



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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FREE

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OUR TEAM

Editor David Gilbert
Ph: 9764 4703

Email: editor1@rlcnnews.com.au
Website: www.rlcnews.com.au
Postal Address:- RLCN c/o
Rowville Community Centre,
40, Fulham Rd., Rowville 3178



Advertising Co-ordinators
Kayla McCullough - Chris Sudweeks

< ads@rlcnnews.com.au
Phone: 0431 153 155



Distribution Co-ordinator >
Peter Rumble Phone: 9752 7592



Website Administrator

< Sher Singh 0409 376 853
admin@rlcnnews.com.au



President:

Rob James >



Treasurer:

< Rick Goss
9763 0193
treasurer@rlcnnews.com.au



Vice President:

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Proofreaders: Karen Merridew; John Jenkins;
Jane Thomas; John Lewis; Margaret Gregory; Heather
Hodge; Beverley Prosser; Charles Bartlett; Lesley
Jenkins; Rosemary Hermans

Design, Typesetting & Layout

Mallee Bull Media
Email: john@malleebull.com

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What's On Locally

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DIRECTORY - May 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, Turramurra 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

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 Barb 0421 273 907

Rowville Toastmasters meet on 2nd, 4th and 5th Tuesday each month at 7.15 pm for 7.30 pm at RAFT Church. Contact, Kerryn 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

Travels with RLCN



Maureen and Graeme in Kota Kinabalu

One for the Lexophiles
When fish are in schools they sometimes take debate.

From the Editor's Desk



So Easter is over for another year, which makes me wonder how many of you are 'suffering' from an excess of chocolate? I know I consumed more than I should have, but it did open my eyes to the different quality, smoothness and texture of chocolate on offer. No doubt price has something to do with it too.

Every Easter for as long as I can remember, our son organises an Easter egg hunt for our six grandsons. The boys range in age from 20 down to 3 so the task of making the hunt equitable is quite difficult. Before they start the older boys have their own 'hunt' which is clue based and each year brings frowns and exasperation based on not understanding the clues and instructions. They did find the eggs eventually and were then instructed that for the main event they were not to touch any obvious eggs below knee level as these were for the little ones.

The start was signalled and off they all went, until they had all been found. Finally there were six 'memorial' eggs to be found by the big boys and it was back to their childhood. Pushing, shoving even fighting to find the

golden eggs, which were all eventually discovered...then the trading started; Cadburys for Heritage, Lindt for Red Tulip and Newman's for No-name. It was a joy to watch these over 16's enjoying being children for a few minutes and getting their noses out of their iPhones.


As we journey into May our thoughts go initially towards our Mums and their special day on 7th. To all mothers we hope you have a lovely day in the company of your families and for those whose families are split by distance, modern technology is a wonderful thing.

Starting on the 8th for 7 days is 'Volunteers Week'. We are constantly being advised how much we owe to volunteers and how great their contribution is to communities and the world in general. The RLCN is no exception and I take this opportunity to thank everyone associated with our paper for their terrific effort in keeping our paper alive and well. Of course we could always do with more, especially someone to take on the advertising co-ordinators role. It doesn't take much time each month and is a very rewarding task. Without advertising our income and therefore our ability to pay our bills is greatly reduced. Please give it some thought and contact me any time.

Whilst discussing 'giving', please put the Red Shield Appeal at the forefront of your thoughts on 27th and 28th. The work they do is irreplaceable, but like all volunteer organisations they need money to continue to do their amazing job, locally and around the world.

Finally this month, congratulations to John Jenkins on completing five years as a proof reader, Well done and thank you very much John.

David Gilbert



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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

Key Contacts

Editorial & general publication:
editor1@rlcnews.com.au
Telephone 9764 4703

Advertising requirements:
ads@rlcnews.com.au
Telephone 0417 976 454

Financial matters:
treasurer@rlcnews.com.au
Telephone 0417 976 454



Calendar of Events May 2017

Miracle Month of May www.miraclebabies.org.au

Crohns & Colitis Awareness Month
www.crohnsandcolitis.com.au

Domestic and Family Violence Prevention Month
www.domesticviolence.com.au/pages/domestic-violence-prevention-month-1st-31st-may-20.php

65 Roses www.65roses.org.au

Australia's Biggest Morning Tea
www.biggestmorningtea.com.au

2-8 May National Family Day Care Week
www.fdcweek.com.au/

4 May Play Outside Day
www.action.org.au/news/play-outside-day

4 May International Star Wars Day
en.wikipedia.org/wiki/Star_Wars_Day

4-8 May Live Below the Line
www.livebelowtheline.com.au/

5 May Sports Without Borders
www.ourcommunity.com.au/swb2016

5 May Shine a Light on Road Safety www.rtssv.org.au

6 May Starlight Day www.starlightday.org.au

6-13 May Heart Week www.heartfoundation.org.au

7 May Mother's Day Mothers Day Classic
www.mothersdayclassic.com.au/

7 May National Domestic Violence Remembrance Day

7-13 May Tourette Syndrome Awareness Week
www.tourette.org.au/index.php

8 May World Red Cross Day
www.redcross.org.au/events_default.htm

8-14 May National Volunteer Week www.volunteeringaustralia.org

11 May Wow Day www.wearorangednesday.com.au/

12 May International Nurses Day
www.australianvolunteers.com/about-us/news/international-nurses-day---12-may-2011.aspx

14-20 May Schizophrenia Awareness Week
www.sfnsw.org.au



Three Year Old Pre Kinder

Three year old kinder operates during school terms from Monday-Friday with qualified staff guiding and supporting children's learning in small groups of 10. The program's structure incorporates sensory, gross and fine motor skills and focusses on social and emotional independence. Phone to arrange a tour of the service.

Senior Sports

The Senior Sports group runs Mondays and Fridays 10am-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.

Living Longer Living Stronger

This is an accredited Council of the Ageing (COTA) resistance training program for people over 50 years of age to increase bone density, muscle strength & metabolic rate. Subject to a waiting list.

Fitness Classes

Stretch & Tone is a gentle exercise class designed to increase strength, fitness and muscle tone using light weights. Classes run during school terms on Wednesday mornings and Thursday evenings.

Yoga classes run Tuesday mornings plus Tuesday and Wednesday evenings. Both are limited to 12 participants per class. All classes are Term based and can be joined at any time where vacancies exist.

For further information please phone Rowville Community Centre on 9763 7400 or visit us at 40 Fulham Rd, Rowville.

Trish Massie

14-20 May Food Allergy Week
www.foodallergyaware.com.au

15-21 May National Law Week www.lawweek.com.au

15-21 May National Families Week www.nfw.org.au

19 May National Walk Safely To School Day
www.walk.com.au

20 May Girl Guides Australia National Biscuit Day
www.girlguidebiscuits.com.au

21 May RSPCA Million Paws Walk
www.millionpawswalk.com.au

21-28 May National Palliative Care Week
www.palliativecare.org.au

22-28 May Macular Degeneration Awareness Week
www.mdfoundation.com.au

25 May World Thyroid Day
www.thyroidfoundation.org.au

25 May World MS Day www.worldmsday.org

25-31 May Spinal Health Week
chiropractors.asn.au/education-a-events/spinal-health-week

26 May National Sorry Day www.nsdsc.org.au

27-28 May Red Shield Appeal Doorknock
salvos.org.au/get-involved

27 May-3 June National Reconciliation Week
www.reconciliation.org.au/nrw/what-is-nrw

27 May-25 June Ramadan - Islam www.timeanddate.com/holidays/australia/ramadan-begins

29 May Wear White at Work
www.whitewreath.com/coming-events

29 May White Wreath Day - In Remembrance of All Victims of Suicide www.whitewreath.com/coming-events



Lions Club of Rowville - Lysterfield

In our continuing association with the Angliss Hospital, that started in 2011, members of the Rowville Lions Club were invited to attend a special morning tea at the hospital as a 'Thank You' for the Club's most recent donation of four breast pumps for the Women's and Children's Departments.

Chief of Site, Paul Leyden along with Jenny Dempster and Edwina Dowling from Women's and Children's personally thanked the Rowville members in attendance for this donation and for the Club's ongoing support of the hospital.

12 Lion's teddy bears were also presented to the hospital for children receiving care there.



Left to right:- Megan (maternity nurse), Lions Sharon, Judy, Maggie, Peter, Harald and Paul Leyden, Edwina (Midwifery Unit Manager) Anne (Director, Eastern Health Foundation) and Jenny (Director of Nursing, Midwifery & Operations)

A personal tour of the Special Care Nursery had been arranged for the Lions members, so that they were able to see the equipment their donations had made possible and to meet with staff who were able to share with the group what this equipment means for the mothers of these very fragile babies.

Discussions are currently underway for Rowville Lions to fund and purchase a vital signs monitor, which will benefit older patients in the Angliss hospital.

Julia Young



Rowville Unit

Make a difference: 5 things which can have a positive effect.

Red Cross is an international organisation which is at the forefront when war and disasters occur. Often individuals would like to make a contribution as well, but are not sure what would be effective.

Red Cross have provided some simple suggestions which would contribute to our local, national and international communities.

- Get to know your neighbours.
- Looking out for each other makes your community safer, and if there is ever an emergency such a fire or flood, having supportive neighbours helps people to cope and recover more quickly.
- Call or visit someone who is lonely.
- Many people connect with others on line, but a face to face conversation is also valuable.
- Become a volunteer
- Red Cross has many opportunities to volunteer. Helping out in op shops, supporting people who are homeless or seeking asylum, or visiting the elderly are some examples. This is a way to gain new skills and to share existing ones, as well as to meet new people.

- Give Blood
- Your blood donation could save three lives and it only takes an hour.
- Join Red Cross

Red Cross is the world's largest humanitarian movement. It helps to reduce suffering and support some of the most vulnerable people in the community, from those fleeing disasters and war to those who don't have access to clean water and are living in poverty.

If you believe you can help please contact Joan on 9764 4611 who can furnish you with more details of our activities and advise you of more specific contact numbers.

Alison Sharrock



Last December, we spoke about volunteering as the basis for success in our Rotary Clubs, but what are our objectives?

The Object of Rotary is to encourage and foster the ideal of Service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service.
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an



opportunity to serve society.

3. The application of the ideal of service in each Rotarian's personal, business and community life.

4. The advancement of international understanding, goodwill

and peace through a world fellowship of business and professional persons united in the ideal of service.

In 2016, CNBC in the USA, named the Rotary Foundation as one of the 'top 10 charities changing the world', citing our Polio Plus program as well as our financial health, accountability and transparency of reporting." An estimated 350,000 cases of crippling polio were reported world-wide when the program started, but thanks to vaccines and the efforts of Rotarian volunteers, in 2016 there were only 37! Through vaccines, polio is on the brink of eradication. Sadly, due to ongoing conflicts, it may be some time before these areas can be declared 'polio free', as there has to be at least 3 years without a case. To donate please call - Heather on 0419 376 743 or Jeff on 0413 150 587.

An Australian Rotary initiative, soon to be introduced, is a program to attack the incidence of Trachoma in remote Aboriginal communities. It is an infectious eye disease which can cause permanent blindness. Sadly, Australia is the world's only developed nation still affected.

There were originally 200 "hot spots", but today there are only around 50. The disease is spread by hands, clothing, shared towels, bedding, and from flies which have contacted 'runny' eyes or noses, so prevention is now the focus. Rotarians are working to deliver products and services to affected communities. Personal care kits can be put together for just \$10, whilst larger sums of \$1,000 and \$2,000 can provide communal washing machines, helping to keep clothing clean. To find out more, visit: www.endtrachoma2020.org.au

Come and join us and get involved in our volunteer programs. Details of our meeting place, dates and times can be found in "What's On Locally" on page 2. You're invited to come along as a guest, just call either Kevin Harrison 0419 919 011 or Heather Eddy on 0419 376 743. For further information log on to our website: www.rowvillerotary.com.au and also follow us on Facebook and/or Twitter.

Rotarian James Wilson

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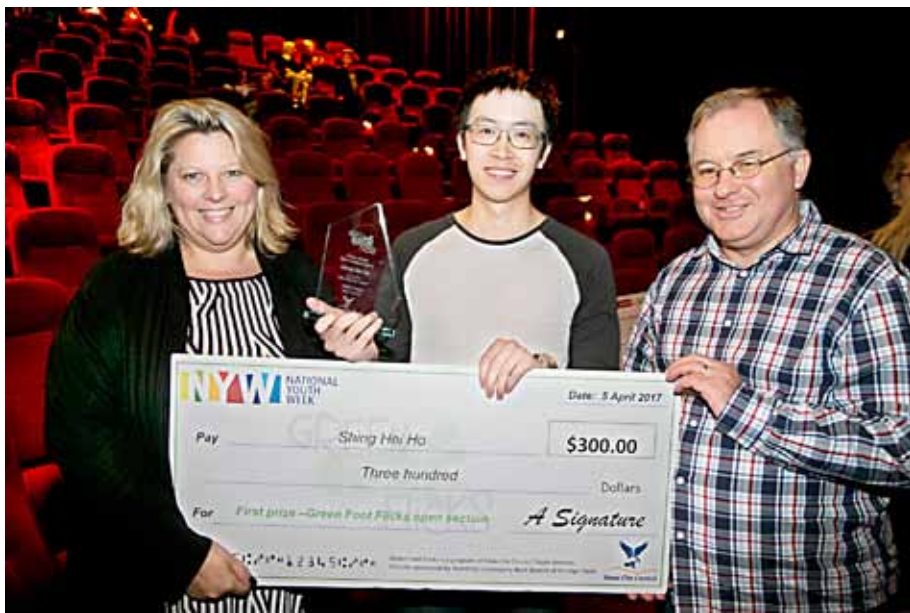
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Local Achiever

Film about Rowville Rail Takes Top Prize.

On the 6th April, Knox Council Youth Services hosted its annual Green Foot Flicks Youth Film Festival.

There were 14 films featured as part of the festival all of which were produced by young people who live, study or recreate here in Knox. Each film was unique and many



Life is all about the journey; not the destination

As I sat thinking about which of the stories I am familiar with that might inspire readers of this article to push past their comfort zones in an effort to lead a fuller life, I thought, why not share my own personal journey?

While I have been fortunate to have lived in several parts of the world and it may seem to you that such a person must be extremely confident and outspoken, this has most definitely not been the case for me. I grew up an introvert, having struggled with a speech impediment for most of my younger years. I dreaded being asked a question by my teachers, my peers and just about anybody, because of my fear of being judged and mocked because of my stutter. It was not a fun way to go through life.

As I grew older I learned techniques to keep the stuttering under control, I found a job and got married. However the deep fear that my stuttering might be found out lay deep within me, stopping me from taking chances in life, stopping me from pushing past my comfort zone and living a full life.

It has now been 1½ years since I came across Toastmasters

were of a quality way beyond the years of these budding film-makers – dare I say even commercial quality!

