



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

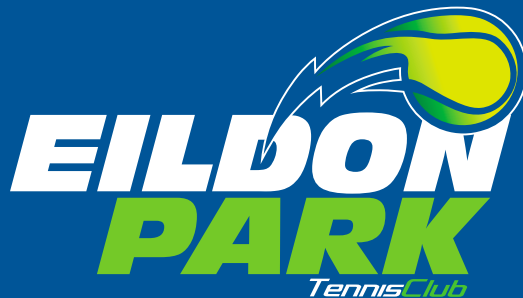
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FREE

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What's On Locally



Sponsored by:
Lions Club of Rowville

DIRECTORY

February 2017

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 in Feb, Apr, Jun, Aug, Oct & Nov. Scout Hall, Turrumurra Drive. Contact Jean 9763 1702

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, Kerry contact@rowvilletoastmasters.org.au

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

Uniting Church Services Sunday at 10am. Contact 9753 3495

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

March Events

World Day Of Prayer March 3rd., 7.30pm at the Uniting Church. Enquiries Judy 9759 6860

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From the Editor's Desk



Welcome to 2017, one where we will continue to produce your local community newspaper with enthusiasm and pleasure. Many of the existing contributions will continue, but we hope to add new ideas as we go along. For example, please have a look at the 'Art Chatter' column and let us know your thoughts.

Also please welcome Meagan Brooks as a junior reporter focussing on "A Young Person's View" and 'The Knox School' with regular articles in addition to their 'Ask The Principal' segment.

I must also thank both Gwen Hayes and Glenda Sturrock (nee Bickerton) for responding to our plea for old copies of the RLCN for our archive, for which we are most grateful. If anyone else has old copies of the paper in good condition we would love to take them off your hands.

The New Year also brought the sad news of the passing of two of our communities best loved figures, Marcia Kent and Ted Gearon. We extend our sincere sympathies to both families. Obituaries to them both appear elsewhere in the paper.

As the March issue of the paper comes out on 4th March, can I remind everyone early that the "Knox Festival" will be held at the Wally Tew Reserve on the weekend of 4th and 5th March. It is a fun two days that should not be missed.

Shrove Tuesday this year falls on February 28th and in some countries, including Australia, is referred to as "Pancake Day". In others, especially those where it is called 'Mardi Gras' it is a carnival day, and also the last day of "fat eating" or "gorging" before the fasting period of Lent. Shrove comes from the word *shrive*, meaning "absolve". The term Mardi Gras is French for "Fat Tuesday", referring to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season.

Pancakes are associated with the day preceding Lent because they were a way to use up rich foods such as eggs, milk, and sugar. They are first mentioned in cookery books in 1439 and the tradition of tossing or flipping them is almost as old. Traditional pancake races date back to 1445 and are still held in villages and towns across the United Kingdom.

It is also the last day before Lent begins. Lent begins on March 1st which is Ash Wednesday and continues for 46 days and ends on Thursday April 13th the day before Good Friday.

Oh yes, we can't forget that other special event, Valentine's Day on the 14th February. Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas. Let someone know that you love them, or maybe you prefer to remain anonymous! Can you send an anonymous email or twitter??

Finally test your memory with the photo of 'Rowville Rain' in this edition. What year was it?

**- Deadline -
MARCH 2017**

**EDITORIAL & ADVERTISEMENTS
Wednesday 18th February**

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

**PHOTOS: please email separately
DO NOT EMBED IN DOCUMENTS**

**ALL ADVERTISING
TO BE SENT TO:
abponnampalam@gmail.com**

**DISTRIBUTION
Saturday, 4 March 2017**

To add your club, organisation or association to the Directory or This Month's Events free listing, please contact the editor
9764 4703 or editor1@rlcnews.com.au



The 2017 Knox Australia Day Award recipients are:

- Citizen of the Year: Sandra Goodwin
- Young Citizen of the Year: Talia Ruighaver
- Volunteer of the Year: Sheelagh Howarth
- Local Hero: Warwick Smith
- Elder Citizen of the Year: Zita Ragg

Official proceedings featured an address by Knox Australia Day Ambassador, Dave Jacka, whose feats as a paralympian, educator, aviator and kayaker have helped inspire disabled and able-bodied people alike to reach their full potential.

Knox Mayor, Cr Darren Pearce said, "On Australia Day, it is fitting that we recognise and honour those men and women who have gone above and beyond in the service

of their community. As a society, we are the better for the contribution they make - something we should never lose sight of, nor take for granted."

Three Rowvillians were nominated and two won awards.

Citizen of the Year, Sandra Goodwin, has been an active member of the Rowville Senior Citizens Club for two decades and is a committee member of the Knox Council Senior Citizens Festival.

Volunteer of the Year, Sheelagh Howarth, contributes articles to the RLCN on behalf of the Eastern Raptors Rugby League Club where she has fulfilled various official positions.

Also nominated was Iga Pluta from the Eastern District Polish Club.

David Gilbert

Calendar of Events - February 2017

Heart Research Month - www.heartresearch.com.au;
FebFast - Health and wellness - febfast.org.au

Ovarian Cancer Awareness Month - www.ovariancancer.net.au

FebruDAREy Cerebral Palsy League
Website: februdarey.com.au

Don't Wait Until it's Too Late - Bowel Cancer Australia
www.preventbowelcancer.org

31 Jan - **School Term** Begins for students

2 Feb - **World Wetlands Day** - www.environment.gov.au/water/wetlands/world-wetlands-day

4 Feb - **World Cancer Day** - www.worldcancerday.org

4 - 28 Feb - **The Sustainable Living Festival**
www.slf.org.au

5 - 11 Feb - **Feeding Tube Awareness Week** - www.ausee.org/feeding-tube-awareness-week

7 Feb - **Immunisation** - 1.30pm - 3pm Rowville Community Centre - No appointments necessary. Bring your Medicare card and your child's Health Record book.

11 Feb - **National Pet Adoption Day**
www.petstock.com.au/adoption-day-2017

12-18 Feb - **Duchenne Awareness Week**
www.duchennefoundation.org.au

13 Feb - **World Radio Day** - www.worldradioday.org

13 Feb - **Apology Anniversary** - healingfoundation.org.au

14 Feb - **Heart Research Day** - www.heartresearch.com.au

14 Feb - **National Condom Day** - www.shfpa.org.au

14 Feb - **Sweetheart Day** - www.heartkids.org.au/be-a-sweetheart-this-valentines-day

14 Feb - **V-DAY** - end violence against women - www.vday.org

14 Feb - **Valentine's Day**

14 Feb - **Wear Red Day**
www.heartresearch.com.au/WearRedDay

15 Feb - **Immunisation** - Rowville Community Centre - 9.30am - 11am No appointments necessary. Please bring your Medicare card and your child's Health Record book.

18 Feb - **White Night Melbourne**
whitenightmelbourne.com.au

18 Feb - **International Asperger's Day** - www.asperger.asn.au

20 Feb - **White Night Melbourne** - whitenightmelbourne.com.au

20 Feb - **World Social Justice Day**
www.un.org/en/events/socialjusticeday

21 Feb - **International Mother Language Day**
www.un.org/en/events/motherlanguageday

22 Feb - **World Thinking Day**
www.worldthinkingday.org/en/home

23-24 Feb - **National Family Drug support Day**
www.nationalfdsday.fds.org.au/

24 Feb - **Teal Ribbon Day** - Ovarian Cancer Australia - www.ovariancancer.net.au

25 Feb - 5 March - **Seaweed**
www.mesa.edu.au/seaweed.asp

26 Feb - 4 Mar - **Orthoptic Awareness Week**
www.orthoptics.org.au/events/awareness-week

27 Feb - 6 March - **Sea Week** - Marine Education
www.mesa.edu.au/seaweed.asp

28 Feb - **YMCA Swimathon** - ymcaswimathon.org.au

28 Feb - **Summer's Day** - www.summersday.com.au

28 Feb - **Rare Diseases Day**
www.rarediseaseday.org/country/au/australia

28 Feb - **UnitingCare Pancake Day**
victas.pancakeday.com.au



Contrary to what seems to happen in many areas of our modern life, things do tend to slow down during December. Well, at Rotary, we don't 'slow down'. Club activities keep going as can be seen in these samples of events planned by some Clubs, raising funds to support a whole range of charities and projects both in the local community as well as overseas.

Emerald Rotary Club – Kids Fun Run with Thomas the Tank Engine

Sandringham Rotary Club –Breakfast with Lindsay Fox at the Yacht Club;

Knox Rotaract Club – End Polio Movie Night;

Templestowe Rotary Club – 200th Anniversary of the identification of Parkinson's Disease - Dinner & Address

We will continue with our Bunnings Scoresby Barbecues.

Rotary is also on the radio!! Listen in to 3WBC – 94.1fm every Friday from 6 – 8pm and to Station 96.5fm Rotary in Action every Tuesday evening from 4 – 5pm. Both are staffed and presented by Rotary volunteers.

Did you know that, through a bequest to Rotary, you can "Keep Doing Good in the World beyond Your Lifetime". The Rotary Foundation has a special Endowment Fund that you can include in your estate planning. You can include Rotary by making a codicil document to your will or by making Rotary a beneficiary of a retirement plan or insurance policy. Contact our Club's Rotary Foundation Chairman, James Wilson on 0427 548 662 for full details and a copy of the special brochure.

Our Kiriwina Island Project has made great progress, due mainly to the untiring work of Rotarian Alan Lunghusen.



Alan advises that 60% of the project is complete with 20 tonnes of materials and equipment delivered. This includes 41 hospital beds and mattresses, medical supplies, clothing, school books, composting toilets, tools and building/plumbing materials.

So far, all the school books and clothing have been distributed, a water pump, 9,000 litre water tanks and spouting have been supplied and installed over the well in the Primary School, which doubles their water storage capacity. In progress is a project for islanders to manufacture 100 timber school desks as currently in most classrooms, children sit and write on the concrete floor!! To date they have made 84 and all are in use!!

The biggest project under way is the installation and commissioning of three composting toilet systems to provide proper sanitary facilities. An enthusiastic team of islanders have got behind all these projects and are grateful for the dedicated leadership that Alan has provided. We are still working hard to continue fund raising to expand this island program and would welcome any donations to ensure that this project is sustained. If you would like to



Above: *Desk prototype*

Left: *New hand pump over the well - it works!!*

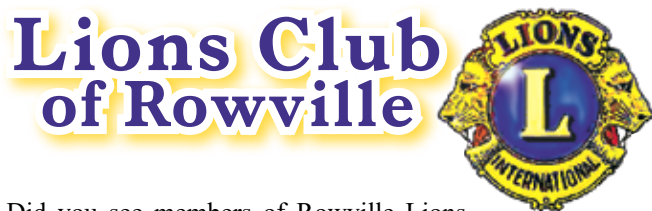
make a personal or corporate donation, please contact either Alan Lunghusen on 0488 033 133 or James Wilson on 0417 548 662 any time.

Details of our meeting venue date and times can be found in "What's On Locally" on page 2. If you are community minded, like fun and fellowship and would like to find out more about Rotary, then you are invited to come along as a guest any Tuesday evening. Call either Kevin Harrison 0419 919 011 or Heather Eddy on 0419 376 743. For further information log on to our website: www.rowvill Rotary.com.au and also follow us on Facebook and/or Twitter.

Rotarian James Wilson

Questions That Haunt Me

How important does a person have to be before they are considered assassinated instead of just murdered?



Did you see members of Rowville Lions at Stud Park Shopping Centre during December? We were there selling Christmas cakes, puddings, cake slices, mini freezer blocks for your stubby holder or lunch-box and emergency medical books. Our other venue for cake sales was at the Bunnings store on Ferntree Gully Road.

Triathlon marshallng resumed during November and two Rowville members were on their allocated corners by 6am on the day. A brand new position on the course this year, was given to your reporter to supervise and this happened to be directly opposite the start and finish line. She had three cars to attend to the whole morning and saw the start and finish of all four races, including the one for the younger



Judy and Julia selling Christmas cakes at Stud Park Shopping Centre

Editor's Note:- Obviously an early morning shot!!

children. Unfortunately, for one little girl, her bike seat became unstable and she fell from her bicycle and so was no longer a contender and was very upset. The look of sheer determination on some of their little faces was priceless to see.

As a non-sports person, your reporter was surprised to learn that the bike riders must run and wheel their bike to the start line before mounting and similarly must dismount just before the finish line and run and wheel their bike to the time keeper. The event marshals constantly repeat these instructions as contestants start and finish the race. Many contestants ran to the start line in bare feet as their shoes

were already strapped to the bike pedals. Similarly many fumbled to get their feet into the shoes and so opted to ride feet on top of the shoe!

From the same vantage point your reporter also saw the contestants in the sprint race, as they ran the final section along the footpath by Beach Road, to the finish line. It was a thoroughly enjoyable and very busy morning!

Julia Young

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Combined Probud Club of Knox

A minority of young people have been creating bad news recently, but thankfully the majority are well behaved and do not cause concern in the community. This was demonstrated at Our Christmas Lunch, a two course meal at the Stamford, which was made even more enjoyable by Bev's granddaughters, Taylah & Madison, singing for us. Their smiles alone were uplifting not to mention the singing! And it was great to see the generations interacting. Tricia came up with one of her great ideas, a Christmas song quiz which made us all use our brains.

27 members of our Sip & Sup Lunch Club had a fine time finishing the year with a visit to Seville Estate winery, enjoying a 3 course lunch in lovely surroundings overlooking the vines.

Our annual Knox Council bus trip, when a bus is provided at a very reasonable price, together with our usual bus, saw 55 of us leave Rowville for our final outing of the year to San Remo where we boarded a 'Wildlife Coast' cruise, to see the seals. Tricia, our fabulous outings organizer, was



advised we wouldn't be going from Cowes as originally planned due to the northerly winds whipping up the seas. We were able to get up close to the largest colony of fur seals in Australia as you can see from the amazing photos. Some of them put on a swimming and diving show just for us! We had a lovely lunch of soup and sandwiches on the boat. On returning to San Remo we had a short time to buy fish from the co-op or visit the shops before boarding the bus to return to Rowville.

We start 2017 with a picnic on 31st January at the newly renovated Tim Neville Arboretum, Ferntree Gully.

On 21st February we will enjoy the sunset as we cruise to Williamstown, where boxed fish and chips (from the Strand) will be delivered to us at Gem Pier. On our return, we take in the spectacular views of Melbourne by night. On 8th March, we have a visit to 'Kinky Boots' at Her Majesty's theatre.

Val Eldridge

Editor's Note:- If you haven't been to the seals and are contemplating a visit, take a face mask. The aroma is.... well you just have to experience it!!



Rowville Unit

Red Cross has been a critical part of Australian life since 1914. Over one hundred years later, there are over one million Australians who are actively involved with Red Cross. They may be volunteers, members, staff, financial and blood donors or supporters of the principles of Red Cross.

Within Australia, Red Cross works with people who are involved in an emergency situation or a natural disaster. They also work with assisting the elderly to remain in their homes, newly re-settled refugees, people wishing to trace relatives and also saving lives through first aid or blood donations.

There will always be a need to reduce human suffering and Red Cross aims to assist through offering practical support, whenever and wherever it is required.

There are many ways in which community members can show support to the worthy aims of Red Cross. These include – giving blood at the mobile units, donating during March to Red Cross Calling, supporting Red Cross Op Shops or by becoming a member.

Details of where the Red Cross meets, their times and dates can be found in "What's On Locally" on page 2. New members are most welcome.

Alison Sharrock



HOMESTAY OPPORTUNITIES



Providing homestay accommodation for an international student offers the chance to learn about another culture and build lifelong friendship. Students are typically aged between 15 and 18 years of age and need accommodation ranging from a few months to up to three years.

In return for accepting a student into your home and family you will be paid a generous weekly amount for your hosting and hospitality.

For further information or to register your interest in this unique opportunity, please call the International Student Coordinator at the college on 9755 4555 or email rowville.sc@edumail.vic.gov.au



Travels With RLCN - Alhambra Palace Gardens



Stop & smell the roses

Stalks 'N' Stems our resident florist has moved into a larger shop space next to IGA. Come by and smell the beautiful bouquets on display.

Arrangements can be made to order or choose from our wide variety - including Native Australian Flowers - on our website.

Stalk 'N' Stems can send your flowers for a same-day delivery and next-day delivery to Rowville and surrounding areas*. Perfect for that last minute Valentine's Day surprise.

Have a special event or wedding in the Rowville area?
Give Sarah and her team a call on 0439 758 541

STALKS 'N' STEMS

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www.rowvilleflowerdeliveries.com.au

TRADING HOURS

Open Monday to Friday & Saturdays
8:30am - 5:30 pm
Closed Sundays.

*Subject to availability and conditions.



