopes that were pretty hard to find. During the hunt I had to ask locals a few questions in Italian and Francesca had to ask tourist questions in English. Before going to dinner that evening, I gave Francesca a toy kangaroo and we exchanged contacts. Everyone had a great time and I hope that one day I'll see Francesca again. I know that our friendship will last for a long time!

Vivian

I saw so much in Italy I wouldn't know where to start! The Colosseum was epic! It's amazing how something built hundreds of years ago is still standing today. Another highlight was when we stayed in Orvieto which is also called



'The Rock', because it is on a tall mountain. The gelato was so delicious on The Rock! I'll always remember running around playing games near the church and eating our gelato. Another highlight for me was Venice. The moment we arrived there I could already see that it was going to be amazing. We went on a gondola ride through the streets of Venice. However, these are not ordinary streets. They are streets filled with water, with boats everywhere and no cars.

Jai

During the school holidays I and six other students went on an adventure to Italy. We had to go on two long flights to arrive in Roma where the history and culture was so different to here in Australia. We climbed to the very top of the Vatican and saw an amazing view of all of Roma (a \$16 view!). After Roma we rode a train to Orvieto where we stayed in an ancient convent on the top of a massive rock. It was a spectacular place to stay. I highly recommend that future senior school students attend the next Italian cultural tour.

Alex

A huge thank you to Senora Bartlett, our Italian teacher, for making this unique event a reality. Also a special thank you to our teacher leaders, Ms Divitcos and Mrs Searl, and the parents, who accompanied the students to Italy. We can't wait for 2018!

Sam Peters – Publicity Leader



PARK RIDGE PRIMARY SCHOOL

*Year 2 Breakfast In
Full Swing*

Year 2 Sleepover

The students of Year 2 recently conducted, and survived, their annual sleepover at school. During the afternoon, Block C was converted from classrooms into open sleeping areas to accommodate 105 students, their teachers and several supportive parents who gave freely of their time to assist.

On a Thursday evening with the students returning to school at 6:00pm for a night of fun and adventure, dinner was followed by games and a puppet show. This led to supper and a movie and then at 10 o'clock it was lights out. According to those present all went well.

By 7:00am on Friday, all was astir. The corridor of 'Block C' resembled Hogwarts, as 105 students consumed their breakfast. Parents arrived to clear away the sleeping bags, mattresses and overnight bags and by 8:15am, 'Block C' was back to being classrooms and ready for a normal day. The Year 2 students headed for their normal Friday morning Specialist lessons, whilst five tired teachers had a cuppa and then planned for the day ahead and the week to come.

This activity is part of the school's successful Camps



program, which aims to develop students' independence and resilience through a series of activities ranging from 'Breakfast At School' for our Foundation year students up to the five day 'Canberra Tour' in Year 6. These activities



Emilia's Coin Trail

are the ones most remembered by our Year 6 students when reflecting on their school days when they graduate to secondary school.

Great Stuff Emilia

One of our Year 6 students, Emilia Bracci, recently participated in the 'Step Up For Down Syndrome Walk' as a fundraiser for Down Syndrome (Victoria). As part of her fundraising effort, a coin trail was organised at the school. Managed by the students of Class 6-13, the venture raised over \$500, all of which went to support Emilia in her walk.

Emilia has spent seven wonderful years at Park Ridge and will soon leave us for secondary school. Her smile and engaging nature will be missed around the place and we wish her the very best as she moves on to the next stage of her education.

Graeme Lloyd



Heany Park PRIMARY SCHOOL



Senior School

In the Senior School, we have been working on our 5th unit of inquiry, under the transdisciplinary theme 'Where we are in place and time'. Our central idea is 'The history we are currently creating will inform the decision makers of the future'. During the first week of the unit the senior teachers started our unit with a provocation. (A provocation is used to hook the students into the central idea and engage them in thinking, talking and wondering about the unit.) The staff led the students into believing that the Year 6 hoodies were going to be banned in the future due to incidents which had

occurred throughout the year. This rumour of course instigated tremendous discussion between the current year 5 and 6 students.

