



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

FREE

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**Rowville Neighbourhood
Learning Centre Inc.**

Meetings are held at the Community Centre, 40 Fulham Rd at 7pm on the first Thursday of the month. Visitors and potential committee members are most welcome.

OUR TEAM

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What's On Locally

Sponsored by:
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of Rowville**



DIRECTORY - July 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 (11-14years) every Thursday 7.30-9.30pm

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

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

Fruitful Vine Church Services every Sunday 10am

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

Heany Park Scouts Meets at: Makeham Road, Heany Park

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

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

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

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

Contact Gavin Thomas on 0417 529 848

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

Hillview Comm. Church Services Sunday 10am. For details call 9763 7776

Knox & District Over 50s Meet 4th Tues each month at 10.30am (except Jan & Dec) at Boronia Progress Hall

Knox Home Garden Meet on 3rd Monday of each month at 8pm at U3A Parkhills Campus. May, June & July meetings on 3rd Saturday at 10am

Life Activities Club 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 Tosaria 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

Upcoming Events

Rowville Secondary College

Witches of Eastwick

August performances:-

7pm Wed 9th; Thu 10th; Fri 11th; Sat 12th

Matinee 1pm Sat 12th.

Questions That Haunt Me

How is it that we put a
man on the moon before
we figured out it would
be a good idea to put
wheels on luggage?


From the Editor's Desk



All newspapers require an income to sustain them and we at the RLCN are no different. During the last six months there has been a steady decline in the number of businesses advertising with us, despite our very competitive rates. Our focus is almost entirely on the suburbs of Rowville and Lysterfield, which offers advertisers a focused and concentrated market.

We offer display advertising in the body of the paper, offering businesses the opportunity to create attractive and hard hitting messages and a local service directory that may suit those businesses that work from home. As an example, an advertisement that is 8cms wide and 12cms high costs less than \$130.00 including set up fee, which may or not be charged depending on the quality of the artwork received. We can also help design your advertisement for you.

In order to survive we need a volunteer person or persons to actively visit local businesses and promote the benefits of advertising in our paper. If you feel you could help, please call any of our committee members on the phone numbers shown in the RLCN panel on page 2.

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COMMUNITY NEWS**
PUBLISHED MONTHLY BY THE ROWVILLE
LYSTERFIELD COMMUNITY NEWS INC.

**Have You Got
Old Copies Of RLCN?**
Contact David: 9764 4703

**- Deadline -
August 2017**
**EDITORIAL & ADVERTISEMENTS
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Articles, News or Letters to the Editor
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Saturday, 29 July 2017

To add your club, organisation or association to the Directory or This Month's Events free listing, please contact the editor
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Telephone 9764 4703

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

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**COMMUNITY NEWSPAPER ASSOCIATION
MEMBER
OF VICTORIA**

I was delighted to visit the VCAL students from Rowville Secondary College during their community service project in Belgrave. They were transforming a garden for a man who was unable to do so himself and they were completing their task with a huge degree of dedication. Now they are seeking similar projects in our own community. If you, or someone you know, would benefit from their youthful enthusiasm, please call Gary Gilbert on 9755 4555.

I wish to thank both Margaret and Heather, two of my proof readers, who notch up 4 years in the role this month. A big thank you ladies for your consistent services over the last 4 years...but don't stop now! A five year RLCN certificate awaits you in 11 issues time.

Finally, everybody needs a rest and a holiday and for the month of July it is the turn of my wife and I. Our minute secretary Jan will take over the reins for the August issue, a task I know she is looking forward to!

David Gilbert

The Lifeblood of Our Community Newspaper is Advertising.

We are experiencing a decline in revenue due to falling advertisements and desperately need a volunteer to assist with promoting our advertising to local businesses.

Ideally you would be a retired person, which would enable you to contact prospective advertisers during business operating hours.

Just an hour a week would probably see us achieve a healthy balance between advertisers and contributor's articles.

Our rates are extremely competitive and our concentrated coverage of Rowville and Lysterfield is focussed and comprehensive.

If you can help, please contact one of our committee members shown on page 2 (opposite).

Letter To The Editor

Hi David,

On page 10 of last month's edition, my husbands' name was wrong- it should have read, Jenny & Peter (not David). Also we have been married for 36years not 30.

Yours sincerely,
Jenny Anderson

Editor's Note:- My sincere apologies Jenny, although we did get Peter's name correct later in the article! Despite our best efforts these errors occasionally get passed our proof reading.

Calendar of Events July 2017

Dry July - au.dryjuly.com/

National Desexing Month - www.ndn.org.au/national-desexing-month.html

JULEYE - RANZCO Eye Foundation
www.eyefoundation.org.au/juleye

2-9 July - NAIDOC Week - www.naidoc.org.au

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

9-15 July - National Diabetes Week
www.letspreventdiabetes.org.au

17-21 July - National Farm Safety Week - www.farmsafe.org.au

19 July - Immunisation - Rowville Community Centre - No appointments necessary 9.30 to 11am. Please bring your Medicare card and your child's Health Record book to the session.

Quarries



Letter To The Editor

Hi David,

Has RLCN ever had an article on the Rowville Quarries? We have lived here for over 5 years and can see the quarries from our back deck. When we bought the house we had no idea about the quarries. We have got used to the trucks going back and forth along Wellington Road but are still annoyed by the dust the quarries create. The grey dust covers everything. Our inside floor coverings are mostly tiles and we have to clean them twice a week. The inlet filter on our central heating system goes grey very quickly too and requires vacuuming every 2 to 3 weeks. The back deck gets covered in dust and we now sweep it every Saturday morning if we have not had any rain. The inlet filter on our rainwater tank gets clogged with grey mud after it rains.

Sometimes we can hear the machines at the quarry working late into the night. This almost guarantees we will have a dust problem the next day if the wind is blowing from the south east.

I wonder if there are any local Council regulations covering this dust pollution? Are other residents having dust problems or have they just got used to living with it like we have, I wonder?

Regards

Merridy

Editor's Note:- Maybe the responsible Knox Councillor, or local State Member can answer your question.

21 July - National Pyjama Day - www.thepyjamafoundation.com/national-pyjama-day-2016

24 July - Knox Council Meeting 7.00pm Civic Centre

24-30 July - National Pain Week
www.nationalpainweek.org.au

28 July - Schools Tree Day
treeday.planetark.org/schools

29 July - White Ribbon Night
www.whiteribbon.org.au/night

29 July-4 Aug - Be a Souperhero
Support Salvation Army - souperhero.org.au

30 July-6 Aug - Donate Life Week - Promote Organ and tissue donation
www.donatelife.gov.au

31 July - National Stepfamily Awareness Day
www.stepfamily.org.au/

31 July - National Tree Day - treeday.planetark.org

Note: International Days of events happening throughout the world have not been included.
All events originate or are known within Australia.



One of the great aspects of belonging to our Rotary Club is the opportunity to listen to and meet some very interesting speakers. On Tuesday 13 June we were informed and enlightened by teachers Kim Gearon and Merrin Sulovski, from an organisation called Child Protection Education (CPE). Both have many years' experience in the Primary and Secondary areas, Whilst at Deacon University Kim and Merrin both realised that there was a great gap in knowledge in schools about proper awareness of CPE and what was required by both the Depts. of Human Services and Education and Training. They also noticed that many teachers and early childhood educators had not received sufficient training in identifying and responding to child maltreatment.

Thus the partnership that is 'Protect Kids' began and it

has gone from strength to strength focusing on the following basic philosophy: "To provide engaging, research based training to educators to further their understanding of Child Protection and Safety and the impact of trauma on children and young people. We aim to integrate theory and practice to assist educators in understanding their role in working with children who have experienced maltreatment including sexual abuse, as well as children who display concerning sexualised behaviour, or who have witnessed family violence"

If there are any teachers reading this newspaper and the content strikes a chord, please seek help from Kim and Merrin. Their CPE website is: www.protectkids.com.au which contains a lot of information on how to gain and expand your knowledge. If you would like further information or to contact Kim, please call James on 0417 548 662.

For Hire



Rotarian James Wilson

Rotary Clubs have many ways to raise funds and the Rotary Club of Noble Park has a novel offering, a mobile Cool Room Trailer. They have 2 units available for hire that comply with all VicRoads rules and can be towed by most vehicles. If you are interested, contact Keith Maxwell on 0418 647 064. The units need to be picked up and returned to Dingley.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. If you are community minded and would like to find out more then come along as a guest any Tuesday evening. Call either Kevin Harrison 0419 919 011 or Alan Lunghusen on 0488 033133. For further information log on to our website: www.rowvillerotary.com.au and also follow us on Facebook and/or Twitter.



The Place To Be

The current highly competitive environment we live in pushes us to do everything within our capacity to emerge successful in our various streams of life. This success is often contingent on our ability to create a positive impression on the people that matter. Though good old hard work will go a long way in helping us to get ahead, great communication skills are usually the bit that helps us have that extra edge over the rest.

Developing good communication skills requires an environment that is conducive to such growth. This often is not the case in places like our work or school or even our friend's circles.

It is necessary to have an environment that makes an individual feel both comfortable and challenged at the same time. A pressure free place where one feels that

making mistakes is okay while striving to get better at their communication skills.

Toastmasters International is one such place. It is a non-profit training organisation that focuses on communication and leadership development. The local Toastmasters clubs are a friendly environment where one has the opportunity to spend time with people who are all working to achieve a common goal. Each club has a similar but unique structure in both its organisation and its meeting schedules.

Rowville and Rafter's Toastmasters are the two Toastmasters' clubs near you. Both these clubs have a relaxed and friendly environment which make them an ideal place to develop one's speaking skills. The meetings are designed to facilitate all members to have at least one

opportunity to speak. The structure of the meeting allows for the development of all types of speaking skills, both prepared as well as impromptu. There is also an opportunity to receive constructive feedback to enable one to better their speaking skills. But most of all, it's a fun place to meet with fun people who are all trying to achieve the common goal of becoming better communicators.

Details of our venue, dates, times and contacts can be found in "What's On Locally" on page 2. Visit our websites for more information www.rowvilletoastmasters.org.au or <http://rafters.easy-speak.org>

Luan Viegas

Vice President Rafter's

Lions Club of Rowville



Another Lions year is coming to a close. Once again we thank the many people who have purchased sausages from us at Bunnings Scoresby, or at Stud Park, or perhaps a snow cone at the Stringybark and/or Knox Festivals, or more possibly, one of the delicious Lions Christmas cakes or puddings.

This past year with funds raised, we were able to donate four breast pumps, two commode chairs and a vital signs monitor to the Angliss Hospital. Lions teddy bears have been given to the Knox SOCA unit, the Angliss Hospital and a local Ambulance Victoria unit. It is hoped that these bears give some comfort to distressed children, be it that they are in hospital or in a car accident.

Last November, we presented a financial award to two Year 10 Achievement Award students at Rowville Secondary College. This is to help them with their Year 11 expenses. Rowville Lions have been presenting these annual awards for the past 22 years.

Through the Smith Family Learning for Life Program, we have sponsored two younger students for the last two years. Two students were sponsored to take part in the Lions International Peace Poster Competition and this year we participated in the Lions Youth of the Year Public Speaking Competition with four Senior School students from Mazenod College showing us their debating skills.

Earlier this year we were delighted to be visited by Lion Sunil and his wife, who were visiting their daughter

in Rowville. They both belong to the Lions Club of Colombo Millennium. Recently we had an inter-club visit from several members of the Mt.Eliza Lions Club. It was extremely interesting to hear of the various projects they have undertaken in their community and the many ways they raise funds from and for their community.

Julia Young

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Probus Knox Combined

Last month, members of our Club went to see "My Fair Lady" and they come away a very happy group. But one thing was clear. The opinion of Professor Higgins has changed. 60 years ago he was held in high esteem by audiences, a great man who took a pretty flower selling girl and turned her into an English upper class social success. After the Show, some members took a distinct dislike to what they now saw to be his appallingly sexist and male chauvinistic behaviour towards Eliza Doolittle. It seems the good Professor may have now become another victim of political correctness.

Our guest speaker was Maria Matser, one of the last lift drivers at Myers Emporium in the City. She worked at Myers for many years and met politicians, film stars, league footballers and others as she carried them in her lift to their floor destination. She could not estimate the number of trips up and down she had made but remembered each return trip from the ground floor to the top floor was to



Now Which Control Am I Supposed To Move?



Larger planes were displayed in a huge building and we were able to step inside some of the aircraft, and even "take over the controls", complete with warning lights and signals!

Outside again we saw even larger aircraft, some still being restored to their former glory. Then it was on to the "Flight Deck Restaurant" for a delightful lunch whilst watching a continual flow of light aircraft taking off and landing. Finally we stopped off at the nearby DFO for a spot of retail therapy or maybe a coffee.

Ray Stackpole

take no longer than 5 minutes each way. She is also a historian and provided interesting stories of the development of the Myer Building from its early days.

Our June outing was to the Aviation Museum at Moorabbin airport. After a photo shoot we viewed the collection of models, books, magazines, memorabilia and old uniforms in the shop before meeting Fred, our very knowledgeable museum tour guide who was able to relate facts, figures and stories about each aircraft on display.

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Ray Stackpole

Probus Knoxfield Ladies

An enjoyable Sunday morning brunch was appreciated by the Knoxfield Ladies Probus members, at Tosaria's Restaurant in Rowville recently, after a stimulating and appetite inducing cold start to the morning. The lovely food and cheerful company was a great beginning to the day, which promised blue sky and sun. We are keenly anticipating our next outing to Geelong, to learn about the Australian sheep industry and the resulting wool trade. As a bonus, there is also the annual Scarf Competition and Exhibition currently being held at the Wool Museum.



Members Enjoying A Day Out At "Gulf Station"

This year's theme is "Galaxies". After lunch we are off to the Narana Aboriginal Cultural Centre.

Our accompanying photograph shows a group of our members at the Yarra Glen historic homestead, Gulf Station. National Trust volunteers conducted us on a tour of the home and property contributing not just their vast knowledge of the history of the property and original family, but also some (?) jokes.