The major prize for Best Film (Open Category) was won by “No Pain, No Train”, a documentary film about the advocacy campaign that has been ongoing for five decades to bring a train line to Rowville, connecting with Monash University and providing much needed public transport from Rowville to the city. Much of the film centres around the ongoing efforts and determination of former Knox Councillor and Rowville resident Mick Van de Vreede to bring heavy rail to Rowville. The film reminds us of the many submissions made by Knox

Council to the State Government calling for the rail to be delivered. It highlights the independent reports that have been undertaken that clearly demonstrate the need and feasibility of the Rowville Rail.

Rowville Rail remains one of the top three issues raised by residents who live in the Southern part of Knox according to local MP Kim Wells who is also featured in the film. It is likely to be a hot topic in the lead up to the State Election in November next year with voters expected to be seeking a firm commitment by both sides of politics to progressing the Rowville Rail in the not too distant future.

“No Pain No Train” was written and produced by Shing Hei Ho, It is not available for public viewing until next year. You can watch the trailer on YouTube - just search “No Pain No Train”.

For more information about the Greenfoot Flicks visit www.knox.vic.gov.au/GreenFoot

in Rowville and they started to give me the support and structure I needed to overcome this confidence crippling condition. The fear has gone and I have gained much confidence in myself and my speaking skills, all thanks to our Rafters Toastmasters. At the end of last year I secured my competent communicator award (CC) having delivered 10 speeches successfully. I have even recently published my first book entitled ‘Abundant Motherhood; Empowering Mums To Empower Their Kids’, where I share my journey through motherhood.

Check us out now, as there are two Toastmasters Clubs in Rowville to choose from, Rafters and Rowville Toastmasters. Details of their meeting venue, dates and times can be found in “What’s On Locally” on page 2.

Guests and new members are warmly welcome. Come along to either Toastmasters meetings as a free guest to find out more about what we do. We look forward to seeing you there!

Yolanda Alvares Vice President Public Relations Rafters Toastmasters



A Group Of Rafters Toastmasters Club Members.

Anagram Teaser

Rearrange the letters to discover what they do; **THE EYES**

Last month’s answer:- **Desperation**

SHOW MUM SOME LOVE THIS MOTHER’S DAY

With gift ideas galore you can’t go wrong at Wellington Village.

Is Mum into Yoga or loves a good perfume?

Would she prefer a pampering session; hair, mani-pedi, the works?

Or what about some gorgeous flowers to brighten her day?

There’s gifts, wrapping paper and beautiful cards too so you can show Mum how much you care with something from the heart.

Plus you can treat Mum to dining feast at one of our restaurants or cafés.

All of this conveniently in one location to make life that little easier.

Yep, we’ve got your covered this Mother’s Day



Remember to check out our Facebook page for Mothers Day specials.



WELLINGTON VILLAGE

Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville

wellingtonvillage.com.au

Probus Knoxfield Ladies



Members of the Knoxfield Ladies Probus Club enjoyed the beautiful

begonias in the Ballarat Botanic Gardens. The gorgeous display never disappoints. Our latest bus trip was a day of fun, food, and a feast for the eyes.

The early rain eased as we approached Ballarat and after a close perusal of the begonias and a wander around the gardens marvelling at the magnificent old trees and the colourful flower beds, the bus took us to a delicious lunch at the Bluebell Hotel Wendouree. Next was a visit to the Overwrought Garden and Gallery in Blampied which was another feast for the eyes. By now the sun was shining, tempting us out of the well-stocked gallery into the large garden area where we inspected the cleverly displayed rustic metal sculptures, wall and garden art, and furniture by local and interstate artists. As the gallery also displays ceramics and jewellery, needless to say, some purchases were made.

Once our 28th Annual General Meeting to elect a new Committee was finalized on the 27th of March, we were treated to a recital from the Frankston Ladies Choir and what a treat that was. A large group of the smartly dressed choir members entertained us for an hour. We did enjoy their beautiful voices as well as their musical director's accompaniment and explanations of their repertoire.

We are looking forward to more friendship and fun through the year, so if ladies 55 years and over would like to join us, you would be most welcome to become members of our Club. You may visit us for 3 meetings and



Members enjoying the beautiful begonias in the Ballarat Botanic Gardens

are welcome on any outings in that time, before making the decision to join.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. After our morning tea break we usually have an interesting/entertaining speaker; (often the speaker combines both these highly prized attributes). A light lunch can be obtained at the Golf Club, which is an opportunity for further socializing.

Please ring Val on 9763 6175 or Bev on 9753 3224 for more details. We love meeting prospective new members.

Bev Bishop Secretary

Knox Combined Probus

Last month's weather extremes caused havoc with our outings itinerary. It was Tricia's, (our outings organiser), worse nightmare come true. On the scheduled day, for what was supposed to be a pleasant trip to the Eagle Chairlift at Arthur's Seat, she awoke to heavy rain, wild winds and occasional thunder and lightning. So of course all thoughts of a scenic and gentle ride on the new chairlift were immediately abandoned. Frantic phone calls and emails ensued. In her typically efficient manner Tricia re-scheduled the trip for the following week and advised those coming. Realising that the new date was the same as our committee meeting she quickly arranged to move the meeting to 5pm. Happily on that day the weather was perfect, the trip to the Gardens successful and the committee meeting, although finishing



Ray Stackpole



Maureen and Graeme Being Presented With Life Membership

FROM THE ARCHIVES

Memory Lane April 2012

- The **Red Cross** ran an advocacy campaign "Make Nuclear Weapons The Target" calling on Australians to support a convention to ban nuclear weapons. Judging by recent news coverage I suspect the attempt to ban them is still ongoing.
- The **Rowville Community Kitchen** opened for business in the Salvation Army building, ready to serve healthy and nourishing meals. The kitchen is an opportunity for return to work job seekers to build skills and for residents to enjoy a two course meal for no more than a gold coin donation. Today, it operates at the Community Centre.
- **Stamford Park Men's Shed** took possession of two dilapidated rooms in the rear of the Stamford Homestead and with the help of the Council has undertaken major refurbishment. An extension to their activities was eagerly anticipated.
- 22 ladies created a new Red Hat chapter, the **Ruby Gumnut Goddesses**, with the simple aim of enjoying themselves. By the tone of their bi-monthly articles, they still are.
- Little Athletes exceeded expectations at the State Championships. Gold medallists included **Chloe Beovich** Under 11 discus and javelin, **Mark Merrigan** Under 10 shot put, younger sister **Hailey** Under 9 high jump, **Hayley George** Under 12 1500metres walk and **Millie Reed** Under 12 70metre sprint. I hope you are all still competing.

David Gilbert



'Taking Good Legal Care of Yourself'

is a regular contribution by **Eastern Community Legal Centre (ECLC)**

to raise awareness of legal needs in the community, and encourage people to seek legal advice early.

ECLC is a not-for-profit community service that provides free legal advice to Melbourne's outer-eastern communities, including Rowville.

Get involved in Law Week 2017

Are you curious about what goes on behind the scenes in the Courts? Do you want to know more about legal issues that could affect you and your community and what you could do to help? Do legal debates grab your attention but the technical lingo make it hard to follow?

Law Week runs May 15-21 this year, with events and information sessions that make it easy (and fun) to learn about the law. Organised by Victoria Law Foundation, it has taken place throughout the State since 1980. It's a chance to immerse yourself in the history and spectacles of the legal system and to learn about legal issues from experts who explain things in plain, easy-to-understand language.

Locally, ECLC will host information sessions for community members to learn about their legal rights in areas such as employment, debt, family law and housing.

Taking just a little bit of time to learn about the law can make a big difference to your wellbeing in the long-run. As they say, prevention is better than cure, especially when it comes to legal problems! If ever you suspect a legal problem is arising in your life, seek help sooner rather than later.

Visit www.eclc.org.au/law-week-2017 to see where ECLC will be during Law Week, or view the full Law Week program at www.everyday-law.org.au/law-week.

Take ECLC's quick legal-health check now by answering the following questions:

- Have you signed a contract that you are uncertain about?
- Do you have unpaid fines?
- Are you experiencing threatening behaviour from someone you know and trust?
- Are you at risk of being evicted from your home?

If you answered 'yes' to any of these questions, call ECLC on 9762 6235 or email outreach@eclc.org.au to find out what help is available.

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

Feel free to visit our website <http://eclc.org.au> for further information

Abby McCarthy



The Knox School - Jackson Irvine scores for the Socceroos

All young people have dreams. They grow up wanting to be train drivers or pilots. It rarely changes.

Jackson Irvine from Lysterfield joined The Knox School in Year 7 in 2005. He had his dream then to play soccer; like all youngsters, the dream would have been to aim for the highest level possible.

Not having soccer as an option, Jackson became part of the school senior football team. At least he was happy kicking the ball around. He also played for soccer clubs outside of school.

Jackson was also a keen musician and played guitar in the senior band at The Knox School.

In 2010, mid-way through his Year 12 year, Jackson was given the opportunity to play for a trial period with Celtic in Scotland. From there his soccer career took off and his star has continued to shine brightly.

In March this year, Jackson, now 24, scored his first international goal as part of the Socceroos and helped Australia secure a vital 2-0 victory over the United Arab Emirates in the World Cup qualifier in Sydney. Jackson has helped keep the Australian world cup campaign very much alive. This was Jackson's second successive start with the Socceroos after tackling Iraq earlier in March. Jackson is making his mark on the Australian team.

"I am absolutely delighted. Such a proud moment, especially to do it on home soil in front of my family. An incredibly special moment" Jackson told socceros.com.au

Jackson recently signed with Burton Albion in the UK for a record club transfer amount.

We at The Knox School are incredibly proud of what Jackson has achieved. If you have a dream, hold on to it, work hard, and anything can come true.

Barrye Dickinson

Coffee with a Cop April

The idea of joining police officers for a cuppa is quite novel. Once a month at Stud Park Shopping Centre, you can sit down with a free latte in a relaxed and informal environment and chat about issues that might be on your mind. There were several police in attendance so you could easily have a one-on-one chat or sit in a more open forum, whatever your choosing.

Senior Constable McIntyre explained that this kind of event takes away the stigma or uneasiness that some might feel by being in a police station. I've got to agree, who doesn't feel more comfortable sitting in a café on a sunny morning. Whilst chatting, SC McIntyre explained that most come for support about issues that are affecting residents personally, as well as advice around security, home invasions and current matters in the media. He mentioned that there is 30 staff at the Rowville Police station. The station is manned 16 hours a day with the patrol car 24 hours a day. When the station is unmanned, all calls go through to Knox.

Amanda brought her three young children Flynn, Holly and Lilah in to Gloria Jeans, as Flynn wanted to know how you become a police officer. Whilst the children were chatting to the officers, they were able to see up close the uniforms and items that police must carry on them and you could see the fascination in their little faces. At another table, an older lady had brought in a photo of her son who



So you want to be a policeman?

is also in the police force. She was showing it off proudly and it gave her a chance to reflect on her own experiences of having a family in the force.

Just as the session was ending, a couple of policemen arrived late as they had to attend to an emergency where a car had crashed into a house. They grabbed a cuppa, smiled for a selfie with some members who had been chatting about what could be done about the local hoonos speeding around at night and out the door they were again, to the next call out. Such is the nature of the job.

Rosemary Hermans

Knox Council Men's Discussion Group a winner:

A proposed Men's Discussion Group in Knox has proved a winner, with more than 20 local men attending the recent inaugural meeting at Orana Neighbourhood House in Wantirna South.

An initiative of the Council on the Ageing (COTA) Victoria and Older Men: New Ideas (OM:NI), Men's

Discussion Groups provide an opportunity for men over the age of 50 to interact with other local men. Discussions are wide-ranging and conducted in a friendly, respectful and confidential environment.

Mayor, Cr Darren Pearce, said "Council is really pleased to see local men back the establishment of a group for Knox. As a result, the local Men's Discussion Group will now meet on the 2nd and 4th Friday of each month at Orana Neighbourhood House, starting on Friday, 28 April".

"We know that an initiative like this has the potential to make a real difference to the lives of men by lessening a sense of social isolation and encouraging healthy interaction.



The feedback Council received from the first session has been very positive, and we look forward to more local men having the opportunity to take part in future."

The Mayor thanked COTA and OM:NI and Orana Neighbourhood House for their efforts in organising and hosting the inaugural local Men's Discussion Group.

"What we need now is ongoing interest and participation in the local Men's Discussion Group and I encourage as many local men over the age of 50, to consider getting involved", the Mayor said.

For more information about Men's Discussion Groups and Older Men: New Ideas visit the COTA Victoria website or telephone 1300 13 50 90.

I am part of the Top Performing School in Knox

Book a tour today:

*School in Action Tour
Wednesday 3 May, 9.00am*

*School Tour
Saturday 17 June, 9.30am*

*Year 7 in 2019 Open Morning
Wednesday 9 August, 9.00am*



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Biggest Morning Tea: Join us for our Biggest Morning Tea on Thursday 25 May from 10am. This is to raise money for the Cancer Council and we hope to beat last year's record of \$1,528.60! We cannot do this without the support of the community and our major sponsors, Ray White Real Estate Rowville, Stud Park Shopping Centre Management and many of the local retailers who contribute in some way.

Centrelink Financial Information Service Info Session: Thursday 18 May 2pm. Recently there have been important changes to the way in which Centrelink asset tests Australians. Join the library team and a Centrelink representative for a special information session detailing these changes and to learn how they may affect you. There will be lots of time for questions and this event is completely free. Bookings Essential: phone 9800 6443. Free event.

Computer workshops: Free sessions on Thursdays at 2pm. Goodreads and Novelist on 11 May and Gmail detail on 25 May. Please book: 9800 6443

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 9 May at 10.30am. **Sensational Salvias!**

Fill your garden with the many varieties of this delightful, bird and beneficial insect attracting group of plants will flower profusely all year long! Lyndi Garnett from the Salvia Study Group of Victoria will take you on a tour of the world of salvias and give you tips on cultivation and propagation. Bring your own Salvias for identification and take some pretty new ones home. There will also be plants



2016 Biggest Morning Tea

for sale on the day! All welcome. For further information, phone 9800 6443

Simply Stitching: is 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 1 May at 2pm.

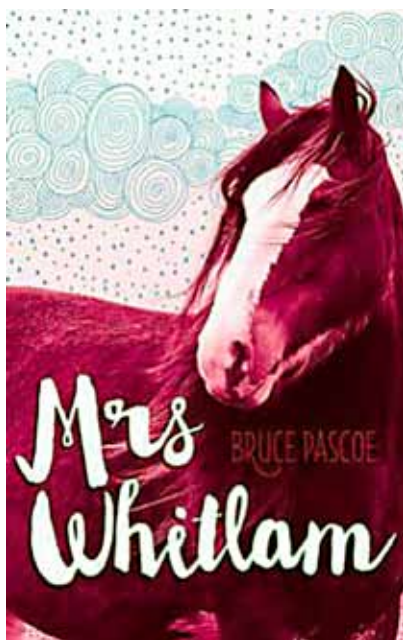
A Mrs Whitlam

by Bruce Pascoe

Mrs Arnold has tragically lost her young daughter in a car accident and can no longer bear to have her daughter Vicki's beloved horse "Mrs Margaret Whitlam" around. After consulting Mr Marriner at the local pony club, she decides to give the horse to Marnie, a local Aboriginal girl. Marnie adores horses, is a good rider and spends lots of time helping out at the local pony club.