WELLINGTON VILLAGE

Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville

wellingtonvillage.com.au

Letter to the Editor

Dear Sir

Good morning, I hope this finds you well.

Please note that P's Please Driver Training is currently advertising on your inside back page of the RLCN.

We would like to inform you that we are actually moving from the area in February, so would you please be kind enough to remove our ad as of the end of the Dec. edition.

We would like to thank you so very much for the opportunity to advertise with you, we always survey our clients and the RLCN has been on par as our No. 1 with yellow pages on-line for drawing clients.

It has been most successful.

I look forward to hearing from you, confirming our request. Please do not hesitate to contact me should you wish to discuss this further.

We hope our space that we are giving up is as successful for the next business owner.

Kind Regards

Glenys Wingfield, Office Manager, P's Please Driver Training

Editor's Note:- Advertising in the RLCN works, either a display ad. or an Local ServiceDirectory entry. Give us a try.

Letter To The Editor

Dear Editor

You are probably aware that NBN is currently being rolled out in Rowville. Notification came as a letter from the NBN stating that all residences had 18 months to change to NBN. After that date existing internet and telephone connections would be disconnected. I spoke to several people around the area and they were as confused as I was.

Quality internet connection had been a concern for me for some months as I was told by my local computer support person that everybody in the area was suffering poor internet speeds. I was also advised by a Telstra technician that the NBN was later than planned and the system was overloaded. Telstra installed their last update for Rowville in January 2016, and no more were planned. The problem was there were too many people on the line!

I became an early Rowville adopter of the NBN. Installation consisted of a new modem and a router and the disconnecting of my copper wire telephone. But the really annoying thing was my nominal 50MHz download speed plan has been converted to a 5mhz download speed, and on testing, it ran at 1Mhz. Have they turned down the speed



to put more users on the line I wonder? I know in other suburbs with NBN their download speed is around 60Mhz.

Although I am personally annoyed, I assume the whole neighbourhood got the NBN letter. What do people actually have to do, and what actually happens. What are the ramifications of losing the copper connection? What kind of result/service can they expect post installation, and what can they do about it.

Les Lawrence

Editor's Note:- This is not an isolated complaint. What is happening? Politicians, Telstra, NBN, whoever, residents need answers.

Letter To The Editor

Hi David,

Thought you might like to know what your long past, former RLCN cartoonist Clementine Gribble (Clemmie), is getting up to in 2017.

Clemmie has recently taken up scuba diving and while still a beginner has enjoyed already dives off Scotland, Australia's Gold Coast, and the Canary Islands. This year she plans, as a volunteer, to help BSAC UK with one of their annual promotions.

Cheers,

Peter and Janette Gribble



Clemmie diving in Wales early in January 2017

Letter To The Editor

Dear Editor,

Thank you very much for your note on my "Letter to the Editor" printed in the December issue.

As it stands, the information for the original *Memory Lane* entry of 2011 regarding the 38km Bike Hike of the Scout Section of 1st Rowville Scout Group was released following erroneous instructions and information by myself to their Secretary Terri Stanley. Therefore the full responsibility for this is resting with me and **Secretary Stanley is in no way to be blamed**. Furthermore, as you have faithfully copied the original press release, you are correct, that **at no time it has been stated anywhere, that any leader of 1st Rowville Scout Group did underperform at this event**. The misinterpretation is based on my bad memory of the original circumstances.

My original "Letter to the Editor" published in the December issue was unjustified, giving the impression that 1st Rowville is an unqualified Scout Group. This is far from the truth. I was wrong. Anyone involved and affected, please accept my **unreserved apology** for this misrepresentation.

Kind regards

Matthias Schaper

FROM THE ARCHIVES

Memory Lane February 2012

In the 'Lions Youth Of The Year' quest, the winner of both the speaking competition and the overall prize at the Rowville branch was **Priyanka Chakranarayan**. Do you remember the experience Priyanka and how did you get on in the zone final?

The **Knox Italian Community Club** held their 'Venezia Masquerade Dinner Dance' at their Club rooms in Karoo Rd. As we haven't heard from you in over 12 months are you still holding events like this?

After two years of hard work, **Lucas Durant** from the Heany Park Scout Group was awarded the highest honour for a cub scout, his 'Grey Wolf' award. Are you still in the scouts Lucas?

Both the **Rowville Cricket and Football Clubs** welcomed the \$100,000 funding from the State Government for the **upgrade of Seebeck Oval**. It looks good from the road but how does it play now?

Councillor Pearce presented a petition with 112 signatories to Council, objecting to the rezoning of the **Waverley Golf course** to residential. I believe the future of the land has still not been resolved?

At the end of 2011, **Penny Fraunfelder** of Rowville Primary School, retired after more than 40 years service to education 15 years of which were at RPS. What are you doing these days Penny and do you miss school?

Work commenced on the upgrade of the **pedestrian crossing near Westminster Dr.** on Wellington Rd. How many residents use it today?

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Paul's Photography Patter

I have produced magazines and written articles for various newspapers, flyers and club bulletins over the years and naturally all of them have included my photographs to illustrate what the subjects and topics are about.

Consequently, I occasionally get queries from people about to write an article for the first time in a newspaper, bulletin or magazine and want to include one of their photographs with the wording. They want some hints on which of their images would look best.

The critical questions I ask them are:

Are you writing for a glossy magazine, or print paper in a bulletin or a newspaper?

Magazine glossy paper will potentially give the best image colour and fine detail reproduction. Consequently you can use the most colourful and detailed one of your images.

If the image will be in newspaper print, then generally avoid a subject that definitely relies on the beautiful colour and fine details as the print reproduction may not do justice to your image. Normal print paper used for many bulletins is somewhere in between these two extremes.

What size do you think the eventual printed image will be?

A large photo is capable of showing fine details. Naturally, the smaller the image the less cluttered with fine detail it should be as viewers will not see the details. In other words, generally choose an image that keeps the scene simple the smaller you feel the image will be.

Choose an image that clearly illustrates the topic of your article.

An image with high visual impact that the viewers will immediately identify as relating to the topic is often a major factor that attracts the reader to actually read your article and not just pass over it to the next topic.

Ensure your image is the highest resolution photo file you can provide.

Many photographers use the lowest file capacity when taking photos but this can be a problem in the printing process, particularly for larger printed images.

Hint: For printed articles, choose images that have impact, immediately identify with the topic and have least distracting minor fine detail that will not reproduce well the smaller the photo size.

Happy snapping,

Paul Lucas.



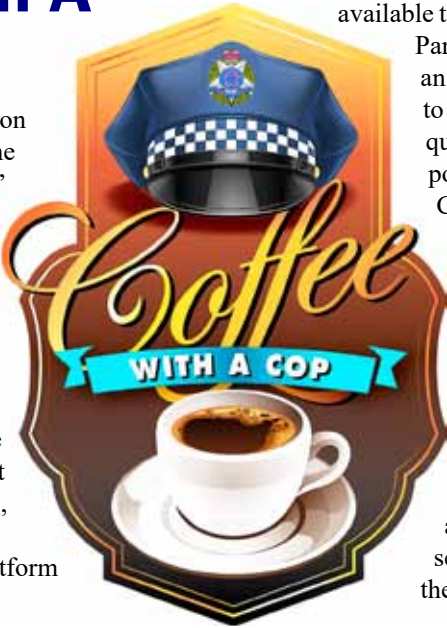
Above: An unusual high impact image accompanying an article on "The London Eye", with minimal detail that prints well in a newspaper.

Editor's Note:- What a terrific photo, but it would have been better if you could have arranged for one of the occupants of the gondola to be reading the RLCN for the 'Travels' section!!

Stud Park Shopping Centre "Coffee With A Cop"

Stud Park Shopping Centre, in conjunction with the local Police, is launching the very successful 'Coffee with a Cop' community initiative in Rowville. A number of retailers in Stud Park will partner the initiative, starting with 'Gloria Jeans Coffees' hosting the first 'Coffee with a Cop' event from 10.30am – 11.30am on Tuesday 7th February.

'Coffee with a Cop' is an effective approach to community engagement that has been a big success in the US, Canada and throughout NSW. Locally, the program provides a platform



where Rowville police members will make themselves available to the general public once a month at Stud Park coffee shops. These sessions provide an opportunity for community members to chat to the police, voice concerns, ask questions and get to know their local police in a friendly and safe environment. Centre Manager, Kellie Suhr, said, "We are excited about this opportunity to bring 'Coffee with a Cop' to Stud Park, as we believe the benefits for the local community are vast. It is a wonderful platform for individuals of all ages and diverse backgrounds to engage with their local police".

'Coffee with a Cop' provides 1 free coffee for anyone that attends the event and meets with local police during the session. Stud Park will hold sessions on the following dates this year;

StudPark

Tuesday 7th February 10.30am – 11.30am
Tuesday 7th March 10.30am – 11.30am
Tuesday 4th April 10.30am – 11.30am
Tuesday 2nd May 10.30am – 11.30am
Tuesday 6th June 10.30am – 11.30am

For further details visit: www.studparksc.com.au
Facebook: @Studpark or contact Fiona Murray 9764 1218
Fiona Murray Marketing Manager

Origins Of Words And Phrases "Turn a blind eye"

The phrase "turn a blind eye" is often used to refer to a willful refusal to acknowledge a particular reality, which dates back to the career of the British naval hero Horatio Nelson. When during 1801's Battle of Copenhagen a more conservative superior officer flagged for him to withdraw, the one-eyed Nelson supposedly brought his telescope to his bad eye and blithely proclaimed, "I really do not see the signal." He went on to score a decisive victory. Some historians have since dismissed Nelson's famous quip as merely a battlefield myth, but the phrase "turn a blind eye" persists to this day.

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Wednesday 22 March, 9am



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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". Held on the **third Thursday** of the month at 10.30am, the next session on **Thursday 16 February** will be presented by Zoe Ruth, exercise scientist, on the topic "**Making Time for Yourself**". To book, call Rowville Library 9800 6443!

Feng Shui Workshop: Discover how to make the most of Feng Shui through application of tools & remedies for 2017, year of the Fire Rooster. Bookings Essential: phone 9800 6443. Free event.

Computer workshops: Free sessions on Thursdays at 2pm. **Facebook (Pt 1) workshop 2nd February** and **eBooks & eAudiobooks on 16th February**. Please book.

Coming up in March: Thursday 2 March 2pm Centrelink Financial Information Service Info Session *Recently there have been important changes...* Followed at **6.30pm by Coding: what to know before your start**. Micah will present this session on programming. **Italian Chat:** Sessions will be held on the second Wednesday of the month at 2pm we have our Italian speaking librarian who will lead this session so that you can practice your Italian (not a class).

Gardening @ Rowville: Tuesday 14 February at 10.30am. Working for Flemings Nursery growing trees for over 30 years, our guest speaker, Titch, will answer all your tree selection, planting & pruning questions, and give a pruning demonstration. 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.

Tech Help: On Tuesday and Wednesday mornings a staff member is available from 10am to assist people to use the computers (ours or yours!). Everyone is welcome. The sessions are free.

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 6 February** at 2pm.

Bookclubs: Three bookclubs each meet once per month - Friday evening, Thursday evening or Tuesday afternoon. Interested? ... Ring Rose 9800 6439. Total cost is \$36 per person for 2017.

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!

FAMILY CIRCLE

Parenting Group

A monthly presentation and discussion on health, wellness, fitness, injury prevention and nutrition for you and your family



Free Session

This month's topic:
"Time for yourself"
(Details top left.)

eBooks and eAudiobooks: 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 also available in Italian. Bookings 9800 6443

Rowville Writers' group: Next workshop will be Tuesday **7 February** and the meeting will be Tuesday **24 January**, 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: Regular storytimes recommence on 3 February 2017.

List of regular storytimes held during school terms: Bookings are not required.

- Monday 10.30am Pre-schoolstorytime (age 3 - 5): Tuesday 10.30am Family storytime (all ages)
- Wednesday 10.30am Toddler storytime (age 1 – 3) and 2pm Tiny Tots storytime (age 0 – 12 months)
- Saturday 10.30am Family storytime will be held every Saturday morning (excluding summer holidays).
- Bedtime storytime** is held on first Friday of the month at 7pm. This month the **3 February**.

Are you a member of the Rowville Community Library? You just need ID to join. 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

The Art Critique

Life aquatic (Monash Gallery of Art)

The Monash Gallery of Art's interior contains three galleries, a single line of semi-detached rooms, ideal for creating the illusion of a journey. For Monash's exhibition *Life aquatic*, such theatricality has been used to its full advantage. *Life aquatic* contains the work of three contemporary photographers, Narelle Autio, Ruth Maddison and Catherine Nelson, whose skills have been devoted to the mutual theme of marine life and water-based activity. Gallery one plunges you into silent darkness, illuminated by Catherine Nelson's underwater photographs, consisting of hyperrealist photographic 'paintings'. Nelson has digitally combined images of mangrove swamps and water lilies, their bright colours radiating like fluorescent signs. The dense vegetation appears in seductive arrangements reminiscent of the vivid colouring of Flemish Baroque still-lives, embellished by god-like colour and light. Such fantasy images are perhaps not surprising coming from someone whose resume includes experience as a special effects artist for the Harry Potter films.

Claustrophobics need not feel anxious in this darkened space. Following on from Nelson's display is a decorated children's zone. Featuring hanging sea-weed and inflatable fish, you will think that you're at an American Prom, dancing "Under the Sea".

In the second room blue light pulsating across the floor signals that you are now travelling close to the surface. Narelle Autio's large images, many over a meter wide, capture adults and children diving beneath the surface and walking over sand. The swimmers' elegant, ballet-like poise reminds viewers of the frozen grace contained in Charles Meere's *Australian Beach Pattern*, except the photographed bodies are more vivid than Meere's oil paints, with darker, Kodachrome-like colours. They remind this critic of Bill Henson's dark, isolating portraits, although the subjects appear less vulnerable.

In the third gallery there is no mood lighting, only light,

CAKE DECORATORS ASSOCIATIONS OF VICTORIA, ROWVILLE BRANCH



The Cake Decorators Associations of Victoria, Rowville Branch will hold their first workshop for 2017 on Sunday 12th February from 10am to 3pm at Rowville Scout Hall, Turramurra Drive, Rowville.

The guest demonstrator will be Suzi Ellis, who will be teaching us how to create animals from icing. These cute little animals would be perfect to decorate a child's birthday cake.


The fees are \$10-00 for members and \$15-00 for non-members, which includes tea and coffee. BYO lunch. Please book as early as possible.

Our 2017 meetings will be held on the second Sunday in February, April, June, August, October and November.

New members are very welcome. For all bookings or enquiries please ring Jean on 9763 1702 or Madeleine on 9870 5743.

Madeleine Stuart

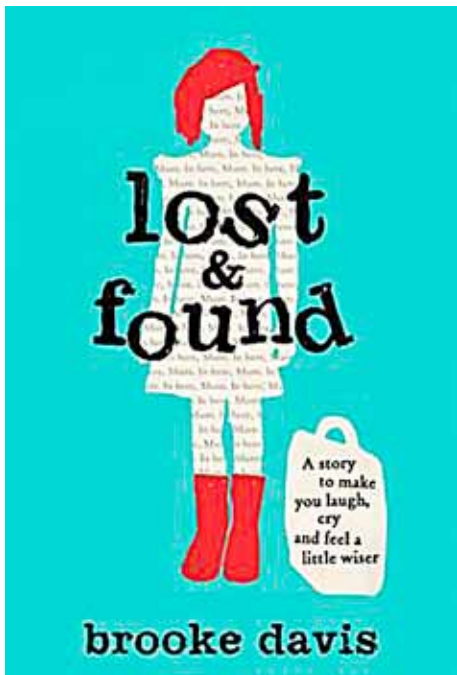




A Lost and found

by Brooke Davis

There are three main characters in the story, which begins with young Millie Bird, who has been left behind in a department store by her mother. She spends a few nights hiding out in the store and befriends Karl the Typist and Manny, the store's mannequin. Karl the Typist is spending time at the department store because he has run away from his nursing home. The third character is Agatha Pantha, who lives in the house opposite Millie's old house and has not left her house since her husband



died seven years ago.

Agatha Pantha notices when Millie returns to her old house and is there on her own. She slowly starts helping Millie out with food and when she finds out that Millie's mum has left her and gone interstate, she undertakes to help Millie find her mum. At the bus station they meet up with Karl the Touch Typist and the three set off together.

They attract attention because Millie is a rather unusual child, Agatha Pantha shouts everything she says, and Karl the Touch Typist is constantly typing an imaginary keyboard with his fingers. Naturally, they handle this attention in very unconventional ways, and soon find themselves in all sorts of situations and crazy adventures.