- Who decided this?
- What happened for this decision to be made?
- Should we (year 5) be penalised for year 6 incidents?

The provocation ended with all the year 5 and 6 students working in small collaborative groups to discuss the decision and address the questions raised throughout the morning. The students discussed how this decision impacted on them but also the future students coming through Heany Park Primary School. As the unit developed the students started investigating local and global events, the decision made and if they had or will have a positive or negative impact on the future. The summative task, which allows students to demonstrate their understanding of the unit, was a role play. The students were placed in cross year level groups. They had to select a significant event from history that has

changed or impacted the future and present an informative role play.

The students came up with some great events such as women being able to vote, the invention of Google, The Port Arthur Massacre and the invention of Penicillin to name a few. From here they needed to investigate the event, the impact the event had, who decided something had to be changed and who was affected.

The role-plays allowed students to work on their research, organisation and team work skills. The final plays were presented to family members to share and celebrate the students learning.

Kirsty Bone, Senior School Level Teacher



Middle School

How We Express Ourselves

This term the Middle School students embarked on an adventure into the world of Art. As part of their inquiry unit, *How We Express Ourselves*, the children were investigating the central idea, 'Creating and responding to art develops understanding of ourselves and the world around us'. To spark the student's curiosity before the unit commenced, the teachers selected an array of art pieces and placed them down the corridors of the building. The students were given time to walk and look at the art in silence, thinking about what they see, how it made them feel and did it appeal to them and if so why or why not. They then added these thoughts to the pieces and had to discuss and justify their reason with others.

Students then attended the Heide Museum of Modern Art, where they were exposed to more works of art, however the purpose of the visit was for the students



to discover "the context in which artworks were created", which was one of line of inquiry the students needed to understand in preparation for their summative task. Students were encouraged to discuss their ideas to help develop their verbal communication and observation skills, and appreciate and respect other people's opinions.

To complete the unit the Middle School held



their own Art Show. Each student was required to decide on the type of art they would complete, the materials they would use and the inspiration or motivation behind their piece. They had to manage and organise their time to ensure it was completed by the due date, with a written piece about the artist (them), the idea and inspiration for the piece and the materials selected and why.

The culmination of the Art Show, which was attended by parents, grandparents and friends, was a huge success. Students proudly displayed their art pieces and talked with parents about why and how they had created their piece and were able to reflect, appreciate, and understand that



art is more
that strokes

on a page!
*Kym Ryan PYP
Coordinator*

We had chalk and we put it in blue liquid and the chalk turned blue.

Shayley

I liked it when we made the slimy thing that was a solid and a liquid.

Janise

Messy day was great because I really liked when we made our own thing, then discovered what would happen. *Monique*





Looking To Enrol Your Child In Three Year Old Pre-Kinder In 2017?

The Rowville Community Centre runs Three Year Old Pre kinder Monday to Friday during school terms. The two hour sessions are structured to develop creativity, imagination and social interaction in the children. They participate in activities such as painting, free play, craft,



We are very pleased to announce the opening of our beautiful new sandpit. The children are enjoying exploring the large rock boundaries and the added space. Our new improved sandpit offers a huge, inviting play space where children can imagine, create and explore. The large rock boundaries create perfect play surfaces for cooking, picnics or for parking trucks and wheelbarrows ready to be filled and emptied.

A big thank you to Knox Community Development Fund for providing a grant to make this joint community project possible, which combined with fundraising between ourselves and Liberty Avenue Playgroup has resulted in a beautiful play space, that is a true asset for our service and will benefit many children and families in the future.

At Liberty Avenue Three Year Old Kindergarten, we offer two groups who attend for 2 sessions per week, a total of 5½ hr (consisting of 1 x 3hr morning session and 1 x 2½ hr afternoon session). We employ a qualified VIT registered kindergarten teacher and a co educator, both of whom are also trained in first aid, anaphylaxis and



asthma management. We are registered as a kindergarten with the Department of Education and Training.

We are very excited to announce the launch of our new website. For more information and a glimpse of what we do, visit www.libertyavenuekinder.com.au or "Like" our Facebook page "Liberty Avenue 3 year old Kindergarten".