Never in her wildest dreams did Marnie think she would ever be lucky enough to own a horse, especially with her father being out of work. She is

overjoyed to be the new owner of the beautiful horse who she affectionately calls Maggie.



Life is great for Marnie. She has friends at school, a fun-loving family and now a lovely horse of her own to love. The only problem Marnie faces is the well-off, snobby girls at the pony club who aren't impressed that Marnie has been given their friend Vicki's horse and riding clothes and give her a hard time about it.

Marnie takes Mrs Whitlam on a long ride to where the river meets the beach. The climax of the book occurs at this point and will have readers holding their breath in suspense.

Although this is only a novella sized book, it is jam packed with action, suspense, sadness, a touch of romance and lots of horsiness.

Mrs Whitlam has been shortlisted for the 2017

Children's Book Council - Book of the Year awards.
Michelle Tomazin, Youth Librarian, Rowville Library

A Young Person's View

Potential ban on fairy tales

Recently, speculation has arisen about the allowing of fairy tales in schools. Protesters state that these stories promote domestic violence and gender stereotypes.

However, I believe that other aspects of the media display these themes more prominently than any fairy tales.

Fairy tales are an easy way that teachers can get kids into reading, but the themes are also things kids can identify with. Fairy tales are not a huge part of the curriculum, but

at home, kids are surrounded by fairy tales, whether it's the latest Disney movie or a bedtime story. So removing them from schools does not eliminate them from a child's life.

Fairy tales are quite prominent in children's TV and movies. Stories of princesses, dragons and princes are all over children's networks. However, there are other aspects in the media that have a greater influence on domestic violence and gender stereotypes, such as Reality TV and Soap Operas which display these same traits. You can't remove advertisements or pull popular TV shows as easily as you can ban fairy tales from schools, so is it just an attack on a soft option?

Fairy tales are just stories. Stories meant to inspire kids and teach the lessons about kindness and honesty. They were not created to corrupt children, but to teach them.

Meagan Brooks

Bookclubs: Three bookclubs each meet once per month - Friday evening, Thursday evening or Tuesday afternoon. Interested? ... Total cost is \$36 per calendar year.

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!

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

Welsh Language Group: Usually held at Rowville Library on the 1st and 3rd Sundays of the month 1-4pm the group will sometimes meet at another location/time. Register your contact details with the Rowville Library staff and a member of the Welsh Group will contact you to confirm time and place. It's free!

Rowville Writers' Group: Next workshop will be Tues 2 May and the meeting will be Tues 23 May, at 1pm.

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

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

Children's activities:

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

Monday 10.30am Pre-school storytime (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).

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.

Rowville Community Library 9800 6443

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Red Hat Society

A Playgroup For Women

The Society was created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship.

Most women give their all to family, career, and community. And they enjoy it. But, along the way, sometimes our existing bonds of friendship gradually diminish. Membership in the Red Hat Society is a rewarding vehicle for reconnecting old friends, making new friends and rediscovering the joy of getting together with other women for the express purpose of... having fun! We whole-heartedly promote periods of 'recess' from the cares and duties of everyday life in which Hatters gather for no other purpose than to play. Some of our favourite activities are to go to lunch, shop, see movies, theatre, weekend trips and RHS conventions. If an activity sounds fun, we grab

out Hats and go! Members who have attained the fabulous age of 50 wear red hats and purple clothing, while those under 50 wear pink hats and lavender clothing.

Our chapter, the Ruby Gumnut Goddesses, are certainly having fun. Our recent adventure was to the holiday home of one of our members where 10 lovely ladies spent two days making Bra Hats!!!!, for a function we are attending later in the year. What a great two days it was with, lots of fun, laughter and many stories shared. What beautiful creations were made ready for our trip to the 'Warragul Comfort Cushion' event in support of Breast Cancer Fundraising.

One of our ladies recently moved into a retirement village in Knox and we were on hand with a Christening of her lovely villa with the sprinkling of champagne, drinking her health and wishing her many more happy years of Red Hatting. (Her village may never be the same!). Much laughter was heard to resound from her villa that afternoon.

We have a very full calendar of events planned, from op shopping, restaurant nights, to celebrating International



Ladies Show Off Their "Bra Hats"

Tiara day. If you would like more information on Red Hatting, or wish to join in the fun, please call Gilly on 0408801624 or Google the Red Hat Society for more information on this fabulous group.

Gillian George

I Have a Dream...

by Margaret Gregory

The scuffle of two bodies on the fence and the hissing challenge heralded the nightly stampede. Sure enough, the next sound was the rolling thump on the laserlight roof. Then came the stampede along the colourbond roof. Was it only one possum? It sounded like a whole herd. I glanced at the clock - right on schedule, an hour after dark. Damn possums - they make me jump every time.

Lots of ideas come to mind of what I would like to do to the creatures. Have to remember that we are not meant to trap or kill them. It's not allowed, but I could dream....

The first idea was 'touch paint' - wish I had learnt the formula. Make it up, paint it on the roof...in this dream it just gets up there by magic...let it dry, wait for night.

Of course, it would be better if it wasn't a windy night.



A sharp gust of wind, a leaf, a feather would set off the explosion...and any stray possums. Might make the critter change its mind about our roof...might put another dent in the metal...and scare the neighbours...and us.

Maybe something else then.

Perhaps a motion sensor, placed on the roof, which would activate a high-pitched shriek. Humans wouldn't hear it, might upset the local dogs, though.

Would it keep a possum off the roof or make it run faster? Would it keep birds off during the day?

What if it activated a high-pressure hose - getting soaked twice a night might get the message through to a possum's brain.

I'm sure it comes back along the other slope of the roof, to the tree we have at the front, and then swings from that to the next tree, passing just behind where my car is parked at night. I could do without the possum poo trail across the drive.

Wish I knew what attracted it. Nothing in my place, I'm sure. It runs the length of my roof, flies across to the roof of the carport out the back, scampers up onto the garage roof, and along that to where a tree hangs over the fence from the garden behind mine.

Hmm. Maybe an electric fence around the garage roof? To be fair, we could also put up a warning sign, and if the possum doesn't heed it...too bad.

I always thought that possums ate leaves. However, it turns out that they are inventive and determined foragers,

with a liking for fruit trees, vegetable gardens, flower blossoms, bread occasionally, cat food and dinner leftovers.

Nothing like that in my place. Maybe one of my neighbours leaves delicious possum treats around, or has a cat that leaves food in its bowl...and this possum somehow found it from two house yards away.

Wherever it goes, the people can't realise that their fruit or vegetables have been eaten by possums, not birds or slugs. Maybe if they did, and blocked its treats, the possum would realise it was no longer welcome there.

Hasn't happened yet, so back to the sensor idea. What if it made a spotlight go off? Would it make the possum freeze or play dead? Would they stay that way so a human could climb up, grab it by its scruff and march it back across the road where it probably came from?

Maybe if the light stayed on all night, the possum wouldn't come near the roof. Or if it just flashed on, would the possum stop while it was on and scamper again when it went off, then stop again when it activated the light another time?

Even if I could magically pluck it from the roof, if the creature would let you catch it, you are only allowed to take them up to 50 metres away. Waste of time, they'd be right back when you weren't looking.

Maybe when they weren't looking, I'd cut the trees back near my car and at least stop the poo trail. And if I knew where it holed up during the day, I could put metal shielding around the trunk so it couldn't climb down...tree arrest!

Well, at least I can dream...

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Michael Walters and Ernie Morgan with Denzil Ponsonby in front of one of the surveillance units.



The whole area around the homestead is a quagmire. The ongoing underpinning of the verandah surrounding the homestead which is being replaced, the cellar that is having two walls stabilised, as well as the removal of the laundry addition that was built around the fifties, all means mud everywhere. Sweeping the mud and clay away is not easy. We almost need to use

Stamford Park Men's Shed

scrapers.

We of the Stamford Park Men's Shed have had our confidence boosted, and are most grateful to our local Council for the extra security around the homestead. This gives certain members immediate knowledge of any further break-ins and the extra information being constantly transmitted to our people, means we now have photographic evidence to present to the police, if and when any unlawful activity occurs at the homestead in real time. The photo shows Michael Walters and Ernie Morgan from the Men's Shed in front of one of the four external surveillance units with two cameras on each (there is also an internal unit), along with Denzil Ponsonby, who is the responsible person for the Homestead within the Knox Council and has been instrumental in obtaining this monitoring service.

March is normally equipment servicing time at the shed, but with all the aforesaid activities

going on, we have been struggling to keep our heads above water. We will accomplish this task a little later than

we would have liked, but it will be completed very shortly. Moving the extra equipment we have on hand to Fort Knox secure storage is almost complete. Most of this gear is from donations in the past which will be useful once we have a permanent location. A certain amount will be superfluous to our needs and we will be asking other sheds if they could use our overflow. Any left after this little exercise will probably go on ebay.

Some of this gear is out of the ark and we intend having a history display of sorts in the future. We do not want to just throw it out. Talk to us on info@stamfordparkshed.org.au for any queries.

Ernie Morgan

Distributor of the Month



Our distributor of the month for May features Peter, who delivers approximately 40 papers into the Wellington Rd, Glen Rd, Brady Rd and Cornish Rd areas.

As these deliveries are done by car, Peter needs to have an assistant, who naturally enough is his good lady wife Christine. Visiting Peter was like stepping onto the set of Grand Designs Australia as his home has spectacular high vaulted ceilings and multi-level living areas. Peter is a semi-retired architect and he designed and built his beautiful home, which sits 700ft above sea level and looks out over the Dandenong Ranges, with glorious sunrises complimented by the glow of the evening sunsets that reflect off the mountains.

Peter and Christine's house is a treasure trove of artefacts from their trips overseas and family memorabilia dating back to the mid-1880s. They moved into their then incomplete house off the Old Narre Warren Rd in 1983 where they raised two daughters on their 6.5 acre native bush property. It comprises a well-stocked yabby dam and a vineyard that produces just enough "Red" for the family needs.

Over the years Peter and Christine have hosted a number of exchange students from Mexico, USA, Japan and Thailand.

RLCN is proud to feature Peter as this month's Distributor of the Month.

John Woodward

Travels with RLCN



Pat and Rick in Abu Dhabi



WELCOME to new distributor Sheryle Ketzer.

Voluntary Positions

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

*1A-15 - Seebeck Rd (odd #'s 3 to 79; even #'s 4 to 70) – 50 papers

Please contact – Peter Rumble – 9752 7592

*2A-05 - Hillview Ave & Lidgate Ave – 46 papers

Please contact – Jan Bates – 0418 583 631

*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-09 - Wahroonga, Gwalia & Regents Park Crts, Kellbourne Drive (from Murrindal Dr roundabout to Karoo Rd), Karoo Rd (even #'s 208 to 216) – 110 papers

*5B-10 - Minya, Neerim & Caloola Cts, Kellbourne Dv (from Landsborough to Murrindal Dr), Cascam Crt – 119 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

*7A-14 - Saunders Cl, Beckbury, Bethelle, Quinn & Louise Crts, Sullivan Ave to Cambridge Close- 115 papers **Please contact: Kayla – 0478 763 936**



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1 x Captain (CAP) – who counts and delivers the bundles of papers to the distributors

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

Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator

StudPark

Wall to Wall Mural at Stud Park Shopping Centre

Students from Scoresby Secondary College will soon create stunning murals on the building facade at Stud Park's Woolworths, through the Knox Councils Wall to Wall Mentoring Program.

Stud Park Shopping Centre is supporting the Knox Council initiative in an aim to combat graffiti and illegal tagging in the Knox area that costs thousands of dollars a year to remove. The project empowers young students to express themselves creatively in a non-harmful way, while learning project management skills and working with



Bayswater Youth Hall Was A "Wall2Wall" Project In 2016

diverse community groups.

Stud Park Marketing Manager, Fiona Murray, says 'we jumped at the chance to support the Wall to Wall mentoring program as we see the benefits of not only curbing unwanted graffiti, but also the positive impact on these young students being involved in such a fantastic program'.

The project is funded by the Victorian Government's Community Crime Prevention Program. As part of the program the Scoresby Secondary College students are required to work with professional street artists on every aspect of the creation of a legal wall, from liaising with traders, working on proposed concepts for the mural and finally painting the wall. The program aims to instil confidence in students and boost their self-esteem.

The Wall to Wall Mentoring mural will be painted at Stud Park on Monday 15th May and Tuesday 16th May 2017.

For more information on the program to knox.vic.gov.au/wall2wall

Fiona Murray, Marketing Manager

Paul's Photography Patter

Being a photographic judge, people sometimes ask what I look for when judging images. Actually I look at an image just as you would, to decide whether you like it!

A few of the major aspects that determine whether an image is above the ordinary are:

1. Does it have high impact (in colour or subject matter) to gain my attention?
2. Is the image recognisable and interesting and does it clearly display the photographer's intent in taking the photo?
3. Does the subject ideally "fill-the-frame" – not be just a minor part of the image?
4. Is the subject sharp (unless blur is designed to give mood etc)?
5. Does the lighting and exposure add a special mood?
6. Is the subject clearly standing out from the background with minimal distractions to take my eye from the subject?

7. If the background is in focus, does it add context to the subject – not distract?

8. If the subject is incomplete it must be seen as obviously and purposely cropped and not "chopped off" due to poor framing when taking the photo, or when framing.

9. Does the overall composition of the image look pleasing to the eye?

10. If there are multiple subjects or patterns of the subject, are they pleasing to the eye compositionally?

11. If it is a scenery shot does it have some foreground in focus to add depth to the image?

12. Is the image very "busy"? Viewers generally like uncluttered scenes that are often referred to as "less is more".

There are a few more aspects that add to an above average image that I will cover in further articles.

HINT: Consider the above factors when taking your own



A camel's head fills the frame, is uncluttered, sharp with no distractions and an interesting subject.

photographs or when viewing other peoples' images.
Happy snapping, Paul Lucas.

You get a second opinion on the little things, why not your home loan?

Happy Mothers' Day



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Nari Khera
Franchisee

Tirhatuan News

With Cr Nicole Seymour



“Happy Holi” celebrated with vibrant colour and a lot of joy.

On March 13th Hindi Niketan hosted Knox’s first Holi festival at Knox Gardens reserve in Wantirna South. Holi is an important celebration within the Indian community having both religious and historic significance to the Hindi community. The festive spirit is signified by participants playfully being covered in vibrant colour powders called gulal, uninhibited dancing to the rhythm of dholak and the enthusiastically loud singing of traditional folk songs. The sentiment underpinning the festival is that of good triumphing over evil. The colours are seen to be testament to good conquering evil. It is believed the vibrant colours bring life and a sense of energy or creative force to the mundane and monotonous. This festival also has a strong sentiment of equality and forgiveness as it embraces all regardless of social standing, encourages the forgiveness



of grievances and has carries a universal blessing for joy, happiness and love.