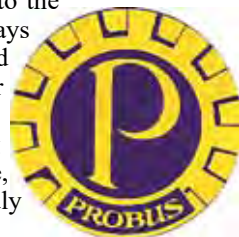
One of Knox Council's hard working councillors, Nicole Seymour, gave us an interesting and realistic insight into her experiences

as a councillor juggling family commitments with the many expectations of her constituents. She was also kind enough to answer the questions we had as to the many concerns home owners always have regarding the management and the various decisions made by their Council.

Our new programme covering the next six months is now in place, beginning with a Christmas in July lunch at the Mulgrave Club.

If you would like to join the Knoxfield Ladies Probus Club and you are 55 plus retired or semi-retired, please call Val on 9763 6175 or Bev on 9753 3224 for further details to join our friendly Ladies Club.

Bev Bishop



Rowville Unit



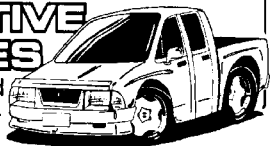
Last month members of our group manned the Lions Club OP Shop in Mt Waverley for the week beginning Monday 26th of June. This was, as in past years, a wonderful opportunity for us to raise more funds to support Red Cross activities. We also helped serve refreshments to those donating the mobile Blood Bank at St Mary's Church in New St Dandenong, from the 19th to 23rd June. Anyone wishing to donate blood may make an appointment on 13 14 95. The demand for blood is constant so all donations are gratefully received.

Red Cross is proud to say that this year more than a dozen Red Cross workers received recognition in this year's Queen's Birthday Honours list. Also after years of working on the front line of wars and other disasters, 5 Australian Red Cross nurses received the Florence Nightingale Medal. This is the world's highest nursing accolade. Well done.

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Merle Cook

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Sherbrooke
Art Society

Streeton, Roberts, McCubbin Annual Awards

Customarily this column aims to critique and review exhibitions which will continue to be open for a suitable length of time after the newspaper's publication so that readers may experience the reviewed exhibition for themselves. Unfortunately the dates for the Sherbrooke Gallery's exhibition of the Streeton Roberts McCubbin Awards did not match with the scheduled publication dates of The Art Critique's July edition. However, it was

The Art Critique

this columnist's opinion that this major annual art prize, hosted by one of the eastern suburbs longest established artists' societies, did deserve recognition, even if applied retrospectively.

The Streeton Roberts McCubbin Exhibition provides the opportunity for all artists to compete for one of three prizes awarded for the highest merit in the following categories.

- The 'Streeton Award' for the best traditional landscape
- The 'Roberts Award' for the best non-landscape painting; and the
- 'McCubbin Award' for the best small painting.

Ranging in value from \$750 to \$1500, these prizes encourage participation from a diverse variety of artists, traditionalist and non-traditionalist alike, as well as professional and amateur artists. Presented together the range of landscapes, still lives and genre pieces available, create an eclectic and lively impression of colour and detail that resonates through the large rooms of the timber floored, 1920s era building. It is the hope of this critic that the Gallery may consider presenting future exhibitions of a similarly diverse content in the style of a salon hanging to make a more effective presentation of the numerous styles of artists that they evidently have available.

The Sherbrooke Gallery is open from 11.00 am- 4.00 pm (Closed Tuesdays) and is at 62 Monbulk Road, Belgrave (03) 9754 4264 www.sherbrookeartsociety.com



Aldo Bellemo "The Jogger"

Other exhibitions are always on display at the Sherbrooke Gallery.
Matthew Ducza



Glenn Hoyle "A Bag Of Apples"

StudPark School Holiday Activities & Entertainment at Stud Park Shopping Centre

During the **School Holidays** children can enjoy **FREE** entertainment and activities at Stud Park Shopping centre. A Puppet CIRCUS show will be held daily **11am and 1pm (Monday 3rd July to Friday 7th July)**. In the second week daily **Painting Workshops** for all age groups (**Monday 10th to Friday the 14th July**). Sessions will be held **daily at 11am and 2pm** giving all age groups a chance to display their artistic skills and have some fun.



Fiona Murray - Marketing Manager Stud Park

FROM THE ARCHIVES

Memory Lane July 2012

Marita Lacota wrote in "A Young Person's View" that 90% of prospective employers look at your profile on Facebook and 69% were denied the job based on what was found. I wonder what the figures are today? Can they do the same for 'Twitter', 'Snap Chat' etc.?

The **Ruby Gumnut Goddesses**, the local Red Hat Society chapter, visited the Grace Kelly Exhibition in Bendigo, where they wowed the locals and their fellow passengers on the train and had their photos taken over and over again. Were you one of those ladies?

The Minister for Health and Ageing, Mark Butler, announced Knox Ozone would be the next location for a **Headspace Centre**. It was the culmination of months of planning including a 10,000 signature petition.

The **St Simon's Community Football Club (now Rowville Knights)**, had their under 11 girls team accepted into the South Metro Junior League Girls under 12 competition. How many of

you are still playing 5 years later?

Nick Wakeling, State Member for Ferntree Gully and the Minister for Children and Early Childhood Development the Hon **Wendy Lovell** MLC, announced a \$300,000 grant to the **Murrindal Children and Family Centre**, which will be used to deliver a \$650,000 upgrade to their facility. How has the upgrade stood the test of time?

Kirra Nicole Datseres from Rowville Primary School gave the new film "Beauty and the Beast" four and a half stars (Where did she get that idea from??) in an extremely well written review, whilst **Yasmine Asmar** argued that school canteen food should cost less.



Coffee With A Cop

This month's Coffee with A Cop was held at the new Ferguson Plarre Bakehouse in the Stud Park Shopping Centre. The 3 members in attendance from the Pro-Active Policing Unit at Knox were the Divisional Youth Office L/S/C Greg Glooney, the Divisional Firearms Office, L/S/C David Weller and the Divisional Crime Prevention Officer S/C Dan McGrady. Upon my arrival I found a very convivial atmosphere and easily slipped into the conversation between two lovely ladies and Greg Clooney about travel in and around the Mediterranean with the focus being on Malta. Other topics being discussed ranged from Graffiti and property damage, the process of taking out an AVO and the utilisation and availability of police resources within the Knox Division.

Pro-active policing is an important part of Victoria Police policy and its core functions. It focuses on pro-actively informing, reassuring and in some cases training (Firearms Officer), with the aim of achieving positive outcomes, reducing a sense of fear and re-enforcing the doctrines of safer living. Both the public and Police members present enjoyed the interaction and found the exercise very worthwhile.

John Woodward



"Last of the Summer Wine" and "The Crucible" live on stage

The 1812 Theatre will be presenting two diverse and unmissable shows in July and August this year.

In July there will be a performance of Arthur Miller's classic political play *The Crucible*. Set during the 1692 Salem Witch Trials, it describes the story of how in this insular and puritanical community, a group of young girls are found dancing in the woods and immediately fall ill. A search for sinister and unnatural forces believed to be the cause of unusual happenings in the community leads to the townsfolk persecuting each other.

Long-held grudges turn to violent disputes, humiliating secrets are exposed and disseminated, and the line between truth and pretence becomes increasingly blurry. *The Crucible* is a well-known theatrical metaphor for the anti-Communist persecution that swept America during the 1940s and 50s. High ticket demand has already led to the Theatre scheduling additional performances. Advance bookings are recommended while they are still available.

More excitement is to follow in August when they will be performing *The Last of the Summer Wine*. In this stage adaptation of the timeless television comedy written by Roy Clarke, Foggy, Clegg and Compo are reunited for one last adventure.

Foggy has designs on winning the affections of Constance, Nora Batty's niece and the long-suffering fiancé of the hapless Gifford Bewmont. Foggy and Clegg invite the ladies around for an evening's entertainment, but the duo is unaware that a mysterious flasher is stalking the local community.

Gifford has pledged to apprehend the flasher and has



A Time For Reflection "The Last Of The Summer Wine"

mounted all-night patrols in the village. But his efforts to capture the flasher lead to mistaken identities and even more chaos.

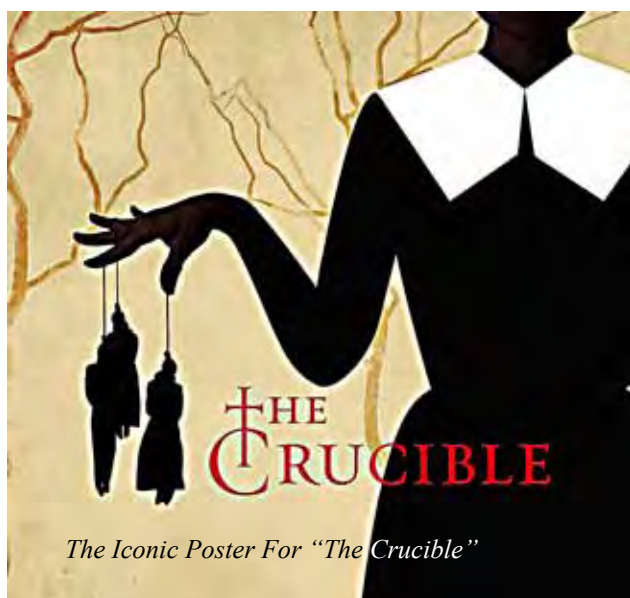
The Crucible; 11th to 22nd July; Tickets: \$15;

Director: Danielle Remaili

Last of the Summer Wine; 3rd to 26th August;

Tickets: \$27; Director: Pip Le Blond

Visit www.1812theatre.com.au to purchase tickets



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School Holiday Activities

Hour of Code - Kids aged 8 - 13 will use their imagination and newfound coding skills on library PCs to program within familiar digital worlds. It's best if children are familiar with using a keyboard and mouse, and can bring along a pair of headphones to use. **Tuesday 4th July at 9.15 am and Tuesday 11th July at 3.30 pm. Bookings required.**

Robot Fridge Magnets craft activity – For ages 5+ Tuesday 4th July at 11 am. **Bookings required.**

Make a penguin pencil holder. – For ages 5+ Wednesday 5th July at 11 am. **Bookings required.**
Bedtime Story-time – Friday 7th July at 6.30 pm.

Minecraft – For ages 8+ Love to play Minecraft? Come and play with friends and create something amazing in our special world. **Monday 10th July at 10 am and 2 pm. Both sessions will run for 2 hours. Bookings required.**

Paper Plate Birds – For ages 5+ Wednesday 12th July at 11 am. **Bookings required.**

Ozobots – For ages 8+ You're invited to join the library team for an exciting opportunity to program robots! Kids aged from 8-13 will use iPads to craft solutions to logic problems and then program a small robot to perform the solutions in real life! This free, one hour session is designed to assist with children's STEAM (Science Technology Engineering Arts Mathematics) skills in a fun and constructive environment. **Thursday 13th July at 10 am. Bookings required.**

DUPLO – Have fun with Duplo which will be in the children's area all day. **Thursday 13th & Friday 14th July.**

AT ALL ACTIVITIES CHILDREN 11 YEARS AND UNDER MUST BE SUPERVISED AT ALL TIMES.

The Biggest Morning Tea held at Rowville Library on Thursday 25th May raised \$733 for The Cancer Council. On behalf of the Rowville Library staff I'd like to extend a big thank you to all the big hearted people who attended on the day and donated to this very worthy cause. Particular thanks to Ray White for their generous donation and support, and to the many Stud Park businesses who donated items for our Lucky Draw and food for the morning tea. Another special mention to the choir from the Rowville Primary School and our young Chinese Zither player, Ximing.

Gardening @ Rowville: Tuesday 11th July at 10.30am. Vertical Gardening with Bunnings. When short



Enjoying The Biggest Morning Tea

on space, grow up! Found in nature and ancient civilizations, vertical gardens have been thriving for centuries on walls all over the world. Join Simon from Bunnings and the Rowville Gardener's Group to find out how we can use Vertical Gardens in our own spaces! **Bookings required.**

Computer workshops: Free sessions on Thursdays at 2pm. Please book: 9800 6443

Italian Chat: Sessions will be held on the second Wednesday of the month at 2.00pm We have our Italian speaking librarian who will lead this session so that you can practice your Italian (not a class).

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

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

Afternoon Bookchat! Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. Next meeting will be on **Monday 3rd July** at 2pm.

Bookclubs: Three bookclubs each meet once per month - 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 Tuesday 4th July and the meeting will be Tuesday 25th July, 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

Cake Decorators Association of Victoria Rowville Branch



The Rowville Cake Decorators, members of the Cake Decorators Association of Victoria, will hold their next workshop on Sunday 9th July at the Scout Hall in Turramurra Drive, which will be our Annual Demonstration Day. This has always been a fantastic day and this year will be no exception. We will have three highly acclaimed demonstrators, who will amaze you with their skills and it is an opportunity for participants to learn more and extend their capabilities. There will be a fully catered lunch and heaps of raffle prizes, so don't miss out.

The entry fee is \$25 for members and \$30 for non-members, a small price to pay for a wonderful day.

Bookings are essential for catering purposes, so please call Jean Venn on 9763 1702, or Jan Longley on 0412 809 024 to book or obtain further information about the day or our association in general.

Jan Longley



Author- Janeen Brian
Illustrator- Danny Snell

Three baby chickens hatch and say "cheep" as expected. The fourth little chick pops out and says "chickabee." Mother Hen, the other baby chicks and several farm animals met along the way all tell Little Chicken she should be saying "cheep" not "chickabee" but none can give a good reason why. "It sounds as if you don't

want to be a chicken, that's why" says the duck. Poor Little Chicken is confused. "Chickabee" sounds and feels right for her. It doesn't sound mixed up or wrong. She refuses to conform though and continues exploring the world and its wonderful assortment of sounds and noises.

When Little Chicken meets a pig who says "Oinketty-oo" and who is delighted by her "Chickabee" she knows she's found a friend and someone who will accept her just the way she is. Mother Hen clucks approvingly at the end and gives Little Chicken a kiss because of course she loves her different little Chickabee baby.

Danny Snell's charming, warm illustrations contribute beautifully to telling Little Chick's story. That it is important to believe in yourself and to stay true to yourself. This gorgeous book also opens itself up for discussions with young children about a variety of other themes such as feeling left out, making friends and acceptance.