We are currently in the process of organising groups for our 2017 classes and have a waiting list in place for future years, with limited places available. For all enrolment information, or to organise a time to visit us, please contact our enrolment officer, Tracey on 0421 305 185. Alternatively, you can email us at libertyavenue3yo@live.com

Michelle Collier



Countdown to Christmas has begun here at Possums Playgroup! There is a excitement in the air as our young ones get a sense of what is to come, with Christmas decorations already in stores and knowing that some of them will be starting their first year at primary school in the new year!

At Possums Playgroup we accept children of all ages. Whether you may have a newborn or a four year old, or anything in between, we cater for a variety of ages and our facilities and equipment are fun and educational for all. Sessions available for the new year are from Monday to Friday between 9:30 - 11:30am, 11:30 - 1:30pm and 1:30 - 3:30 pm.

Feel free to come for a tour and get an information pack and book your registration in for 2017!

Our address is 965 Wellington road, Rowville. Email is possumspg@hotmail.com We look forward to hearing from you!

Tara Maruzza



A View Of The New Sandpit



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.

Applications for the 2017 program are now open. Please call 9763 7400 and speak to one of our friendly staff, or complete an application form online by logging on to 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 listing for more information.

Trish Massie

Knox Council Bandages and dressings: That's only one type of first aid



First aid isn't just about bandages and sticky dressings, judging by Knox Council's support for mental health initiatives. A training program at Knox Council now boasts at least 10% of its 1,000+ workforce being trained in 'Mental Health First Aid'.



Chief Executive Tony Doyle said it's a major program to make sure its staff is well supported for their mental as well as their physical wellbeing. "For years, many organisations have put a big focus on dealing with physical injuries," Mr Doyle said. "And that's a good thing. Now, with this initiative and other efforts, we are putting a focus on both physical and mental health."

Council's first aid training has won it a 'Gold' award by Mental Health First Aid Australia, who oversees the training. "What's

particularly pleasing is we are the first metropolitan council in Australia to achieve the award," the CEO added.

News of the 'Gold' award coincides with the recent launch of the Knox Mental Health Help Card. The card is an innovative new printed resource for people experiencing mental health issues, and is available from the Council website— www.knox.vic.gov.au—or by contacting our Customer Service team on 9298 8000. You can also get a copy of the card from local libraries, neighbourhood houses and community spaces.

If you are thinking about suicide or experiencing a personal crisis, help is available. Contact "Lifeline" on 13 11 14 or lifeline.org.au.

National Seniors Australia

Our guest speaker for September was a very amusing man, Titch, from Flemings Nursery. Titch spoke and demonstrated how to prune bare rooted plants and fruit trees. He also spoke about his adventure at the Chelsea Flower Show. They could ship over pavers, settings etc., but could not ship over the actual Australian plants. The Australian plants were actually supplied by a gentleman in Spain. After his talk Titch very kindly left behind quite a few plants to be auctioned off for the benefit of the Club. In October we welcomed Kathy Smalley from Rowville Library whose subject was Genealogy. Were there really some black sheep in our families?

For your diary, we have a very interesting speaker coming up. In November our speaker will be Bruce Nethercote, from Chocolatier in Ivanhoe. Bruce will be talking about the history, trends and making of Chocolate. He will also have some samples for us to try and some stock for sales.

The dine out in October was at Mountain Thai in Boronia, so you can see that we are getting very adventurous with our palets

On the 29th November we will be having a "Lunch Out" at Tosario's Restaurant in Rowville. We have been there before and everyone really enjoyed the day.

On the 4th November we will be attending a "Riotous Farce" comedy production at the Mooroolbark Theatre, called "Out of Order". Then on the 8th November, after a very successful outing last year, we will be going back to Mornington for a "Day at the Races" so dust off your hats ladies and gentlemen.

To close the year in December we will be having our Christmas Dinner at the Knox Club.