Hindi Niketan was able to conduct the Holi festival this year thanks to a Knox Council community development fund grant. The day saw close to 150 people of all ages

celebrate with great fun and gusto. Tirhatuan ward councillor Nicole Seymour attended the event and actively participated in the colour gaiety. Cr Seymour was not exempt from being showered from top to toe in striking coloured powder. “Who would have thought going wild with colour could be so much fun” said Cr Seymour. “It was a great day. Delicious food. Wonderful company. I love what this festival represents.”

The Hindi Niketan Association is the oldest Indian organisation in Victoria and has been serving the Community for more than twenty years. Hindi Niketan has a strong membership base within Knox and actively promotes the Hindi culture throughout the community. They play an important role in promoting multiculturalism by honouring Indian tradition, values, culture and language whilst simultaneously

honouring and respecting the opportunity life in Australia offers those who choose to migrate here. For more information about Hindi Niketan visit www.hindiniketan.org.au

Cr Nicole Seymour

Taylor Ward Cr Darren Pearce Mayor of Knox City Council



Who Wants To Be A Millionaire?

“Hundreds of millionaires have been made in the Knox area in the space of two years” ... according to a recent online real estate article from Leader Community News (12 APR 2017).

The article goes on to say how the current heated property market, has turned hundreds of ordinary Knox homeowners into millionaires, on paper, in just over two years, driven by domestic and international buyers tempted by ‘...spacious homes with a good location...’. Apparently more than 260 homes have sold for \$1M+ since 2015 in Wantirna South,

Wantirna, Rowville and Lysterfield.

In 2008, the year I was elected as the Taylor Ward Councillor, the median price of a house in Rowville and Lysterfield was \$430K and \$540K respectively. As of April 10 this year, the median price of a house in Rowville and Lysterfield had jumped to \$780K (\$815K for 4br) or 81% and \$884K (\$966K for 4br) or 63% respectively. If that rate of growth were to continue, both suburbs will join the ‘median price millionaires club’ in 2020!

So I ask the question ... should those of us who are fortunate enough to be homeowners in Rowville and Lysterfield, get out the champagne and start celebrating our new found wealth?

I guess the answer is...it depends on your personal point of view and situation.

This local property boom is creating winners and losers. If you are:

- In a home on a larger block, especially close to an activity centre, you have hit the financial jackpot, with developers offering big \$ to get hold of these sites for redevelopment
- Mortgage free and looking to ‘downsize’, you could well be looking at a substantial capital gains tax free

windfall gain

- Still committed to a sizable mortgage and living on a budget, getting richer on paper makes no real practical difference
- Still living at home and aspire to buy or even rent a free standing home in Rowville or Lysterfield ... I wish you the best of luck!

The key issue is that while people like me are benefiting financially from the rapid rise in house prices, it is at the expense of my teenage children having the capacity to be able to afford their own home, maybe a decade from now. Importantly for our community, there is also the social and environmental impact of increased infill development in our suburbs, given there is virtually no ‘empty blocks’ left in Rowville and Lysterfield.

Rowville/Lysterfield is generally a prosperous community with low levels of unemployment and has been so for many years. However, there is a growing incidence of mortgage and rental stress, even with interest rates at their lowest levels in living memory. My concern is what will be the consequences for our community if this run of luck comes to an end in the near future?



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Photo (left) 'Time is an illusion' by Christopher Sheils
Photo (right) Jeremy Swan with examples of his work.



The Art Critique New Grant Brings Artists New Opportunities in Upper Ferntree Gully

The 1812 Theatre, located in Upper Ferntree Gully, has for decades entertained the community with high quality theatrical productions. Art exhibitions are also hosted in the Bakery Gallery alongside each of the 1812's performances in the Lowe Auditorium. These theatrical events always attract audiences in the hundreds, providing an excellent boost to the attendance of gallery events, where audiences observe the Gallery before and after shows and during intermission. Late last year Knox Council provided the 1812 with a special grant to hire a Curator so that exhibitions could be organized to a new professional standard, promoting talented artists and bringing the Theatre new sources of revenue and clientele. Leading the charge during the May exhibition will

be the diverse work of surrealist photographer Christopher Sheils and painter and draughtsman Jeremy Swan.

Sheils, working primarily with black and white digital photography, has created a visual signature of people, objects and places united in complex montages. A reminder of the creative goals of the Cubist movement, spearheaded by a young Picasso and Braque in 1900s Paris, Sheils is interested in the limitations of human perception. He presents multiple viewing angles simultaneously, seeking to understand how humans interact with and separate themselves from their surrounding environments. Sheils was accepted last month into the Soho Photo Group in New York, an honour that entitles him to host an annual solo exhibition.

Swan, winner of the 2016 Immerse Young Artist's Prize, enjoys using graphite. Preferred because of its portability, Jeremy enjoys using graphite to record transient moments and impressions. In his current series of graphite sketches Jeremy observes the commuters around him on trains. He captures the subtleties of their expression and movement caught in a single moment, much like Beethoven who

hiked through the German countryside with a notebook, sketching out musical concepts inspired by the nature that surrounded him. Jeremy has an underlying goal that is simple but powerful, encourage others to draw, not for the sake of beauty, but because they want to.

Held simultaneously with 1812's production of "Beyond Reasonable Doubt", 25 May-17 June, the exhibition is available to view during all performances at 3 Rose St., Upper Ferntree Gully. See www.1812theatre.com.au for details.

Matthew Ducza

Cake Decorators Association of Victoria Rowville Branch



The next workshop of the Rowville branch of the Cake Decorators Association of Victoria, will be held on Sunday 18th June. This is a week later than normal, due to the long weekend.

At this workshop we will be teaching you how to make roses, so come along and see how easy it is.

Our following meeting is on Sunday 11th July and this will be our gala demonstration day with three demonstrators and a shared lunch. This is always a great day and you can learn so much.

Our workshops are held from 10am to 3pm. The cost is \$10 for members and \$15 for non-members. It is a BYO lunch, but tea and coffee are available at \$1 for an endless cup.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Please contact Jan Venn on 9763 1702 or Jan Longley on 0412 809 024 to book and get any further information you may require.

Jan Longley Secretary



No Ordinary Life – Positive Ageing in Knox

The Tug of War between Love and Guilt.

It is well documented that our population is ageing at a faster rate than babies being born and that we are living longer, often into our eighties, nineties and older.

In recent weeks, I have had occasion to contemplate the emotional challenges "living longer" can create for loved ones. In particular, for many in our community there is a heart wrenching "tug of war" between unconditional love and guilt. I will share two recent examples with you.

The first relates to a lady in her late 50's that has elderly parents in their late 80's. The parents are insistent on independent living despite ailing health affecting both of them. The daughter lives on her own, works full time to pay the mortgage and make ends meet. She loves her parents and does all she can to assist them. Recently the Dad was hospitalised with a serious illness. The Mum doesn't drive and was totally dependent on the Dad for everything from shopping through to driving to medical appointments. Unwritten expectations put pressure on the daughter to take on a carer's role with Mum as well as manage Dad's affairs, all whilst trying to maintain her job, household and own health.

The second example relates to a gorgeous elderly couple.

Childhood sweethearts, they have been married for over sixty years. Mr's health is poorly and deteriorating. The signs of early dementia are present. Bound by their love for one another, they continue to live independently albeit with "in home" aged care assistance. Mrs is struggling to care for her husband. She is tired and often physically unable to manage. Mr's mood swings and dementia are emotionally draining and testing the fabric of their relationship.

In both the above examples, the seniors involved valued living independently. There was resistance to considering moving into Aged Care accommodation where full time support services and care staff are available. The resistance was often fuelled by guilt and a sense of duty. The promise of "til death do we part".

I was happy to be a sounding board in both the above examples. Sometimes we need someone independent to listen and allow us to vent our frustrations without judgement. And sometimes we need someone to wrap their arms around us and remind us that we are human. It is okay to prioritise your own health and wellbeing and to help work through those feelings of guilt that prevent "difficult" decisions being made even though they are absolutely the right ones for all concerned.

If you or someone you know can relate to the above, I encourage you to speak with your GP, a family member or friend. Bottling up your feelings or sacrificing your own health will not help anyone in the long term.

Have a great month,

Cr Nicole Seymour – Tirhatuan Ward

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.*



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What's On

Victorian Netball League comes to Knox!

On Sunday 7th May some of the best netballers in the state will be playing at the Knox Regional Netball Centre. Yarra Valley Grammar Aerials will host Under 19, Division 1 and Championship games. Tickets will be available at the door with the first game commencing at 12.30pm. This is a fantastic opportunity to see some top level netball at a local venue.



Yarra Valley Grammar Aerials In Action

HIIT – NETFIT

HIIT is a High Intensity Interval Training program running for 5 weeks at the Knox Regional Netball Centre. It's a high intensity group work out with a netball twist. These sessions are for Under 13 to Open. Get your friends, family members and team mates to come along.



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

**SPORTING
ROUNDUP**

Sessions are Mondays 4.45pm – 5.30pm; 1st May, 8th May, 15th May, 22nd May & 29th May
The cost is \$50 for 5 weeks. For more information and bookings www.netfitnetball.com.au/hiit-netfit

Weeknight Ladies Netball

The new season of Ladies Weeknight Netball will begin in May. There is a competition on Monday, Tuesday and Thursday evenings. New teams are more than welcome on all nights. For more information head to www.mountainindna.vic.netball.com.au

Friday Ladies Daytime Netball & Sunday Evening Mixed Netball

The Knox Regional Netball Centre has an indoor ladies competition on Friday mornings. The new season begins in Term 3, so now is the time to start getting your friends and family together to enter a team. For those who work, there is a Sunday mixed competition catering for all levels. Contact the centre on 9758 7191 or email knox.netball@knox.vic.gov.au

We look forward to seeing you at the netball centre soon.

Rosalind Montgomery



Rowville Knights Football

A great start to the football season

- one game on and two off! Our teams had a good weekend on the field with 5 wins and 3 losses. The kids all enjoyed their first game for the year and are eager



Braedyn (Boof) Chaired Off The Field By His Happy Team Mates

for the rest of the season.

We had our first milestone in round one as the Rowville



Knights with Braedyn (Boof) Williams (pictured) playing his 100th game for the Under 15 team. Braedyn's fairytale 100 game concluded with him kicking the last goal of the game in a comfortable team win. Braedyn, not a traditional goal scorer was swamped by

his teammates after the goal. With the team carrying him off at the end of the game, the boys showed that they are truly playing for each other.

With another five players set to play their 100th games in the coming weeks, it is a truly exciting time for that team. The Knights community congratulated the whole team, as the spirit showed, exemplifies our philosophy and values – every player is important.

Round one saw big wins for both our girl's teams. Playing inspired football, they certainly will make a mark in this year's competition.

Our boys also saw wins in U12, U15, and U17s with close results for the U11s and U13s.

On the social front, our Mums enjoyed a pamper night at Cocomo's restaurant. With stall holders providing everything in massage, hair, nails and tarot readings – A great night, oops, night was had by all.

We still have opportunities in our boy's 8s, 11s, 13s and girls – any age.

Natalie Williams

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Special Olympics Australia Melbourne Eastern Ranges



Amanda Kozic Lighting The Flame



Happy Medal Winners

Melbourne Clubs including Melbourne Eastern Ranges, Inner East, North, Southern and Dandenong Casey Titans.

The Knox Italian Community Club has been a great supporter of the Special Need athletes from the Melbourne Eastern Ranges bocce group for over 15 years. The players practice every 2nd week on Friday night, free of charge, at the indoor Bocce Dome in Karoo Rd, coached by registered SOA Volunteer Michael Migliaccio.

The Veneto Club also have been a great supporter over the years with Ric Gatto and Emilio Colla contributing enormously to the sports development and organisation. This sport is part of a world organisation that gives the opportunity for the special needs athletes to enjoy physical recreation and competition at all levels.

Teams at the opening ceremony marched in to the Bocce Dome supported by volunteer members of Victoria Police, to the music of the Whitehorse Band. The Law Enforcement Torch Run handed over the torch to Amanda Kozic to light the Special Olympic flame and to declare the Summer Games open. Amanda was a bronze medallist in the Alpine Skiing Slalom at the SOI World Winter Games in Austria,

2017 Special Olympics Victoria - State Summer Games

Special Olympics athletes came from all parts of Victoria to participate in this year's 2-day State Summer Games. Sports included Bocce, Athletics, Swimming, Tennis and Soft Ball, with 12 clubs competing.

The Bocce tournament was held in the Veneto Club in Bulleen and covered Singles, Doubles, and Team events. Fifty-five athletes came from as far away as Echuca and Ovens & Murray regions, as well as from the metropolitan

Lysterfield Junior Football Club



Lysterfield Junior Football Club is off and running having had our jumper presentation on Friday 24th March. It was great to see our counsellors come along. A big thank you to Cr Darren Pearce and Cr Jake Keogh for presenting some of our members with their 2017 jumpers and participating in one of our biggest nights of the season with around 1200 people in attendance! Due to the number of players being presented, having our legendary light towers made this feasible to continue after dark, as presenting 19 teams took some time. Our well-oiled committee ran the night like clockwork and a good night was had by all who attended.

Our teams have grown and we now have 19 sides in the Eastern Football League from Under 8's through to Under 17's including our Under 12 girls' team. We still have places available, 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. It's not too late to join! Pre-season training is well under way and our training schedule can be found on our

web site

Families with younger kids are welcome to join Auskick this season at Lakesfield Reserve on Saturday mornings. To register, go to www.aflauskick.com.au/register, click on "Register" and search on "Lysterfield" in the Centre Locator. 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 to come on down and join us!

Julie Gould - Secretary

Questions That Haunt Me

Why does a round pizza come in a square box?



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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

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Ring or text Lisa on 0407 873 271

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Little Athletics

Results from the Rowville Little Athletics Club presentation day:-

Best overall boy: U11 Mitchell Gamel
Best overall girl; U11 Aranya Manchanayake
Most improved junior boy U6-U11: U11 Mitchell Gamel
Most improved senior boy U12-U16: U14 Dharam Deol
Most improved junior girl U6-11: U11 Natasha Kindler
Most improved senior girl U12-U16: U12 Claudia Irving
George Orrock Perpetual Cross Country Trophy: U15B Liam Epps
Encouragement Award: U13G Skye Marriott

Best in each age group - Boys/Girls

U6: Reed Johnston / Caterina Di Scala
U7: Jessie Lewis / Olivia Killian
U8: Zac Mellech / Alexis Port
U9: Anantha Manchanayake / Monique Kindler
U10: Tyler Walther / Khushi Deol
U11: Mitchell Gamel / Aranya Manchanayake
U12: Trent Stapleton / Gemma Lillie
U13: Nathaniel Louey / Maddison Davis
U14: Dharam Deol / Hannah Hodges
U15: Jesse Eickhoff / Holly Hodges
U16: Liam Hoskin / Jemma Stapleton

Well, Cross Country is up-and-running for season 2017. There are many exciting things to look forward to each weekend of Cross Country. The kids (big & small) enjoy having their picture taken by the drone buzzing around overhead as they run the track, there's the BBQ operating throughout the morning, there is always a playground



nearby for the children to play in when they are not running and of course there is Cross Country running with some of your best friends.