Little Chicken Chickabee has been nominated by the Children's Book Council of Australia as a Notable Australian Children's Book-Early Childhood, 2017

Michelle Tomazin Youth Services Librarian



Paul's Photography Patter

Four issues to remember, to optimise the sharpness and quality of your images.

1. Not raising the ISO high enough. The old rule was to use low ISO to minimise digital noise. Newer digital cameras can now shoot with incredible quality at well over ISO 800. While your ISO should still be as low as possible when the camera is on a tripod, when you're shooting handheld you can use much higher ISO. Unless purposely shooting with a very large aperture such as f/2.8, I typically keep my ISO at 400 in sunlight, 800-1600 in light to dark shade, and 3200 and 6400 when handheld at dusk or at night. This allows a faster shutter speed to offset handheld camera shake or motion in subjects, along with a decent depth of field.

Unless shooting in Manual mode, I suggest taking your camera off auto-ISO. Don't let your camera choose two of the three settings (shutter, aperture, and ISO). The camera

should only be choosing one of these three settings for optimal use.

2. Using image stabilization when using a tripod. The image stabilizer in your lens or camera will make your photographs sharper when handheld. However, it can create minor vibrations while keeping the camera steadier, and these vibrations sometimes introduce blur. So turn the image stabilizer off when you are using a tripod.

3. Not getting the focus point right. Make sure your camera is focusing on the most important subject in the image.

4. Use an appropriate f stop aperture. Many photographers with new f/1.8 or f/1.4 lenses think that they need to shoot everything at around f/1.4 because they can, but forget how shallow the depth of field is at these wide apertures. A shallow depth of field means the focus needs to be perfect and exactly right on the most important part of the subject. The higher the f stop number the more depth of



Nan Lian Garden in Tang dynasty style in Hong Kong.

field in the image and this minimizes any focusing mistakes as well.

HINT: Remember to consider the ISO, focal point, and aperture when taking your photos to maximise the image quality.

Happy snapping, Paul Lucas.

Rowville Aspiring Writers

Reserved Space
by Ruth Payne-Gill

"I knew these tickets were cheap for a reason!" I grumbled to my husband. We had been standing in an endless queue for what seemed hours. We eventually reached the counter only to be told by the person at the airline check-in desk that our tickets were standby only and we would have to wait until all the people with reserved seats had checked in. Eventually we heard our names being called to return to the check-in desk and were told that there were two seats available, but we would have to hurry as the flight was now boarding. We quickly ran down to the gate which of course was at the very end of a long corridor. "We made it just in time" I exclaimed as we settled down into our seats waiting for the plane to take off.

Once in the air I looked out of the window and saw the

lights of London slowly recede into the distance. I felt many emotions of both sadness and exhilaration at the same time. It had been the worst thing I had ever had to do, having to say goodbye to my family, not knowing when I would see them again. On the other hand I was excited about the new country I was flying to and the new chapter of my life that was to start. After an uneventful flight, the plane made its descent into Moscow airport. Looking out of the window all I could see was thick snow falling and a glimmer of lights through the snowflakes which I presumed was the airport.

Upon disembarking we made our way into the airport terminal. Boy it was cold! After living in England all my life I thought I knew what cold was but this was colder than I had ever experienced. Once in the terminal it didn't get a lot warmer! "You wait there and I will go and check out what time the next flight is due to depart," said Graham. After what seemed an eternity he came back only to explain that due to the poor weather our next flight was delayed by 10 hours! "What!" I yelled. Graham looked at me sheepishly, as he was waiting for me to start a tirade on how it was all his fault, being as it was his idea to buy these tickets from some unknown travel agency in order to save money and not from a reputable agent! What was the point in blaming him, there was nothing that could be done and it would not help the situation.

The terminal was packed with travelers, no doubt delayed like we were due to the atrocious weather. After wandering around aimlessly for a couple of hours we eventually found



somewhere we could sit down and spent our time people watching. What we found most alarming whilst waiting in the terminal was the number of guards walking around with rifles! I had never been anywhere where I had seen this. It was quite scary and unnerving! Was this normal or was there some crisis or emergency happening or about to happen? We were never to find out the answer.

At last we saw on the noticeboard that our plane was to depart. Due to the delay this was to be the last plane out of the airport for the night. If we did not get this flight we would be stuck here until the next day. We started to make our way to the gate, and so did a lot of other people. Surely all these people would not fit onto the plane! There didn't seem to be any type of system in place and it was virtually every man for himself.

Everybody must have had the same thought as suddenly everyone was pushing and shoving! Graham grabbed hold of my hand and told me to hang on tight. He began to force his way through the crowd dragging me with him. It was total chaos and very frightening. Everyone wanted to get on the flight but it looked like it was overbooked and not everyone would get a seat. After what seemed an eternity we reached the cabin door of the plane and quickly scrambled into the first seats we found. At last the doors were closed and the plane made its way down the runway. We were off on the next leg of our journey and heading to our new life in Australia!



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Slaying Dragons At The Archery Range

Distributor of the Month



This month in our 'Distributor of the Month' column, we feature Paul, who with his wife and 3 adult children resides near Stud Park, where he has lived since 1988.

Paul does not deliver into the area where he lives, but each month makes the long and arduous journey to Goulburn Drive and surrounding courts, to ensure that no one misses out on their copy of the RLCN. Paul is a Property Valuer and in his spare time likes pottering around in his garden and looking after his pet lizards.

Paul is always available to help those within his immediate community with jobs such as cleaning gutters, fixing taps and mowing lawns.

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

John Woodward

Pack Holidays with the Cub Scouts!

Throughout the year, the City of Knox Cub Scout Groups will take their own packs away for a pack holiday, either under canvas (in tents) or in cabin-type accommodation. It may be for one or two nights and occasionally longer.

Recently, the 8th Knox Cub Scouts went to Gilwell Park, Gembrook, for their pack holiday, which was under canvas for the weekend. We had to brave the cold and wet weather, even though we were only in May. It can get very cold and wet at Gilwell Park!

Each time we take our Cub packs on a camp we choose a theme. This year's theme for 8th Knox's Cub Scout camp was 'Myths and Legends'.

Some of the activities for our myths and legends camp were finding dragon eggs and decorating them, finding the pot of gold at the end of the rainbow, with a compass course and slaying the dragons at the archery range. We also had to cross a bridge that had a troll living underneath it!

We also did some team activities over the weekend, like working together to complete the low ropes course. One of the biggest highlights of the camp for most of the Cubs was the flying fox, with lots of laughter and competitions on who could go the fastest and win the races.



Finding The 'Pot Of Gold' At The End Of The Rainbow

On the Saturday night we dressed in mythical and legendary costumes for dinner and the campfire. We enjoyed singing some songs around the fire and toasting marshmallows.

During the course of the weekend the food was even themed for camp. We gorged on unicorn poop cookies, fairy bread, troll skin, dragon eggs and witches brew.

It was a fantastic Pack Holiday, enjoyed by Cub Scouts and Leaders alike!

For more information go to:
<http://www.vicscouts.com.au/groups.html>

Haylea Abbott,
Assistant Cub Scout Leader,
8th Knox Scout Group



WELCOME to new distributors:
Tine Grimston & Carole Fanshaw.

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

Please contact – Peter Rumble – 9752 7592

DISTRIBUTORS

*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-08 - Heany Park Rd (even #'s 24 to 30), Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl – 72 papers

*3A-15 - Quail Way (even #'s 4 to 26; odd #'s 3 to 45), Goldfinch Pl, Whipbird Ct – 60 papers

*3A-16 - Saltbush Ct, Virgilia Ct, Happy Valley Ct, Liberty Av (even #'s 2 to 58), Carson Ct, Westminster Dr (even #'s 2 to 12; odd #'s 1 to 9) – 92 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

*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-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-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

Peter Rumble - 9752 7592 - Distribution Co-ordinator

A Young Person's View

With exam season coming to a close, a lot of students have been under a lot of stress in the previous weeks. This can be damaging and harmful to a student's mental health. It is important to be able to understand what causes this stress and how it can be prevented. A lot of people may believe that young people stress out about little things that don't have an everlasting effect on their life. However, it is important to understand how much pressure students are put under, not only during but in the lead up period to the exams and how talked up the exams are. Students are fed information leading them to believe that failure in these exams will affect their possible subject selection. There is no denying the importance of exams, but they should not induce so much stress in students.

There are ways to help control the stress though. To start with, schools should supply the exam timetable at least two weeks before exams start. This does not often happen due

to the vast amount of organisation involved in creating the slots. However, once the exam timetable is known, students can organise their study and create a study timetable to keep on top of the vast amount of revision. Also, students should not be studying non-stop, because they need to leave time for themselves in order for them to actually retain the knowledge and to give their mind a rest. Exams are not the end of the world, but for many students a lot of unwanted stress arises during the exam period. Understanding how to prevent this stress is vital and students who feel overwhelmed should speak to a trusted adult, such as a parent, teacher or councillor.

Meagan Brooks



Knox Home Garden Club



The Much Prized Peony (Photo Is A Lady Orchid Peony)

With our busy, hectic lives, it is becoming more important for our gardens to be healthy, relaxing, restful places. Using the ancient technique of *Feng Shui* is one way of creating such a garden.

Feng Shui involves subtle manipulation of the energies that surround our living space, creating balance and harmony. Practitioners believe that energy -or *qi* - flows throughout the world in either a beneficial or unsettling way, caused by the placement of certain objects and the shape of the environment. Two opposing forces called *Yin* (negative energy) and *Yang* (positive energy) power this circulation.

Harmony between *yin* and *yang* is achieved by ensuring both forces are present but not necessarily in equal amounts. Completely flat land is considered too *yin*, and can be enhanced by adding some raised sections to represent the *yang* form. There should be a pleasant mix of sunlight and shade on your site for it to be auspicious. Morning sun is full of life enhancing *qi*, so locate your outdoor breakfast area in the east side of your garden. Oval or circular water features are considered auspicious, however, they should not be allowed to become stagnant or leak. Turtles in your water feature are especially auspicious; a sculptured turtle placed by the side of the pool is also perfectly acceptable.

Many 'cures' have been developed to attract beneficial energy or block the flow of harmful energy. Straight driveways, telephone poles, a letterbox pointing to your front door, all create poison arrows. The placing of evergreen shrubs between the offending object and your home minimises the effect of the poison arrows. Plants softening the edge of a straight driveway have the same beneficial effect. Auspicious flowers to grow are the peony (highly prized by the Chinese), which symbolizes love and affection; flowering plum, symbolizing longevity; and the yellow chrysanthemum, which is associated with a life of ease, great happiness and joy. Aah, feel the serenity! Happy gardening.

Betty Wright

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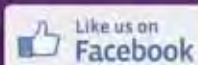
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for a Second Opinion



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0417 511 584

The Witches are Almost Ready



This year Rowville Secondary College will tackle “The Witches of Eastwick” for their August production. This is a big challenge for the performers and the production staff as the various stage shows worldwide were less than successful. The film of the same name was a huge success however, but none of the characters in the RSC production are based on the film actors. According to Drama and Dance Production Co-Ordinator Kacey Hocking, the lead male character will focus more on his ‘charming’ attributes rather than the ‘sleazy’ character portrayed in the film. She suggested that she preferred the actors not to have seen the film or stage show in case it effected their interpretation, although most had seen at least some part on You Tube.

The Leading Cast Members

The synopsis sees three single ladies, Alexandra (Natalie Blazeovski), Sukie (Jessica Formichelli) and Jane (Molly Forster-Little) in a small town trying to be seduced in turn by newcomer Daryl Van Horne (Tim Mason). The one lady not taken in by Daryl is the devoutly religious Felicia (Chelsea Browning), who senses this man is not all he seems to be.

The leading performers, with the exception of Tim, have been at RSC for four years or more and three are in Year 11. Jessica is in year 10 whilst Molly is in her final year. Natalie, Molly and Jessica have been in College

productions since year 7 with Chelsea and Tim starting last year. Their experience, other than school productions, is varied, ranging from singing at Andrews School of Voice (Jessica) to the Adelaide Show (Tim). It is interesting to note that Tim is also an accomplished magician which may well be useful in this years’ production as there is ‘magic’ in the air.

Apart from Natalie who claims to come from an untalented family (harsh?), family stage experience is limited to Tim’s mother being a highland dancer and Chelsea’s guitar playing grandfather. Most of the girls say that dancing is the hardest of the disciplines to conquer, although Natalie is more concerned about her singing whilst Tim feels that individually they are not an issue but together they need extra concentration. Despite the shows history of changes to musical numbers, there was an almost universal choice of “Dance With The Devil” as most popular song.

Jessica said her favourite actors were Hugh Jackman, Johnny Depp and Anne Hathaway, Natalie, Steve Carell and Felicia, Jim Carrey. Molly had no particular favourite and Tim sent me scurrying to Google to investigate his choice, Lin-Miranda Manuel, who recently starred in the Broadway production of “Hamilton”. When it came to the question of which role would they most like to perform, both Chelsea and Molly said Aerial from “The Little Mermaid”. Jessica nominated Belle from “Beauty & Beast” and Natalie would like to reprise her role as Cogsworth from last year’s college production. To be consistent, Tim said the genie from “Aladdin”, the same role he answered last year. Sharpey from “High School Musical was another favourite for Chelsea and Molly added another favourite, Veronica from “Heathers”.

As in previous years, the interviewees were uncertain of their futures, post school, although Chelsea and Tim saw a future on the stage as a stand-up comedian and a magician. A music degree was a target for Molly, children nursing was a possibility for Natalie and psychology for Jessica.

But for now they all agreed that they were more excited than nervous, but that could all change as they wait for the curtain to go up.

David Gilbert



Three Year Old Pre Kinder for 2018

Operating during school terms from Monday-Friday our 3 year old kinder has qualified staff and small groups of 10 children. 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 is conducted on Mondays and Fridays from 10am to noon 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.