Our walking group now meets every 2nd Thursday. If you



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I come from a devout Anglican family, baptised, confirmed and faithfully serving the Anglican Church for three generations. However, was I a ‘Christian’ because of this? If you met me during that period in my life you would probably have thought not! So what changed when I became a Christian?

The most significant change happened in my belief system. Where once I believed that having a cursory belief in God and being a good and decent person involved in Church activities and services on Sundays was enough,



I realised that those ‘religious attitudes and activities’ were seriously insufficient. I understood from reading the scriptures that the omnipotent (all powerful), omniscient (all present) and Holy Creator of the Cosmos, loved His broken earthly creation so much that He sent his own Son to die in their place, to redeem the world and this demanded something much more than my mere ‘acts’ of religion.

So, tentatively, questioningly, I started talking to, and acknowledging and seeking this God in everything I did, and amazingly He began to draw near and make His written words alive for me. I realised that being a Christian was not merely following rules, regulations, rituals and keeping laws, but instead it was about having a relationship with and following in the footsteps of Jesus, God’s beloved Son. This has given me tremendous freedom, not of course to continue to think and do the wrong things, but the freedom to realise that however bad or ‘un-Christian’ like I am and make mistakes, my Saviour Jesus has already paid the price for me and His forgiveness and Grace are sufficient for me.

Has the change made life easier? Perhaps not, but my life and my relationships with others has instead, become more meaningful and filled with inner contentment and peace.

Ajith



We at the Uniting Church have been engaging with a concept called “Safe Church”. In the current environment of the Royal Commission into Institutional Responses to Child Sexual Abuse, which also follows on from the State governments report - Betrayal of Trust, churches, among many other organisations, are implementing minimum child safe standards. Children are a highly valued part of every society, and are also among the most vulnerable. Sadly, history tells us that there are people, some in positions of high trust, who prey on that vulnerability.

In the Uniting Church, as is required for all churches and organisation that work with children, policies have been formed in conjunction with the Department of Justice that we hope will ensure that our church is a safe place. It has been interesting for us to discover in this journey

that sexual abuse of children is just one of the areas that needs to be addressed by the community. As a church, and a wider community, we also need to be mindful of bullying, of children and adults, the needs of people with mental illness and the abuse of older people. We hope that as these issues are addressed we will create a safer community for all people. A safe community cannot be taken for granted. It is something we all required to participate in.

The church has many community groups and small businesses that use our facilities. We are very pleased that our buildings are able to be used in this way. Our facilities can also be hired for specific functions. If you are interested in using our facilities enquiries can be made to our church office.

Details of our worship dates and times can be found in “What’s On Locally” on page 2. Sunday school is offered during the school term and the third Sunday of each month is a specific family and children friendly service.

Toddler Gym operates on Tuesday and Friday mornings, from 9:30 to 10:30 and 11-12noon. The cost is \$5 per family per session on a pay as you go basis. Registration forms are available for 2017 from the church office.

Trevor Bassett

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.

The next meeting will be held at the Knox Club on the 23rd November, 2016. Doors open at 10.15am for a 10.30 start. There will be no meeting in December. Full details of our meeting venue, dates and times can be found in “What’s On Locally” on page 2.

Rhondda Cowen

Heat health messages

- Heat has killed more Australians than any natural disaster
- 374 people died in 2009 and 167 people died in 2014 due to extreme heat in Victoria
- Drink water: Even if you don’t feel thirsty, drink water. Take a bottle with you always
- Hot cars kill: Never leave kids, adults or pets in cars. The temperature inside a parked car can double within minutes
- Keep cool: Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics
- For more information visit betterhealth.vic.gov.au or download the Better Health Channel app

Sant Nirankari Mission Human Values



In a society with people from all walks of life, I’m too afraid to mingle, let alone vocalise ‘Hi’. Maybe my ego makes me the best, supreme, with personal barriers, neither avid nor keen. Forget crossing over to meet the neighbours, I don’t even reflect, or do myself any favours! I mix not with those working for a good cause. My concealed agendas spell my own applause. As long as my self-worth is forever increasing, who cares, if human values are depleting?