Last month in April, we ran two different tracks at Koomba Park and once at Nortons Park. This month in May, we run at Tirhatuan Park, Jells Park for PINK DAY, Nortons Park for the Knox Open Day, and then back to Jells Park.

Check out the <http://klac23.org.au> website for more details.

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

Jazz Deol



Diabetes Mellitus

What is Diabetes Mellitus?

Diabetes mellitus is a common disorder especially in older pets. It is caused by a lack of insulin in the body or a lack of response to insulin. Insulin is produced in the pancreas and allows the body's cells to utilise glucose from the blood for energy. When an animal does not have enough insulin, glucose levels in the blood increase and glucose may be found in the urine. Meanwhile, without insulin, the body is forced to use energy sources other than glucose, which is not optimal and leads to the build up of toxins in the blood.

How is Diabetes diagnosed?

Diagnosis of diabetes is usually straightforward. A simple blood test to show the increased level of glucose is all that is required, however, urine tests and further blood tests can help determine the severity of the disorder. Diabetic pets can be further divided into those suffering "simple" diabetes mellitus, or those with a more serious condition called "ketoacidotic diabetes mellitus"

Clinical signs of diabetes will vary with the severity of the disease but can include the following:

- Increased thirst and increased urination
- Increased appetite with variable weight changes (often increase in early stages)
- May be depressed and lethargic
- May be vomiting
- May have sweet "acetone" breath
- May be dehydrated
- May develop cataracts in the eyes

How is diabetes treated?

Treatments of diabetes depend on the severity of the disease. Most pets with diabetes will require insulin injections once or twice daily and more tests are required to determine how the diabetes is affecting the body.

"Simple" diabetics who are eating well will often start insulin injections straight away and spend only a short time

in hospital for monitoring. The pet can then go home for their owner to give regular insulin injections. Often dietary changes are necessary and diabetics need to be fed at times suitable for their insulin levels. Regular blood glucose monitoring is important as insulin requirements can change over time.

Pets with more severe ketoacidotic diabetes will require more treatment, more monitoring, a longer period in hospital and have a poorer prognosis. These pets usually require intravenous fluids, very intensive monitoring as well as insulin injections, which can take a long time to stabilize very sick diabetics and some do not respond well to treatment. Owners must be aware of the time, costs and possible poor outcome before treatment is started.

Good, regular control of blood glucose levels will reduce the risk of long term side effects such as cataracts. It is also important to rule out concurrent diseases that may affect glucose control. This involves a day in hospital with several blood tests through the day, as blood glucose levels fluctuate.

If you have any further questions regarding diabetes, or any other health problem, always feel free to speak to our friendly staff. Overall, with treatment, most diabetics can look forward to a happy, healthy life.

Michelle Bierman

LIFE ACTIVITIES CLUB KNOX

On Monday 27th February members of our Club visited The Mission to Seafarers, at 717 Flinders Street, Docklands. It was originally called "The Missions to Seamen" and has been caring for sailors coming into Victorian ports since 1857. This visit opened a small window into a part of Melbourne that we knew nothing about. The Mission CEO, Andrea Fleming, showed us around and was really pleased to see a group of senior people out and about learning something about the city they live in. She gave us a fascinating insight into the support offered by the Mission.

In the 1800s the ships coming into the Port of Melbourne were sailing ships and most of their sailors visited the Mission. The more modern ships were manned by large



crews who were also employed in unloading the cargo when they reached port. Nowadays the crews are much smaller as the shipping containers that they carry are unloaded by cranes at the wharf.

The current building was completed in 1919 and is on the Victorian Heritage Registry. There is a lovely little chapel as well as the mysterious Norla Dome which can be seen



from the street. The dome was built solely for use as a gymnasium and is now used for art exhibitions and other functions.

The Mission is open to all sailors and ship's crew and they may use the facilities and make contact with family members overseas by means of e-mail, Facebook and Skype. This is a very good service as sometimes these people have had no contact with their families for many months while at sea. They can also receive advice on legal, financial, medical or other matters. They can have a drink at the bar or find out what to see and do in Melbourne. They often use the free City Loop tram to have a look around the city. The Chinese sailors are keen to get to Chinatown whereas the Indian men are only interested in seeing the MCG!

For more information about Life Activities Club Knox and details of their monthly social outings, please contact Margaret on 0481 831 788 or knox.enquiries@life.org.au or visit the LAC Knox website: www.life.org.au/knox.

U3A KNOX UNIVERSITY OF THE THIRD AGE

... Active and Positive Ageing ...



Quilt And Craft Show A Great Success

Our inaugural Quilt and Craft Exhibition was held on 8th/9th April. For many years the craft and quilting had been displayed in our traditional Art Show. This year it was decided to run a separate exhibition where the extra space in the Fairhills High School Arts Centre, ensured that all exhibits, including 50 quilts, some of which were in excess of two metres square, were given appropriate exposure. There were also examples of embroidery, tapestry, tatting, crochet, knitting and needlework, as well as floral art and the always spectacular paper tole. On Saturday, the U3A Recorder Group entertained with a short recital.

Members and local dignitaries attended the official opening on the Friday night, including Mayor Cr. Darren Pearce, Ward Councillor Peter Lockwood who paid tribute to Knox U3A for their important standing within the community and local State MP, Nick Wakeling, who spoke enthusiastically about the role of volunteers in the community. The Lady Mayoress, Susan Pearce, announced the "Best in Show", which went to the magnificent quilt, "Winding Ways" by Judy Harradence. Judy was quite overwhelmed when Stephen Slater, representing Ferntree Gully Toyota, handed her the winner's cheque. Our thanks to Ferntree Gully Toyota, who have always been generous sponsors of U3A shows. A full list of sponsors can be viewed on our website.

First place winners in the seven categories were -:
 • Large Quilt – "Affaire du Cœur" – Linda Burgdorf
 • Small Quilt – "Stained Glass Dragonfly" – Jeanette Bertram
 • Paper Tole – "Village Bowlers" – Barbara Jones.
 • Creative Craft – "Tropic Remembrance" – Ana Deveaux

Photos: (L>R) FTG Toyota's Stephen Slater with Lady Mayoress Susan Pearce Present Best in Show Award to Judy Harradence. - Judy with her award winning quilt. - Winner of the People's Choice award, Robyn Burke with her magnificent quilt.

- Knitting, Crochet, Tatting – "Willow Pattern" – Wendy Boyle
- Embroidery – "Embroidered Cushion" – Jeanette Bertram
- Card Craft – "Say it with flowers" – Jaclyn Wong.

A full listing, of all placegetters, commendations and photographs, are on our website, www.u3aknox.org.au

More than 800 visitors voted for the "Viewer's Choice Award", which was won by Robyn Burke for her magnificent, highly detailed quilt.

Tribute must be paid to Pam Donner and Linda Burgdorf, the driving forces behind the exhibition, and the many other members prepared to give up their time.

John E Ford, Publicity Officer.



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Wednesday 6.15pm - PLACES AVAILABLE FOR TERM 1

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

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My goodness it's already May! The older you get, the faster the time seems to go by!

We had another Tramboat outing on the 24th April. This time we sailed along the Maribyrnong River and enjoyed a lovely lunch at the Angler's Tavern. Our members really enjoy our outings, especially when it's somewhere they wouldn't go by themselves. Having your friends around you is so much more fun and that's what it's all about; sharing and caring.

On Anzac Day, we once again attended the Anzac Day Service at Stud Park Shopping Centre, where we laid a wreath in honour of all the courageous servicemen and women who fought for our country. It was wonderful to see so many young people there too.



Monday afternoons we play carpet bowls, cards and Rummicub, while on Friday afternoons, we play bingo and some more carpet bowls. There is always something for everyone to enjoy and have a good laugh. Although our club has 150 members, we always welcome new friends.

Any enquiries, please call Anne on 0404 007 174 or Sandra on 0402 811 789.

Anne Berg President

Members Enjoying Some Carpet Bowls



Rowville's First Yoga and Meditation Studio Has Arrived

Rowville has seen its first Yoga and meditation studio open, responding to a growing demand for specialised health and wellness facilities in Melbourne's South East.

432 Yoga launched in January 2017, offers a broad range of styles including; Vinyasa, Slow Flow, beginners, restorative, kids, prenatal, postnatal and meditation.

The brainchild of local businesswomen and experienced Yoga instructors, Sally Bryan and Keely Thomson, the inclusive studio caters to all skill levels and has been so welcomed that the class schedule increased in the first four weeks.

The owners attribute 432 Yoga's rapid success to its unique focus on providing an environment where students can feel safe and empowered to try Yoga and express themselves freely.

Sally having instructed at various studios brings almost a decade of Yoga teaching and studio experience. "Keely and I dreamt of creating a space for students to retreat and

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



Western Bulldog's Newest Edition

Rise Health Groups, Thomas Lariba-Taing, has recently been named Western Bulldogs' Rehabilitation Assistant in

the Victorian Football League for 2017.

Lariba-Taing has dedicated his life to helping individuals

achieve their health goals explaining that he aims to have an impact on his clients and patients in a positive way.

Working alongside the physiotherapists and sport doctors in the Western Bulldogs VFL team, he now controls the athletes return to play schedules after they have suffered a long term or significant injury. He explained that returning a player to their adequate function and performance levels is psychology as well as objective based.

"It's very important to have a conversation with the athlete as well" said Thomas.

Due to finish his Masters of Clinical Exercise Physiology (Rehabilitation) at Charles Stuart University in the middle of 2017, Thomas will then become a fully qualified Exercise Physiologist.

Whilst reflecting on his achievements at Rise Health Group he said, "The most rewarding moment was empowering one of my patients to get up off the floor on her own."

"I still get a lot of reward in helping the clinical population" he continued. "I'm getting emotionally involved in the Western Bulldogs. "Anything you do, you have to have some emotional investment to do well at it." Thomas concluded.

Breanna Harris

Chiro-Practicals

Chronic Back Pain? Help is at Hand

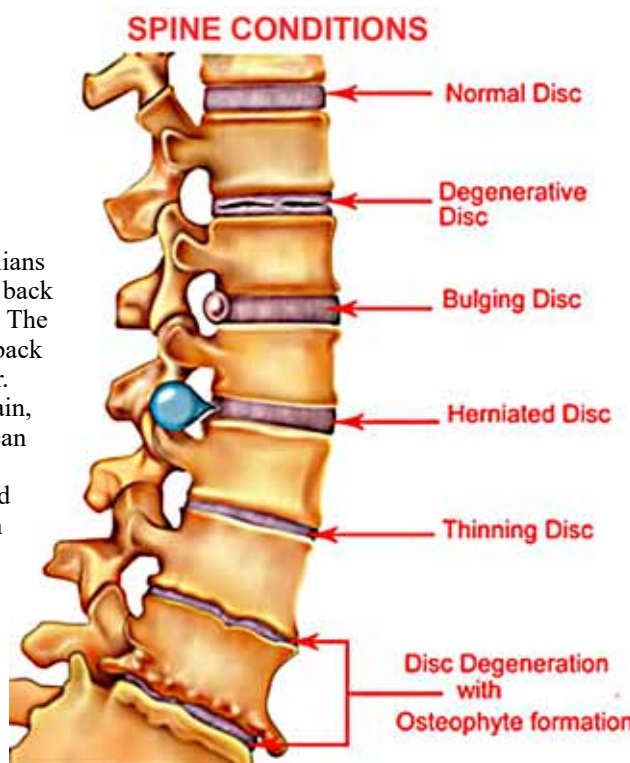
Chronic back pain is a national issue. One in six Australians suffer from the physical and psychological effects of chronic back problems. That is an estimated 3.7 million people suffering. The Australian Institute of Health and Welfare defines chronic back pain as a health condition that lasts for three months or longer.

If you or anyone you know is affected by chronic back pain, the good news is that you don't need to suffer in silence. You can visit us to find out how chiropractic care can help.

Low back pain becomes chronic where the tissues and structures in the low back continue to be under stress from frequent acute episodes related to overuse, postural distortions or injuries that have not completely recovered before being injured again. Inflammation is a natural part of the bodies healing process but the swelling it creates can cause pain through pressure on other tissues and nerves.

These repeat injuries can then start the degenerative process where the body deposits more bone to try and deal with the stresses it is under. Unfortunately this results in further restrictions to movement and over time can actually result in the fusion of the involved joints.

In addition to chiropractic care, simple measures such as incorporating walking and swimming or aerobics and yoga into your daily routine can improve chronic back pain symptoms. These activities keep the spine active and mobile. Improving posture can also help to relieve strain on the spine and improve circulation.



To assist in addressing the psychological impact of chronic pain there is a support group that meets at the Wellness on Wellington Medical Centre on the third Monday of every month. There you can meet with people in a similar situation and learn lifestyle approaches to dealing with chronic pain.

Dr Frank Whelan

IS YOUR SPINE ALIGNED?

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

IF YOU SUFFER FROM:

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

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Call 9780 8990
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Suite 9 / 1101 Wellington Rd, Rowville
(Wellness on Wellington)
www.rowvillechiro.com.au

recharge. Our studio offers just that. Over my years of teaching I have witnessed lives transform. Not only can Yoga help you to feel great in your body, increase tone and strength; it may alleviate stress and return balance to busy lives."

Keely explains, "Sally had the idea of opening an accessible and affordable Yoga studio centred around the community for a number of years. We joined forces and found an incredible space overlooking Churchill National Park in the heart of a prime shopping precinct. Everything just fell into place. Having lived in the area for 20 years, I understood first hand that the area was missing the type of experience 432 Yoga offers."

The 432 Yoga team is made up of 8 instructors, who each offer their own unique style. Open 7 days, the studio currently offers 24 classes per week.

A special introductory offer has been provided for new students who are keen to trial the different class styles - \$1 a day for 4 weeks (\$28 for 28 days). In addition, we will showcase a special guest instructor, well known in the Yoga community, to present a specialised monthly workshop.

432 Yoga proudly offers reduced rates for concession

cardholders, Defence Members and Emergency First Responders.

Located in the Wellington Village shopping precinct with a perfect view of the mountains, 432 Yoga welcomes new students and looks forward to continued growth and expansion as the community embraces the new studio.

David Gilbert

Editor's Note:- *I asked the girls what was the origin of the name? It's not their street number but the frequency at which the yoga chant 'om' vibrates. It has been said that music tuned to 432Hz resonates inside the listeners body, creating a more relaxed state of mind and body.*

Right: 432 Yoga Studio Ready For You



Knox & District Over 50s

A belated Happy Easter to all our readers, hope you have not eaten too many chocolate eggs.

The last few months have been very busy for the club. In February the club elected a new President Chris Towers, who is an ideal choice for the role as he has a wealth of experience in the business world along with serving on many committees. It is a perfect cocktail that will ensure a long and happy future for the club. If you are reading about our Club for the first time then let me invite you to our next club meeting. I can promise you a very warm welcome along with a host of social events to join in with.