Fitness Classes

Fitness classes run throughout all the school terms and can be joined at any time where vacancies exist. We offer a number of Yoga and Stretch & Tone classes from Tuesday to Thursday and all classes are limited to 12 people.

For more information on these classes, or the other activities we have to offer here at the Rowville Community Centre, please contact us on 9763 7400 or log on to www.knox.vic.gov.au/A-Z listing for more information.

Trish Massie



Shakespeare wrote “Now is the winter of our discontent” Well it is winter but this does not have to be a winter of discontent. Joining the Knox & District Over 50’s Club will enable you to avoid the winter discontentment factor as you enjoy the many and varied social events organized by the club. Come and join the Club where you can be assured of a welcome as warm and as cheery as a hot bowl of soup on a crisp winter’s day. Sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

This month we have a Market Day at Caribbean Gardens, a mystery day trip by coach, a Trivia afternoon and a Christmas in July lunch. For August there is a visit to the Monet Exhibition, a theatre outing to see Hot Shoe Shuffle and the Cancer Research Fashion Show, as well as all of our regular activities.

Regular events each month, organized by our social committee, include coffee mornings at Myer Knox City, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more.

Our 6 day bus tour holiday in September staying at Mannum in South Australia is fully booked and there is now a waiting list for that event. You should always have your diary or perhaps your iPhone ready to make a note of any events that interest you.

The Knox Over 50s Club accepts as member’s ladies, gentlemen, couples (we would even consider aliens!!) and as a financial member, you would be welcome to participate in any or all of our events. Membership is still available but filling up fast.

.../page 15

Tirhatuan Ward News ~ July



Tze-wei Chong, Chief Operating Officer Aurrum, Councillor Nicole Seymour and David Di Pilla, Chairman, Aurrum

Aged Care for Rowville One Step Closer

It has been a long wait, but finally the vision to transform the derelict site that once was the Greenhouse Nursery and Pool Shop in Rowville, into a premium quality aged care facility, is a major step forward.

It has previously been reported that the site was purchased by Aurrum, one of Australia's leading aged care providers with a view to building a state of the art aged care facility offering comprehensive care and lifestyle services amongst the best in the country.

Aurrum Rowville was granted 120 bed licences in the recent Aged Care Approvals Round (ACAR). The 120 places granted for the Rowville community represented the largest grant of aged care places for any single site in Victoria.

"The grant of 120 new licences is an important step in bringing the project to fruition. Aurrum is working through the next stages for the development of the project with its planners and architects and, subject to obtaining the necessary final approvals, would be looking to commence construction in 2018" said David Di Pilla, Chairman of Aurrum.

Councillor Nicole Seymour was delighted by the successful awarding of 120 bed licenses for Rowville. "This is terrific news" she said. "Rowville is in desperate need of aged care, we have growing demand that currently cannot be met locally. I have seen the plans for the facility and it is impressive. It is really comforting to know that residents requiring aged care will have the choice of excellent accommodation and exemplary clinical care right here in the heart of Rowville."

An announcement confirming construction commencement is expected in the coming months.



Stamford Park – A Bird's Eye View

Simply reading master plans and viewing pretty drawings, it is challenging to visualise the magnitude of the Stamford Park project, currently well underway in Rowville. It is a complex project set to deliver a magnificent parkland and public amenity unlike anything else in Knox or surrounding areas. The historic homestead, unloved for decades, will be given new lease of life and become a focal point for enjoyment and social engagement within the precinct. The adjacent housing development by Stockland is planned to be sympathetically integrated into the natural park and wetland environment providing an enviable lifestyle of quality serene living in an urban location.

The accompanying photo provides a bird's eye view

Aerial View Of The Stamford Worksite

of the landfill works currently underway to create the Stockland housing estate. Earth movers are working tirelessly to move 80,000m³ of soil reclaimed from the creation of the wetlands into the housing pad. This photo is attributed to Councillor Nicole Seymour who recently posted aerial footage of Stamford Park on her Facebook page @CrNicoleSeymour. "I wanted to showcase this part of Knox, as Stamford Park is one of the biggest and most ambitious projects Knox has undertaken in decades; it will be the jewel in Knox's crown. It is exciting times and I cannot wait for its completion," Cr Seymour said.

The Stockland sales office is anticipated to be open from September 2017. Further information can also be found at <https://www.stockland.com.au/residential/vic/Stamford-park>

Cr Nicole Seymour

Men's Shed

All around the homestead building, the verandah decking has been replaced with much better timber than the original and the lining under all the eaves has had a good spruce up. The metal-work and verandah posts have been repainted and the whole job has brightened up the place enormously.

The underpinning of much of the foundations appears to have been finished, so that the cellar walls, which were bowing inwards and threatening to collapse resulting in substantial damage to the building on the north western corner, will no longer be a concern. In addition very shortly, the flooring throughout the homestead will be replaced with more appropriate timber.

The Sheddars are at the moment working through scads of old documents, working out what should be kept, what needs more expert knowledge and what is now simply rubbish. So, all in all, there is continual work going on to get the old girl back to something akin to her look and feel as in her hey-day.

Back in 1856, James Quirk bought the land which was formerly within the 'Tirhatuan Run' in the vicinity of what is now Rowville, in the Narree Worran Riding. (The name was later slightly altered). Frederick Row then purchased the Quirk holding of 424 acres, to be named 'Stamford Park', in 1868 for one pound ten shillings! Frederick Row



Sheddars On The New Decking

was born in Bourne Linconshire, England, not far from the estate named Stamford which some say was owned by the Row family. The Row family would, in turn, give its name to the Rowville locality, which in 1908 was Scoresby. Frederick Row arrived in Australia in 1846. He first managed his own fellmongery business in Queens Parade, Clifton Hill and later he established a wool and hide business called F.Row & Co. located at 21 Market Street, South Melbourne. A cousin, Richard Goldsbrough would gain prominence in Australia's pastoral industry through the firm, Goldsbrough Mort, Wool Brokers.

Stay tuned for more homestead history and renovation updates in following issues.

Ernie Morgan

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

Cr Nicole Seymour

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



Authorised by N.Considine 5 Nattai Court, Rowville

AFL Coaching Great Michael Malthouse coming to Rowville

The Rowville Hawks Football Club is excited to welcome AFL great, Michael Malthouse, to the club for a dinner function on Friday July 21st.

Club President, Paul Mynott said "Mick is the longest serving AFL Coach and is the reigning Collingwood Premiership Coach. We are so excited that he has accepted our offer to join with the Football Community of Rowville and Lysterfield. It will be a great night and such a privilege for everyone to get some insights from the game's greatest coach".

The club is welcoming everyone who has an interest in spending an evening with Mick. Don't miss this special occasion to meet him, listen to his career highlights and gain some insights as he provides comments on the AFL game as Adelaide take on Geelong live on the big screen at the Club.

The function starts at 6.15pm and will include a 2 course buffet dinner, complete with dessert. Beer, wine, and soft drink is included in the price from 6.30-8.30pm, with drinks



Rowville Hawks Football Club fields teams from Under 8's through to First Division Seniors and has a

growing female football program too. The Club continues to work collaboratively with both Lysterfield Wolves and Rowville Knights Football Clubs to grow football participation in the community and plays its senior games at Seebeck Reserve and Eildon Park in Rowville.

Paul Mynott went on to say "This will be a great night for all football supporters in Rowville and Lysterfield. Mick coached at the Western Bulldogs, Collingwood, Carlton and West Coast Eagles and he won premierships at both the Eagles and the Magpies. He also played for St Kilda and Richmond where he won a premiership as a player. He is one of the most respected people in the AFL, radio SEN commentator, Herald Sun feature writer, and the star of Foxtel's "The Recruit". We are looking forward to welcoming Mick to our Club and our community"

Tony Costanzo

at Bar Prices after that. Price is \$70 per person, or table of 10 is \$650.00. For local businesses in the area, it's a great way to entertain clients in the comfort of the Rowville Hawks Football Club, at Seebeck Reserve. Tickets can be purchased directly online via <https://www.trybooking.com/book/event?eid=292303> or contact Paul Mynott on 0418 397 538 or paul@dls-group.com.au for further information.



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

SPORTING ROUNDUP



Premiership wins for Under 9 teams

Lysterfield Junior Football Club have taken out the Lightning Premiership with both Under 9 teams bringing home the trophy.

The Teal team won four hard fought matches on a cold, wet, muddy afternoon. The Wolfpack showed great courage and endeavour by putting their heads over the ball and winning the contest. The run was fantastic as was the centre clearance work and long kicking. The spirit and enthusiasm shown by all boys was infectious and the support of parents, friends and family was great. We are so proud of the boy's efforts on the day.

After a strong start to the season the boys from Under 9 Grey were all really excited to test themselves against other teams in their first Lightning Premiership! Although the weather forecast for the day wasn't great it certainly didn't bother the boys!

The boys should all be very proud of the way they played not only on the day but the way they have played the whole season so far! They are both fantastic teams who continue to improve week to week. They really play as a **team** who always encourage and help each other out which is exactly why they won the Premiership!

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 and are proud of the environment our club provides and promotes. Go Wolves in 2017!

Julie Gould – Secretary



Some Of The Winning Teal And Grey Under 9s

Get Moving with Cardio Tennis this Winter



Cardio tennis is a big hit exercise workout program at Rowville Tennis Club with Club Professional Coach, Brad McMillan. Growing numbers are enjoying this new program at the club including morning ladies and night time mixed groups.

Players of all standards can enjoy a fun, social environment whilst being challenged physically by a qualified Cardio deliverer. The club facility offers a pleasant semi-rural ambience with the occasional kangaroo stopping to check out the form of the classes. Technical and tactical development through private lessons and squads are also a forte of Brad's, and together with Head Coach Priscilla Dawson, they have generous discounts on offer for committed clients. Both Priscilla and Brad are also uniquely dedicated to supporting their players at the local competitions and tournaments, providing feedback and match analysis.

Cardio Classes are \$160 for a 10week term, pay in blocks or PAYG. Free trial 1st session. Enquiries please call Brad on 0413 380 535, or Sandi on 0422 848 356.

Sandi Dawson

(Left) Cardio Tennis At Rowville Tennis Club



WHY?

Why do chemists make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy toiletries at the front?



Matteo Being Chaired From The Ground After His 150th Game



100 and 50 Game Players After Their Historic Match

Rowville Knights Football Club



The Knights pride ourselves on being a club that a 7-year-old boy and girl can learn footy, develop their skills and play their entire junior career with their friends. It is a remarkable achievement to get to 150 games as a junior player and that is just what Matteo D'Alfonso has achieved! Matteo has played at the club from Under 9's playing all his games at the Knights. Well Done!! Matteo has now become a Life Member of the Club after achieving this goal. A very special acknowledgement goes

out to his family, who have supported him throughout this journey. Thank you very much.

Congratulations also to Liam Acosta-Harvey, Marcus Cardamone and Simon Deriu from our Under 15's for reaching 100 games. These boys have also both played together from Under 9's at the Knights! We are very proud of all our players who have achieved the amazing 100 and 150 games in their playing time at the Knights.

Harry Carni and Luke Epps from the Under 11's and Yanni Konsta from the Under 15's all reached the 50 game milestone. Well done boys, the club is proud of your achievements.

Out of our 7 competitive teams, 6 are in the top 4 with our Under 16 girls sitting out of the four in 5th position. Well done to all our players who are all playing and enjoying great football. The two girl's teams are still getting new players throughout the season. If you would like to play come down to training and have a run and see if football is for you!

Starting football or considering which football club can best meet your child's needs in 2018? Why not look at Rowville Knight's Community Football? The culture at the Knights is about getting the best out of all our players, by improving their skills and enjoying their football! Enquiries: rowvilleknights@gmail.com or admin@rowvilleknights.org.au

Natalie Williams

KNOX REGIONAL NETBALL CENTRE

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

**...Term 3...
Ready4Net**

This is a netball program for 5-7 year olds. Learn the skills to start playing netball with lots of fun games and drills. This program is held on our indoor courts on a Thursday afternoon 4.15pm – 5.00pm and recommences in Term 3. To register your interest or find out more please contact the centre at knox.netball@knox.vic.gov.au phone 9758 7191.

Friday Ladies Daytime Netball and 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 go to work during the week, there is a Sunday mixed competition catering for all levels. Contact the centre on 9758 7191 or email knox.netball@knox.vic.gov.au

New Heights Fitness - Tuesday and Thursday Mornings

Personal trainer Lauren runs a Boot Camp style fitness program on Tuesday and Thursday mornings on the indoor courts. These classes are pram and child friendly and a great way to exercise in a safe environment. For more information contact Lauren on 0407 829 146 or email loz_philipson@hotmail.com
We look forward to seeing you at the netball centre soon.
Rosalind Montgomery

Little Athletics



From page 12 Knox & District Over 50s

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 meeting venue, dates and times can be found in "What's On Locally" on page 2. At these monthly meetings we are entertained, amused and informed about things that matter to us so to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers come to our next meeting on Tuesday, 23rd July 2013. We look forward to seeing you there.

For further information, please contact Jill on 9801 4363.
Kay Mcloughlin



BOXING BOOTCAMP

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Become stronger and fitter - burn calories - all ages welcome (13+) - have a ton of fun - ladies only - bust your stress - friendly, welcoming environment.
All classes held in the Rowville Community Centre

www.lisabullockfitness.com

Health & Wellbeing

No Ordinary Life – Positive Ageing in Knox

Oops I did it again, but it isn't going to stop me being active.

Bladder control (or lack thereof) and the embarrassing and uncomfortable leakage that can sometimes happen, is not a reason to stop exercising or getting out and about in the community.

Over 4.8 million Australians have bodily plumbing problems. Sure, incontinence is known to increase with age, with more than half of individuals aged 50 years and above, but it doesn't have to limit your quality of life.

World Continence Week 2017 was held from the 19th to 25th June and the theme was *"Incontinence: No laughing matter"*. The theme was chosen to address a common response by people to laugh off incontinence, accepting it as an inevitable part of ageing, not a health issue requiring specialist treatment.