This is an enjoyable read although a little quirky. I hesitated about writing a review for it as I'm not sure that everyone would enjoy it, as it is quite different.

Rose Thompson, Rowville Library

which suits the documentary style of Ruth Maddison's lumen photography. She does not utilize a camera, instead laying seaweed onto silver gelatin photographic paper. Exposed to sunlight, they form a silhouette.

Life aquatic plays on perceptions of the ocean as dark and enigmatic. The curatorial aim seems to be to make the ocean floor appear abundant with bright colours. As the sea travels further upwards, nearer to human activity, the colour begins to fade away. In its place harsh sun-light leaves sea-life blotched and faded. Above the surface, water vegetation becomes lifeless, literally black and white, making you want to return to the fantastic colours of life deep beneath the water.

Matthew Duczka

Editor's Note:- This is the first of a proposed new series, focusing on the many art galleries and exhibitions in the eastern suburbs that the reader may, or may not know about. An introduction to our critic, Matthew, can be read on-line in the December 2016 issue.

Photo right: Autio Narelle (Yellow Haired Girl)



An Hour With...

Kendra Parker is the new Principal of Lysterfield Primary School and her road to the position has been as interesting as it has been diverse.

Kendra was born in the William Angliss Hospital and was the fourth and last child of John and Alice Parker. Her Dad was a car mechanic and later a salesman whilst her Mum, originally a dressmaker, stayed at home until the children grew up, before managing a sports store.

Kendra's early years were spent in Wantirna South where she remembers the open spaces, farms and orchards which the children loved to explore. She attended no less than three Primary Schools, Studfield, Wantirna Heights and Regency Park where she was a classmate of Kylie Minogue! "We were one of the first residents in the area and I moved schools as they built them closer to our house," explained Kendra. She went on to Wantirna High School and in 1981 when the family moved to Cheltenham she attended Cheltenham High School.

"I played tennis and later netball and I remember enjoying athletics as well. Today I enjoy my time in the local gym and supporting the Collingwood AFL team," said Kendra. Other than sport, she is happy walking her two Labradors



but also enjoys her time in the kitchen cooking. She has recently joined the Dandenong Ranges RSL committee to have a voice in future activities.

Kendra gained a Diploma of Teaching at Melbourne College of Advanced Education (now part of Melbourne University) in 1988 and went on to achieve a Graduate Diploma in Special Education in 1992, before gaining a Graduate Certificate in Public Policy in 1998.

During the Kennett State Government era, many schools were being closed so teaching posts were hard to find, which lead Kendra to look elsewhere. She took up a position in logistic services for the Federal Police, before returning to study at Melbourne University to gain her Special Education Qualifications and working for a year in

a special school.

Following this, Kendra decided to spread her wings and moved abroad to teach in London and travel Europe for the next 2½ years. Upon her return to Australia in 1995, she worked in the disability field, working with adults with intellectual disabilities. In 1997 she again spread her wings, moving to Brisbane and taking a job with Queensland Rail, working as a Senior Business Analyst on the Y2K project and then in the capacity of Senior Policy Advisor.

It was the bayside area to which Kendra returned after her interstate and overseas experiences and in 2001 she returned to the Primary School classroom at Kerrimuir followed by Oakleigh South Primary Schools.

Kendra next moved to Sandringham East Ps where she soon became the Assistant Principal, before accepting the post of Principal at Mentone Park in 2011. Just prior to coming to Lysterfield PS, Kendra has been working at the Bastow Institute of Educational Leadership for 6 months, helping our government schools to network in a Communities of Practice approach to education.

In 2004 Kendra met her husband James and they have been together ever since, moving to Sassafras in the Dandenongs 4 years ago. "I love the calmness of the area," mused Kendra. James is an 'Artisan Blacksmith' creating intricate wrought iron works.

"My big sister was probably the biggest influence on my decision to enter the teaching profession, as previously, like many young girls I wanted to be a hairdresser" said Kendra.

"I enjoy trying to create a welcoming environment for students and teachers, where everyone can flourish. Unfortunately, the job also includes a lot of paperwork and accountability plus long hours, which can distract from the job of face to face teaching," she added.

Kendra has had a number of mentors throughout her life and admires people who stand up for their beliefs and are led by their moral purpose. Her expansive travel around the world has also brought her into contact with many interesting people. Kendra still loves to travel and has been to many parts of Europe, particularly Turkey, Asia, North America, New Zealand as well as at home in Australia.

She has a clear idea of the direction she wishes to take Lysterfield PS. "I believe in a programme where students are encouraged to be curious about their learning and the world around them. This broadens and opens up their minds" Kendra said.

Her advice to anyone considering the teaching profession is to prepare to work hard and to put in long hours in and out of the classroom, but most of all give yourself time to enjoy the experience and reap the rewards.

If Kendra wasn't absorbed in education she said "I think I'd like to open a restaurant and wine bar". Now that's a lady after my own heart!

Interviewed by David Gilbert

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Eastern Community Legal Centre

A New Family Violence Service for Women

Attorney-General George Brandis QC launched ECLC's new family violence program, SAGE (Support, Advice, Guidance, Empowerment) at our AGM in November. The program provides a unique 'wraparound' service for women experiencing, or are at risk of family violence, including legal, social and other support. It ensures an accessible, flexible and responsive service for the diverse needs of women. Financial counselling tenancy advocacy, housing support, children's counselling, income support, health and employment are some of the areas covered.

Service providers that wish to work with the SAGE program are invited to contact the service at SAGE@eclc.org.au

In the 2016/16 year ECLC assisted a record number of 3,211 clients. 38% of the Centre's work related to family violence matters and a further 22% to family law. ECLC assisted 945 clients at Ringwood Magistrates' Court as part of its family violence intervention Order Support Service, which was an increase of 20% on the previous twelve months.

ECLC's new website now features the latest information on services, partnerships, resources and community news.



Belinda Lo (left) Principal Lawyer at ECLC, and Marika Manioudakis (right) Manager of Major Projects (which includes the SAGE Program).

Visit eclc.org.au

Our Passion for Equality

Equality – theoretically, very easy to understand; practically, very hard to achieve.

ECLC provides free legal advice, at monthly outreach sessions in Rowville and through the Intervention Order Support Service at Ringwood Magistrates' Court (for people who are attending a Court hearing). ECLC has

guidelines that dictate whether help can be provided beyond the advice appointment. Often, ECLC provides referrals to other community organisations and services, be it tenancy advice, financial counselling or other support and information. Similarly, ECLC accepts referrals from other community groups and organisations.

Janet's Story

Janet had an Intervention Order (IVO) application brought on her behalf by the police (also known as a Family Violence Safety Notice). Janet was confused about the application and the options available to her. The police referred her to an ECLC Duty Lawyer Service so that she could access independent legal advice. Janet met with the Duty Lawyer and was also supported by the Court Applicant Worker.

After speaking with the Duty Lawyer, Janet had a better understanding of why the police had intervened in her matter. She also felt more confident about instructing the police and asking for the IVO respondent (perpetrator of family violence) to be removed from her home so that she and her children were protected. The Duty Lawyer also provided Janet with simple family law advice.

ECLC can also offer community legal education on various topics to local community groups and services about legal issues relevant to them. If you're interested in having someone come out to speak to your group, please contact ECLC and ask to speak to the community development worker.

9762 6235

Email: outereast@eclc.org.au

Website: <http://eclc.org.au/>

Editor's Note:- My thanks to Jacqui D'Sylva for her contributions for the last 18 months and all good wishes for her future.

Stamford Park Men's Shed

At long last, we eventually had delivery of our new ride-on mower. There is so much mowing needed around the homestead, that it was badly needed. There was a long delay locating a larger cutting deck than the usual size fitted to this mower. We gave it a test run, and already we can see the huge amount of time that will be saved.

Leading up to Christmas, the Shed was once again involved with 'Knox Infoklink' and their Christmas Appeal.

The number of hampers delivered this year was in the order of three hundred, approximately one hundred short of the last few years. The requirement to get a police check this year seems a bit over the top, but with the work we have started with local Primary Schools, both Police and 'Working With Children' checks will become the norm and we can handle it.

We had The Shed Christmas party on the front verandah of the old homestead, sharing the wonderful views to the north-west. There was a big turn-up of most of our members and their better halves really enjoying themselves. We even have an experienced chef who catered the affair. The Shed was open



Members and partners enjoying Christmas lunch on the homestead verandah.

as usual over the holidays with a better attendance than was expected.

Members all agree that joining a Shed is so far ahead of sitting watching Coronation Street all day, and can add ten years to the life of old and younger members alike. If you have free time, drop in and have a natter any Tuesday, Thursday or Saturday.

The downpour of rain on the 28th December, (around 60 mm) made things a bit difficult to mow in certain areas, but that didn't stop us for long and the grounds in general are looking almost spectacular. Or certainly very attractive. Come and ckeck it out.

Ernie Morgan



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WALKING THE NEWS FEBRUARY 2017

WELCOME to new Distributors – Rick & Pat Goss. **Welcome to Lysterfield South** distributors Peter Mai, Angela Pemberton and Kath Gay. **THANK YOU** to retiring distributors – Lauren Whyte and dog (7mths) and to Elizabeth & Rod Cowling (19 yrs).

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

*3B-08 – Salerno Way (except 2 houses), Brearley Ct, Ferrier Ct & Whitton Ct – 75 papers

Please contact – Shirley Oudshoorn – 9764 4672

*5A-04 – Wedge Cr, Karoo Road (odd #'s 7 to 21) – 49 papers

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

*5B-15/5C-12 – Karoo Rd (even #'s 226 to 250); Langhorne Dr (odd #'s 1 to 11), Parklane Way, Victoria Knox Av (even #'s 2 to 22), Karoo Rd (odd #'s 231 to 251) – 52 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.

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Please contact – Peter Rumble – 9752 7592

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Peppertree Hill **Retirement Village**

In 2016 the Exercise Group activities at Peppertree Hill Retirement Village were under the direction of the 'Back in Motion Health Group', Rowville. The senior physiotherapist from this Group, Mr. Robert Edwards, was our instructor and was well received by residents at the weekly sessions.

As in past years, we continued to support a charity through donations. The "SOS Health Foundation Ltd" was the focus for 2016 and an amount of \$1,290 was donated.

The Foundation commenced in 2009, to translate the success of the Back in Motion Health Group into long term significant benefits in the lives of those who are poor or disadvantaged. Physiotherapists volunteer their time,

skills, expertise and talents for those in need. Other related health professionals also assist.

We have been pleased to support this important venture and hopefully will continue to do so throughout 2017.

Keep Moving Exercise Group

Last year's activities finished in early December with a short exercise



L-R Lindsay Croxford (Peppertree Hill), Lynda Cunningham (SOS Foundation) Robert Edwards (Back in Motion), Majd Rezkallah (Back in Motion)

session followed by morning tea. It was announced that an amount of \$1,290 had been donated to the SOS Health Foundation who we had been supporting throughout 2016. The Manager of the Foundation, Lynda Cunningham, was also present. We took the opportunity to make a presentation to our instructor, Mr. Rob. Edwards, from the Back in Motion Health Group, Rowville, to thank him for his excellent leadership and relationship with us over the year.

I would also like to thank those residents who attend for their support and donations. The average weekly attendance for the year was 26.

We recommenced on Tuesday, 24th January @ 9.45am.
 Lindsay Croxford



Travels With RLCN Jan Sharing The Printed Word With Jane Austen In Bath UK



Grandchildren's Photos

Paul & Maureen Lucas have four very talented grandchildren who are challenging their grandad for bragging rights. Nechma aged 17, Bracha 15, Simcha 14 and Eliezer 11 have won multiple awards recently at both the Dandenong and Lilydale Shows. The meerkat image, which won at both the Dandenong and Lilydale Shows is by Bracha and the stick insect, which won at the Dandenong Show was taken by 11 year old Eliezer. It was difficult to decide what to include so we will try and publish others in upcoming editions.



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Happy Valentine's Day



Nari Khera
 Franchisee



Rowville & Rafter Toastmasters

Rowville Toastmasters Club has been appointed **District 73 Club of the year** out of 138 clubs in Victoria, South Australia and Tasmania. The 2015-2016 Toastmasters year was an exciting and full year for the club, with many members reaching milestones of Toastmasters training, including completion of speech manuals, the chartering of the hugely successful Rafter Toastmasters Club and the executive team reaching their year's goals.

Rowville Toastmasters Club will begin 2017 with a Speechathon. For most people, the primary reason for joining a Toastmasters club is to improve our presentations. The process of choosing a topic, writing a speech, preparing it, practising it alone and practising it to a trusted mentor culminates in our desire to give the speech to an appreciative audience. In such a large and active club as Rowville Toastmasters Club we manage to provide opportunities to speak by supplementing our regular meetings with special speech focussed meetings – Speechathons!

In a speechathon, many of the other sections of a club meeting – the warm up where each person speaks for 15 seconds, the “off the cuff” speeches, any training presentations and formal business sessions are removed so there is room for many more speeches than normal.



Immediate Past President, Leona Jorgenson and Current President, Michael Byrne With The Trophy.



Rowville Rain

Can any reader tell us when this photo was taken. It is clearly the corner of Stud and Wellington Rds looking east, but when was it? Let us know what you think, or maybe you took the photo?

Moon Starer
Rearrange the letters
to form a word that
describes this person.

Each speech is evaluated by a fellow Toastmaster with encouraging and instructive comments.

If you are interested in seeing your local Toastmasters Clubs in action, you are welcome to attend free of charge and free of obligation on any Tuesday evening at the RAFT Church in Rowville after February 14. The Rowville and

Rafter Clubs meet on alternate weeks at 7:15pm. Full 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

A Young Person’s View

Once you enter high school you find yourself facing a new found independence. Suddenly you have to get yourself to and from different destinations, such as school, recreational activities and a part time job. The easiest way to get to these places not within walking distance is public transport. In my opinion, around Rowville and Lysterfield, public transport is lacking. For example, some residents in Rowville and Lysterfield go to school in the Dandenongs, such as at Mater Christi.

A lot of students catch the train from Ferntree Gully to get to school or university, since none of the train lines go through Rowville. However in order to get to the train station, students sometimes need to catch two buses. Furthermore, the bus and train times do not coordinate, leaving students waiting up to half an hour for a bus to come to get them home.

However, usually buses between different areas in Rowville and Lysterfield are very thorough. Buses to Stud Park, or even to Knox Shopping Centre run regularly. Students who have part time jobs can usually get to and from their employment. Nonetheless, a friend of mine had a job at a local florist, located in Wellington Village. Her shift started at 9:30 on a Saturday morning, but unfortunately no buses run to Wellington Village until 10 o’clock on a Saturday morning. This left her in a position that if one of her parents couldn’t drive her, she would have to walk from the border of Ferntree Gully and Rowville to Wellington Village.

The public transport system in Lysterfield and Rowville is already quite good if you are traveling within those areas, however at certain times of the day and when travelling to the city or Mount Dandenong it can be challenging to coordinate multiple buses and trains in order to get to your destination in time.

Meagan Brooks

Knox & District Over 50s

Happy New Year. If you are looking for something new to do this year then can I suggest you come along to the Knox Over 50’s I can promise you a very warm welcome.

There are various activities the Club has planned for the next few months. In February there is a bus tour to the Abbotsford Convent followed by lunch. Later in the month the club has a trip planned to the city where we board the Hop on Hop off bus. The club also hosts monthly events with cinema outings, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions for 2017 remain at the same level as for 2016 –that 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. Our next meeting is on **Tuesday 28 February 2017** and meetings start at 10.30am so come early to get a good seat.

Contact Jill on 9801 4363 for any further information.

Kay McLoughlin (Media Officer)

KNOX FESTIVAL 2017



4 & 5 MARCH
WALLY TEW RESERVE, FERNTREE GULLY
KNOX.VIC.GOV.AU/KNOXFESTIVAL

Vale Ted Gearon'

Ted Gearon died peacefully in Berwick at the age of 95 on 17th December 2016.

One of 9 children born to Jack and Ada Gearon, Edmond (Ted) Gearon was a significant character in the history of Rowville. To many people, he was an inspiration, a teacher, profoundly influential, and generous to a fault. This is a snippet of his story.

The Gearon family's first house existed to the south of Wellington Village Shopping Centre, where they regularly took people in who had come by to work in exchange for food and shelter. This was the time of the great depression and the experience of living and sharing would shape Ted and the Gearon family.

In 1935 the family was returning by horse and cart from church in Dandenong when Ted met them on horseback to deliver the devastating news that the house had burnt down. For six months the boys slept in a hayshed while they rebuilt the house, whilst the girls slept in a disused bungalow. This would also be the year when Ted, as a 14 year old teenager employed his first man and started work as a poultry farmer, yet he still made time to play in the family dance band each Saturday night, host community Christmas dances and to establish the Rowville Fire

Brigade by building a fire cart to be towed behind a tractor.