There are various activities the Club has planned for the next few months. We are going to 'My Fair Lady' and the 'Morning Melodies Ballet'. June sees the club attending 'Hollywood Movie Musicals' at Hamer Hall and we are also going to the 'Night Life Fashion Exhibition' of 1920/30 clothes. In the middle of July we have a coach trip planned to Daylesford. The club also hosts monthly events with cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

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

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's

happening. The Social Sub-Committee welcomes input from all our members.

Details of our monthly meetings can be found in "What's On Locally" on page 2 and our next meeting is Tuesday 23 May. Come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers. We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Kay McLoughlin (Media Officer)

Punography

When chemists die, they barium.

Alan Tudge Writes Knox Relay For Life!



There are very few families within our community who have not been affected by cancer. Its reach is everywhere in society. In Knox alone, over 700 people are diagnosed each year with malignant cancer.

It is important that we do all we can to lessen the risk of cancer, work for its cure and remember victims lost.

This is why I am proud to support the Cancer Council as the Patron of Knox Relay for Life every year with my walking shoes on and my team in tow.

For those who are not aware of Relay for Life, it is an annual event held at the Knox Athletics Track (on Bunjil Way), which involves teams of people walking the track from 4pm on the Saturday to 10am the next morning! But rest assured, you don't have to walk it all yourself (although



some do!). Rather, your team must have a person walking on the track at all times.

The annual Knox Relay for Life is one of the best community events in our community. This year, there were

over 400 who participated throughout the weekend in more than 20 teams. The mood was sombre at times, but joyous at other moments. Cancer sufferers and survivors walked among the rest of us who were there to support the cause. There was music, activities, and food available.

Of course, the fundraising was a big part of it. At the time of writing, the event has raised over \$60,000 with donations still open to the public for several more weeks! Since the Knox Relay for Life began five years ago, the Knox community has raised an enormous \$412,794 (and counting) for the Victorian Cancer Council. We hope to significantly boost this figure again next year.

Thank you to everyone who joined the event this year, particularly to those who joined 'Team Tudge'. I hope you will consider making an effort to join in the event next year. Start your own team, join my team, or simply come down to the Knox Athletics Track and walk a few laps in remembrance and throw in a few gold coins. I'm there every year!

For more information, or to donate, go to www.relayforlife.org.au or contact my office on 9887 3890. Keep an eye out for my summer newsletters and eNewsletters for reminders to join in this great local event next year.



Kim Wells MP

State Member for Rowville

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

Cost of living issues have certainly become a major concern for many residents in Rowville and Lysterfield who have recently contacted my electorate office.

Local residents are particularly concerned at the prospect of further increased energy costs as a result of the closure of the Hazelwood Power Station on 31 March which supplied

around 22 per cent of Victoria's total electricity needs.

With most Victorian electricity and gas bills having already increased by an average 10 per cent from January this year, any further increases will place intolerable pressure on already stretched household budgets. The immediate loss of such a large electricity generation facility can only mean one thing; increased demand on the remaining electricity generators thereby forcing prices up.

Unfortunately, there is no plan or support for an orderly transition phase-out for Hazelwood, over what could have been several years and which would have reduced the impact on the hundreds of Latrobe Valley workers who have lost their jobs, whilst also allowing for alternative electricity generating sources to come on-line.

Adding further pressure to Rowville and Lysterfield

household budgets is the additional water charge placed on Melbourne Water customers for the Desalination Plant order placed last year for 50 GL of water. This order has still not been met by the Desalination Plant operator due to lengthy delays in fixing major equipment problems.

One must really question why, with Melbourne's water storages are at 64.4% capacity compared to 60.9% at the same time last year, is the order necessary?

If you have similar cost of living concerns that you may wish to raise with me, please contact my electorate office on 9764 8988.

For regular updates between editions of the RLC News, you can follow my posts on [facebook.com.au/Kim Wells MP](https://www.facebook.com/KimWellsMP) or on my website, kimwells.com.au.



Camping under canvas with the Cub Scouts

On 17th – 19th March, 140 Cub Scouts and leaders went camping under canvas at Gilwell Park Scout Camp, Gembrook. Ten out of our thirteen Cub Packs were represented. The weather was just perfect and everyone had lots of fun and adventure. The Cubs assisted with meal preparation and that always makes food taste better!

Gilwell Park is situated on 175 hectares of land providing plenty of space for the forthcoming huge camp in October called 'Cuboree'. Approximately 3,500 Cub Scouts from around Australia (mainly Victoria) will be camping under



canvas for five days! Add all the adult assistants attending and it makes for an enormous camp!

Our camp enabled the Cub Scouts to tick off the 'camping under canvas' component they require to earn their 'Camp Out Badge'. This badge is a pre-requisite for attending Cuboree and enables the Cubs to get ready for their BIG Cub adventure!

The Cub Scouts participated in a range of activities. The 10 year old Cubs went abseiling, cooked chocolate eclairs over a fire, conducted science experiments, screen printed on dilly bags and made catapults out of spars and ropes. The 7 to 9 year old Cubs enjoyed archery, the flying fox, the low ropes course and they earned their codes and signals badge. The night culminated in a big screen movie night featuring Aladdin.

On Sunday all the Cubs participated in a compass walk around Gilwell Park and learnt



some of the park's history. They got to see the totem pole that Baden Powell, the founder of Scouting, signed in 1931 and left a message for all to read. The weekend finished on a high for all the Cubs and they enjoyed the blanket badges they all received at final parade.

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

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

Nicole Klep, District Leader Cub Scouts

Have your say on draft Community and Council Plan and Budget



Knox Council is calling for public feedback to its draft Community and Council Plan and, proposed 2017-18 Budget (including the Annual Plan).

The new Community and Council Plan 2017-21, formerly known as the City Plan, outlines a series of key goals and strategies for the future of Knox.

Knox Mayor, Cr Darren Pearce, said Council is strongly encouraging community feedback on the draft plan and

proposed budget.

"The Community and Council Plan is our roadmap for the future in ensuring that Knox becomes an even better place to live, work, and invest," the Mayor said.

"The development of the draft plan has been informed by the Knox community, for the benefit of the Knox community, at every step of the process.

"Throughout 2016, Council reached out to numerous people, groups and businesses to find out what's important to our community. All this feedback has informed the draft Community and Council Plan. We have had a terrific level of community engagement and we want to keep that momentum going.

"Now we need the community's thoughts on the shared goals and strategies outlined in the draft plan and Council's role in delivering these priorities over the next four years."

"It's our city and our future, so let's all have a say on

shaping its future direction and priorities over the next four years."

Both documents will be available for public comment and submissions from Thursday, 27 April until 5.00pm on Wednesday, 24 May 2017.

To provide feedback on these documents complete our online submission form at www.knox.vic.gov.au/communityplan

There is also an opportunity to be speak in support of your submission to Council at the Special Committee Meeting on Tuesday 30 May 2017. Please tick the appropriate box on the online submission form if you wish to speak at that meeting.

For more information, and to view the draft Community and Council Plan and proposed 2017-18 Annual Budget please visit: knox.vic.gov.au/communityplan or email communityplan@knox.vic.gov.au.

Ask the Principal May 2017

Q I would like to follow up on your 'ask the principal' article from February, where you were asked about jobs becoming automated. In that article, you talked of the unpredictability of the future job market and the pace of change remaining high and increasing. If we accept that the role of education is to furnish our children with the best knowledge, skills and values for a prosperous and happy life, then how do we prepare them for a future that we can't imagine? Do we even need knowledge in a world of Siri, Alexa and Google Assistant?

A In answering these two questions, care is needed as the answers are only just forming and are the subject of much debate, writing and conjecture. This is an important and complex issue. If a simple answer is suggested to a complex issue, be wary. Often a false dichotomy is presented, where two alternative points of views are presented as the only options; a past that is now useless and a future that is very different. In reality, there will be differences and many overlaps and commonalities between what worked best in the past and what might need to be adjusted for the future.



Recent trends show that routine processes (both manual and cognitive) have been in decline for a number of years. Labourers, machinery operators, drivers and clerical workers, have been highly susceptible to automation, a trend set to continue. Some research estimates that 40% of jobs in Australia are at high risk in the next 10 to 15 years.

Growth is seen in the 'non-routine' industries, those requiring innovation, creativity, problem-solving, person to person relationships and responsiveness to changing circumstances.

Critical thinking, problem solving, creativity, curiosity, interpersonal and communication skills, self-regulation, resilience, entrepreneurial skills, teamwork and craftsmanship are often grouped as capabilities (also referred to as non-cognitive skills, enterprise skills, 21st

Century skills).

Yet the 4C's of creativity, critical reflection, collaboration, and communication cannot work without an academic education, often known as the traditional 3R's. Capabilities without academic skills and knowledge are not very useful.


Schools need to cultivate both the 3R's and the 4C's through teaching, but also importantly, they need to be modelled by adults at home such that a clear set of values, personality and character are developed. The 4C's need to be modelled and embedded in the teaching as they are exhibited differently in different subjects. Thus creativity for example, is shown differently in a scientific context than in design and is different again in a literary context. The vocabulary and writing style of good communication also varies with context. Collaboration in a science experiment is a little different to collaboration in designing software, or performing in a band.

The 4C's need to be linked to the 3R's. The reverse is also true and an education, strong in the 3R's, without any C's will put young people at risk in the modern, complex workforce.

There is growing recognition that capabilities can be learned but some are harder than others to be taught explicitly.

In the next issue, I will discuss the teaching of capabilities, with a focus on creativity and how to nurture excellence.

Allan Shaw Principal and Chief Executive The Knox School



Dogs Making a Difference



2017 marks the third year for Rowville Primary School having volunteers from the Story Dogs Program helping out with our literacy program. Our wonderful 'Story Dog' volunteers, Karen and Pam, take time every week to support, give confidence and share their enjoyment of reading with a number of our students. Karen brings her Poodles, Maggie and Scooby and Pam brings her Shetland Sheep Dogs, Spencer and Shelton, to listen to stories read by students in the junior and middle school.

The dog and their handler sit with each student for a 20-minute session, while the student reads to the dog. Story Dogs help to improve children's reading and communication skills by reading to a dog. Story Dogs is about taking away the fear that might stop a child from learning to read and giving them confidence in themselves. Dogs are ideal reading companions as they help students to relax and listen attentively. They do not criticise and allow students to read at their own pace.

The dog's visit is a weekly highlight for students Cooper, Harri and Lochie.

Cooper

I work with Karen and I have read with her dog Scooby. I enjoy that if I finish reading to Scooby, I get to have a quick play with him. They are very nice dogs and I love that they are fluffy and friendly.

Harri

Karen picks me up for Story Dogs. We sit on a cushion and Scooby sits down next to me and listens to me read. Karen plays games with us too. I feel happy and excited because I read with a dog in the 'Chill-Out-Space'. When we play games with the dogs we walk round the room and he follows.

Lochie

Karen picks us up for Reading Dogs. I can't wait to read. It has been fun reading to Scooby. We play games with Scooby. We hide treats around the room and Scooby has to find them. Karen listens to me read my book and Scooby walks around the room. I feel happy and excited on Fridays.


Sam Peters



Cooper

Harri

Lachie



Park Ridge Fun Page

Word Search

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

BRAVERY

EMPATHY

POSITIVITY

ENCOURAGEMENT

CREATIVITY

PERSEVERANCE

TEAMWORK

INTELLIGENCE

ENTHUSIASTIC

RESILIENCE

RESPECTFUL

TOLERANCE

QUIZ TIME!!!

Q1- WHERE IS PARK RIDGE PS LOCATED?

Q2- ABOUT HOW MANY STUDENTS ATTEND P.R.P.S?

Q3- WHAT ARE OUR COLOURS?

ANSWERS

Navy blue & yellow

A2 600 - 650

A1 Rowville

PARK RIDGE Primary School

Spelling and literacy are a priority at Park Ridge. The teachers in Foundation, Year 1 and Year 2 spent the first 2 days of the school year learning about a teaching tool called THRASS. At Park Ridge we are using THRASS to enhance student learning outcomes in literacy.

THRASS is an acronym for Teaching of Handwriting, Reading and Spelling Skills.

Strategies for learning 'how' to spell are a very important part of the spelling process. Scientific research has shown phonics is a crucial strategy in the understanding of 'how to spell'. This is also acknowledged in the Victorian Curriculum.

THRASS has enabled teachers in the junior school to engage students to a greater degree in literacy learning.



The students are enjoying using the THRASS charts and learning through the playing of THRASS based games.

As Handwriting is a large component of THRASS we have seen an impressive improvement in our student's handwriting ability.

Our teachers are enjoying teaching the 'THRASS Way' and are encouraged by the enthusiasm of the students.

Sophie Year 1 'I love it when we do the THRASS Rap'

Ruby Year 1 'I like 'THRASSING' out my name'

Anna Christofis Literacy - Leading Teacher

Harmony Day... Everyone Belongs

Daniel 6CV - Everyone belongs. Even if someone doesn't like another person it doesn't mean that we are not the same. Sure, we might be different in our own unique ways, but we have the same needs and are all human.

Firstly, we are the same because we have the same blood. On the outside we might be different, but on the inside we are all the same. So if someone looks different just remember that they are the same on the inside.

Secondly, even if someone has a different skin colour to you or wears glasses it doesn't mean that they are different. Everyone has unique features but we are all the same. People get labelled with certain words, but this has to stop.

Finally, we speak different languages, but it doesn't mean that they are different. Everyone has their own way of doing things and speaking, so you should not exclude them or think about them in a different way.

In conclusion, we are all the same and we all belong. If we could all get along then this beautiful world would be in peace. We must appreciate each other and remember that we are all equal. How would you like it if you were excluded and unappreciated just because you look or sound different?

Jade 6CV - Everyone belongs. So why do we judge people because of how they look or what they believe? We all have the same blood and all belong.

Firstly, even if we look different, we're all human. Everyone has the same feelings and walks the same walk.



Plenty Of Things To Do At Lorne Surf Club Camp

We must help people understand we all belong.

Secondly, we celebrated Harmony Day on 21st March, which celebrates people's different cultures, cuisine and religion. It's a day that everyone's differences are respected.

Finally it doesn't matter if someone has different beliefs or has a different religion. The Mem Fox book "Whoever You Are", states that being different is a good thing.

In conclusion, everyone should be accepted for who they are, because it's good to be unique. We All Belong!

Amaani 6CV - I strongly believe that everyone belongs, no matter what they look like or where they come from. Although some people may be different on the outside, we are all the same on the inside.

Many people have incredible differences, but that doesn't stop them from being the same as other people. We are all the same because we all have the same heart.

Everybody in the world is human regardless of culture,

race or religion. We are all living, breathing human beings.

Our Harmony Day is where different cultures and religions unite. It's a day that puts out the message that everyone is equal, even if they are from a different country or have a different skin colour. It doesn't matter.

In my opinion, if everyone accepts each other for who they are the world would be at peace.

Lorne Surf Club Camp

Two year six classes travelled via bus to Lorne with teachers and parents, to have three days and four nights at the Lorne Surf Club camp, from 21st to 24th March. The "Surf Legends" camp is designed to educate students about water safety and the skills of kayaking, boogie boarding and stand-up surfing, all in scenic surrounds. Our host Phil was most knowledgeable about the rip and surf lifesaving. We had fine weather for most days on camp and the venue was well situated right on the board walk on the beach front. The students also enjoyed trekking along the paths to the pier and to Teddy's Lookout as well as some competitive sand sculpturing.