Whilst on the surface people might "laugh it off", the reality for many older people is that the potential for embarrassment is so overwhelming that they choose not to talk about it and become increasingly home bound. The thought of going out to a public place like a shopping centre where quick and easy access to a toilet when needed is not possible, can be incredibly daunting to the extent that it is easier just not to go.

Similarly participating in age appropriate exercise or social clubs may seem impossible if there is a fear of plumbing failure (surprise leak) and worsened if the sufferer is self-conscious about the potential for an accompanying odour.

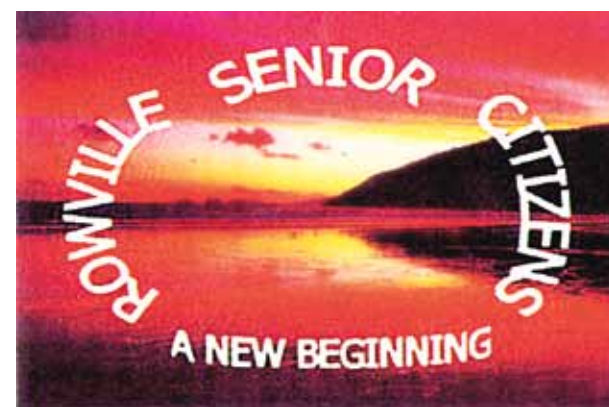
Bladder &/or bowel control problems may occur for a variety of reasons but according to the Continence Foundation of Australia "incontinence can be treated and managed [and] in many cases it can also be cured." Laughing it off or putting up with the problem by becoming socially isolated is not quality living. They suggest that if you have plumbing issues or things just seem to be not working as well as before, speak to your GP. Alternatively, they suggest contacting the National Continence Helpline on 1800 33 00 66 where a team of continence nurse advisors are on hand to offer free information, advice and support and can provide you with a wide range of information resources and referrals to local services.

The other area where there seems to be self-appointed stigma is in the wearing of absorbent pads or underwear. The reality is the manufacturing of incontinence aids is big business and the quality, absorbency and comfort has come a long way. Using panty liners, sanitary pads or absorbent adult briefs is totally normal and okay, certainly nothing to feel embarrassed about. So, if you want to get out and about more, but fear of a "leak" or "flood" is holding you back, remind yourself that your health and happiness does not have to be held back by plumbing issues. There are options for you to use that will protect you from any unwanted mishaps.

For more information about bladder and bowel health visit www.bladderbowel.gov.au or www.continence.org.au

Wishing you a happy and healthy month ahead,

Cr Nicole Seymour Knox Council - Tirhatuan Ward



On the 19th May, our club bowlers took part in a tournament for the Frank Leggett Memorial trophy. The winning team comprised of, George Pawlik, Vito Blangiardo, Cedric Fick and Chris Costanzo. Congratulations to you all on your success.

We had an outing to the Waverley Theatre in the Pinewood Shopping Centre on May 29th and saw the movie 'Viceroy's House'. It was very interesting and most enlightening. We learnt a great deal about the trouble in India in 1947 and how some of the Indian people broke away, to form their own country of Pakistan.

Our Annual General Meeting will be held on Friday 11th August, at the Rowville Community Centre. We hope to have a good attendance of members there.

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

Anne Berg, President

Editor's Note:- A sterling effort Anne given your infirmity. Get those fingers working again soon.



George Pawlik, Vito Blangiardo, Cedric Fick and Chris Costanzo

Chiro-Practicals

Encouraging Healthy Behaviours



Wellington Family Chiropractic

Many people believe that as they get older, certain health complications are unavoidable. However, **this way of thinking can sometimes stop people from considering how they might take steps to avoid these conditions.** While there are health-related scenarios that can occur that are out of our control, there are things we can do that can help us avoid some of these situations too. The challenge is **how do we enact more positive health behaviours?**

Different behaviours are more or less important at different stages in our lives but, most importantly, what we think we can or should do changes a lot during our lifetime. For example, we know that many older adults experience increasing difficulties walking up the stairs, increasing difficulties remembering things, increasing difficulties concentrating, which are attributed to old age per se.

So people think, "Ah, I can't climb up the stairs; that's probably because I'm getting old," or "I keep forgetting things; that's probably because I'm getting old," but it may actually be early signs of an illness. So, by thinking that changes in our health are a natural part of ageing, we tend to be less motivated to do anything about it, because, after all, you can't change your ageing process, can you?

A study by Gregg and colleagues (2003) is a good example of the benefits of behaviour change. They were interested in the relationship between physical activity and the rate of mortality among community dwelling older women (65 years +). They looked at mortality rates after an average 5.6 years follow-up for approximately 7,500 participants. They found that women who either stayed sedentary or became sedentary over the follow-up period had a higher rate of mortality, whereas those who maintained good physical activity levels or became physically active had a lower rate of mortality. A similar finding has been supported in studies of men (Byberg et al., 2009). What this suggests is that **even if you have been sedentary in the past, becoming more physically active can reduce your overall mortality risk.**

Dr Frank Whelan, Wellington Family Chiropractic

PUNOGRAPHY

A SOLDIER WHO SURVIVED MUSTARD GAS AND PEPPER SPRAY IS NOW A SEASONED VETERAN.

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.



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to make an appointment



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



In the April edition of the Rowville Lysterfield News, I wrote about a number of complaints I'd received from residents, about large trucks that were running red lights on Wellington Road, particularly at the intersection with Braeburn Parade, Rowville.

With the busy Wellington Village Shopping Centre nearby and residents from adjacent estates at Silkwood and Heany Park crossing Wellington Road to reach the shopping centre, this is a major concern.

In Parliament, I asked the Minister for Roads to see if the 80 km/hour speed limit at the intersection and the existing road infrastructure was suitable for the heavy trucks using Wellington Road.

The Minister for Roads, Luke Donnellan advised me in April that following the issue being raised, VicRoads



reviewed the speed limit on Wellington Road in consultation with Victoria Police, and "found that the current speed limit of 80km/hour is appropriate for this stretch of road. Vic Roads will continue to monitor the safety along this road to determine the need for safety improvements in the future. The issue of driver behaviour is an enforcement matter for Victoria Police. Accordingly, VicRoads has discussed your concerns with Victoria Police and requested that appropriate enforcement be undertaken of the relevant road rules at this location".

We will follow up with local police to see that appropriate enforcement of the speed limits, as suggested by VicRoads, is being undertaken.

Rowville and Lysterfield have not been immune from the appalling crime wave that has crossed Victoria over the last two and a half years. Crime statistics released in mid-June showed that overall crime went up over the last year in Knox by 17.9%.

Overall, crime in the 3156 postcode, which includes

Ferntree Gully, Lysterfield and Lysterfield South, went up by 7.5%. Crime in Rowville increased by 1.8% over the last year. In Lysterfield alone, there was a big increase in theft with 147 recorded thefts (a 122% increase from 2016) and 40 recorded burglaries/break and enter offences (66% increase from 2016). Rowville also had a 33 % increase in robbery, a 19.5% increase in theft and a 13.5% increase in deception offences, although burglaries had declined slightly since last year. Worryingly, weapons offences in Rowville increased by 25% and there was a 55% increase in the number of orders breached (which includes intervention orders against family violence).

Better resources for police, improvements to sentencing and tightening up of bail and parole systems are all solutions that need to be urgently implemented if this disturbing increase in crime is going to be stopped.

I will update Rowville Lysterfield Community News readers in upcoming editions with further information on the Wellington Road issue. You can also follow my regular updates on local issues by following my Facebook page at facebook.com/KimWells MP.

Alan Tudge Writes

Major Online Gambling Reform



There is increasing concern locally about the growth of online gambling, particularly the amount of advertising shown during live sport. Many people can get themselves into trouble by gambling online, often without even leaving their homes. Online gambling is easily accessible and three times the amount of online punters have gambling problems compared to other forms of gambling. With online wagering growing by 15% per annum, we must take sensible action now.

I have been working at a Federal level with a number of my State and Territory colleagues, to strengthen protections

for all punters who use online gambling services.

Last month, I agreed with the States to introduce the largest package of online gambling reforms in our history. The Government also recently announced significant reforms to gambling advertising to limit the amount kids are exposed to during live sport.

Our reforms include prohibiting all gambling advertising and promotions from five minutes before the scheduled start of play on all live sporting events to five minutes after the end of play. This will apply across commercial television, radio, subscription TV (like Foxtel), and SBS. This will help provide a safe zone for families when they watch live sporting events together.

Our reforms also include creating the first ever national self-exclusion register, which would allow a person to exclude themselves from all gambling sites or apps in one step, helping people who know they are starting to get themselves into trouble.

We will also provide a voluntary opt-out pre-commitment

scheme with binding limits, and will start sending activity statements to gamblers so that they can better track their spend and losses.

Crucially, we will also stop online wagering companies from offering lines of credit to punters. It is wrong that gambling providers can take bets from punters, but at the same time act like a bank and provide the same punters credit.

This policy originated right here in Knox, when an unemployed Wantirna local was provided with \$80,000 in credit from an online gambling provider and almost lost his house when he was told to pay it back. We were fortunate to be able to save his house and now we will change the law in this area.

The tougher laws will seriously disrupt wagering providers from acting unscrupulously or targeting vulnerable Australians. We're hopeful that these measures will have a profound impact and people will still be able to enjoy a bet, but have greater control and less chance of getting into trouble.



What to look out for with your pet in winter

While Australian winters tend to be quite mild, it's worthwhile paying attention to the comfort of your pet, especially when it comes to shelter, diet and exercise.

Arthritis

The cold weather, just like with humans, can make arthritis symptoms worse and arthritis is a common disease in both adult and senior dogs and cats. The first thing to look out for is the decrease in activity levels that could be due to an animal's discomfort.

Shelter from the cold

Make sure your pet has adequate shelter and warmth. It may be obvious, but make sure that pets can get away from wet weather and wind. Some very old pets with severe joint disease or senility may not have the capacity to move away from the elements. It's also worthwhile to give pets warmer, padded bedding and more blankets so they can escape the cold. Know your pet, which is especially important for short-haired dogs that live outside. Breeds such as whippets can feel the cold more than other dogs.

Another option is to purchase a jacket or clothing to keep your pet warm, provided they feel comfortable wearing them. Also consider bringing your pet inside at night if they're older, or a short-haired breed.



Greencross Vets Winter diet

Pets are generally able to stick to their regular diet in winter, except if their exercise levels change. During winter, many people won't exercise their dogs as much as in the warmer seasons. If you know your dog will be getting less exercise, even if it means reducing the length or frequency of a walk, you have to take that into account so they don't put on a lot of weight over winter.

The same goes for cats, which can become less inclined to exercise or venture outside in winter. Ensure you're exercising your cat regularly with playtime throughout winter and adjust their diet to align with activity levels.

Exercising in winter

Most pets are happy to participate in regular exercise

routines if they're enjoying company with their owners. It's good to be aware that with the onset of cold weather it could be slower for them to actually rise out of the bed if they have arthritis and take them longer to get up and going.

If your pet is slower than usual, acts sluggish or like they're in pain, it is time for a checkup. Your vet can advise you about treatment for conditions such as arthritis and about diet and exercise for your pet.

Michelle Bierman



PILATES

WEDNESDAY 9.15AM

WEDNESDAY 6.15PM

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Lorelei and Elise At The 'Donate-A-Can' Stand



Our Group At The Phillip Island Camp

the students with more opportunities to help contribute to the local community in the future!

Grace Tay (JSC Coordinator)

Phillip Island Camp

On the 24th of May, over one hundred Year 3 students went off for a 3 day camp at Phillip Island. Everyone was excited as it was their first school camp. We stopped at the Penguin Centre and we were all excited to discover that the Little Penguin is native only to Australia. At night we returned for the Penguin Parade and watched as a few penguins were afraid of the seagulls and ran back and forth a few times before bravely running up the beach to safety.

The camp site was a truly *amazing* place. We got to do lots of outdoor activities like supporting each other on the low ropes course, working as a team to complete an initiative course and feel the wind rush past as we zoomed along the flying fox. Everyone's favourite activity was the giant swing but it was a bit scary that you had to pull the release rope yourself!

After three tiring but exciting days we visited the Koala Sanctuary where we saw lots of koalas eating and sleeping before going to the Wildlife Park and feeding lots of Australian animals.

Overall it was a fantastic camp full of new experiences.

Sophie Scott (Year 3 Student)



Park Ridge Donate-a-Can Drive

At Park Ridge Primary School, we love our Positive Education program. We learn about our character strengths and we pride ourselves on being kind and grateful people. This year, the Junior School Council wanted to demonstrate how generous our community can be. With a lot of hard work, the Junior School Council organised a **Donate-a-Can Drive** for the Salvation Army. Students have kindly donated many items of food for those who are less fortunate. This charitable act has sparked some great conversations between students and teachers about how simple acts of kindness can be so powerful. We would like to say a huge thank you to all the families



Lachlan With Examples Of Donated Cans

who have gotten involved.

The Junior School Council is looking forward to providing



Our kindergarten program is provided to children who are aged 4 by the 30th of April 2018. Our preschool program is play-based and is responsive to children's differences and is built on individual capabilities, strengths, interests, and knowledge. Learning experiences which cater to the development of social, cognitive, motor, language, and self-help skills, are developed through teacher observations and family feedback. This information is documented through individual children's learning portfolios as well as on the kindergarten program.

Children's portfolios can include observations,

photographic records, learning stories, children's conversations, reflections, artefacts, descriptions, questions, and analysis. We believe children have a voice and as a result are encouraged to add examples of their work to their portfolio.

We will inspire children to seek answers, be curious about their world, and we are committed to supporting every child through their learning journey, with an emphasis on connecting and learning in the outdoors. The importance of connection to the environment and sustainability is reflected and embedded in our curriculums, from teaching children about water conservations using our creek bed and water pump, the use of recycled materials and furniture within the program and the development of our veggie garden. We have specifically designed our beautiful inspiring outdoor space in conjunction with landscape design professionals, so that children can explore and develop a relationship with the natural environment, gain a sense of freedom and self-exploration. It also offers space to imagine and think and to learn the skills required to self-manage risk.