Once married, he lived in a tiny two roomed bungalow that was later surrounded by a large shed, which is inseparable from any memory of Ted Gearon. Whether you were working there, dropping in for a chat, or attending one of the many dances, it was arguably the industrial and social centre of Rowville. This is where he operated his poultry farm, rebuilt his first earthmoving tractors, invented farm machines and finally became a farmer. This is also where you could expect to be lectured on politics, history, morals, classical music, or literature.

Until the mid 1980s the shed held dances which were typically fundraisers for community groups such as the Rowville Fire Brigade, Rotary Club, or the Rowville Cricket Club. The shed would be cleaned out, the walls decorated with gum tree branches and streamers and hay bales were placed around for seating. These events were always a tremendous success.

The poultry gave way to earthmoving in 1965 then, in 1973 at the age of 52 he took to farming in North East Victoria while still managing his business in Rowville. The shed continued to be the centre for the construction of farm gates, concrete fence posts, inventions, and sheds. To the south of Wellington Village Shopping Centre lies Howsted Court, which is named after Ted Gearon. At 85 years of age he was operating his 25 tonne excavator when he tipped it over sending him crashing through the windscreen to the ground. He was taken to hospital only to be discharged that evening with no apparent



Ted on the right with his mother and brother Tom

injuries. Recuperating back at Rowville there were constant phone calls to his family and the questions were invariably "how's Ted?" Howsted Court was his daughter Rosemary's idea.

Most who now live there would be unaware of the scale of activity that occurred on that site, the dances, the parties, the music, and the shared sense of satisfaction found at the end of the day by hard working people. Ted Gearon will always be remembered for his values, values grounded in treating people as you would expect to be treated. Everyone was equal in his eyes regardless of their circumstances

Robert Gearon on behalf of the Gearon Family.



Vale Marcia Kent

Marcia was born on 23rd September 1912, as the second five children born to her parents Arped and Lillian.

Arped was born in Hungary and came to Australia to look after the machinery imports of the Ganz organisation. He married Lillian, a Tasmanian girl, in 1908.

The family lived in a lovely house in East Malvern that was built around 1880. The family nearly lost everything in 1914 as Arped was threatened with deportation but was eventually allowed to stay but was unable to work during the war years. She attended Kildara College in Malvern, during which time she developed a love for horses and often enjoyed riding with her sister Olga through open paddocks from Chadstone to Upper Beaconsfield. In 1938 Marcia met a young man, Richard Kochenhoffer, (who changed his name to Kent

to be more 'Australian') and they married in 1940, buying a house in East Malvern. They had three sons, Thomas, William and James. Richard passed away in 1990

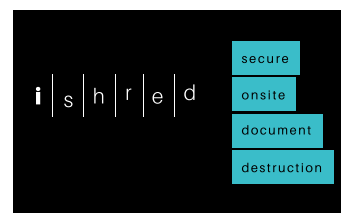
Marcia joined the Malvern Artistic Society where she studied painting and became a more than competent in landscapes, still life, animal studies and even nudes.

In 1966 the local council slapped a compulsory purchase order on their property to allow excavation for the South Eastern Main Sewer, which resulted in them moving to Rowville in 1967. A local doctor's wife enquired if Marcia would like to donate some money to the Red Cross Appeal and so started a long involvement with that internationally respected organisation. Marcia joined the Rowville unit in 1972 (the Unit commenced in 1971).

In 2012 she received her 3rd bar to her long service medal as recognition of 40 years' service. Among her contemporaries were Connie Fordham, Kath Finn, Mrs Gilligan and Mrs Seebeck and she was affectionately known as "The Pavlova Queen". She continued to attend meetings until 2007 and Christmas lunches for even more years.

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2017 Winners Grace Kim and Jackson Kalz

Sportscover Victorian Junior Masters January 3rd – 6th 2017

A record breaking 239 players assembled across the Waverley and Churchill golf courses under clear skies in the chase for this year's coveted Sportscover Victorian Junior Masters title. In a bid to expand the event even further, the 72-hole nationally ranked championship is now played over four days without a 'cut'.

Following her red hot form winning the Victorian Girls Championship in September last year as well as the prestigious Victorian Amateur title only a few weeks back, Alizza Hetherington was the early leader of the all-star girls line up with a great round of one under-par 71. In the boys section, Toby Walker and Antony Majstorovic both fired rounds of two-under par 70 to share the lead.

One shot stood head and shoulders above the rest as

Lysterfield Junior Football Club is very excited to be heading back for season 2017. With over 350 members we are all set and ready for a great season ahead!

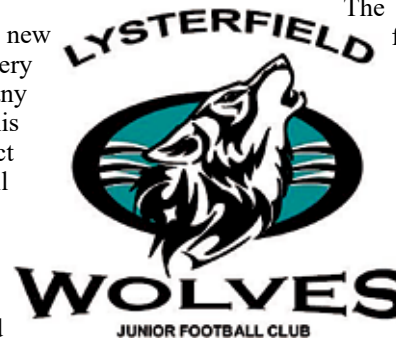
In 2017, LJFC will be fielding 17 sides in the Eastern Football League from Under 8's through to Under 17's. We still have places available for all ages other than 12's and 13's, so if you are interested in joining our club please contact our Registration Officer, Rohan Young on 0412 377 866 or download a registration form at www.lysterfieldjfc.org.au.

We will be holding a **registration day** at the Lysterfield Junior Football Club rooms at Lakesfield Drive, Lysterfield on Sunday **12th February** from **10:00am till 11:30am**. Current members are welcome to attend this day to finalise payments for the season.

Preseason training has already commenced for some of the older age groups and certainly new players are welcome to join.

We will also be entering a girls team in a new competition set up by the EFL. This is a very exciting time in football and we welcome any girls who are looking at participating in this league. Any interested players should contact Rohan Young on 0412 377 866 or email secretary@lysterfieldjfc.org.au

LJFC will be holding Auskick this season at Lakesfield Reserve on Saturday mornings in April. To register, go to www.aflauskick.com.au/register, click on "Register" and search on "Lysterfield" in the Centre Locator.



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

SPORTING ROUNDUP

For further details contact Brad McNay on 0409 149 868.

Lysterfield Junior Football club is a family orientated club with regular family nights, award nights and many other social events. It's not just about the kids! We have a strong culture of fairness, equality, inclusion and friendship. We are proud of the environment our club provides and promotes and we would welcome any new members. Go Wolves in 2017!

Position Vacant

We are seeking a canteen manager for the 2017 season.

The successful applicant will be responsible for the operation of all canteen duties including: ordering, menu preparation and game days. Roles and responsibilities are outlined in the Job Description which is can be obtained on request. Remuneration to be negotiated. For further information or to discuss the position, please contact Kerry Hulston on 0418 106 901 or email secretary@lysterfieldjfc.org.au

Julie Gould - secretary

Sara Hidayat put her 7 iron tee shot on the par 17th hole at Churchill straight into the hole to score her first ever hole-in-one.

On day 2, Grace Kim (Avondale Heights GC) shot a 3 under par 70 to sit 1 stroke back from leader Alizza Hetherington. There was a five player tie in the overall boys section, all with an overall total of 143. Tyler Duncan (QLD), Hiroki Miya (NZ), Zachary Maxwell (QLD), Shaun Campbell (NZ) and Victorian Toby Walker

At the end of day 3, the in-form Alizza Hetherington, set Churchill Park on fire birding her first three holes, stretching her commanding lead to four shots over Grace Kim but a double on 16, saw her lead cut two shots at the day's end. In the boys section the clubhouse leader was Zachary Maxwell, whilst Joshua Gadd jumped to 4th with a fantastic round of 68.

On the final day, as they had for the last three days, temperatures surpassed 30-degrees proving a testing finish to the week for all players. Two hole-in-ones were recorded in consecutive groups on the fifth hole at the Waverley site. Keeley Marx aced the par-3 and about 12 minutes later, Ethan Chen repeated the feat.

In the girls' section birdies flew on the front nine for both leaders as Kim took a one stroke lead at the turn. Tragedy

soon struck for Hetherington who triple bogeyed the 15th hole after an out of bounds penalty, handing Kim a four-shot lead that Hetherington was unable to recover from. Kono Matsumoto who shot an equal course record of five under par drew level with Hetherington and they both finished 2 strokes behind the winner Grace Kim.

Meanwhile, the boys' championship came down to an exciting finish. Zachary Maxwell, who held a two shot lead on the back nine, bogeyed holes 15, 16 and 17 allowing Jackson Kalz (Glenelg GC) to draw level down the 18th. Kalz remained calm and sunk the birdie putt at the last, where Maxwell could only muster a par, to seal victory.

Other age group winners were:-

Under 12 Anne Fernandez (Singapore) and Nivethan Kanthan (Spring Valley)

Under 14 Piper Stubbs (Rowville Sports Academy, Huntingdale & Waverley) and Nathan Page (The National)

Under 16 Rose Zheng (Pakuranga NZ) and Tyler Duncan (Redcliffe).

Thank you to all partners, players, spectators, volunteers and to the members of Churchill-Waverley Golf & Bowls Club for making this year's Sportscover Victorian Junior Masters a huge success.



The 'Summer of Tennis' is certainly in full swing at Musillo Tennis Academy (Eildon Park Tennis Club)! Our students have been showcasing their skills on the show courts of Melbourne Park for the Australian Open and Kooyong Classic. MUSTA's junior players loved the opportunity to play on the same courts as their idols in front of huge crowds. They even got to meet and high-five the famous players as they entered the court and even toss the coin for the start of the matches. A truly amazing experience they will never forget!

MUSTA Head Coach, AJ Muscillo, along with some of MUSTA's rising stars, has appeared in a TV commercials with X Factor Judge Natalie Bassingthwaite and another film presentation for major tennis provider Wilson, to be showcased worldwide. Look out for these coming to your screens soon!

MUSTA is fortunate enough to be one of Tennis Australia's leading tennis Academies and is proud to provide such wonderful VIP experiences for their young players.

Players of all standards are welcome at MUSTA and Term 1 enrolments are now open!

One of MUSTA's most popular programs is the ANZ Tennis **Hot Shots**. Hot Shots is "tennis for kids", a program designed to help every child play and experience more success by using smaller courts and modified equipment including lighter racquets, lower nets and low compression balls that don't bounce as high. It is one of the most popular sports programs for primary school children in Australia and MUSTA's highly qualified Tennis Australia coaches will help guide your kids every step of the way. There

are fun coloured stages (Blue FUNdamental, Red, Orange and Green) and over 30 classes to choose from. There are **free t-shirts, racquets and backpacks** for all new Hot Shots enrolments. MUSTA are the current Tennis Australia partners and coaches for Heany Park, Rowville, St Simon's, Park Ridge and Karoo Primary Schools and also Rowville Secondary College.

MUSTA also offers Junior Group lessons for up to 18 year olds, Hot Shots Competitions, Squad Programs for elite training, Tournaments, School Holiday Programs and Private Lessons.

Fitbit Cardio Tennis is the most popular program at MUSTA for Adults. It is a tennis workout program that caters to all fitness levels and playing ability and is a mix of cardio workouts and modified tennis drills, all done to music and in a fun social environment.

Mention this article and you and a friend will receive a **free cardio tennis trial** at MUSTA only. Register now.

Adult Group Coaching, ladies only groups and Private lessons are also available. Classes are available from Monday - Saturday, 6 days a week. All equipment is supplied.

All coaching enquiries and bookings to admin@musta.com.au or 0478 097 377. All club membership enquiries to Membership@eptc.org.au Visit www.musta.com.au

Come along, meet our coaches and have a free trial at our Open Day on Sunday 5 February from 11am - 2pm at Eildon Parade.

Laura Muscillo



Byron B in the Enduro Sprint Triathlon

Swimland Swim Club finished the year with our most successful **Victorian State Age LC Championships** in recent years. 13 athletes qualified for championships in 46 events plus 4 relays, 5 of whom qualified for the final (top 10 swimmers) in at least one of their events. Awesome swimming by: *Alicia M* (13yo) – 7th 200 BR & 8th 100 BR; *Stephanie P* (15yo) – 9th 100 BK; *Cam Vy P* (11yo) – 8th 100 FLY; *Laura S* (11yo) – 9th 100 FLY and *Tommy S* (14yo) – 10th 400 FR. Congratulations also go to *Calvin D*, *Bethany F*, *Amiety K*, *Rachel L*, *Georgia M*, *Steven P*, *Karsha P* and *Laura S* - all for qualifying, with the majority swimming PBs.

The weekend before Christmas, ten SSC athletes took on the rough conditions, at Williamstown, for the **Victorian Open Water Championships** with some fantastic results. Tremendous effort by: *William B* (14yo) – Silver 5km; *Bethany F* (14yo) – Gold 10km (17th in the 5km during the 10km); *Patrick F* (11yo) – 24th Boys U12 Junior Excellence

2.5km; *Liam H* (12yo) – 16th Boys U12 Junior Excellence 2.5km; *Peter H* (Open) – Bronze 10km (13th in the 5km during the 10km); *Sandra Mc* (Open) – 9th 5km; *Kerry Mc* (17yo) – 13th 5km; *Amy T* (14yo) – 28th Girls 14yrs Junior Excellence 2.5km and *Keely W* (18yo) – 14th 5km.

Over summer a number of athletes have been competing in Open Water swims, Fun Runs and Triathlons with some outstanding results. Entry fees from many of these events support local Life Saving Clubs and charities.

New SSC Members – We welcome *Jude P* and *Jay P*

For more information or to join Swimland Swim Club, please email either the secretary sm or head coach, Peter Howes, (coach@swimlandswimclub.com) with your contact details and they will be in touch.

www.swimland.swimming.org.au

www.facebook.com/SwimlandSwimClub
Jodie Browne

Rowville Football Club

Footy's Back

School is back and so is Footy, so it's time to dust off the boots, pick up the footy come along, kick a few goals and try AFL free at Rowville Hawks Football Club!

The Rowville Hawks Football Club is offering all girls and boys between the ages of 7 and 16 an opportunity to come and try AFL free in February/March, just to make sure you definitely like it before registering. To find out more information about when your child's age group trains, please contact Trevor Flakemore on 0418 335 245 or trevor.flakemore@rowvillefc.org.au

2017 will be an historic year for girls footy with the inaugural AFL Womens League kicking off this month and the Rowville Hawks Football Club is excited to offer all girls the opportunity to play the entire season of our great game for the small cost of only \$100, which also includes a free Sherrin football and showbag for all the girls!

There are also some available registration spots for boys in the Under 8's (which also includes boys who turn 7 next year by April 30), 9's, 10's, 11's, 13's & 14's but spots are also almost full so get in quickly.

The Rowville Hawks Football Club is our communities biggest and most successful Football Club with teams for both girls and boys starting off for 7 year olds in the Under 8's ranging all the way through to Seniors who compete in the highest division of the Eastern Football League. Season 2016 was the most successful season in the history



of the Rowville Hawks Football Club with both the Seniors & Reserves finishing 3rd and featuring prominently throughout Finals! The Seniors have retained all key existing players including current EFL Division 1 Chandler Medalist Cameron Manuel and were extremely busy in the off-season having signed 4 genuine VFL Stars ahead of this upcoming season. The Seniors are looking forward to this season and are a genuine chance at winning its maiden Division 1 Premiership with the recent star recruits complementing our up and coming young and exciting list.

The Club is also extremely proud of its very successful and well known Junior Pathway Program which has led to many of its players being drafted by AFL Clubs and countless others who have gone on played top class football at both State & Community League level as well. Significant funds and resources are invested by the Club in its Junior Accredited Coaches and support staff to ensure that the players themselves have every opportunity to develop to the best of their abilities and at the same time have fun playing footy in an inclusive, safe and respectful environment.

For any further information on Player Registrations or the Rowville Hawks Football Club, please contact Trevor Flakemore on 0418 335 245 or trevor.flakemore@rowvillefc.org.au or visit www.rowvillefc.org.au

Go Hawks!



Blackwood Park Netball Club



Blackwood Park Netball Club Warriors with their 2016 Premier 1 Spring Grand Final Trophies.

Blackwood Park Netball Club is now in its second year as a club and is thriving. We have increased our teams to seven for the approaching winter season in the Mountain District Netball Association. We are excited that the club is expanding and attracting players who want to be a part of a sporting club that encourages its players to achieve and strive to improve their netball and to be the best they can be.