Lisa Hill Year 6 Teacher - Here are some comments from the students about their stay at Camp Lorne. As you can see the camp was a worthwhile experience.

Hayley from 6LH - "I loved the waves, loved surfing and boogie boarding and learnt a lot about water safety".

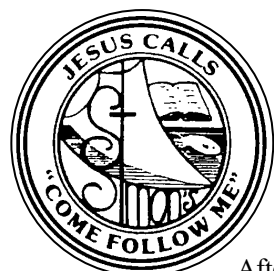
Lucas from 6LH - "Kayaking was great fun and so was catching the massive waves at Lorne surf beach!"

Daniel from 6CV - "All of it was just an amazing experience and I would love to go back there again!"

Dylan from 6CV - "My favourite part of the camp was the surfing and learning to stand on the board!"

Campbell from 6LH - "I had lots of fun working with James on a sand sculpture of an eyeball enclosed in a wall and it survived being destroyed by the waves that came in over the top it".

Heather Brown



St Simon The Apostle Primary School

After nine busy and exciting weeks, Term One of the 2017 school year has come and gone. We have welcomed a number of new teachers to St Simon's this year and they have all brought great enthusiasm and fresh ideas to our team. A number of students have also joined us from other schools throughout Grades 1 to 6 and have been

welcomed into the school community. Of course we cannot forget our eager and enthusiastic Prep students who have settled into school life at St Simons with the wonderful help of their families and teachers.

Some highlights of Term One include: getting to know each other in our new classes, Opening school Mass (6Y), Parents Association Movie Night, World Day of Prayer Liturgy (4R), Year 6 Camp to Canberra, Grades 3 and 4 Reconciliation, Harmony Day Liturgy (3R), Prep Prayer Night, Ash Wednesday Mass (6G), Grade 1 Camp Day, School Photos, Year 6 leaders attending St Patricks Day Mass and Halogen Young Leaders Day.

We concluded Term One with a number of Holy Week Liturgies in our final week before holidays. Three classes

helped prepare and lead us in celebrating the Palm Sunday Liturgy (2Y), Holy Thursday Liturgy (1Y) and Good Friday Liturgy (5R). All three Liturgies were a testament to the teachers and classes of the three grades and enabled the students to begin their school holidays with the reminder of what Easter is truly about. We look forward to returning in Term 2 when we will celebrate Alleluia Day and the Resurrection of Jesus.

We thank the students and families for a wonderful beginning to the 2017 school year. We wish everyone a safe and happy Easter break and look forward to the second quarter when we return!

Daniel Bau



New Tennis Academy



Rowville Secondary College's Sports Academy is set to launch its new tennis academy at the beginning of 2017. Tennis will join an already prominent line-up of sports, including AFL, basketball, cricket, netball, golf, volleyball and soccer. Level three high performance coach, Adrian Muscillo, will be heading up the program. "It's about being able to provide

the entire pathway for a kid that's coming through the Hot Shots program, then becoming a high performance player and understanding the tournament pathway. The state of the art facilities at the Rowville Sports Academy, including the incredible gym and the ice-bath rooms add to the value of the programme," AJ said.

The programme is fitted inside their school day curriculum, from 9am to 3pm. There will be four squads that will do two supervised gym sessions as well as physiotherapy. It's only \$4000 a year and that covers everything, except their uniform and a bus if they need it. All the local bus trips for free.

Courtesy 'Five Exciting Things'





The City Experience Camp for Year 5 has fast become a highlight in the Karoo Primary School calendar. The students are immersed in 19th Century history as they visit several sites that develop their understanding of Melbourne throughout the 1800's and the immense change of the landscape as European settlements took over the site Melbourne city sits on today. Students trod the same ground as many famous Victorians as they imagined the lives of our ancestors. The City Experience camp is full of rich culture and history and is truly a learning experience for every student.

Here are the thoughts of our students about this camp:

Chelsea; 'During the Year 5 Urban Camp we went to the Botanical Gardens. We learnt that just about every single



plant in the world was grown there, even the Sequoia Tree from America. We had lots of fun while making string from a burnt plant and we also painted pictures out of mud and got to take them home! We told each other we thought that it would take days to walk around the whole of the Botanic Gardens because it was massive!!!! We found it most interesting especially when we were standing right where the Aborigines had settled (the Botanical Gardens).'

Aimee; 'I stare in front of me at the place where Ned Kelly got hung in the Old Melbourne Gaol. All that was there was an old lonely and deserted piece of rope, a little flat trapdoor and a rusty brown lever. This was where the famous bushranger, Ned Kelly was actually hung. This city camp was absolutely amazing, but seeing this was by far

my favourite part. I can just imagine what it would have been like in gaol and hearing the executioner push the lever when you were about to get hung. I'm glad that will never happen to anyone in Australia ever again.'

Ella; 'Wow! Camp was a phenomenal adventure where I saw many mind blowing sights. I couldn't believe how many questions were answered. It's almost impossible to believe that the Victorian State Library can have the answer to every single question. We saw the original Ned Kelly's rusty armour made out of a blade that he stole. He was so clever to make this magnificent armour. I learnt that Vida Goldstein was one of the first feminists to think women should vote.'

Monique Watson

Lysterfield Primary School



Bread Tag Collection

Four of our Senior School students (Daniel, Jackson, Cooper and Blake) are collecting Bread Tags, the little square things that tie up your loaves of bread. These are not the same as bread ties (little plastic rope like things that can also tie up your bread).

Why are we collecting Bread Tags?

We are collecting bread tags for a company in New Zealand called "Bread Tags for Wheelchairs". This company recycles bread tags and uses the funds to purchase wheelchairs and send them to sick people in Africa. If you want to know more about Bread Tags for Wheelchairs, check out this link: <https://wheelchairfoundation.org/breadtags-for-wheelchairs/>

How long have we been collecting Bread Tags?

We started collecting bread tags in term one in 2016 when Daniel overheard his mum and dad talking about it. Since



Daniel, Jackson, Cooper and Blake With Their 'Tags'

then we have put in a lot of commitment and collected a whopping total of 94,080 bread tags!

Generous donations

We have received many generous donations of about 1000 tags, but none has been better than a very, very generous donation from Harrison in Grade 3 who bought in 22,741 bread tags! Harrison said that it took about 900 people from his church and other places to get together his amazing

donation. They worked so hard to spread the word, that it only took them about a month to collect all those bread tags!

We have also had other large generous donations of 12,000 bread tags and 3,100 bread tags from a Shopping Centre in New South Wales. We have definitely only been able to reach our total of over 94,000 bread tags because of the amount of different people and organisations who are helping us with our efforts.

We would like to thank all of our fellow students here at Lysterfield Primary School for bringing in all their bread tags and not just throwing them in the bin.

We have put in hours of

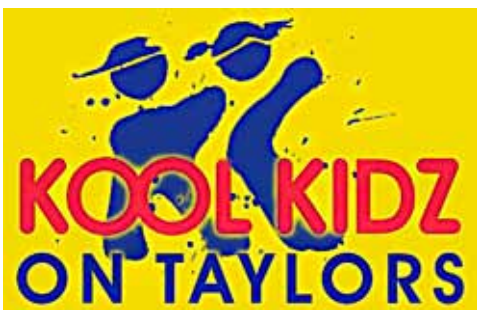
commitment and we are grateful for everyone bringing in their bread tags!

What can you do?

We would love it if you could please spread the news of our fundraising endeavour to your friends and family and send your bread tags to: Lysterfield Primary School, Bellfield Drive, Lysterfield VIC 3156.

We hope you all take up the challenge for this great cause and start collecting and sending in your bread tags!

Daniel, Jackson, Cooper and Blake, Grade 5



Information night!

On Tuesday 16th May at 7:00pm, Kool Kidz on Taylors will be holding a kindergarten information evening.

Did you know that as well as running comprehensive educational programs for our 0-3 year old children and a 3 year old kindergarten program, we also run a fully accredited kindergarten program for our 4 year old's.

Our program is run by 2 full time teachers who hold Bachelor Degrees in Early Childhood Education, giving us the flexibility to run the program even during the school holidays, unlike council run kindergartens, which run for 40 weeks of the year and offer around 600 hours of



kindergarten. We offer our kindergarten program for all 52 weeks of the year, which is an astounding 780 hours!

We offer our kindergarten program from 9:00am-5:00pm every day of the week, but with the added flexibility of having our centre operating from 7:00am until 6:30pm, we focus on accommodating and supporting working parents

who require outside of council run kindergarten times.

Our educational programming is based on the Victorian Early Years Learning and Development Framework. Our teachers use play based learning approaches with intentionality. Each child's skills, abilities and developmental stages are catered for, with carefully selected activities and materials.

Our teachers have opportunities to deepen their pedagogical practices, supported by our onsite educational and curriculum leader who oversees programming and planning. We ensure that we incorporate key focus areas such as Literacy, Numeracy and STEM, using our very own Kool Beginnings curriculum.

During our kindergarten information evening, our teacher's will offer a presentation on how we run our kindergarten program at Kool Kidz on Taylors. We will also have some parents who have had their children attend our kindergarten, share their experiences as well as a local Primary School to talk about school readiness. After the event, feel free to join us for a question and answer session and you will get a chance to talk to our educators and our owner and enjoy some free refreshments!

We have limited places available in 2018, so if you are considering 3 year old or 4 year old kindergarten options for your family please let us know and we can book you in for a tour and hopefully you will want to join our amazing family!

Feel free to drop by and visit us at any time, our doors are always open.

Melinda Michalski Educational Leader



What an exciting first term it has been. It has been great to see the children developing their independence skills and confidence as they settle into their groups. As they become more familiar with their new environment, their educators and most importantly, their peers, are seeing the development of relationships amongst the children as they seek opportunities for shared play. There is a constant buzz of conversation and interaction as the children share their observations, ideas and learning with each other.

Based upon the children's interests, our imaginative play area has transformed into a baby nursery, complete with baby bath, beds, blankets, dolls, baby clothes, bottles etc. The children have shared their own understandings of family life and the needs of babies as they play. They have discovered that not all families do things the same way. We

have varying routines and traditions within our families, including bedtime, bath time, the food we eat and our roles within our families. We are developing an awareness of family diversity through play.

We also recently made a new batch of playdough together. Those who wished to participate gathered around the table as we took turns to measure and count our ingredients as we added them to the large bowl. We incorporated learning about measurement, volume and capacity, colour mixing, time, and the cooking process as we worked. The children hypothesised throughout as they tried to predict what would happen next. There were many valuable language opportunities as the children shared their thoughts, observations and ideas throughout the experience. We took turns as we passed the bowl around the table and the children were quickly able to anticipate when it would be their turn and they waited patiently until it can around to them. The best part was the warm, smooth pliable play dough we were able to explore when we had finished.

In second term we are looking forward to exploring some natural materials through our art work and developing our outdoor undercover area to extend upon our learning spaces. We will be learning more about healthy eating and incorporating learning about the environment as we continue to learn about our worm farm and ways we can recycle, re-use and reduce our waste at preschool and at home. We are hoping to do some native planting in our outdoor play space as well to encourage nature to join us

in our playground.

At Liberty Avenue Three Year Old Kindergarten, we offer two groups who attend for 2 sessions per week, a total of 5½ hrs (consisting of one 3hr morning session and one 2½ hr afternoon session, weekly). We employ a qualified VIT registered kindergarten teacher and a co educator, who are also trained in first aid, anaphylaxis and asthma management and we are registered as a kindergarten with the Department of Education & Training.

For more information and a glimpse of what we do, visit www.libertyavenuekinder.com.au

For enrolment information regarding future years, please contact the centre on 9764 4746 or speak directly to our enrolment officer, Sarah on 0419 527 511. Alternatively, you can email us on libertyavenue3yo@gmail.com

Emma Hallam

Real Estate Tips



New initiatives for first homebuyers

Stamp duty reductions and doubling of FHOG

The State Government recently announced a range of new initiatives for first homebuyers in Victoria. These changes come into effect 1 July 2017 and include the following:

- The removal of stamp duty for homes - both new and established - under \$600,000;
- Scaled stamp duty reductions for homes - both new and established - between \$600,000 \$750,000; (see table below for scale of reductions)
- Doubling of the First Home Owners Grant - from \$10,000 to \$20,000 - for new homes in regional Victoria under

\$750,000; and

- Changes to off-the-plan stamp duty concessions - these will now only apply to those who qualify for PPR or first homebuyer concessions.

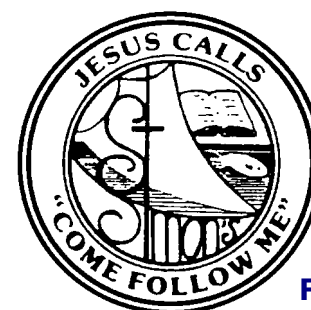
In addition, the Government has announced a vacant residential property tax for vacant homes in Melbourne's inner and middle rings. This new tax will take effect 1 January 2018.

Scale of reductions.

Home value	Savings for first home buyers from duty abolition/concession
\$200,000	\$3,185
\$300,000	\$5,685
\$400,000	\$8,185
\$500,000	\$10,985
\$600,000	\$15,535
\$700,000	\$12,357

(Source: Real Estate Institute of Victoria Member Update March 8th 2017)

Brenton Wilson Managing Director Barry Plant Rowville



St Simons Parish

**2 Taylor's Lane,
Rowville, Vic, 3178**

Phone: 9764 4058

Fax: 9764 5154

Email: office@stsimonsparish.com.au

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If you require the hall on a Saturday evening the hire fee is \$450.00 including GST. You will have access from 3.30pm until 1.00am. That's less than \$48 per hour! Music has to be turned off by midnight.

Maybe you want to celebrate with a long Sunday family lunch gathering or a children's party, if so, at \$350.00 including GST the hall is very affordable. You can have access from 8.30am until 6.00pm, which is around \$37 per hour.

Please note we do not accept bookings for birthday parties between the ages of 16 and 21

For further information, photos and hire application forms please see <http://www.stsimonsparish.com.au> – Hall Hire

For details of our service times please refer to "What's On Locally" on page 2.

Suzette Diaz



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Hot cross buns! A family of six children made short work on the dozen buns my mother took from the oven. Then the question came “Why do you put the ‘stripes’ across the top of the buns?” My mum was a good story teller. She explained to us that Easter was coming and the “stripe” on each of the buns was a cross which helps us remember that Jesus died on a cross because he loved us.

Many years later I began some theological studies and became involved with CMS League of Youth. Here I was challenged to consider taking the Gospel message to those who had never heard of Jesus’ love for them. Inwardly I remembered my mother’s voice in the years gone by – “How will others hear the message of Jesus if no one goes to tell them”.

At 22, I married the love of my life. He was about to be ordained as a pastor in the Anglican Church and was also committed to missionary service. After some time spent gaining experience, study and much prayer, we left with our two children for our first assignment, the country of Peru.