Children will be given opportunities to access the outside play space in all sorts of weather. Our learning environments are developed to inspire children's sense of wonder, curiosity, sense of belonging, confidence and social skills, to better prepare them for the 2018 school year.

Places are available for 2018. Please call us on 9755-5558 if you would like more information or to book a tour.

Robyn Quick



One Of Our Purpose Designed Learning Areas

Anagram Teaser

Rearrange the letters to discover what type of room: **DIRTY ROOM**

Last month's answer:- "The Morse Code"



School Talk

Sponsored by:

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



Sunday 23 July

12 noon - 7pm

The Basin Hall, cnr Mountain Highway and Forest Road, The Basin.

Entry just \$5 (Under 14 free)

Loads of great young local talents including from Rowville & Lysterfield



The Knox School
A co-educational, independent school with a global perspective

The World Scholar's Cup

The World Scholar's Cup was created in 2007 as a different way of celebrating learning. It wanted to be different to other traditional academic competitions and just as rewarding



Our Successful Team From the Melbourne Regional Section of the World Scholar's Cup,

for the team that came in last as for the team that came first; an enrichment opportunity that motivated students to demonstrate their existing strengths and discover new ones.

Competitions are held in over 50 countries and young people come together to explore a big idea like "a world transforming" and they come together in a community of scholars to work on skills like debating, writing and collaborating to get to know how knowledge connects across disciplines and to do it all with teamwork at the heart of it. It allows students to go outside their comfort zone; for science students to explore literature and for arts students to explore science and to do it in a way that is always about

applying knowledge, about speaking and debating and making arguments.

In June, a team of 15 students from Years 7 to 10 at The Knox School entered the Melbourne regional competition for the first time. Not knowing what to expect, they went with an open mind and a thread of common curiosity.

At the end of the competition all 15 students had earned a berth at the Global competition to be held in either Vietnam, South Africa or Greece later this year.

A huge result for these young people and we are very proud of all of them.

Barry Dickinson

Ask the Principal July 2017

Q Last month you discussed the 3Rs and the 4Cs. Could you please outline where entrepreneurial skills, knowledge and attitudes fit in?

A Knowledge and skills are necessary and many schools run courses in entrepreneurship as a club or an elective. There is an important body of knowledge and skill around building a business case, making a 'pitch' and running a small business, such as marketing, sales, accounting etc. that an entrepreneur must learn.

Being an entrepreneur is as much about attitude, values and dispositions as it is knowledge and skills. The school's values and culture are more important and they must connect to the development of entrepreneurial attitudes and skills.

Many schools enunciate a set of school values and it is indeed not uncommon for businesses to also publish a set of values.

Publishing values is one thing, having them acted out by those who live, work or learn in that community is



more complex. It is the values, attitudes, behaviours and dispositions lived out daily in the relationships and interactions that will allow entrepreneurial skills and attitudes to thrive or wither and die.

The most important of these for an entrepreneurial approach include:

- Persistence & hard work
- Resilience
- Confidence/courage
- Creativity & innovation
- Passion
- Initiative & self-reliance
- Risk tolerance

These adaptive skills are critically important to develop and deepen over time, not only in the context of developing entrepreneurial skills but more importantly in the development of all students into strong, adaptable human beings.

The culture of the whole school sets the scene of this development. I have just returned from visiting schools overseas and saw how the prevailing culture influenced the style of learning. The well-behaved students were avid learners, passively consuming the knowledge of their teachers. There were excellent students in learning, but I witnessed little that could support the development of entrepreneurial thinking and attitude development, other than a teacher's theoretical knowledge.

On the other hand, a set of school values that includes recognition of and support for achievement through persistence, resilience, confidence and courage to 'have a go', along with the responsibility for the outcomes, is a foundation from which a school might successfully develop, in a practical sense an entrepreneurial spirit.

Developing entrepreneurial attitudes will only work in an overall school culture that encourages students to take safe risks, to be confident, persuasive and articulate, to show initiative, be creative and follow their passions, no matter how well they are taught their knowledge!

Allan Shaw, Principal and CEO, The Knox School



Our Ambassadors With Model Dolphins



Lysterfield Primary School

The *"i sea i care"* program is a program run for primary school students by the Dolphin Research Institute. It allows students to learn about the protection of marine life and the environment in a fun and interesting way, through various workshops held over the year. Lysterfield Primary School has participated in the program for many years and each year we select four Grade 5 students to be ambassadors for the school. In 2017, our ambassadors are *Ben, Liam, Paige and Jaimee*. Our Assistant Principal, Adam Wight, accompanies the students as they actively participate in the workshops.

The *"i sea i care"* ambassadors have been enthusiastic about the program this year. So far they have been on a dolphin and seal swim, where the students were lucky enough to swim in the water surrounded by dolphins and seals frolicking and playing in their natural environment, as well as attending two workshops. The first workshop was a peer teaching workshop, where the ambassadors learnt how to talk to younger students about protecting sea life. After the workshop, our fantastic ambassadors visited the Grade 2 classrooms to share their learning with them. The ambassadors impressed the Grade 2 teachers with their knowledge about marine life and their ability to engage and teach the younger students. The second workshop allowed the students to explore and learn more about rock pools.

Through the workshops, the students have learnt about how rubbish and pollution are negatively affecting marine life. They have also learnt about different types of marine animals and completed interesting activities such as a fin identification activity. The students are passionate about what they are learning and the program has created a drive in them to support marine life in any way they can.

To support the Dolphin Research Institute and the *"i sea i care"* program, the ambassadors organised a fundraiser on 9th June - World Oceans Day. This was an important cause because *"i sea i care"* sadly does not have any sponsors and needs funding to continue the program next year. Lysterfield Primary School students were encouraged to dress in blue and bring in a gold coin donation. It was a brilliant event and everyone looked amazing in their blue outfits. The event raised \$460 and our ambassadors are proud that this money will go towards a program that they enjoy being part of so much!

Zahra Harvey

Student Corner

There's a season for everything

Have you ever been frustrated when plans just don't go the way you hoped? Most of the times we get bogged down with our woes and whys and we don't realise that there are better plans instore.

In life, we will always encounter setbacks and disappointments. Sometimes it throws us off, to the point we give up on that goal/dream/idea. Until we change our perspectives, then we can find the blessing in disguise. Seasons change, but that doesn't mean it will be the same as last time. Just take our Melbourne weather. You really don't know when it will get cold, or whether it's going to be sunny the next moment. In the same way, we must be able to anticipate and be quick to adapt to whatever our paths

take us.

Every closed door allows us to focus on the path we're already on. We don't have to fight our way to get things the way we want; otherwise we wind up angry and upset. I was always told: "its ok, it's not meant to be" and really, that's the truth. We need to learn to accept the close door and move onto another one, rather than knocking at it indefinitely. If you reflected back 5 years from now, would you be happy with yourself? Or would you regret all that wasted time chasing a dream never meant for you? Life is only so long, we need to keep moving in order to reach our potential.

Another aspect I've learnt over the years is each season is unique. There's a time for working, a time for developing our relationships and so on. Each door comes with its own demands that change the landscape of your life. In any season you're in, commit to it 100% and stick by it. Sometimes sacrifices are needed to be made, but it takes dedication for results to show.

The next time a door closes on you, don't fret. Just remember there's a bigger reason why it's not meant for you. Focus on what you have and the right doors will open at the best times. After all, there's a season for everything. And when those doors open, get ready to jump into the season in full bloom. Your future self will thank you for it.

Joyee Koay



Poppy and Aidan at the RSPCA with our donations

Million Paws Walk at Karoo!

At Karoo Primary School, student voice is of high importance to us. We encourage students to make their thoughts and opinions known and support them to make their ideas a reality. This term, Karoo's Student Council Captains, Poppy and Aidan, came up with the brilliant idea to support the RSPCA by organising our very own Million Paws Walk!

'On Friday 2nd June we had a 'Million Paws Walk' around the school to raise money, donations and awareness for the RSPCA. Hundreds of soft toys took to the track with their

owners, enjoying the opportunity to stroll and make new friends. There were lots of generous donations, along with \$569.20 raised, all of which have been donated to the RSPCA. Thank you to everyone who made a donation – they were greatly appreciated' –

Poppy and Aidan



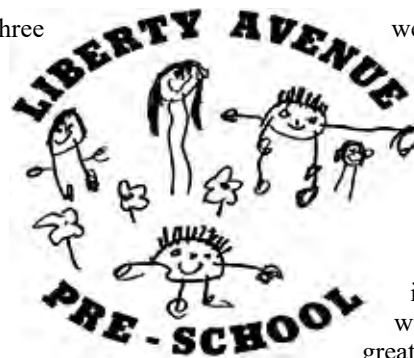
Last week, Poppy and Aidan delivered the donations to the RSPCA in Burwood, where our donations were gladly received by delighted staff. With food, treats, toys, warm blankets and beds donated, we know that many animals in the

shelter will be a little warmer, cosier and have plenty to eat. We are very proud of Poppy and Aidan and the school community for supporting such a worthwhile cause.

Monique Watson

What a busy time at Liberty Avenue Three Year Old!

The children have been busy in our pretend supermarket, taking turns at being shop keeper and customer. Imaginary play such as this provides valuable practice as the children continue to develop the skills they need to be able to work collaboratively with their peers, co-operating, negotiating, communicating, listening and having fun with language. They are building self confidence as they become more assertive, expressing their needs and wishes to others and more considerate and compassionate as they listen to and respond appropriately to the needs and wishes of their playmates. Many valuable numeracy and literacy lessons are learnt as they explore numerals, currency, the concept of paying and then getting change (basic subtraction), counting, matching and using images to help interpret meaning (as we do when



we read). The biggest negotiation that takes place each day is taking turns with the two cash registers and the use of our "wait" sign has helped with this. We are encouraging them to ask "Could I have a turn please?" or "Could I be next please?" and giving the child who is already using the item the opportunity to say "I'm still using it" or "No". Waiting is an important part of life and something we need to practice. The children take great pride in their ability to wait and the consideration they show to others. In most cases their turn comes surprisingly quickly.

Why don't you come to meet our educators and join in the fun at our **Open Day** on Sunday 23rd July from 10am to 12 noon at 77 Liberty Avenue. There will be a **free show bag** for each family.

We offer two groups, 2 sessions per week, a total of 5½ hrs. We employ a qualified VIT registered kindergarten



'CAL students give back to our local community

As part of the applied learning for our Year 11 VCAL program, our industrious students are tasked with creating and organising the logistics for a community service project that ultimately provides 'good work' out in the local community.



VCAL Student Gardeners Take A Photo Break

After discussion, the diverse team made up of VCAL students studying hair and beauty, landscape gardening, equestrian and trades including plumbing, electrical and building, chose to do a series of gardening projects throughout the year, with the first project being a front yard blitz.

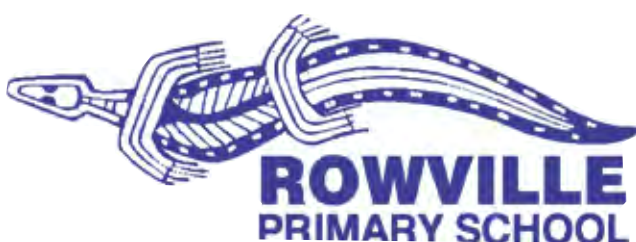
"We're helping a man with an injured back who can no longer work, to change his front garden from being an unsafe hazard to a safe area which he can easily manage and move around. Our work on the day included trimming branches of existing trees, moving mulch into garden beds, planting plants, building a new garden bed and leveling out the driveway with gravel." *Jake Waryszczuk, VCAL student.*

To raise money to buy plants, gardening equipment and tools to fund this community service project, the students held a staff car wash at our Western Campus raising over \$250 with future plans to hold more fundraisers to buy a mower and whipper snipper for future projects.

"These projects teach our students powerful real-life skills such as leadership, organisation, communication, teamwork and collaboration; all key skills that transcend into the workforce. Most importantly, these projects give everyone a sense of true satisfaction of giving back, helping and community spirit. We are very proud of our VCAL students and the dedication and passion they have shown and continue to show." *Gary Gilbert, Team Leader, Rowville Secondary College.*

Do you need assistance with your garden? We are looking for elderly people or people with special needs who live in the local Rowville area for our additional 2017 gardening projects. If you are interested, please contact Gary Gilbert at Rowville Secondary College on 9755 4555.

Rebecca Turnbull, Marketing & Communications Officer



Grade 5 Monbulk Dance Competition.

So You Think You Can Dance?

The performance arts are alive and well at Rowville Primary School and this term has been very busy. Students have represented our school at the Dance Stars Victoria and



'NEVR Dance Beat Concert at Hammer Hall'

Dance Fair Victoria competitions. They have travelled to rehearsals and sung as a part of the NEVR massed choir at Hamer Hall. They have even performed at the Stud Park Library as a part of their Biggest Morning Tea celebrations. It hasn't ended yet, with our production auditions just beginning for our Senior School production. Singers and instrumentalists are preparing for the Talent Stars competition and our Junior School is hard at work on their performance of "Where The Wild Things Are".

There have been some huge successes from all of our

students; from choreographing their own dances, to writing their own songs and some students performing on stage for the very first time. A huge congratulations to everyone involved in all of our performances throughout the term!

We talked to three dance stars about the recent Dance Fair Competitions.

Jarrold- Dance fair was an inter-school competition. It was all about giving it a go and putting yourself out there. The hardest part was choreographing our own dances in a short amount of time.

Brody- I danced with my friend Jarrod. Our favourite music to dance to is hip-hop and trap. I like being able to do electrical, robotic type dancing.

Krysanthi- It's nerve-racking, but fun being on stage in front of an audience. I like dancing to more lyrical style music, like Ed Sheeran, using a mixture of ballet, jazz and hip-hop dancing.



Jarrold, Krysanthi and Brody

Breaking News

The Rowville Primary School Aerobics Team have won the state titles and will represent Victoria at the national titles in Queensland in August.

Sam Peters



Facebook "Liberty Avenue 3 year old Kindergarten".