I am working longer hours to satisfy my greed. My health is failing. I must fulfil my every need. Seeing a designer label, I go for a bigger brand. Defeating all others is like having a magic wand. Competing with others has become the norm. Who cares how, as long as I stand in top form. I’m beguiled by gossip, and every reality show. Calamities ever occur. Why do I want to know? As long as my self-worth is forever increasing, who cares, if human values are depleting?

As long as my ‘I’ guides each and every whim I perform as a marionette, devoid of my vim! But when I see every being, within the Being, I see no barriers, but the Almighty, All-Seeing.

David Shrine, Wolverhampton, UK

The Churches

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



Travels With The RLCN Joan Outside Dresden Catholic Church



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The Home Stretch... Make it count.

Here we are, again, at the tail end of another year! This is the time we begin to count our 2016 eggs, i.e. did everything we set out to achieve see fruition? How did you measure up to your own 2016 goals, hopes and dreams?

Whether or not you fulfilled your ideas for this year, you’re in for a treat! Because there is nothing in the way of you making the last couple of months, the best yet! The year isn’t over yet, in fact, if you wanted, the best 50 days of the year could be the ones you haven’t lived yet.

The grandest prospects we’re blessed with, is to make our days/moments/opportunities count, regardless of the hand we’ve been dealt. Sometimes though, we need help with remembering that. Because, to be able to gain a victory, one has to be able to *imagine* it, let alone know which direction to approach it from. For some, this can be new territory, which is why we suggest surrounding yourself with those who have put on the perspective to make the rest of 2016 count.

We welcome you to join us and our church, as we run the home stretch of this year with the vitality of a victory already obtained! There is a strength that can be found in faith, friends and family that may be exactly the boost you need. Details of our services, dates and times and play group can be found in “What’s On Locally” on page 2. Join us any Sunday at 9am or 10:30am.

Nicole Connellan

Knox Home Garden Club

Spring is rapidly moving towards summer and our gardens have been revelling in the good rains and warmer days. Though, as I write this in mid-October, it was only a few days ago that there was a frost heavy enough to ice up my birdbaths! And those strong winds did some damage to most of our gardens although it was nothing compared to those who had major damage to their homes.

While our garden plants have been growing strongly, there are some plants in my garden that are facing elimination. I don't have a large garden, but it is heavily planted and requires plenty of maintenance. I am not a fan of using poison in my garden, and although my late husband used to say that manual labour was a Spanish tennis player, that's what I prefer. It is very labour intensive manually removing plants that have successfully launched a takeover bid.

I absolutely love the alstromerias, 160cms tall with big beautiful heads of golden flowers that last for weeks in the garden and as a cut flower, but they have to go. With all those clusters of plump, brittle tubers, just one small, missed piece would grow and threaten to make a comeback. The salvia Hot Lips has become very promiscuous and is spreading



itself around so out it goes.

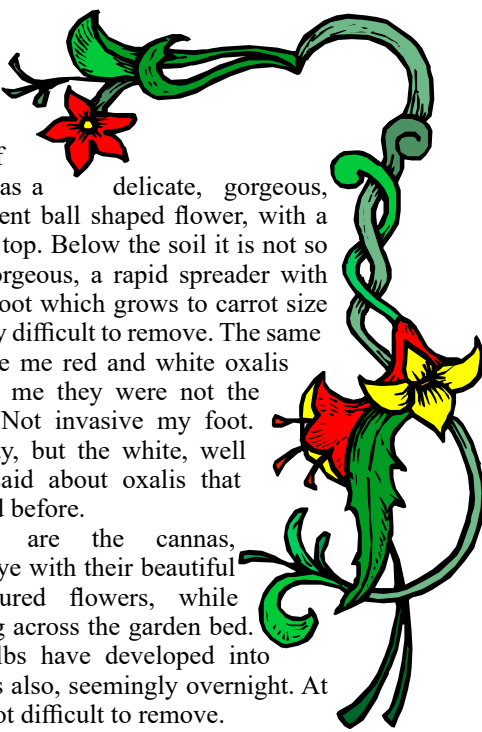
A friend gave me a piece of silene, which has a delicate, gorgeous, almost translucent ball shaped flower, with a frill around the top. Below the soil it is not so delicate and gorgeous, a rapid spreader with a skinny little root which grows to carrot size and is extremely difficult to remove. The same friend also gave me red and white oxalis bulbs, assuring me they were not the invasive type. Not invasive my foot. The red is okay, but the white, well what can be said about oxalis that hasn't been said before.