This is shown through the large amount of junior players who are playing representative netball this year and in the past. We are also lucky to have senior players who have played in state regional

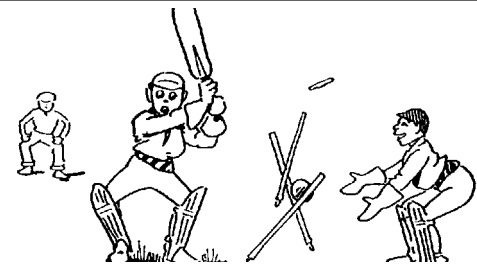
teams, VNL development teams and played VNL.

Blackwood Park Netball Club is a tight knit community which focuses on treating each player as an individual and assisting them to achieve their goals and be the best player they can be.

We currently have spots available in our Under 15s and Under 17s teams and are looking for a goaler for our Under 23s team.

If you would like to become a part of the Blackwood Park Family please contact us at:

info@blackwoodparknetballclub.com
Jackie Carroll



BOXING BOOTCAMP

Ladies only Boxing Bootcamp is a high energy, fun workout that will give you great results fast. You'll:

- * become stronger, fitter and leaner
- * be motivated to exercise because it's so much fun
- * improve your fitness and self confidence
- * burn max calories and tone up with this full body workout
- * get rid of unwanted stress
- * love the comfort of the women only environment

Beginners are welcome and this class is suitable for all levels of fitness. There's no need to book – just turn up. Classes held in the Rowville Community Centre.

Wednesday 7.30pm \$15 pay as you go

Like the Facebook page Lisa Bullock Fitness and get your first session free.

Ring or text Lisa on 0407 873 271

www.lisabullockfitness.com



Little Athletics

Rowville/Rowville Lakes

I know it is February, but it's the first chance I've had to wish you all a Happy New Year via this article.

The big event this month is the Eastern Metro Region Track and Field Championships being hosted at our very own Knox Park. The dates are Saturday 18th and Sunday 19th February. Good luck to all of the eligible U9 to U15 little athletes participating this season.

Well done to all of our Knox athletes who participated in the LAVic State Relay Championships in December. All of our teams performed exceptionally well, with quite a few getting podium finishes too. Great job everyone!

Let's look at the recent achievements:-

PBs Gold Medal (30PBs):-

- U16B: *Liam Hoskin*

PBs Silver Medal (20PBs):-

- U12B: *Joel Stapleton*
- U12B: *Jordan Kondic*
- U11B: *Mitchell Gamel*
- U10B: *Tyler Walther*

PBs Bronze Medal (10PBs):-

- U14B: *Ryan Walton*
- U12G: *Paige Madeley*
- U12G: *Hayley Eickhoff*
- U12G: *Claudia Irving*
- U7B: *Damian Baldy*
- U7G: *Olivia Killian*

Rowville / Rowville Lakes Club records broken in the past month:-

- *Katherine Dekel* (ROW), U11G Shotput with a

distance of 10.85m

Katherine has broken this Rowville shotput record a few times already this season, but this time she has gone on and broken the Knox Centre U11G record which was set in 1971. Well done Katherine!

Please check out the <http://klac23.org.au> website for more details (including the events calendar).

We wish all of our Little Athletes the best for the second half of the summer track and field season.

For more information on Little Athletics, contact Claire Lillie 0421 300 467 or Rob Monteath 0401 699 413.

Jazz Deol



**9 Dempster St,
Ferntree Gully
9758 7011**

Welcome to 2017! We have some exciting programs happening this year and would love to see returning and new players! We have our normal competitions happening and some new programs in 2017.

Ladies Night time competition

Mountain District Netball Association runs a night time ladies competition on Monday, Tuesday and Thursday evenings. The season has begun but new teams are welcome especially for Thursday nights. For more information Please contact Jacqui email mdnaindoor@gmail.com or call 0409 174 521

Ladies Netball – Daytime competitions

Wednesday and Friday

We run a ladies competition on Wednesday and Friday mornings. All games are on the indoor full size netball courts and are officiated by qualified umpires with uniform rules relaxed. There is a free crèche which is staffed by fully qualified and first aid trained Knox City Council staff. We always welcome new teams into these competitions so if you are thinking of entering a team for 2017 contact us now!

Sunday Evening Mixed Netball

A Sunday evening mixed competition is run at the Knox Regional Netball Centre. There are different sections in the mixed competition, so we offer competition for everyone. We have work teams, friend's teams, family teams; in fact all teams are welcome. There isn't a strict uniform code just that all teams have the same coloured tops. Games are played on indoor courts with sprung floors and fully qualified umpires. If you would like to get a mixed team together then please contact the centre for an entry form or head to the website www.knoxnetball.com.au/downloads

Ready4Net

This is a netball program for 5-7 year olds, enabling them to learn the skills to start playing netball and includes lots of fun games and drills. This program is run on the indoor

courts at Knox Regional Netball Centre on a Thursday afternoon and will commence mid-term 1. To register your interest please contact the centre at knox.netball@knox.vic.gov.au

New Heights Fitness Mums and kids sessions

Tuesdays and Thursdays 9:30am or 10:30am at Knox Regional Netball Centre. Every term our New Heights Fitness's Mums Sessions are growing and growing and we would love you to come and join us! We promote a motivating and supportive environment for all, no matter what your fitness level. For more information contact Lauren on loz_philipson@hotmail.com or 0407 829 146.

Roller Derby – 11th February 2017

The Knox Regional Netball Centre will again play host to the Roller Derby on Saturday 11th February from 5pm. An exciting spectacle of banging, crashing and skill all on roller skates! For more information log on to www.eastvicrollerderby.com

More information on these programs and the centre can be found at www.knoxnetball.com.au or contact us knox.netball@knox.vic.gov.au or 9758 7191

Rosalind Montgomery



Life Activities Club Knox

Activities and Dementia

Dementia, also known as senility, is a broad category of brain diseases that cause a long term and often gradual decrease in the ability to think and remember, that is great enough to affect a person's daily functioning. Other common symptoms include emotional problems, problems with language and a decrease in motivation. It is a devastating condition that robs people of their very identity.

- Dementia is not a normal part of ageing.
- Dementia is the second leading cause of death in Australia.
- Over 350,000 Australian have dementia.
- There are over 100 causes of dementia.
- Dementia is the single greatest cause of disability in Australians over 65.

- About 10% of people over 65 have dementia.
- In about 70% of people with dementia, the cause is Alzheimer's Disease.

Hippocampus is Latin for seahorse – the creature that gives its name to the seat of memory in the human brain. The resemblance is striking! Brain cell death in this area is the reason for short-term memory loss in dementia. (Ref: The Florey Institute newsletter 'Brain Matters', Autumn 2015.)

For a comprehensive resource on dementia, read or download "**The Dementia Guide**" on the Alzheimer's Australia website: www.fightdementia.org.au

5 Steps to take for a healthier brain:

- Step 1: Look after your heart
- Step 2: Be physically active
- Step 3: Mentally challenge your brain
- Step 4: Follow a healthy diet
- Step 5: Enjoy social activity



There is evidence that an active lifestyle, as promoted by these 5 Steps, slows the progress of the disease.

LAC Knox is a community group managed by volunteers. It provides over 20 activities for seniors and it has rated each of its activities according to the 5 steps. Every activity satisfies Step 5, 11 activities provide exercise per Step 2 and 5 activities stimulate the brain per Step 3. We even have 1 activity that satisfies Steps 2, 3 & 5! Go to their website www.life.org.au/knox/knox-activities-dementia to find out which activity this is. It is one of their most popular.

Dementia is currently incurable but there are many drugs being trialled. One LAC Knox member is participating in The Florey Institute's 3 year 'A4 Study', trialling a drug that removes the toxic amyloid (the cause of Alzheimer's Disease) from the brain. In the meantime this community group continues to help us at least delay the onset of this crippling disease.

For more information about Life Activities Club Knox and all the community activities they provide, please contact Margaret on 0481 831 788 or knox.enquiries@life.org.au or visit the LAC Knox website: www.life.org.au/knox.

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Rowville Knights Football Club

Rowville Knights Community Football Club hope you all enjoyed the school holidays and the relaxing pace of January! Rowville Knights would like to welcome boys and girls in all age brackets to register to play. Go to www.efl.org.au click on player registration and scroll down to Rowville Knights then click on the Knight logo and follow the instructions.

At the Knights we welcome all players regardless of experience. The Rowville Knights promotes opportunities for all participants and actively promotes the value of the team.

Girls Update

Rowville Knights were the first club in Rowville to host junior girls, long before it was fashionable. Our experience at developing girl's football is second to none in Rowville and we invite any girl that may be interested to contact us for more information. Our dedicated Girls Coordinator, Brad Slater (0418 325 018) is only too happy to chat about how girl's football will help your daughter.

In his latest report, Brad Slater reported on the girl's development at The Knights, stating "girls footy is flying with 8 training sessions held before X-mas. 31 girls attended

at least 1 session with ages varying from 8 to 16. The girls enjoyed the sessions and the improvement in skills is remarkable. The girls were tested on kicking and handball, left and right feet and went through 2.4km time trials. They loved doing sit-ups as you can see in the picture! We will be resuming training mid-February. More girls are welcome from 8-16. Bring your friends, sisters, cousins to play at the Knights". Girls interested can drop Brad their contact details at brad22slater@gmail.com or contact him on the above mobile number.

The Knights intend to field Girls teams in the Under 10, 12, 14 and 16's. If you know any girls who would enjoy footy or could be interested, please contact Brad who would provide them with all the relevant information. We would also encourage girls to come down to training and see if they like it before they commit.

Boys Update

For most of our competitive teams, we are now seeing pre-season up and running. Our non-competitive teams will be starting in the next few weeks. Registrations are open to all age groups. For enquiries for any of the boy's teams please contact Mick McCarthy from Football Operations on 0439 010 805.

The Knights are a club that focuses on kids having fun. We know that boys that can play in a team with their mates, having fun will achieve their 100%. Premiership flags are



great, but seeing kids enjoying their football with their mates is priceless.

The Knights, committed to junior football.

Natalie Williams



The Grand Finale Celebrating 100 Years of Cubbing

On the 16th of December 50+ Cubs (aged 8-10 years) and leaders converged on 4th Knox Scout Hall, Ferntree Gully. We had come together to 'Jive in the Jungle', to celebrate 100 years of Cubbing. Throughout the year our Cubs have held numerous fun activities to celebrate this centenary and the disco was our last, the cherry on the cake. Cubs and leaders alike were dressed in jungle vines and wild animal attire....Woof!

Everyone boogied the night away and had an awesome time catching up with friends from our 13 Cub Packs. Prizes were awarded throughout the night for funky dance moves and outrageous costumes, with all Cubs taking home a fantastic show bag of generously donated 'goodies.' What a way to finish the year! Here's to another 100 years of Cubbing!!

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

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

Nicole Klep,

District Leader



Rowville Cricket Club

Rowville Milo and T20Blast kids have a hit on the 'G'

What a fantastic opportunity!

Seven Kids from Rowville Cricket Club T20 Blast Program got to play on the MCG on day two of the Boxing Day test. Unfortunately, the weather was not overly kind and yes to quote a comedian, "rain interrupted the lunch break". None-the-less our kids had a fantastic opportunity

The kids had a fantastic time on the G and Coordinator,



Rowville Knights Auskick Registrations Now Open

Christmas decorations have given way to hot cross buns, so yes...Auskick registrations are open!!!

Our season will start on 1st April and run through until the end of July. This will give us a little latitude for extra games if we miss any because of the weather. As always everyone is welcome. If you are not sure if your child is ready to play or has special needs, please feel free to contact me.

Nominations are now open for the 2017 season. We operate at Liberty Avenue on Saturday's from 9.30am to 11.00am. All players welcome. Kinder Kids welcome. Kids with special needs welcome. If you love footy, you'll love Rowville Knights Auskick.

Registrations are open at www.aflauskick.com.au then search Rowville Knights Auskick

Andrew

Coordinator - Heany Park Auskick 9755 5626

Williams

Andrew Williams said, "It was a great day for the kids and the Rowville Cricket Club. Seeing the glow on the kids' faces as they ran out onto the ground is exactly the reason why I am involved in cricket at this club. It is never too late to come down and join our family club. If you want to know more, please feel free to contact me on 9755 5626."

Cricket for all abilities:

We welcome children of all abilities. Children with special needs are most welcome. If you can have fun, then we welcome you. Milo in2cricket is a fun and friendly way to socialise, play with friends, and learn about cricket, and the kids have fun too.

T20Blast (Wednesday night's 6-7.30ish) Liberty Avenue Ages 8-11 years

Milo in2Cricket (Friday night's 6-7.30) Liberty Avenue – Ages 5-8

All kids (girls and boys) from kinder and up all welcome. For any further details please feel free to contact RCC Milo coordinator Andrew Williams on 9755 5626 or email andrew.williams@ozed.org.au

Andrew Williams

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Wednesday 9.15am - BOOKED OUT

Wednesday 6.15Pm - PLACES AVAILABLE FOR TERM 1

Classes are held in the Rowville Community Centre and bookings are essential.

Ring or text Lisa on 0407 873 271

www.lisabullockfitness.com



A rare disease now cured in Rise Health Group's Exercise Scientist

This is the second of our three part series on Zoe Ruth, a lifelong client and now staff member. Stay tuned for the final edition in next month's Rowville Lysterfield Community News.

Rise Health Group's Exercise Scientist, Zoe Ruth, has had a lifetime of injuries and health complications beginning with breaking her left femur when she was eight years old. After Zoe had recovered from her leg injury, her teenage years were a never ending battle with chest infections. Doctors would dismiss these infections as various types of common colds such as the flu. It was only after Zoe was referred to a specialist that they diagnosed her with having Bronchiectasis'.

Bronchiectasis is a common lung disease which is caused by a chronic infection in the small airways. This disease can cause lung damage, scarring, dilating and infected mucus to build up in the pockets of the lungs. With treatment this disease can be managed, but it is rare for someone to be completely cured.

"[Doctors] found that I had rare bacteria [in my lungs]" explained Zoe, when asked about her diagnosis. The bacteria was identified as *Stenotrophomonas Maltophilia*.

Councillor Darren Pearce Villas... An Emerging Trend

A happy new year to you all! Time does move fast and I'm already a quarter of the way through my current term as Mayor! However I will still be continuing my article contributions each month to our community newspaper, as your Taylor Ward Councillor. In this issue, I wanted to have a discussion of villa developments in our residential areas.

Under *Amendment C131* to the *Knox Planning Scheme* approved by the Victorian Government last year, Taylor Ward has been mostly zoned 'Knox Neighbourhood' (apart from a few areas zoned 'Bush Suburban'), encouraging low-scale neighbourhoods, characterised by detached houses, dual occupancies and some villa unit developments on larger blocks, where lots are greater than 1000m².

There are virtually no 'greenfield' sites remaining in Rowville or Lysterfield, which would accommodate a villa development application consistent with the requirements of the Knox Planning Scheme. Developers are therefore now turning their attention to viable 'infill' opportunities, which in the past were virtually non-existent within the Taylor Ward boundaries.

Our area, generally, has relatively large and/or modern quality homes. Until fairly recently, this made it financially unviable for developers, outside of activity centres, to purchase properties well over their fair market value, to demolish the existing single dwelling. This is now changing with the dramatic rise in local property prices that I doubt



many of us could have contemplated when we moved in to the area. In just the last 3 years the median price of a 4 bedroom home has increased in Rowville by 35% to \$797,000 and Lysterfield by 26% to \$970,000.

This emerging trend has become of increasing concern to some residents that developers, left unchecked, will buy up street after street, demolish the existing freestanding homes and replace them with villa developments, changing the character of our suburbs.

This is highly unlikely to occur as villa development within applications generally must have: **Maximum 9m height limitation** with significant second storey setbacks from the ground floor level

• **Minimum 2 car parking spaces** per dwelling with 3 more bedrooms

• **Maximum 60% site coverage** of the building envelope, even where a developer has consolidated more than one lot

• **Minimum 80m² open space** per dwelling

• Landscaping including canopy trees in gardens, with **retention of existing canopy trees** and understorey planting, wherever possible

These requirements on development applications will limit developer opportunities to a relatively small percentage of total existing dwelling sites, in our community. The approval of one of these developments in a particular street, will not create a precedent to allow 'free for all' for developers to move in on the rest of the street. Each and every application will be assessed for compliance against the *Knox Planning Scheme*.

Should you have concerns or questions on this issues I welcome your feedback

Darren Pearce - Mayor & Councillor for Taylor Ward

Knox Home Garden

Recently, I was digging in an area of my garden that hasn't been dug over for several years when I saw something leap out of the ground; the biggest brown coloured frog I have ever seen in my garden. He allowed me to pick him up to check that I hadn't cut any limbs off and he was fine, then quietly disappeared as I continued digging. Next day I disturbed another frog, not quite as big and definitely not happy about a check-up. She got the all clear too. Moving some pavers a few days later, I came across a very startled lizard with a lumpy looking grey body with white markings. I'm so pleased to have these creatures in my garden.