For all enrolment information, please call 9764 4746 or our enrolment officer, Sarah on 0419 527 511. Alternatively, you can email us on libertyavenue3yo@gmail.com

Fundraising News:

Our **Annual Trivia Night** will be held at Churchill Park Golf Club on Saturday 29th July. Tickets are \$10 per head. Details are on our website and Facebook page. We are also asking the local community and businesses (in return for advertising on the night) for any donations for game/raffle prizes or auction items on the night. Please contact us by email libertyavenue3yo@gmail.com

Emma Hallam

teacher and a co educator, both of whom are trained in first aid, anaphylaxis and asthma management. For more information, visit www.libertyavenuekinder.com.au or

Created by Lysterfield Primary School Captains Ava and Isabella.
It is designed around an Antarctic theme aligned with the Senior School Inquiry into "Life at the Poles."

ANTARCTIC WORD SEARCH
Can you find all the words listed below?

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



Krill
Fauna
Flora
Fish
Seal
Freeze
Snow
Winds
Penguin
Icebergs

Sea
Feed
Ocean
Marine
Winter
Roar
Avalanche
Pole
Rock
Fed
Blizzard
Zooplankton
Bay

Desert
Mawson
Blue
Chilly
Scott
White
Glacier
Southern
Food
Crevasse
Ice
Sub



9 LETTER WORD PUZZLE

How many words can you create from the following 9 letters?
Can you find the 9 letter word?

T	U	S
O	R	H
E	Y	L

ANTARCTIC WORD JUMBLE
Can you unjumble the letters to find the words?

1. ERCISGAL	2. RRPESXLOE	3. NGUISPNE	4. CIE
5. NSWAMO	6. BCEISGAL	7. PMEATERURET	8. NECOA
9. DIWN	10. LSASE	11. SNLIDAS	12. RTWEA
13. NSOITIDEPXE	14. RTNIWE	15. BCEIRGSE	16. DOZCASI

ANSWERS:
9 letter word – southerly

Unjumbled words

1. glaciers
2. explorers
3. penguins
4. ice
5. Mawson
6. avalanche
7. icebergs
8. seals
9. wind
10. winter
11. ocean
12. temperature
13. water
14. islands
15. expeditions
16. zodiacs



Exploring Mass in Foundation

Students in Foundation have been exploring length, mass and capacity. Jacob and Charlotte were very excited to share their learning about mass. Here are their reflections.

Mass is weight. Weight is how light or heavy something is. These boxes look the same but they are **not** the same. The scale shows us that one side is up to the sky and the other side is pulled down to the earth. The box on the left is heavier and the other one is lighter.

Sometimes people think that little things are lighter and bigger things are always heavier. It's what's inside that makes it heavy or light.



Snapshot of learning 5CK



Human migration is a response to challenges, risks and opportunities:

In Week 5 of this unit 5CK explored how migration throughout history has changed and why. All of the findings were collected on two large posters in the classroom. Whenever a student (or teacher) discovered an interesting fact about migration throughout history from class time research, activities or from home, it was put straight onto the posters for all to see and learn from.

Teacher: Chris Kijek

Dance Stars

This year Heany Park Primary School participated in the inaugural Dance Stars program. Twenty-four students from Years 5 and 6 worked tirelessly on their performances. These girls chose to work in either duos, teams, troupes, solos or a combination of two.

The first night of competition was on Friday the 5th of May at Monbulk College, where the Year 6 students competed against schools in and around the area. They all performed wonderfully and were able to secure spots in the grand final for 2 solo dancers and a troupe position.

On Friday the 19th of May, the Year 5 girls also performed against other Year 5 students from the same participating schools. They too performed beautifully and gained spots in the grand final for duo, team and troupe.

The grand final was held on Friday the 2nd of June where both the Year 5 and Year 6 students competed for the title of the Winning Dance Stars School. The night was full of high energy and a great buzz with all students battling for top spots.

Heany Park performed outstandingly and as a result took



out the title for the first Dance Stars winning school.

Congratulations to all the girls who were a part of this wonderful competition.

Teacher: D. D'Atri

Where We Are in Place and Time?



Human migration is a response to challenges, risks and opportunities:

Year 5 students worked together to come up with questions they could ask people who have experienced migration. Parents of students from Heany Park Primary School answered these questions and shared their migration stories. Students mapped out migration routes taken by their family members or migration they had themselves experienced. Hearing many real migration stories of challenges, risks and opportunities was an amazing experience for the students. Next students created their own migration stories based on what they had learned over the course of the inquiry. Each student thought about reasons for characters to migrate and looked at the experience from different perspectives. During the Inquiry lots of different fiction and non-fiction texts have been read with a focus on using the strategy of inferring. When we use inferring we look below the surface of the text to think about the circumstances that cause character's feeling and actions. Students were able to transfer their learning to their own writing by showing empathy and putting themselves in the shoes of their character.

Teacher: Alicia Hendy

One For The Lexophiles

A will is a dead give away.



First Holy Communion

On the 18th and 24th of June the majority of our Grade 3 students and a few Grade 4 students will make their First Holy Communion. This is a very special moment in the lives of these children and as a school we take this time to stop and reflect on Jesus' sacrifice for us.

Some of our Grade 3 SRC's have shared the thoughts of their peers as they prepare to receive the Eucharist for the first time:

3 Green – When we receive the Eucharist we receive the bread and the wine for the first time. We do it to get closer to God and because we are followers of Jesus. Having communion is doing what Jesus did with His disciples at the Last Supper.

3 Yellow – Eucharist is the bread and the wine. When we receive it we have Jesus in our heart and means we will always be part of God's family. We know we need to make the right choices that Jesus wants us to make.

3 Red – We are excited to make our first communion because we want to be more part of God's family. We are very excited to find out what the bread and wine taste like. When we make our first communion we will go to Mass and get to eat the bread and drink the wine.

3 Blue – Making our first communion is special because we're sharing a meal with God and Jesus. The bread is Jesus' body and the wine is Jesus' blood. At the Last Supper Jesus said "do this in memory of Me" so that we would always remember that he died for us.

The students have been very busy preparing to make their First Communion during school with their classroom teachers and with their families during the Parish sessions. We keep these children in our prayers and thoughts during this very special time.

Daniel Bau



**Sant
Nirankari
Mission**

**Home Care
Services**

Forum at Rowville Hall

The Sant Nirankari Mission - Universal Brotherhood (SNM) Melbourne branch partnered with Australian Multicultural Community Services (AMCS) and IndianCare, to organise an Information Session about important aged care services on 28 May at the Sant Nirankari Congregation Hall in



Members and Visitors At The Forum

Rowville.

The Sant Nirankari Mission (Universal Brotherhood) or SNM, is a spiritual movement with a genuine desire to unite mankind for the good of humanity. The Mission believes

in responsible living in society and that equality should prevail within community life.

The information session was organised in line with SNM's philosophy of offering selfless service to humankind. At this session, Ms. Elizabeth Drozd, CEO, AMCS presented information about home care and other support services available for seniors, including various aged care programmes such as the Commonwealth Home Support Program and Residential Aged Care, plus the latest government reforms. These services are all available in Melbourne and Greater Geelong areas.

SNM has 5 Centres in Australia, including ours in Melbourne. Followers at each Centre actively participate in social welfare activities and through their dedicated work effectively implement the broad vision of Sant Nirankari Mission, which is to reach out to more and more people around the world and touch their lives with love, care and kindness, bringing smiles to every face.

Sunita Rattan nirankari.org/Melbourne

Inter-generational Activities Initiative

The association between Boronia West Primary School and LAC Knox began in August 2016 as a result of an initiative by Amanda Wiggs, the Seniors Support Officer at the Knox Council. Amanda was aware that LAC Knox was looking for a better venue to hold their General Meetings and functions. She had also been approached by the Primary School as they were wishing to begin some inter-generational activities with local seniors groups. The school was offering use of their facilities in exchange.

Members of the LAC Knox Committee met with Amanda and Leigh Johnson, BWPS Principal and discussed the type of activities that they were seeking and had a look at their meeting rooms. Possible activities include gardening, craft, knitting, cooking, dancing, tabletop games, table tennis and orienteering walks. The activities could also involve the student's parents and grand-parents. Agreement was reached and the association began at the beginning of this year.

LAC Knox is now holding all its General Meetings and functions at the school. A number of members obtained their *Working with Children* permits in preparation and the



**LIFE
ACTIVITIES
CLUB KNOX**



activities began in February with an orienteering walk organised for Class 5/6D by David & Glenys from the LAC Knox *Street Orienteering Walkers* activity group. The course was set in the streets around the school and 4 teams tested their navigation skills to maximise their score.

Regular activities are now being held in the afternoon on the 4th Thursday of every month. Tabletop games involving strategy and maths are popular. In May, the LAC members helped the students with their

PowerPoint presentations by suggesting layouts and images.

This initiative has been a 'win - win' for both the school and the Life Activities Club. More information and details on how you can join-in can be found on the LAC Knox website:

www.life.org.au/knox



100 Murrindal Drive, Rowville
murrindalplaygroup@hotmail.com



What a fun term we have had so far at Murrindal Playgroup! We had a successful Working Bee at the end of summer, which focused on tidying up our lovely garden and replacing much needed sand in the sand pit. More recently, with the weather being a little colder and wetter, we have spent more time indoors and playing in our spacious newly-enclosed patio.

Late last year we were fortunate enough to receive a Council grant which enabled us to install clear patio blinds for our undercover outdoor area. This means that we have a second enclosed play area that can serve as a space for messy play (e.g. painting, play-doh, bubbles) or can be used as an extension of the indoor play room when the weather is

not suitable for outdoor play.

Our resourceful Purchasing Officer, Kelly, has recently added a few new toys (some of them pre-loved, but new to Playgroup families!) and dress-up items to our collection. Simple re-arrangement of the indoor play room has also stimulated some different types of play in our groups. Parents have noticed their children being more interested in the dress-ups since they were moved to a different spot in the room. Isn't it amazing how the simple relocation of a group of toys can refresh children's interest! We have had firemen, superheroes, movie characters and fairies running around at Playgroup recently. Dressing up can be so much fun.

In addition to our usual weekday playgroup sessions, we have received some enquiries about Saturday morning playgroups for families who are unable to attend during the week. In response to this, we are planning to open a new session that will initially run fortnightly on a Saturday morning 10am-12pm, with the hope that it will operate weekly as it becomes viable. If you are interested in attending a trial for this group, or any other weekday group, please contact our Enrolments Officer Sarah on 0487 988 321, or you can email her at: murrindal_enrolments@hotmail.com

Alison Thomason, Secretary, Murrindal Playgroup



Jeremy, age 3, Is Thoroughly Enjoying Himself As 'Fireman Sam'!



St Simon the Apostle Parish

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Farewell Rowville...You Will Always Be Part Of Me

In February 2010 I took up my appointment as Parish Priest of St. Simon the Apostle Parish Rowville. I left the Parish of St. Mary's Ascot Vale, where I had been Parish Priest for eight and half years, a decision that was of my own volition. I was ready for a move and a change and was excited at the prospect of coming to Rowville and the challenges it would present to me. I can honestly say that I have not been disappointed. My time here at St. Simon's has been fruitful and fulfilling. My predecessor, Fr. Martin Dixon, left me with a wonderful community which was very proactive pastorally,



prayerfully and liturgically. I inherited from Martin a professional Parish Team dedicated to the preaching and promotion of the Gospel. Over the years the complexion of the Parish Team has changed as individuals left to pursue other challenges. These were replaced by like-minded and equally dedicated and professional individuals. This has been one of the hallmarks and blessings of my time here at St. Simon's, working with people who have encouraged and inspired me in my ministry and in my priesthood.

I was also able to build on the relationship between the parish and the parish school, which Martin had established. I have a professional and personal relationship with the principal and other members of the school leadership team. We work co-operatively on many pastoral and educational initiatives and have experienced many struggles and successes during our time together. The parish community of St. Simon's is inclusive, loving, and accepting. The ethnic diversity of our parish reflects the plurality of our nation and the universality of the Church. We are a cosmopolitan community filled with excitement and energy, giving hope to the multi-cultural experiment which is Australia.

My decision to leave Rowville was not an easy one nor was I expecting to make such a decision so soon. Archbishop Hart made a pastoral visit to St. Simon's and during his visit he spoke to parishioners and was impressed by the vitality and creativity of our community. Part of his visit included time with me, inquiring about my



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

wellbeing and future plans. It was during this conversation that the Archbishop asked me if I would entertain the idea of becoming Parish Priest of St. Mary of the Angels Parish in Geelong. To say that I was surprised by this proposal would be an understatement. I was "gobsmacked" by his proposal. To the Archbishop's credit, he did give me time to consider his proposal and after much soul searching, prayer and consultation with friends and colleagues, I decided to accept the Archbishop's offer.

Geelong is my home town, and there is a sense of returning home. There is also something of the biblical maxim, "a prophet isn't recognised in his home town". However, I am looking forward to the challenges St. Mary's will present and also to the probability of seeing Geelong play at Kardinia Park. As diocesan priests, we are called to leave communities where we have invested a lot of ourselves and where we have left our hearts. I love the people and parish of St. Simon's Rowville. I will never forget my time here at St. Simon's nor, the friendships I have made here. I leave St. Simon's with a heavy heart but leave for St. Mary's with a sense of excitement and hope for a new future in a new mission. A part of Rowville will always be with me, just as a part of me will always remain in Rowville.

Father Jim Clarke



9753 3495

office@rowville.unitingchurch.org.au

Like many others, I was appalled by the terrorist acts that have been occurring around the world in the last month. Terrorism has the capacity to make us afraid and to change our behaviour. It also leaves us wondering at the depravity of those who commit such acts.

I was inspired by the actions of Australian Nurse, Kirsty Boden. I was very angry that she was killed in the London

Terrorist attack on London Bridge, but inspired and proud that she was seeking to act with love and compassion for others when she lost her life. Acting with love and compassion sometimes takes real courage. Other times, it is not so hard. I hope we can all look for the small things we can do that make a difference. Compassion in a world that hurts and dwells on hate is a wonderful thing.