Then there are the cannas, deceiving the eye with their beautiful vibrantly coloured flowers, while stealthily racing across the garden bed. The spring bulbs have developed into massive clumps also, seemingly overnight. At least they are not difficult to remove.

I love all things connected to gardening, and maintenance is just one part of it, even if sometimes the plants appear to have the winning edge. They haven't, it's just that they just haven't realised it yet!

Details of the Club's meeting place, dates and times can be found in "What's On Locally" on page 2. Visitors are always welcome. Please call 9739 8783 for all enquiries. Happy gardening.

Betty Wright



Real Estate Tips

BarryPlant
Your red carpet experience

The benefits of engaging an agent

Some people wonder whether it is better to try and sell your property yourself rather than paying a real estate agent to do the job. Whilst saving the cost of an agent can seem like a great idea in the short term, it is only when you see the difference that a professional marketing plan can achieve that you realize just what the professional brings to the property.

Apart from the obvious benefits of the agent being an independent negotiator, there are the not so obvious benefits to be taken into consideration such as security, the ability to show prospective buyers through seven days a week, the agent's buying power for marketing and photography and the benefits of a competitive environment in which the buyer is just one of several people offering on your property.

The agent is paid only on a successful sale, therefore they work for you promoting the property, showing clients through, following up on prospects and negotiating offers for you all at no cost, unless you agree to a sale. Focusing on the 'cost' of an agent will distract you from the most important element of your sale – achieving the **best** price.

Brenton Wilson, Managing Director, Barry Plant Rowville



Knox Council Training for New and Aspiring Treasurers

The role of Treasurer in a voluntary organisation can be a rewarding one. It need not be daunting, but it does require an appreciation of the issues that make the finances of non-profit organisations different from businesses. This workshop has plenty of helpful examples to enable you to understand the accounting mechanisms and requirements involved in the role of a Treasurer of a community group.



- Manage and improve your organisation's accounting records and systems
- Processes to help you do your job
- Develop your budget for the new financial year
- Understand cash flow and how to monitor it effectively
- Calculate if the organisation is solvent
- Help the committee understand and interpret the financial reports
- Manage petty cash

Limited Places – Book Early

- **When:** Monday 28 November 2016, 6:30pm-9:30pm
- **Where:** Knox Civic Centre, 511 Burwood Highway, Wantirna South.
- **RSVP before:** Thursday 24 November 2016.
- **Cost:** Free.

Rowville & Lysterfield Council Minutes September 20TH Meeting

Councillor Pearce advised of the recent passing of Taylor Ward resident Mr Jeff Graham. Councillor Pearce noted Mr Graham's significant contribution to the Heany Park Scout Group and to the wider community. Mr Graham was diagnosed with motor neurone disease and succumbed to the disease after a two year battle. Councillor Pearce expressed his condolences to Mr Graham's family at this difficult time.

Ward Issues

Councillor Pearce (Taylor Ward) • Councillor Pearce raised an issue of concern regarding parking around the Rowville Secondary College. Councillor Pearce advised he had met with the Principal and Vice Principal to discuss the issue and talk about potential solutions to the traffic congestion.

Councillor Seymour (Tirhatuan Ward) • Councillor Seymour congratulated Councillor Orpen on receiving a 20 year Service Award from the Municipal Association of

Victoria. Councillor Seymour acknowledged Councillor Orpen's achievements as Dobson Ward Councillor and extended heartfelt congratulations from the people of Tirhatuan Ward.