Our garden club resumes with the first meeting on Monday 20th February, 8pm, at the U3A Parkhills Campus, Park Boulevard in Ferntree Gully. Guest speaker is Ray Barber, to talk about the trials and tribulations of seeking out little known waterfalls in Victoria. Together with Ian Wacey, they have written a book about them. When I saw this book, I quickly turned the pages to see if Genoa Falls (Genoa being my childhood home) was included. It was.

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

This bacteria was only able to be treated using one set of antibiotics, as the body can quickly become immune. The only option for Zoe was to use the antibiotics in moderation with other treatment methods.

Rise Health Group's Physiotherapist, Kathryn Oldman, began working with Zoe, in order to teach Zoe and her family the methods of Pummelling. "It is a way of creating vibrations through your chest to work out phlegm, so it is easier to cough out" explained Zoe. Two hours was set aside each night for Zoe and her family to complete this Pummelling treatment.

Zoe Ruth also acknowledged the work by the Royal Children's Hospital, who helped with her treatment of Pummeling as well as helping the Ruth family treat her Bronchiectasis on a long term basis.

A symptom that Zoe suffered from was an extraneous cough. "I use to get the comments of stop smoking and smokers cough" Zoe said, when reflecting on her time in

high school, "I felt drowned". Attention towards her deep coughs and appearance would be drawn to by her peers. "I was quite underweight [at the time]" Zoe explained. Not only was Zoe constantly fighting Bronchiectasis but she was taking supplements in order to help her overall body weight and general health.

Through improving her overall health, and setting aside those two hours every night to work on the treatment of her lungs, Zoe Ruth was able to reduce her symptoms of the disease. "I went from having crappy, scared, full of crap lungs, to healthy ones, like nothing had ever happened" explained Zoe. Moving forward Zoe Ruth has developed Asthma which she has been able to keep under control through her exercise.

"A lot of [people] do not understand the use of exercise and its therapeutic ways."

Zoe Ruth continues to maintain a high level of general health through regular exercise and aims to help more people in similar situations as herself. If you believe that Zoe Ruth and The Rise Health Group team, could help with your treatment or health and wellness goals please visit our website www.risehealthgroup.com.au and arrange an assessment with our qualified tem.

Byline: Breanna Harris

Chiro-Practicals

Active Family=Healthy Family

Did you know that 80% of 5to17 year olds aren't active enough, according to Australian physical activity guidelines? And that 70% of them spend more than 2 hours a day in front of a screen for recreation?

Inactive kids are likely to become inactive adults. But there are simple things you can do to change this.

Making physical activity a priority for your family sets a positive example and it's a great way to spend quality time together. It's good for you, and it helps your family establish healthy habits. Try to aim for:

- Toddlers and pre-schoolers should be physically active for at least 3 hours every day.
- Children and teenagers should get at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Children and teenagers should limit use of electronic media for entertainment (e.g. television, seated electronic games and computer) to 2 hours per day.
- Active kids have improved concentration, better self-confidence and stronger muscles and bones.

Research suggests that sitting less (as well as being

last one.

Keep up with the vegie watering and any plant that you don't want to lose. I have grown potatoes for the first time and they are delicious!

Happy gardening - Betty Wright

Real Estate Tips



New Year – New Home?

The beginning of a new year is often a time that sees us start a new health regime, a new career direction, a new hobby or even the decision to move to a bigger or smaller home.

If it's time to move, your thoughts usually go towards what you may receive for your current property. In which case, it is extremely important when seeking an opinion of your home, that the price is based on *current comparable sales* and not a price that is inflated in order to 'win' your business. The real estate market has been very buoyant in recent times and there are ample buyers looking for properties in the local area, resulting in sale prices well above the average.

If you are thinking of making a move or would just like a current opinion of value we would be happy to provide you with the latest sales in your immediate area. There is no charge for this service and we would be more than happy to assist you.

Brenton Wilson Managing Director



Kim Wells MP

State Member for Rowville



9 Lynton Place, Scoresby 3179 ☎ 03 9764 8988
@kim.wells@parliament.vic.gov.au www.kimwells.com.au



With students returning to school for the start of their year in 2017, I wanted to look back on and share some of the

inspirational achievements of our local students from 2016.

Every year, I invite the teachers at primary and secondary schools in my electorate to nominate a student for the Endeavour Award, a student who made an outstanding effort, was a good leader or role model for other students or showed exceptional personal qualities in helping their friends and classmates.

Students from every school in my electorate participated and I presented awards to 12 students in November and December. Meeting the proud parents and families of students is one of my favourite parts of attending these events.

It was incredibly inspiring to see what these students had achieved throughout the year. At Heany Park Primary School, Jasmine distinguished herself in 2016 by her efforts to pursue her goals, her perseverance and her willingness to work in

a team. Fletcher was not only a school captain at Karoo Primary School but his positive attitude and friendliness to everyone made him an excellent role model for other students. At Lysterfield Primary School, Emma represented her school in athletics, cross-country and football, showed great focus and persistence in her schoolwork and was kind and considerate towards other students.

With her great sense of humour and her record of hard work, Emilia at Park Ridge Primary School, achieved great things in 2016; completing the 1000 Steps, competing in district and regional shotput competitions and was well known at school for her amazing cooking skills.

At Rowville Primary School, Lochlan achieved great results and set an outstanding example to other students throughout the year, particularly with his responsible and inclusive attitude towards other people. Christiana was nominated as an all-round high achiever at Rowville Secondary College this year whose hard work and motivation set her apart.

Nathaniel was an exceptional role model at St Simon's Primary School, participating in Athletics and Cross Country competitions, dedicating himself to his academic work and organising a drive to donate sports equipment for the OzChild charity.

What a great all-round effort from these students in 2016! In 2017, I look forward to seeing students strive to do their best in all areas of school life, whether that be playing sport, contributing to their community or by being considerate of others and being a good friend.

For regular updates between editions of the RLC News, you can follow my posts on facebook.com.au/KimWellsMP or on my website, kimwells.com.au.

Kim Wells MP

physically active) helps to reduce the risk of children and young people developing health and other problems in later life. Watching television, using a computer and playing electronic games all contribute to children and young people's sitting times, so that's why its recommend limiting them.

Walk or cycle to school with your kids once or twice a week instead of driving them.

- If you live too far from school for your children to walk, park the car a 10-minute walk from school.
- Play together as a family. Join your kids on a bike ride, play hide-and-seek, or play cricket with them at the beach.
- Give your children active alternatives to screens. Keep a box of skipping ropes, Frisbees, balls and hula hoops.
- Plan family activities that involve walking. Going to the zoo, a picnic in a local park, a day at the fun park or a visit to local historic sites will have the family on their feet and walking without them even knowing it.
- Get the kids involved in the garden. They'll stay active digging, weeding and planting, and, if you grow herbs and vegetables, learn valuable lessons about where food comes from.

Dr Frank Whelan

Alan Tudge Writes



Alan Presenting The Aston Shield To Joseph Beyrooti Of St Simon's Primary School

At the end of each year, I have the pleasure of recognising some of our great young citizens in Rowville and Lysterfield through the presentation of the Aston Shield.

In each school, the Shield is awarded to a student for good

citizenship; someone who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

The Aston Shield is awarded in the spirit of Tilly Aston, who did so much for the welfare of blind people. Born in 1873 and completely blind by the age of seven, she brought great advancement for blind and vision impaired people, securing voting rights, improving access to public transport, establishing the first braille library and finally, setting up Vision Australia. I am very proud of our young winners. If Tilly were alive today, I am sure that she would also be very proud.

Joseph Beyrooti from St Simon the Apostle Primary School was recognised as such a student. Joseph is immensely respected by his teachers, parents and particularly his peers for his absolute commitment both to his studies, and extra-curricular activities. In fundraising for the less fortunate in Africa through Caritas, and in speaking passionately at the Rotary Speech Contest about making the world a better place, Joseph has proved a model young citizen. The Aston Shield winners from the other local schools were equally impressive. Congratulations to them all.

- Jasper McDowell from Heany Park Primary School
- Andrea Chin from Park Ridge Primary School;
- Cassidy Fleming from Karoo Primary School;
- Vivian Chen & Shaun Ryan from Rowville Primary School;
- Kelly Lacuone & Jiei Motoki from Rowville Secondary College;
- Cameron Lee from Lysterfield Primary School.

I am also pleased to inform you we have secured \$4.5m of federal funding to build the Henderson Road Bridge which will link Rowville to Knoxfield. This was a key election commitment of mine at the recent federal election. The bridge will finally link the two sections of Henderson Road and provide a second north-south road in the area, taking pressure off Stud Road.



I look forward to working with Knox Council to build the bridge over the months ahead. It is expected to take 18 months or so. It will be terrific when it is completed.

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2016 Winners of Rowville Lysterfield News School Scholarships



Heany Park PS - Joel Stapleton & Hayley Evans



Lysterfield PS - Ava Zidek & Brodie Rendell



Park Ridge P S - Lorelei Salerno & Fletcher Powell



Karoo P S - Bayllie Collins & Sam Van Holsteyn



Rowville Secondary College - Brooke Macrae, Brodie Wymer, Nathan Young, Hannah Jones - Chamodhi Polwatta



Rowville P S - Tyler Bennett & Oscar Bartlett



St Simon's P S - Kathleen Fagan - Jake Ciampoli

Student

Corner

Your momentum starts now

"A new year, a new you", well that's what they say right? With *New Year* celebrations gone, the year begins to kick back into gear through the form of work, school and other events that are soon to shape our lives. But as usual, this year is going to fly by as quickly as the others have.

I'm sure we have all wondered why the year moves so fast. In fact, it moves so quickly that we have limited time to prepare for the next year (chapter) of our lives. Every year brings about its own pace of life, to which we should

adapt and follow so that we don't crash and burn. Although it is much easier said than done, keeping up with the momentum can be difficult for those who are carrying "baggage" from the past. Imagine a plane over loaded with excessive and heavy baggage. When it flies, not only will it struggle to swiftly change flight paths because of the weight

it carries, but it would also require a lot more energy to make those new changes possible. When changing "paths" from one chapter to the next, we should be able to give our fullest attention to the task set ahead, so that we can achieve the optimum results. By carrying additional "baggage", our ability to generate momentum is compromised as over time we begin to tire out and eventually the momentum is short-lived. It may not be easy to let go of baggage due to the impact it had in our past, but baggage only remains heavy for as long as we choose to keep our bags full. Ultimately, it comes down to each of us, whether we want to make our 2017 journey easier or challenging.

Momentum can be intimidating to many with its high-speed pace, but we should remember, it's our choice as to how we handle it. In fact, it is a decision we should make (by now) to not only keep up with what the year has for us, but to be able to maximise our 365 days. Additionally, when we can harness the potential momentum can give us, like a snowball in the right position, it has the capacity to grow bigger and bigger; which ultimately attributes to our successes for the year.

So at the end of the year, instead of wondering about why the year moves so quickly, let's be in a position to celebrate how much we were able to accomplish throughout the year. This year has already begun, are you ready to catch your momentum now?

Joyee Koay

Puffing Billy Awards and Childhood Dreams Become A Reality

Puffing Billy Railway and its dedicated team of over 900 volunteers has won Gold, Silver and Bronze at the Victorian Tourism Awards.

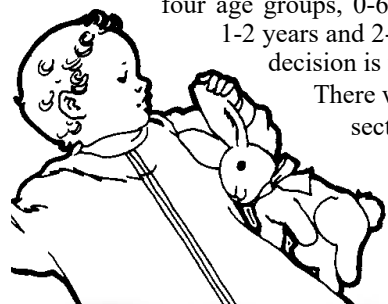
In 2015-16, the railway celebrated a record year with over 417,000 passengers, and on Thursday 5 January 2017, welcomed its eleven millionth passenger since the Railway was reopened in 1962. This is the third year Puffing Billy has been named among the best of Victoria's tourism attractions.

For more information on Puffing Billy, phone 9757 0700 or visit www.puffingbilly.com.au

Is Your Baby The Cutest Or Your Child The Best Dressed?

The Baby Show is coming back to Stud Park Shopping Centre on Monday 20th February, so bring your little ones along, enter the appropriate category or simply just come and see the smallest residents in all their finery. Categories include 'Princess', 'Prince', Ideal Child, Champion Baby, Miss Tiny Tot and Master Tiny Tot, plus novelty sections, Cutest Baby and Best Dressed.

The show starts at 11am and the entry fee is between \$3 and \$5 taken on the day. There are sashes and trophies in four age groups, 0-6 months, 6-12 months, 1-2 years and 2-6 years and the judge's decision is final.



There will also be a photo section, snap shot and portraits. The Show is proud to be supporting the Cancer Council Victoria.

The Knox School

35 Years Young In 2017, The Knox School in Wantirna South celebrates its 35th year.

The school began as Knoxfield College in 1982, when the population of the area was just a fraction of what it is today. One small building sat amongst the blackberries on the Burwood Highway site; a garden nursery on one side, vacant land all around.

It's hard to imagine now as you see the dense development in the City of Knox.

Since 1982, The Knox School has grown and developed to be a school of choice for many in the Rowville, Lysterfield, Ferntree Gully and Wantirna areas. Students come from around the world to enjoy the opportunities in our beautiful, leafy suburb.

The Knox School has seen five Principals over the years including Mr Allan Shaw who arrived in 2014 with a vision to transform the school into an innovative and



exciting place of learning; a place where young people can celebrate achievement; a school where values of respect, responsibility, resilience and care and empathy are lived every day. In the 2016 VCE results, The Knox School was the top performing school in the Knox area.

A building masterplan has been launched which will see significant changes to the site gradually introduced over the next few years.

Allan Shaw and the staff and students of TKS extend a warm invitation to anyone who would like to tour the campus and see our terrific facilities and the opportunities on offer. Tours are held regularly and bookings can be made with our

Registrar, Tania Castles on 8805 3800.

On March 23, a night market with food and craft stalls will be held from late afternoon. Combining with a rock concert on what hopefully will be a warm, late summer's evening, this is always an exciting occasion on our calendar. Our senior students will present a production of "Pride and Prejudice" in our auditorium on April 28 and 29. Bookings will soon be available on our website: www.knox.vic.edu.au

We wish everyone a safe and prosperous Year of the Rooster, 2017.

Barry Dickinson, Director of Marketing

Ask the Principal February 2017



layout of the school as most high schools are bigger than primary schools and involve more student movement to and from classes.

Be there to listen

Keep conversing but do not grill! They may be too tired to talk some evenings, so don't take crankiness as a sign that things aren't going well. Let them know you are there for them; listen to them and respect their decisions. They will then be more open to accepting your advice.

Nutrition and Sleep

They need a nutritious breakfast and lots of healthy food for recess and lunch time. Brain work uses a lot of energy. The day may have as many of eight different lessons and thus the day can be long and demanding. A regular routine for sleep, uninterrupted by digital devices, is critical.

Redraw parental boundaries

Moving to High School is an important symbolic step from childhood into adolescence. It is a big step on a child's journey from parental dependence to independence, so it's time to make sure you are letting go a bit more. The influence of peers is going to become more dominant and that your position as parents will be challenged. Let them make their case and then explain the reasons for your "yes" or your "no".

Build a relationship with the school

Get to know the school and your child's teachers. The teachers will appreciate your interest. They know that interested and engaged parents lead to better learning outcomes for students. Take each opportunity to attend information evenings, parent-teacher meetings, social events and get involved with the parents' association.

Take an interest in homework

Developing independent study habits is the goal and that can take time and considerable practice as every child is different. It's advisable to check their homework diary each night and encourage them to write their work into the

dairy, and assist in making sure they know what work to do and when. Even if the detail of each subject is not your preference, conversations about what they're learning helps to keep you in touch and reinforces its importance in your eyes for them.

Get to know their friends

Making clear that friends are welcome in your house is a great way to get to know who your child is hanging around with and to discreetly glean a little information about what's going on. However, parent-free zones will be the venue of choice for after-school gatherings, lay down some ground rules if you are both out working all day.

Allow downtime

Having your child involved in co-curricular activities can assist with the point above but make sure they have some down time and are not doing too much. They still need some unstructured time. Creativity tends to stem from boredom.

Keep it in perspective

Sometimes parents think school is everything and nothing matters more than high grades,

Keep in mind that learning is now life-long and a child's health and wellbeing, emotional and physical, must always come first.

Schooling is important; learning to work hard and regularly produce a 'personal best' is important. The knowledge base developed is very useful; the critical thinking, public speaking, leadership skills and resilience developed at school are all important.

That said, not all children will shine at school and many who do not still turn out to be outstanding and highly successful adults.

Encourage them to do their personal best each day and enjoy the learning, whether it be academic learning or learning about who they are and their place in their community.