We were inspired in the last edition of this paper to read the story of 8 year old Cameron Park. What a great effort one young member of our community has made. Imagine how the world would be a better place if we all decided to look at the little bit we could do to make a difference. Thanks Cameron. We shared your story in our church just in case others might have missed it!

Often we think that the issues in the world are so overwhelming that we do nothing. Jesus reminds us that all of us are loved and valued by God, and all of us have been given some gift or ability that we can use. This doesn't mean we have to try and change the world single handed. Even Jesus chose helpers...disciples...to set about doing his work. But it is amazing how the actions of one person can inspire others.

Love and compassion are at the heart of God. Community action is something we are all called to participate in. When we do even a small amount, we can be sure that the ripple effect will inspire someone else to do a little bit as well.

Trevor Bassett



www.rowvillebaptist.org.au
office@rowvillebaptist.org.au
Ph: 9764 4242

During the July school holidays, Rowville Baptist Church will be filled with the sound of children busily playing, crafting and learning about how God loves them.

More than 200 Primary school aged children are expected to enjoy participating in our annual Club Extreme Holiday Program. But we don't want the fun to just stop there. At

Rowville Baptist Church we want children to continue to grow in their understanding of how God loves and cares for them and their families. I believe our children's program "Immerse Kids Church" and other activities offer a great framework for children to grow in confidence, feel cared for, loved and learn about the difference God can make in their lives. Some of the key principals, I would say, of our children's program is for each child to know that God made every person purposefully and with love, that they are loved by a compassionate and forgiving God and that regardless of our circumstances, there is hope through the gift of God's Son, Jesus Christ.

We have a team of dedicated leaders who work together to provide a safe and secure environment for all the children, all of whom hold a current Working with Children's Check. Our Immerse Kid's Church runs every Sunday, of the school

term, during the morning worship service times of 10.15 to 11.30am. We cater for Kinder to Year 8, in four different age groups. Appropriate to each level this time might include craft, songs, show and tell, games, free play, bible stories, bible study, life applications etc. In Matthew 19:14 "Jesus said "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children."(NLT) This is the one of the important reasons why we do what we do.

If you would like to continue the journey started at Club Extreme we would love to see you at any one of our programs. Children and parents are welcome to come and sit in on one of our sessions. Please contact us at our church office if you would like any more information on 9764 4242.

Suzanne Adams



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

As we motor through the halfway mark of another eventful year, each of us should find occasion to slow down and reflect not only upon the year that has been, but the life that we have. Sometimes looking back upon a mere 6 months may still limit our perspective to our immediate understanding

of where we are now. Besides, it is good practice not only to check the air in our tyres, but the direction we're actually travelling in and if we're on route to where we want our purpose in life to lead us.

Last month, our church reflected upon life. One life in particular. One who had taken an enormous step in actually planting the church we are now. From one vision, the beginning of our church community was spearheaded and thousands of lives impacted over the span of 3 decades. This dearly beloved man lived nothing short of what He preached: relentless and insistent love, forgiveness, patience, honesty, alongside a vivacious attitude to enjoy his great passion for golf, people and most of all - God.

We find it absolutely necessary to honour the man who

never gave up on this church, through every season. He spoke life into every individual, and believed wholeheartedly that God had a plan and purpose for everyone. As we move onwards and forwards into a season without our founding pastor, we hope to emulate the honourable character that he was, and to continue believing with God that the best is yet to come, for every life in this community of Rowville. Amidst the farewells we may have to endure in this life, knowing there is hope in the eternity that follows is a great comfort.

Please join us as we continue to celebrate both the life we currently live, as well as learn about the eternity that follows, every Sunday. Details at: www.acfchurch.com

Nicole Connellan



This Hose Is Very Heavy

Rowville Fire Brigade Visit!

Last month we had some very special visitors from the Rowville Country Fire Authority. Four Firefighters visited and brought along their truck, which of course was the main attraction of the day.



wear when they fight fires and rescue people.



Listening To Andrew and Matt

Fire fighters Andrew and Matt explained to the children that they are ordinary people who work in the fire station. They came in their blue coloured office uniform, which is what they wear when they are not fighting a fire. Matt explained the difference between the blue uniform and the special orange uniform they

Andrew showed the children a smoke alarm. He explained that every house should have a working smoke alarm to warn everybody in case of a fire. Most of the children were aware if their house had a working fire alarm or not. Fire fighter Matt explained to us that fires on our birthday candles, camping fires and cooking fires are good fires because there is an adult close to the fire. If there is no adult close to the fire then that means it could be a dangerous fire.

Then fire fighter Matt read us a story called "Fred the fire fighter" which was about what happens at the fire station when the fire alarm goes off. After the story, fire fighter Matt changed his clothes to the special fire fighter uniform. Needless to say, the children were very impressed.

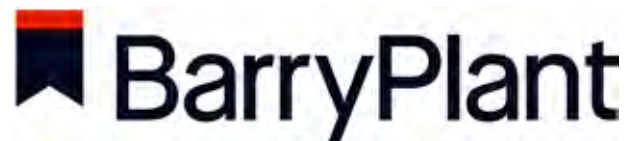
Then we all walked to the fire truck. We had a turn to hold the fire hose. It was very heavy and very long. Then the children took it in turns to climb the fire truck with the help of the educators, as the steps were very high. There were lots of interesting things inside the fire truck, such as; walkie talkies, phones, helmets, a book of maps, a timer and a first aid kit.

Through this incursion the children had an opportunity to interact with the fire fighters and to appreciate their contribution to the community. It was a great experience for children to learn about danger and safety around fires.

From this experience, we will look at community helpers to extend children's interest and their knowledge.

We would like to thank the Rowville CFA for visiting us!
Melinda Michalski

Real Estate Tips



Selling your home in Winter

It's not surprising that a lot of people sell their homes in spring; the sun is shining and gardens are full of colour. But selling in winter can have its advantages too, especially if your home has fabulous winter features you can take advantage of.

For example a home that lets in lots of natural light will stand out among the crowd in the overcast months, as will homes that show off their great Winter features like a roaring fireplace, effective gas ducted heating or a suitably enclosed outdoor area that make the most of all-year entertaining. Other features of homes that can become popular for buyers

when looking in Winter include additional living room/s allowing spacious indoor play for children, formal dining rooms for winter entertaining and garages with internal access.

It is always easy to 'dress' a home with appealing winter furnishings to create a warm cosy ambience that appeal to buyers too. Ideas for presenting a Winter-friendly home can be to ensure all window coverings are open to ensure maximum natural light into the home, turn on all lights and corner lamps to add a warm glow to rooms, ensure heating and/or fireplace is on and use warm cosy looking throw rugs on couches and beds to appeal to the senses of the buyers.

There are other reasons why selling in winter can be advantageous such as; less homes on the market so you are competing against fewer homes to attract buyers; less people away on 'summer' holidays so potentially more buyers looking and those buyers who are looking during winter tend to be serious buyers.

If you are considering selling and would like some more information please feel free to call me for a chat.

Brenton Wilson Managing Director Barry Plant Rowville

Corhanwarrabul Wetlands



Council Minutes 22 May Meeting

Summary of items of interest to residents of Rowville and Lysterfield from Ordinary Meeting of Knox Council Held On Monday, 22 May 2017

6.1 REPORT OF PLANNING APPLICATIONS DECIDED UNDER DELEGATION

Planning Applications Decided by Responsible Officer 1 – 30 April 2017

34 Bergins Road ROWVILLE Development for two double storey dwellings 21/04/2017 Notice of Decision

1 Reeve Place ROWVILLE Development of the land for one (1) double storey dwelling to the rear of the existing dwelling (Total two dwellings) 21/04/2017 Notice of Decision

27 Hillview Avenue ROWVILLE Development of three double storey dwellings 6/04/2017 Notice of Decision

1108 Stud Road ROWVILLE Development for four double storey dwellings and alter access to a road in a Category 1 Road Zone 6/04/2017 Approved

Enterprise Drive ROWVILLE Use and development of

the land for a temporary land sales office and the display of associated signage 27/04/2017 Approved

21 Candlebark Quadrant ROWVILLE Remove one dead tree and prune one tree 13/04/2017 Approved

5, 7, 9, 11, 13 & 15 Lidgate Avenue ROWVILLE 26 Lot subdivision 20/04/2017 Approved

8 Hillview Avenue ROWVILLE Development of the land for five double storey dwellings 13/04/2017 Refused

6.2 Application For Consent To Construct A Swimming Pool Within The 'Building Exclusion Zone' pursuant to Section 173 Agreement AL870831G AT 1 Dianella Way, Lysterfield

2.3 The subject site is located on eastern corner of Dianella Way and Palmerston Road in Lysterfield. The land contains a new substantial brick residence, is relatively flat and at this stage is clear of any significant vegetation.

COUNCIL RESOLUTION MOVED: Cr. Keogh Seconded: Cr. Gill that the request for Consent to construct a swimming pool within the 'building exclusion zone' pursuant to Section 173 Agreement AL870831G at 1 Dianella Way, Lysterfield be approved.

6.4 AMENDMENT C150 To The Knox Planning Scheme – Planning Scheme Rewrite – Consideration Of Planning Panel Report

1. INTRODUCTION The Knox Planning Scheme guides and regulates land use and development in the City of Knox. It is the framework (used by Council and VCAT) to make decisions on planning permit applications and

planning scheme amendment requests

This report is well worth reading and can be viewed in full at http://www.knox.vic.gov.au/Files/MeetingsCouncil/2017_Council_Minutes_2017_05_22.pdf

6.8 Cost Of Assessing Planning Applications Summary: Manager – City Planning and Building (Paul Dickie) This report responds to a call up item resolved by Council at the 27 March 2017 Council Meeting, regarding the cost to Council of processing planning applications. The report provides details regarding the income Council receives with respect to planning applications as well as the cost to Council. The report also considers the recent changes to planning and subdivision fees introduced by the State Government in October 2016, as well as two 2005 VCAT decisions which found some additional fees invalid. It is recommended that the report be noted.

8. CONCLUSION This report examines the ability of the Statutory Planning service of Council to achieve full cost recovery. The report has found that whilst the new planning and subdivision fees introduced by the State Government in 2016 significantly improved income received, the service still operates short of full cost recovery. The Statutory Planning service is not only an 'application approval service' and does provide a benefit for the whole of the Knox Community. Given the broad goal of achieving positive planning outcomes, expenditure above the fee income received is reasonable. It is unlikely that the State Government will further increase fees in the near future. Council reviews its fees annually, but there is



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Council Minutes continued...

limited opportunity to introduce new fees. Finally, there are opportunities for Council to achieve better cost recovery by reducing costs of the service, and that the Service Planning project will provide Council with an opportunity to review services provided and service levels. It is recommended that Council note the information provided in this report.

This report can be viewed in full at: www.knox.vic.gov.au/Files/MeetingsCouncil/2017_Council_Minutes_2017_05_22.pdf

7. PUBLIC QUESTION TIME

Question 1 How many health inspectors do we employ or sub-contractors. What targets do we set for them i.e. monthly inspections?

Answer The Director City Development, Mr Angelo Kourambas, responded that Council employs approximately half a dozen inspectors and that the targets are set by State legislation. Low risks, such as pre-packaged food, might be inspected once a year while higher risks require more inspections.

Question 2 What is the private open floor space of each dwelling? Ground floor area and balcony area. Balcony area should not be included in a townhouses private open space. How am I supposed to deal with neighbours from 4 large dwellings? Usually people have one neighbour per side of their property, however I will have 4 on one side alone.

Answer The Director City Development, Mr Angelo Kourambas, stated that he did not have the relevant application details at hand but informed the questioner that the requirements for open space are set by the State and that in an activity area the requirement is 40sqm or a balcony. Further, balconies are permissible with no other open space required. Mr Kourambas offered to meet the questioner after the meeting to further discuss the issues.

8.2 MAJOR TRANSPORT PROJECTS SUMMARY: Sustainable Transport Planner (Melissa Sparrow) Council, at its meeting on 28 May 2013, considered and endorsed a report on prioritising major transport infrastructure projects (greater than \$10m) based on a ranking criteria aligned with the objectives of the Transport Integration Act 2010. Council also resolved to receive a report, within six months of each new Council being elected, which considers the

priority of major transport infrastructure projects in Knox for the purposes of advocacy.

Council Resolution Moved: Cr. Lockwood Seconded: Cr. Taylor That Council 1. receives and notes this report in relation to major transport projects within Knox; 2. endorses the ranked major transport infrastructure projects in Knox as follows: 1. Rowville Rail 2. Knox Tram 3. Dorset Road extension 3. communicates the ranked major transport project priorities to the Minister for Public Transport, Minister for Roads and Local Members of Parliament; 4. continues to advocate to the State Government for Council's key strategic transport projects as opportunities arise, and via the Eastern Transport Coalition's advocacy campaign in addition to Council's own advocacy work. 5. Writes to relevant State MPs, advocating the preservation of the Rowville Rail reservation

11.1 WORKS REPORT AS AT 27 APRIL 2017

SUMMARY: Coordinator – Capital Works (Gene Chiron)

31 Stamford Park redevelopment, Stage 2 verandah works well under way. Review of restoration/repair works and associated costs undertaken. Awaiting advice on extent of future works.

721 Eildon Park Reserve (Pavilion Upgrade). Finalizing internal & external cladding. Targeting July completion.

756 Heany Park. Master plan Implementation. Quote requested from the contractor for additional hand rail. It is expected that all the additional works are to be completed by mid-May.

830 Park Ridge Reserve Oval renewal. Grass patchy and progressing slowly. Contractor to plant more material and fertilise more to promote growth.

853 Aimee Seebeck Hall, Amenities Design. Cost plan received. Awaiting invoice for project sign off.

860 Bergins Road Footpath 3. Awaiting feedback on vegetation issues and possible alterations to Telstra pits.

874 Fulham Road, Reconstruction-Design. Geotech investigation & survey completed. Design has commenced.

891 Henderson Road Bridge Preconstruction. Project scope completed and investigation works starting.

Report compiled by Jan Bates

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