Planning Applications Decided by Responsible Officer

Dobson 2016/6331 **55 Heritage Way Lysterfield** Construction of a gazebo 22/08/2016 Approved
Dobson 2016/6563 **6 Perceval Court Lysterfield** Remove 4 Evergreen Alder trees 17/08/2016 Approved
Dobson 2016/6323 **23 Logan Court Lysterfield** 3 Lot Subdivision 19/08/2016 Approved
Friberg 2016/6515 **17 Lambourne Avenue Rowville** 2 Lot Subdivision (Approved Unit Site) 23/08/2016 Approved
Taylor 2016/6552 **13 Camphor Close Lysterfield** Buildings and works (construction of a dwelling) 19/08/2016 Approved
Taylor 2016/6250 **5 Silkwood Way Rowville** 2 Lot Subdivision 25/08/2016 Approved
Tirhatuan 2015/6854 **11A Taylors Lane Rowville** The construction of a double storey dwelling to the rear of the existing dwelling 30/08/2016 Notice of Decision
Tirhatuan 2016/6034 **4 Elizabeth Court Rowville** The construction of four (4) double storey dwellings

23/08/2016 Approved
Tirhatuan 2016/6350 **27 Deschamp Crescent Rowville** 2 Lot Subdivision (Approved unit site) 23/08/2016 Approved
Tirhatuan 2016/6513 **Peppertree Hill 181/15 Fulham Rowville** Construction of a verandah 9/08/2016 Approved
Tirhatuan 2016/6195 **13 Kelletts Road Rowville** Buildings and Works (Extension to existing warehouse) and a reduction in car parking requirements 10/08/2016 Approved
Tirhatuan 2016/6277 **4 Stamford Crescent Rowville** 4 Lot Subdivision (Approved Unit Site) 24/08/2016 Approved
Tirhatuan 2016/6543 **1165 Stud Road Rowville** Erection of internally illuminated signage 26/08/2016 Approved
Tirhatuan 2016/9083 **5 Rupicola Court Rowville** Remove 1 Eucalyptus radiata tree 16/08/2016 Approved
Knox City Council Project Status Report
Bicycle / Shared Path Renewal Program \$500,000 16/17 Shared Path Renewal Program will include, the Kelletts Road shared path from Wyandra Way to Jacob Drive
Playground Renewal Program \$1,412,146 Balmoral and Harrow design to commence in October includes Eildon and Park Ridge.
Stamford Park Redevelopment \$4,440,820 Stockland

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Council Minutes continued...

formally submitted its Development Plan for Stamford Park Residential Estate on 26 August 2016. The plan will be publicly exhibited on 20 September.

Bush Boulevard Renewal \$30,000 Scoping for further Kelletts Road works currently underway. Works to be allocated and undertaken between November and March 2017.

Karoo Road, Rowville - Design \$644,791 Detailed design for bus stop at southern end of Karoo Road (near Valleyview Drive) completed and electrical power pole stay relocated. Detailed design for remainder of Karoo Road nearing completion with internal consultation underway with Traffic & Transport and Biodiversity. Design detail to be altered depending on outcome.

Row Reserve, Rowville - Development Plan \$100,000 Detailed design for hardcourt area and picnic shelter being undertaken for construction in first half 2017.

Heany Park, Rowville \$73,741 Construction of

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 Derminn, Kel & Di Emerson, Graham & Margaret Freestone, Hazel Haynes, Mary

boardwalk, bird-hide and path near complete.

Park Ridge Reserve, Rowville - Oval Renewal \$440,000 Tender evaluation process is complete. Delegated approval being sought.

Murrindal Playgroup, Rowville - Outdoor Blind Installation (Community Submission) \$3,450 Shade sail to be installed over the September/October school holidays.

Aimee Seebeck Hall, Amenities Upgrade \$10,000 Scoping works scheduled to commence in November.

Bergins Road, Rowville - Footpath 3 \$125,000 Construction works scheduled for February 2017. Design to be revised to incorporate shared use width.

Lakeside Boulevard, Rowville - Pedestrian Refuge \$15,000 Works scheduled for October.

Fulham Road, Rowville Reconstruction - Design \$30,000 Geotech investigation underway. Due to commence survey in September

Report compiled by David Gilbert in the absence of Jan Bates

RLCN Life Members

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.



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