I wish you all a good year

Allan Shaw

Principal and Chief Executive The Knox School

Tips for parents of children starting secondary school

Many children change schools as they move to High School. Those fortunate children who do not change school, but move from one sub-school to another, have an advantage in continuity of friendship groups, knowledge of the routines and physical site. That said, much that follows might apply to them and their families to some extent.

Establish a positive routine

Every family is different but a routine is vital. So set up what works for your family but then stick to it! Areas to consider:

- Breakfast and getting to school on time are important
- When and where homework is done
- Sharing the day's experience over the evening meal
- Downtime, screen-free time, sport and exercise and bedtime.

This applies to the weekend too when there will be homework.

Help them organise themselves

Being in the right place, at the right time, with the right books or gear, can be quite a challenge during the first few weeks. Assist with understanding the school timetable, packing of the school bag the night before, with a copy of their timetable at hand. Assist in understanding the physical

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

Cr Nicole Seymour

*Thank you for your support.
I am honoured to represent you
for the next four years.*



Authorised by N.Considine 5 Nattai Court, Rowville



Amanda Thai dux! It simply doesn't get any better than that to end VCE

An elated, but relieved Amanda Thai opened her ATAR results to the news of a 99.05 score, topping the graduating class at Rowville Secondary College for 2016.

VCE may come as a shock to many students across Victoria, but for 2016 dux Amanda Thai, her result is the product of years of healthy habits and hard work.

The Rowville Institute of the Arts student's committed study habits throughout her secondary schooling meant she didn't experience the shock many others might, once they hit the crucial VCE years.

"I didn't do anything different to what I've always been doing," Amanda said. "I did the work that was required of me and towards exams I did practice exams. I didn't do anything crazy like lock myself in my room. Towards exams I kind of went on the philosophy that I'd rather go into my exams happy than stressed.

Amanda believes her strategies throughout VCE took considerable pressure off her in 2016. "I did four Year 12 subjects this year and two last year which really helped, as it took a lot of the pressure off this year and it meant I didn't

have to work on five subjects at once," she said. "I did English and English Literature plus Mathematics, and it was good that I had Dance as it was an outlet for me. "In Year 11, I did Psychology and Textiles."

Amanda is thankful of all her teachers this year. "They were really good, especially Ricki Leicester. I've known her since Year 7 so she's been my dance teacher for a really long time. All the teachers were really supportive and kept pushing me to do more, challenging me and provided really good feedback"

A RIA student since Year 7, Amanda couldn't speak more highly of the program. "I love RIA, it's a really good community because everyone's interested in similar artistic things making it easy to find people you have things in common with," she said.

2017 looks to be another prosperous year for Amanda as she hopes to study a

Bachelor of Creative Writing at RMIT University. "People may think that's a weird choice because I got an ATAR of 99.05, and would have expected me to do something like engineering, medicine or law, but those things never interested me," she said. "What interests me is being creative. Ideally I want to be an author of fiction novels, but also editing would be really cool, working in a publishing house or anything to do with words and writing."

Her advice to future year 12 students is to do what works best for the individual. "A lot of people say 'you need to do this many practice exams' or 'you need to work like that', but that doesn't work for everyone. "Some people say study more because that's the way to absorb information properly, whilst others say if you work too much it becomes stale and you lose interest.

Friends and family created a helpful support network for Amanda, for which she is truly grateful. "My friends were wonderful, they supported me all the time and they're all really intelligent too so we complement each other," she said. "My family's always been supportive too and they've always said to do what you love, not what we want you to do."

Amanda says "Don't give up what you love and don't feel like you have to sacrifice absolutely everything to do



School Talk

Sponsored by:

Heany Park, Karoo, Lysterfield, Park Ridge, Rowville & St.Simons Primary Schools, Rowville Sec. College & The Knox School

Year 12 – you can still have a social life. "Last year I did many extra-curricular activities, but this year I did stop a bit of dancing but not altogether. I didn't stop reading books either. I read all the time.

Amanda Thai's journey at RSC is one she will look back on fondly as she embarks on the next chapter of her life. "I don't think I would have got the same experience if I'd gone to a different high school, especially because of RIA. "It was really influential in making me who I am."

Other high achievers were, Sarah Goh 98.8, Joshua Mason 94.7, Dilini Wijetunga 92.75 and Meg Dunn, 90.6.

Adam Bromage 9B completed his Grade 4 Trombone exam and achieved an A+ (High Distinction). This is a wonderful achievement and something that he has worked incredibly hard towards with his Instrumental Music Teacher Mr Kenton Smith. The examiner commented that Adam presented "a very well prepared program that showed good feel and style. He played confidently and showed good attention to detail".

Lisa Williams, Head of Junior School, 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. The classy

Diamond Creek midfielder has now realised a dream, one she once thought was beyond the realms of possibility. "It's something when I was younger I definitely never thought was possible – it's a dream come true," Williams said after Wednesday's draft. "I started playing in my first year at Rowville when I was 23, which I guess is very late," she said. "With training a couple of nights a week, juggling work, training and games, it was sometimes a struggle, but very worthwhile in the end."

2017 Production Announced

The Witches of Eastwick was announced as the 2017 production, which is set to hit the stage in the second week of August. *It is a musical of self-discovery as the leading women in the show learn that they are more than what society sees of them and that they have the ability to achieve their wildest dreams if they put their minds to it.*

The Power of Poetry at



To celebrate writing at Rowville Primary School,

students and teachers participated in an exercise called 'Poetry in a Pocket'. Throughout the week students carried poetry around in their pockets and were encouraged to share their poetry with their peers and yard duty teachers during recess and lunch.

Poetry is an accessible medium for all children that allows them to express their feelings with their own unique voice. It is a genre that is not confined by rules and is excellent for developing the speaking and listening components of the English Curriculum. Below is a selection of the amazing poems.

Age by Lochlan, Yr. 6

The tides of old age slowly dragged me down
To the depths where I could not do
The things that I had done the days before

And each day that passed I was waiting
To find out when my time would be over

Freedom by Ximing Yr. 5

Freedom,
What is freedom?
You feel free,
No one is bossing you,

Freedom,
What is freedom?
You do what you want to do,
You are in charge.

Freedom,
What is freedom?
No one around,
In a peaceful place.

Freedom,
What is freedom?
A warm lake,
Relaxing at a beach.

Freedom,
What is freedom?

A nice area,
A clear space.

Freedom,
What is freedom?
Freedom can be anything,
Freedom is everywhere.

Diamante by Lulu Yr. 3

Asleep,
Quiet, still
Snoring, breathing, talking
Night, twilight, dawn, daytime
Blinking, moving, walking
Tired, woken
Awake

My Soul by Julia Yr. 4

My Soul moves like a fierce winged creature
My Soul wishes the gunshots would silence
My Soul has been seen by friends and family
My Soul wants friendships and love
My Soul dreams about tomorrow

Mask by Emily Yr. 6

I wear a mask to hide my feelings
It covers how I feel

And sometimes it makes me weep
When I look in the mirror
I see someone else's reflection
But that is the mask I wear

Writer's Block by Gareth Yr. 6

This definitely is madness
I don't really understand it
It causes me a great deal of sadness
I'm out of rhyme; I have to admit

I'm defeated, Oh great!
This is such hardship
Writer's block, a horrible fate
I need some words for courtship

Ahh, what will I write?
Terrible, terrible
This is an evil plight
The pain; it's unbearable!

I know what I'll write
This! It's half done!
To save me this night
This poem, hereby, is done!

Sam Peters Publicity Leader



Heany Park PRIMARY SCHOOL



On Tuesday the 6th of December, the new Foundation students for 2017 were welcomed to Heany Park to meet their teacher and enjoy a variety of different activities in what will be their classroom when they begin school in the New Year. We were so excited to see each other and get to know the new special friends we will be working with next year. Our incoming Foundation students have been lucky enough to have had lots of opportunities for transition with our teachers throughout Term 4. They were also able to participate in our Specialist program and experienced Visual Arts, Performing Arts, Physical Education, Indonesian and Library sessions.

This year, all enrolled students for 2017 were gifted a "New Recruit" t-shirt, which you can see our students proudly wearing in these photos, so they all feel a part of our Heany Park Primary School family already! Our new recruits went home with a goody bag that even included a calendar to count



down to the first day of school! This year we are fortunate enough to have 3 grades of 16, taught by experienced junior school teachers.

We all are looking forward with eager anticipation to begin the new school year and can't wait to get started! Our first Unit of Inquiry in our International Baccalaureate Program focuses on "Who We Are" and is the perfect way to for us to get to know each other and ourselves as we begin our learning journey

Congratulations to Heany Park Primary School's 2017 School Captains.

Reflections from our 2017 Captains

Chloe: is looking forward to helping with school fundraising.

Lorna; will contribute to the school by helping with many fundraisers throughout the year. She is looking forward to being a role model to the younger children.

Lucas; is excited to be a great school leader and this will be a great opportunity for him to do so. With the other school captains he hopes we can make our school even better.

Harisan; is excited to be a school captain. He would like to help with fundraising for the Cancer Council or other charities such as helping poorer countries or villages.

All our captains are looking forward to developing greater confidence speaking in front of a large audience.

Lysterfield Primary School



Acting CEO Knox
Council Angelo
Kourambas Presenting
the Perpetual Trophy
and Cheque To School
Captains, Alycia and
Will



Walk To School Winners

Lysterfield PS walks away with "Walk to School" prize

Lysterfield Primary School has been crowned the winner of the 2016 'Walk to School month in Knox' campaign.

The VicHealth Walk to School campaign encourages primary school students across Victoria to walk to and from school during October, as a means of getting people more physically active.

Knox Mayor, Darren Pearce, congratulated Lysterfield Primary School for their success this year.

"Lysterfield Primary had 459 students walk a combined total of 3,885 days across October – an outstanding effort," the Mayor said. "Lysterfield PS and runners up Regency Park PS, can both be proud of the way in which they have embraced Walk to School Month and the healthy values it represents. The proportion of Victorian children walking to school has declined dramatically in recent decades and obesity levels are on the rise. Only one in five children aged 5-17, get the recommended amount of physical activity every day (ABS 2013).

Lysterfield Primary School receives a Walk to School perpetual trophy, a winner's plaque and \$2,500 infrastructure prize. They will use the prize money towards further supporting walking, cycling and scooting to school.

The Mayor commended the efforts of the other 20 local schools that participated in Walk to School Month this year. "While we salute the efforts of our prize winners, the reality is that every school and every student that took part this year, is a winner in their own right," the Mayor said.

Individual student prizes (scooter valued at \$200) in Knox included, Kiviernna in Grade 2Y at St Simon's PS and Jessica in Grade 5A at Rowville PS.

PARK RIDGE

PRIMARY SCHOOL

End Of Year Celebrations For Year 6

The Year 6 graduation event was held in our Wentworth Building on Tuesday 13 December. The evening started at 5:30pm with a dinner, catered for by the mothers of the graduates and served by waiters from the Year 5 student body.

At 7:00pm parents and family returned for the formal part of the evening. During the evening all students were presented with their Graduation Certificate. Each of the four class teachers presented a further six awards to selected students marking their achievement in various aspects of the 'Positive Education' program.

Presentations were also made to the School Captains, House Captains and Student leadership team in recognition of the work they have done across the school in their various roles. Major award winners were



Park Ridge Primary School Graduation

organised by the PCA.

The entire event was organised by the Year 6 teachers, Elaine McClure, Shaun Collett, Pat Gill and Lisa Herridge. With help from some dedicated mums, the show ran like clockwork. As one would say, the usual top of the range Park Ridge show. Well done to all concerned.

Graeme Lloyd, Assistant Principal

Editor's Note:- Graeme wrote his first Park Ridge PS report for me in August 2009, making him one of my small band of original contributors. He may well have written earlier than that, but it was not the paper's habit to record the names of contributors before that issue. But now it is a sad occasion, as Graeme has closed his lap top for the last time and has retired from his teaching post. All of us at the RLCN wish you every happiness in retirement and we hope to see you around the area in the coming months.

Rotary Shield – Julia P. – presented by the Rotary Club of Boronia

Aston Shield – Andrea C. – presented by Alan Tudge MP.

Endeavour Award – Emilia B – presented by Kim Wells MP.

The formal part of the evening ended with the graduates performing a Bollywood style dance for the audience, under the tutelage of Mrs Herridge, one of the Year 6 teachers.

The students then let their hair down at a disco



Three Year Old Pre Kinder Limited vacancies available for Term 1!

The Rowville Community Centre runs a 3 year old pre-kinder from Monday to Friday during school terms. The two hour sessions are structured to develop creativity, imagination and social interaction in the children. They participate in activities such as painting, free play, craft, storytelling and singing. Our teachers are all fully qualified and the centre operates under the Department of Education and 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.

We currently have a limited number of vacancies for the 2017 program and welcome all enquiries. For enrolment information, or to arrange a visit to the service, please phone 9763 7400. For enrolments beyond 2017, please complete an application form online by logging on to www.knox.vic.gov.au/A-Z listing and follow the prompts.

Fitness Classes

Our fitness classes run throughout the school terms and can be joined at any time where vacancies exist. We offer a number of Yoga and Stretch & Tone classes Tuesday - Thursday and all classes are limited to 12 people. For more information on these classes, or the 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.

Senior Sports

Our Senior Sports group runs on Mondays and Fridays from 10am to 12pm and includes badminton, tennis and table tennis. New members are always welcome regardless of their fitness level or abilities, so grab some friends and come along and enjoy what this fantastic group has to offer. For more information, please phone us on 9763 7400, or come and visit us at 40 Fulham Road, Rowville.

Trish Massie, Recreation Centre Administration Officer

- Knox Community Safety Committee; and
- Knox PLEDGE.
- Knox Council is also committed to playing its part in ending violence against women, as part of its efforts to plan for the future. This includes the following initiatives:

- City Plan.
- Community Access and Equity Plan.
- Community Safety Plan.
- And initiatives that target violence in families and against individuals as unacceptable and not a part of the future we want in Knox.

Cr Taylor said "We've got a long way to go we know that. However, with the support of our community and an emphasis on respectful relationships, we can finally banish the scourge of family violence once and for all," he said.

Community members requiring information and assistance can contact the Safe Steps Violence Response Centre on 1800 015 188, the National Counselling Helpline 1800RESPECT on 1800 737 732 or, if in immediate danger call 000.

Rowville Community Kitchen

Rowville Community Kitchen hosted their 6th annual end of year lunch on the 15th December, 2016. A crowd of 155 gathered for a two course Christmas lunch at the Rowville Community Centre, with a range of raffle prizes to be won on the day.

Federal MP, Alan Tudge, was in attendance, while State MP, Kim Wells, Knox City Mayor and Mayoress, Darren and Susan Pearce, local councillors, Nicole Seymour and Peter Lockwood plus RLCN editor David Gilbert and his wife Pam, represented the Rowville community.

With a live band playing Christmas classics, locals and guests alike enjoyed a dance. The Ruby Gumnut Goddesses, the Rowville Red Hat Society chapter, added their splash of colour. Operating for 5 years in February, the group of outgoing ladies have consistently attended every year. Current Queen, Rosalee, is carrying on the tradition.

A festive two course feast of turkey roulade and Christmas pudding was provided by Rowville Community Kitchen chefs, volunteers, and a team of Coles executives who came from stores as far away as Sale, volunteered their time to be part of the day.

Rowville Community Kitchen partners with Coles and Second Bite to provide regular, nutritious meals to those who need it most. All meals are made from rescued food and given back to the local community.

During 2016, Christine and her team have provided 7 local primary schools with fresh fruits and lunches every week. Their hard work has supported and encouraged many families over the year. "Our growth didn't come from the area that I actually intended," Christine explained in her speech. "It came from you, the community. Which is really what we're about ... serving our community."

In the new year, Rowville Community Kitchen will continue to feed primary schools. There will be plenty of opportunity to get involved in 2017.

Bianca Gibson

Knox Council Knox says NO to family violence!

Knox Council has reaffirmed its opposition to all forms of family violence with the unveiling of four striking new banners at Council venues across the municipality.

Cr Jackson Taylor of Collier Ward said it was important for Council to show in a very visible way, that it stands for a community where all people can feel safe.

"As a serving Victoria Police officer, I have seen my share of family violence-related incidents, with Knox sadly having the highest rate across the eastern metropolitan region," Cr Taylor said. "Now, as a Councillor, I'm proud to see Knox reaffirming its total opposition to all forms of family violence as well as support for victims, with the unveiling of these new, striking banners. The simple but unequivocal message of 'Knox says NO to family violence' is designed to capture the attention of passers-by with its stark white on black background. It's our

aim that people will stop and think when they see these signs, and if that helps to remove the veil of silence around family violence then that can only be a good thing."