Peru, on the west coast of the South American continent, is a country where many struggle to survive. We worked

The Churches

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

in the shanty towns east of the capital, Lima and over the next 8 years we established a small church family and a health clinic amongst these very poor people. The message of Jesus, the forgiver, the healer, the saviour, broke through their poverty and alienation as they heard the Bible message. Bible teaching not only encouraged many of the congregation, it also provided this small new church family with 2 Peruvian pastors to sustain and extend the ministry as our time in Peru came to an end.

After returning to Australia on leave, we were asked to take another assignment in a church family in Buenos Aires, Argentina. Although the church had been established many years there was little knowledge of the Bible and very little desire for change from English to the local Spanish language. However, in God’s mercy and with patient endurance, some believers began to minister to others within the group regarding the necessity to move on into the Spanish language. After seven years we returned to Australia.

We praise our great God for our time in other parts of his world and have now settled into our new church family at RAFT where we were welcomed in our time of retirement.

Priscilla Michael



www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

May, another busy month.

Mother’s day, cooler days, night falls early, tiredness setting in. Much to do. But here at Rowville Baptist Church our energies are restored as we celebrate Mission May. It’s a time we can encourage and rejoice in the work of the many missionaries we support both in our local communities, within Australia and abroad.

In Galatians 6:9 we are told “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (NIV)

We have many missionaries in our congregation who we pray for, love and support in the work they are doing for God. The Medina Family (Pioneers of Aust.) serving in Thailand, Richard & Maxine Payne (Global Interaction) in Thailand, Bruce & Karen Newham (Interserve) serving missionaries across the world who serve, Nicholas Yap serving in “Reach Beyond” and Amanda Cole serving with “Power to Change” in our universities.

To help financially support them, the Immerse Kids Church groups are holding a Market Day, after our morning service, on 7th May. Various homemade gifts will be available to purchase, games to participate in and other activities. This helps our children to learn to serve others just as our missionaries are. It’s also a great opportunity to purchase something special and handmade for Mother’s Day.

In a world where we are easily discouraged let us take heart, not grow weary and know that we serve a greater purpose, that there is great joy in serving others and most importantly in serving God.

If you would like to come and check out our market, you are most welcome. Our morning church service begins at 10am and the market will follow from 11.45am. We’d love to see you there. For further enquires please call the church office 9764 4242.

Suzanne Adams



When I was a child, there was a saying that was often used. “Sticks and stones can break my bones, but words can never hurt me.” As I have got older and I hope a little wiser, I have realised how untrue this saying is. Words are powerful and we see their damage in stories of bullying, both in person and on line. Once a word is spoken, it cannot be unspoken. Words and how we use them are really important. We need to think carefully before speaking, especially if the words are critical or derogatory.

It was sad for me recently to hear one of our federal politicians recently attacking people in the Muslim community. The words used were emotive and designed to get a headline, which they did. While this might serve a political agenda (a sad one indeed!) they also cause hurt and harm. They were the words of a bully.

Jesus did not use words to harm. He used them to bring healing and unity, to challenge thinking that was not life giving. He used words that were appropriate to a situation, not necessarily appealing to some lowest common denominator or that would be popular.

We live in a wonderful country and we are enriched by the influences of other cultures in our midst. My prayer is that we will always think about our words and remember that indeed they can cause hurt. The Uniting Church takes seriously the need to practice safe behaviour, both in our actions and in our use of words.

Details of our services, Sunday School and Toddler Gym can be found in “What’s On Locally” on page 2. Communion is the first Sunday of the month and we have a special activity based service on the third Sunday of every month, which is especially children and family focussed.

We will be sharing in the ‘Biggest Moring Tea’, raising money for Cancer research after worship on Sunday May 7th. We have various coffee mornings and social nights at the movies. Our life together outside of worship is an important part of the community of faith that we are. If you would like more information about our church please call the church office, which is staffed on Tuesdays and Fridays.

Trevor Bassett



P (03) 9764 8330 E info@acfchurch.com
W acfchurch.com 1070 Stud Road, Rowville

There are two varying trains of thought regarding the readiness relative to each new challenge or season in life. What leads to success in the things we have to commit to or the things we want to commit to? When are children ready to ride a bike without trainer wheels? When will a woman be ready to be a mother? When will a dreamer be ready to start his or her own business or write a book?

Does one need to wait with deep thought for a considerable amount of time to be ready? Do all the possible scenarios need to be calculated, or the right people contacted? Who gets to judge who is or isn’t ready to successfully achieve a desired goal? Do we need the advice of our trusted inner circle? Do we wait for certain opportunities? Do we just choose to start?

Please be encouraged to do something, anything, about your dreams and goals today. Yes, some circumstances require patience and waiting, but waiting does not mean doing nothing. Every day presents opportunities to prepare, to get the groundwork ready for when the rain falls and the season is upon you to: do, achieve and succeed. There are a few of us who believe that you will “never” be properly ready for anything in life. Along with that thought comes a certain preparedness to accept that mistakes will be had, but hopefully learnt from. Yet the most ready you will be is when you are doing what you hoped and dreamed for.

Allow us to remind you to do today the things you told yourself you would do “one day”. Today is one day! You aren’t alone, and if you feel that way, we invite you to join us at our church where we are all trying to discover the hopes and dreams that have been put into our hearts by a God who has greater plans for you than you could imagine. Children’s programs and service times are listed on Page 2 of “What’s on Locally”, or visit us on www.acfchurch.com.au

Nicole Connellan

Knox Garden Club

Our Garden Club had our 'Open Gardens' day on the last weekend of March. The weather was made to order, as the day dawned clear and sunny.

Firstly, we visited Thelma and John's garden. Downsizing to a much smaller gardening area than she was used to, did not cramp Thelma's style. Terracing of the back garden by John enabled the planting of many and varied plants, which were lush, healthy and colourful. The front garden was equally impressive. Thelma does love her salvias and even found room for several meandering paths. Garden



seating painted in bright colours by John, artful containers and decorative items added to the welcoming atmosphere. Thelma tested our knowledge and observation skills with a questionnaire about her garden.

Next was my garden, which is neither structured nor orderly, also with many and varied plants mixed together. Probably not as many native plants as I would like, but I'm working on it. There are many birds, frogs and lizards in my garden which I try to cater for with plants, birdbaths, rocks and woodpiles. I do have a fondness for cacti and succulents, which is very obvious, with pallets, old shoes and even normal pots overflowing with them. There are lots of 'found' objects scattered around my garden, some for decoration, some just for fun.

Lastly, we visited Jan and Lee's garden. Jan and Lee have a very productive garden, with 12 different dwarf or small fruit trees and berry bushes. Jan always seems to think outside the square, showing initiative in growing the less common vegetables. Their greenhouse contained many well planted, raised garden beds. Adding some farmyard ambience were several chooks and two gorgeous ducks, which assist with the weeding and garden pest removal. My favourites were the long-necked turtles. There were also some fabulous ferns, salvias and succulents.

We then indulged in afternoon tea in Jan's garden, giving us all a chance to rest and reflect on our very enjoyable afternoon.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Visitors are most welcome. For details please call 9739 8783.

Betty Wright



Local Resident Spruiks Puffing Billy

A small group of Puffing Billy volunteers has been busy spreading the word about the popular railway as part of a speaker panel that has presented at over 1500 clubs, groups and events since its inception in the late 1980s.

One member, Don Horsburgh, has been on the panel since 2000 and has recently given his 600th speaking presentation.

"I've been volunteering at Puffing Billy since I retired in 1991 and have had many roles including a booking clerk, station master, retail assistant and managing special projects like the 'Saving Puffing Billy' book," Don said. "In 2000, I joined the speakers' panel so I could share some

of my knowledge and passion with others, before taking over the co-ordinator role in 2004. I really enjoy getting out there and meeting people. Everyone loves Puffing Billy and people are always excited and enthusiastic to learn about its history and operations.

The speakers volunteer their time to speak at service clubs like Rotary and Probus, retirement villages, historical societies, schools, charity and not-for-profit groups, libraries, seniors groups, special interest groups and on community radio. You name it, we have probably presented for them!

Don enthusiastically added, "Puffing Billy has such a great story to tell, from its beginnings in the 1900s, its fight to survive closure after the 1953 landslide, and its grand return to Gembrook, to the future plans that will see Puffing Billy grow into the future. We particularly enjoy speaking at schools and getting young people interested in the railway."

The Puffing Billy speakers' panel is available to provide free talks and presentations can be adapted to suit the needs and interests of a group. Groups who host a speaking event are also offered a substantial discount for future travel on one of Puffing Billy's first class heritage dining carriages, where they can enjoy a Steam and Cuisine Luncheon while taking in the picturesque views from the train.

For further information, or to book a speaker, please contact Don Horsburgh on 0411 027 732 or via email at dhorsbur@bigpond.net.au



Council Minutes March 27TH Meeting

Summary of items of interest to residents of Rowville & Lysterfield

6.1 Report Of Planning Applications Decided Under Delegation

Planning Applications Decided by Responsible Officer 1 – 28 February 2017

69 Heany Park Road Rowville Development of one (1) double storey dwelling to the side of the existing dwelling 3/02/2017 Notice of Decision

Quarry 1140 Wellington Road Rowville Removal of two Eucalyptus trees 7/02/2017 Approved

63 Oaktree Rise Lysterfield Building and Works (Construction of a tennis court) 23/02/2017 Notice of Decision

24 Avalon Road Rowville Construction of a double storey dwelling in rear of the existing dwelling 8/02/2017 Approved

64 Bridgewater Way Rowville Construction of free standing storage shed 8/02/2017 Approved

Stamford Park Est 970-980 Stud Road Rowville Earthworks and the removal of vegetation 21/02/2017 Approved

7. PUBLIC QUESTION TIME

Question 2: With respect to parking signs/zones, is this an area Council is responsible for and if so, what is the correct process to request a review/redistribution of signage in a particular area street?

Answer: The Director Engineering and Infrastructure, Dr Ian Bell, responded parking signs are a matter under Council jurisdiction and that Council receives numerous requests each year. The correct process is to contact the traffic and transport department during normal business hours and explain the situation. The department will then investigate and follow.

Question 3: Does the Council intend to challenge VCAT to consider changing the planning model to include historical applications for development and area impact to facilities and aesthetics of the area, rather than current stand alone measures? What is the definition of high density development in Knox, where are the limits?

Answer: The Director City Development, Mr Angelo Kourambas, responded that Council has no authority to influence VCAT. Instead, it is Council's role to do the strategic planning and develop the framework for future development within the municipality. Council has done this work through the Knox Housing Strategy. All planning decisions are assessed against the provisions of the planning scheme and the Knox Housing Strategy. There is no formal definition within the planning system of Victoria defining high density, but in Knox it is deemed to be any development above 5 storeys. The Knox Housing Strategy outlines areas where development is or is not wanted.

8.1 Local Area Traffic Management (LATM) Program Review

The annual review of the Council priority listing of streets on the Local Area Traffic Management (LATM) program has recently been undertaken, which considers safety, excessive speed and volume, to create safer and quieter streets. While engineering solutions using physical devices can have a significant effect in reducing speed, it is also important to incorporate educational and enforcement opportunities. Unfortunately, there is no single solution to stop all motorists speeding in local streets



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Council Minutes continued...

2.2 LATM Programs for 2017 and beyond.

The previous LATM schemes that focus on a street by street basis have worked well, however, in some situations, it may be necessary to investigate a whole precinct for treatment where actions on one road could result in an increased traffic in a nearby street. The LATM priority list has been reviewed this year and provides the framework to develop future programs and to respond to general resident requests. LATM works are in accordance with AustRoads guidelines and Australian Standards. In recent years, speed cushions have been widely used as they address resident concerns about speed, allow convenient passage for trucks, are preferred and accepted by the local bus companies and better accommodate cyclists.

Programs that target safety issues through education and enforcement are essential as motorists exceeding the speed limit are essentially a social issue which cannot be addressed by engineering solutions alone.

2.4 'Hoon' Behaviour Clearly LATMs address the overall average speeds but are ineffective for the hoon or irresponsible driver who regard the devices as a challenge. 'Hoon' behaviour is the responsibility of the Police and their powers complement the LATM program and Council works to change driver behaviour through requests for surveillance in streets. The Police are the appropriate solution for these offences.

8. CONCLUSION Council's LATM program has the principal objectives of regulating traffic speeds thus creating safer, quieter, more attractive and liveable local streets. Speed trailers are proving to be effective in advising motorists and are a cost-effective, highly mobile approach. Similarly, improved signage and local education programs assist in creating awareness. It is recommended that Council considers future funding directly through the budget process

11.1 WORKS REPORT AS AT 8 MARCH 2017

16 Building Renewal Program - Program 43% committed/expended with approx. 30% planned works to be committed over March. Works nearing completion/commencing over March include Rowville Preschool (Bernie Seebeck) - internal/external painting, Rowville Preschool (Alan Clayton) - internal painting/external painting,

17 Playground Renewal Program - 46 Designs for

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 (Accredited Consultant)
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PILATES
 Wed 9.15am & 6.15pm
 Bookings essential
BOXING
 Wed 7.30pm
 Classes held at Rowville Community Centre
 Call Lisa on
0407 873 271
 Rowville Group Fitness

playgrounds including; Eildon and Park Ridge are being finalized.

147 Energy & Greenhouse Program for Council Facilities - Works at 8 sports pavilions will commence in April, with more than 350 inefficient lights to be replaced with LED alternatives, resulting in significant energy and maintenance savings for the sports clubs. The pavilions include: Eildon Park Tennis Club.

638 Karoo Road, Rowville - Construction - Recommendation for contract appointment has been approved and letter of appointment sent. Contractor to be issued with Possession of Site once Pre-Construction documentation is submitted and approved.

648 Row Reserve, Rowville - Implement Masterplan - Knox Construction Group (KCG) to commence implementation of Stage 2 hardscape works at end of March. Currently seeking quotes from landscape companies to undertake the soft landscape works (aiming to commence end of May) following completion of works on site by KCG.

721 Eildon Park Reserve (Pavilion upgrade), Rowville - Demolition and ground works complete. Currently well progressed with new framing and roof works

756 Heany Park, Rowville - Masterplan Implementation - Building Services requested additional hand rail to be installed to a part of the existing ramp and will review and confirm updated engineering drawings for handrail.

830 Park Ridge Reserve, Rowville - Oval Renewal - New grass is growing slowly at this venue. May impact completion dates. Site will be monitored for plant progression.

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

864 Lakeside Boulevard, Rowville - Pedestrian Refuge - Still waiting on VicRoads' approval.

874 Fulham Road, Rowville Reconstruction - Design - Geotech investigation and survey completed. Detailed design has commenced.

Report compiled by Jan Bates

RLCN Life Members

Glynis Allan, 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 Haynes, Tony & Marjo Ho, David Hodgins, Patricia Jackson, Barbara King, King family, Marjorie Lade, Lyn & Doug Laphorne, Nicky Laughton, Joan & Ray Lightowler, Luxmoore family, Alan & Julie Malony, 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, Marianne Smith, Sue Taylor, Merle Turner, Sue 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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