Knox Mayor, Darren Pearce, said Council was proud to support the White Ribbon initiative. "Council has been working with a range of community organisations and networks supporting the prevention of violence against women including:

- Eastern Domestic Violence Service;





Toddler Gym Coordinators, Chris McMenamin and Kerry Bassett, Posing For A Facebook Photo.

Happy new year to all the readers of RLCN.

A new year is always an interesting time. Come the 1st of January, it's like we draw a line in the sand and put the old year away and look ahead to the new one. While I am not a New Year resolution kind of person, I do take time in January to think about the year ahead and make some plans. I think this is true for many people. Despite doing these things, I actually have limited control over the events that happen to or around me.

But what I do know is that the God of our Lord Jesus Christ, my God, promises to be on the journey with me... no matter what! So I look forward to another year assured by the promise of God that I do not go alone. God is with me. I pray that others might find reassurance in this promise as well.

Details of our church service, Sunday school and Toddler Gym times can be found in "What's On Locally" on page 2. Sunday School is available during the school term and we have a special family service on the third Sunday of every month. Toddler Gym resumes on Tuesday 7th and Friday 10th February. Registration is essential for this program and we are pleased to say we are starting the year with full groups.

Trevor Bassett

The Churches

Sponsored by: Australia for Christ Church, 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



World Day of Prayer AUSTRALIA

This year the World Day of Prayer is being organised by the Uniting Church. The special service will be conducted at their premises on the corner of Bridgewater Way and Fulham Road on Friday 3rd March at 7.30pm.

The 2017 service has been organised by the people of the Philippines and the theme is "Am I Being Unfair to You." The speaker will be the moderator of the Uniting Church, Sharon Hollis.

Everyone is most welcome to attend. Any queries should be directed to Judy on 9759 6860.

Judy Golding



ANGLICAN CHURCH

"Building passionate followers of Jesus Christ"

Parish of Rowville & Ferntree Gully

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Email: admin@raftchurch.org.au Web: www.raftchurch.org.au

What's the Best News You've Ever Heard?

Let me start by saying: Yes, I am a Christian. I believe Jesus

is the Son of God who died on the cross to save me from my sin and all that is evil. More than that, I believe Jesus rose again as king of the world, ascended to his throne in heaven and will welcome me into His eternal kingdom where sin, death and evil will be no more. We Christians don't call it the Gospel – The Good News – for nothing!

But at the same time I am not naïve to the fact that there are some very serious objections to Christianity. Some people look to the followers of Jesus and have serious concerns: "Doesn't Christianity just cause conflict? And isn't Christianity just something people use to control others?" While others don't like the absolute claims that Christianity makes: "Surely it's arrogant to say your religion is the right one? And aren't all religions basically the same?"

Some have great doubts about the nature of God and Jesus: "Does God even exist? And if he does, why is there so much suffering? And surely believing in the resurrection is just ridiculous?" While others are more concerned with how becoming Christian will affect their social life: "Doesn't becoming a Christian mean becoming boring? And why are you so old-fashioned about sex anyway?"

same picture element are built up to ultimately create a three-dimensional art-work. Patience is probably the most demanding requirement, but the end results are often spectacularly beautiful, and well worth the effort.

We have probably all seen kimekomi without realising what it was. Kimekomi is the art of creating decorative baubles from simple white polystyrene balls. Designs can range from the simple to the highly complex, utilising materials such as decorative ribbon, sequins, pins and the like, and we surely would have all seen these on Christmas trees.

Tatting is the ancient art of lace-making. Using no more than a small ovoid shuttle (although sometimes a needle is also employed), intricate and highly decorative lace can be created adding a touch of class to doilies, table ware and the like.

All of these are available at Knox U3A in Term 1 (although some do fill rapidly), and if you would like to try something completely different, contact our office on 9752 2737, email us on office@u3aknox.org.au or visit our website at www.u3aknox.org.au where a link to "Courses" will provide details of these and all other courses on offer in Term 1. Membership is still only \$60 per annum, and there may be a small materials charge for some of the craft activities.

John E Ford Publicity Office



And Now For Something Completely Different...

In past articles for this paper I have highlighted the activities of Knox U3A that might be termed "commonplace" – the walking groups, cycling groups, the fishermen, golfers and the like. However, included within its curriculum, Knox U3A invariably offers activities that are unusual, esoteric – dare I say it? Off-beat. For Term 1 in 2017 we offer, as well as more than 140 better known activities, pastimes and crafts such as Rummikub, paper tole, kimekomi and tatting.

Now that I have your attention on at least one of these, let me explain.

Rummikub is a game, invented by a Rumanian gentleman in the mid-1930's, best described as a mixture of Gin Rummy and Mah-Jongg. It is played with tiles, not cards, and is described as fast, exciting and, if played properly, demanding of a high level of skill and thought. The scoring method is complex.

Paper tole is a craft whereby multiple copies of the



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The Small Things

It is often the smaller things in life that make the greatest impact. This has been the experience for my wife and I, over the last 18 months, as we have recently become parents to a small bundle of joy. It doesn't take much effort from our son too elicit *oohs* and *aahs* from our family and friends. The faintest of sound, or the smallest reaction from him brings greater joy to our hearts than I could have ever imagined.

I can only begin to imagine the joy that the baby Jesus would have brought to Mary and Joseph as they cradled him in their arms, and I don't even dare to believe that I could imagine their thoughts and sentiment as they stared at him, knowing full well that they were holding the Son of God. How they would even begin to grasp this enormous truth is hard to comprehend. God himself, wrapped and held closely in their arms and in the depths of their hearts.

The Christmas season is a time to remember baby Jesus and to celebrate that he came as an inconspicuous baby boy, but would make the greatest impact that history would ever witness. Jesus, who came as an innocent, pure, and fragile child would make it possible for each of us to know joy, peace and reconciliation with God himself. We rejoice because in Him we have life, and life to the full. (John 10:10). There is no greater reason for celebration!

Pastor Wally Starchenko

Rowville Aspiring Writers Bernard Butterworth

By Ine

His scuffed shoes were worn down at the heel and much in need of new laces. He cared not a bit. Fancy, polished shoes wouldn't make him swifter of foot; they would take him to the same places as worn out, unpolished shoes. Besides, he didn't often come across fancy shoes.

Something was squeezing Bernard Butterworth's right big toe. It hurt. He could tell there was a hole in his sock. Sitting on a vacant chair at a street cafe, he removed both shoes. People stared. Others moved away. He didn't care. He removed his socks and massaged his sore toe. A waiter asked him to leave. "As soon as I've put me shoes and socks back on," he replied.

Bernard put the sock with the hole in it on his left foot and arranged it so no toes poked through. He was bothered about having a holy sock. He needed to find a new pair soon.

He put the right sock on then his shoes. He hitched his green trousers and ambled off along the street. The bottoms of his trouser legs dragged on the ground. In places, they looked like a rat had gnawed them. Bernard cared not a bit. Having too long trousers was not a bad thing. Short trousers meant you needed long socks in winter and a man couldn't

always get long socks.

He crossed the street and stooped to pick up a silver coin. His blue patterned shirt didn't exactly go with his green trousers and it had two missing buttons. The four remaining buttons were mismatched. Bernard was not at all concerned.

There were plenty of miserable men with a row of perfectly matching buttons down the front of their shirts. Matching buttons couldn't make you happy.

On a street corner, a man in a suit stood with his hands cupped to his face as he lit a cigarette. Bernard flashed his most charming smile. "Can you spare me one, mate?" Without a word, the man handed over a cigarette. Bernard put it in a pocket of his coat. He wasn't a smoker but he was a trader.

His grey coat had never known the insides of a dry-cleaning shop. There was a rip in the back and, in places, the lining hung below the hem. Bernard cared not a bit. It had big pockets good for storing valuables and warming hands in cold weather.

He crossed a few streets and turned a few corners and came across a tall woman walking a pug. They wore matching fur coats and fake jewellery. He asked the woman if she could spare a few coins. She told him to "Piss off!" He didn't care. An old woman wearing a black raincoat gave him a silver coin. It just proved that being rich and owning an ugly dog can sour the heart.

His own heart sweetened by the old woman's generosity,

Bernard stopped to help two young men studying a map. "We want to go to Gertrude Street, Fitzroy," one of them said.

Bernard was going that way. "Follow me," he said.

Leading the way, he felt good, proud, even important. He wasn't bothered by his scuffed shoes, frayed trouser leg bottoms, mismatched shirt buttons or shabby coat. He was still concerned about his socks.

At their destination, the young men thanked Bernard and took his photo. Then they gave him a hand full of coins and a purple beanie. The beanie didn't match anything but he put it on his head. He thought it would make his blue eyes look brighter.

His nose guided him to the food van. Father Bob was dishing out casserole and Elfreda, a little Jewish woman added rice. Bernard hoped there would still be food left when he reached the front of the long queue. There was.

Father Bob and Elfreda greeted him as an old friend. "Are you all right, love?" the little Jewish woman asked.

"Is there anything you need?" the Priest asked.

"I could do with new socks."

"I will bring you two pair next week," the little woman patted his arm.

The food was warm and tasty. Bernard smiled as he scooped it up with a plastic spoon. A small Jewish woman and an old priest didn't care about scuffed shoes so why should it bother Bernard Butterworth?

Rowville Senior Citizens



The Christmas party in full swing

Wishing everyone a happy New Year and hoping 2017 brings health, happiness and laughter.

Our Christmas Party was a great success, with delicious food & lots of fun. Col Perkins came

to entertain us and had lots of people up dancing. We had 22 hampers to raffle and a lovely door prize, donated by Jean Gapes.

Rowville Seniors re-opened on 11th January, with everyone excited and eager to see their friends again. There was a real buzz with everyone chatting, especially at afternoon tea time.

Some outings have already been arranged for the coming months. If you are 55+ years of age, you are very welcome to come along on Wednesdays and Friday afternoons. We have Indoor Bowling, Rummikub and Canasta on Wednesdays and Indoor Bowling and Bingo on Fridays. Come and make some new friends and have a good laugh.

For any enquiries, please phone Anne on 0404 007 174 or Sandra on 0402 811 789

Anne Berg (President)



Council Minutes December 20TH Meeting

Summary of items of relevance to residents of Rowville and Lysterfield

5.2.6 Councillor Seymour (Tirhatuan Ward) •

Councillor Seymour advised that she had recently attended the Annual Christmas luncheon of the Rowville Community Kitchen (RCK) with Councillors Pearce and Lockwood. Councillor Seymour acknowledged the wonderful work the RCK do in supporting the local Knox community. She expressed her thanks to the Council executive and staff for their assistance in 2016

6.1 Report Of Planning Applications Decided Under Delegation

Planning Applications Decided by Responsible Officer 1 November – 31 November 2016

Dobson 2016/6614 **8 Amley Rise Lysterfield** - 2 lot subdivision 2/11/2016 Notice of Decision

Taylor 2016/9121 **32 Major Crescent Lysterfield** - Remove one (1) Eucalyptus cephalocarpa tree 7/11/2016 Approved

Taylor 2016/6237 **5 Cornish Road Lysterfield** - Use and construction of a single dwelling on a lot 8/11/2016 Approved

Taylor 2016/9132 **88 Major Crescent Lysterfield** - Removal of one Eucalyptus viminalis (Manna Gum) 24/11/2016 Approved

Tirhatuan 2016/6529 **34 Avalon Road Rowville** - The construction of a second dwelling to the rear of the existing dwelling 3/11/2016 Approved

Tirhatuan 2016/6625 **940 Stud Road Rowville**

- Buildings and works consisting of modifications to the existing car canopy, the construction of a new truck canopy, relocation of the high flow diesel bowlers and associated works 8/11/2016 Approved

Tirhatuan 2016/6658 **21 Stamford Crescent Rowville** - 6

lot subdivision (Approved Unit Site) 8/11/2016 Approved

Tirhatuan 2016/6479 **37 Enterprise Drive Rowville**

- Buildings and works to an industrial building and

reduction in car parking 15/11/2016 Approved

Tirhatuan 2016/6408 **33 Avalon Road Rowville** -

Development of the land for three (3) double storey

dwellings 21/11/2016 Notice of Decision

Tirhatuan 2016/9131 **6 Candlebark Quadrant Rowville**

- Remove one Eucalyptus cephalocarpa tree 30/11/2016

Approved

Tirhatuan 2016/6582 **15 Kelletts Road Rowville** -

Alteration and additions to an existing industrial building 30/11/2016 Approved

8.1 Female Participation In Structured Sporting Activity And The Capacity And Challenges For Council Infrastructure To Support This Participation

2. **Discussion** Many of Council's sporting facilities (including associated sporting infrastructure e.g. floodlights), are not suitable for the current or anticipated needs of female sporting teams:

Sporting pavilions do not have the facilities/amenities expected by female athletes, including cubicle showers and toilets. Sports fields, will not be able to support the anticipated increased use. Floodlighting standards vary considerably across the municipality.

The current inadequacies of these major elements create significant barriers for females considering community sport and for those currently participating.

8.1 The initiative, which runs through until June 2017, provides funding for six sporting codes to work with women and girls who don't normally participate in

sports programs provided through community clubs and associations. These codes include: Australian Rules Football; Tennis; Cycling; Gymnastics; Surfing and Netball.

8. **Conclusion:** There are numerous challenges in providing the infrastructure necessary to meet the expected/projected female participation for Council's sporting facilities. Sporting Associations have clear strategies to promote the growth of female participation in sport, however fulfilling these strategies will require significant financial investment from Council, State and Federal Government, state sporting associations, and the community

8.2 Contract NO. 2164 – Street Tree Planting And Establishment

1. Introduction Knox's streetscapes and the street tree population are regarded as one of Council's greatest assets and contribute to the green leafy image of Knox. The importance of this green leafy image has been highlighted in a number of Council's strategic documents

Street trees are highly valued by the community and street tree planting offers streetscape amenity as well as providing opportunities for environmental and sustainable benefits – reduced storm-water run-off, reduced heat island effect, and increased habitat for local fauna.

11.1 Works Report As At 5 December 2016

16 Building Renewal Program - Program 20% committed/expended. Works nearing completion/expected to commence in December include Civic Centre - boiler replacement and atrium entrance works, Rowville Community Centre - hall floor replacement works and Leisure works - carpet replacement/floor rectification works, waterslide stairs and landing rectification works.

17 Playground Renewal Program Row playground has been completed. Consultant has been engaged to undertake the concept design for the following playgrounds; Raphael, Pickett, Eildon, Windermere, Park

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Council Minutes continued...

Ridge, Balmoral and Harrow design.

31 Stamford Park Redevelopment - Mens Shed relocation to be reconfigured following request from Stocklands to be allocated 50% of area set aside for new compound.

638 Karoo Road, Rowville - Construction Detailed design completed. Contract advertised late November with tenders expected to close on 20 December. Residents being advised of works over December.

648 Row Reserve, Rowville - Implement Masterplan Detailed Design for hard-court area, drainage swales and softscape works being finalized and due to commence construction in first half 2017. Construction to be undertaken by Project Delivery Team (TBC).

721 Eildon Park Reserve (Pavilion upgrade), Rowville - Design - Awaiting Building Permit to commence works.

756 Heany Park, Rowville - Construction works completed waiting for a custom seat to be installed for

Diana Amend, Peter Barton, Jan Bates, Beattie family, Carol Belcourt, Wendy and Andrew Beveridge, Colin Bradley, Rhemy & John Brady, Muriel Cartwright, Nola & Andrew Chapman Josie Dawson, Christine Dawson-Marsh, Wikje Derminn, Kel & Di Emerson, Graham & Margaret Freestone, Hazel

Practical Completion certificate to be issued.

850 Murrindal Playgroup, Rowville - Outdoor Blind Installation (Community Submission) - Shade sail installed.

853 Aimee Seebeck Hall, Amenities Design - Scoping works scheduled to commence in early December.

860 Bergins Road, Rowville - Footpath 3 - Design under review.

864 Lakeside Boulevard, Rowville - Pedestrian Refuge - Works scheduled for early December.

874 Fulham Road, Rowville Reconstruction - Design - Geotech investigation and survey completed. Detailed design to commence from around March 2017.

For those who enjoy delving into financial matters - you can read the Financial performance and many other reports in the minutes of Dec 2016 meeting on the Knox Council website

Report compiled by Jan Bates

RLCN Life Members

Haynes, 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, Bronwyn & Ian Richards, Peter & Pauline Rumble, Sandy Sharp, Gerard Smith, Graham Smith, Merle Turner, Ray Vancam, Michael & Jenny Walters, Barry & Karen Wells, Doug Whan, Christine & Mal White, Andrew Williams, Yates family, Nelly McLennan, Lynn Stubbs, Janice Nicol.

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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