



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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Priceless

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**ROWVILLE
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see page 21...



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From the Editor's Desk

Are you ready for the big day on 7th September? I don't know if other residents feel the same, but to me it feels like the preliminaries have been going on for ages. Perhaps my memory is fading with old age, but I don't recall such a long build up before. Maybe it is the preponderance of social media, the plethora of 'expert' opinions and the unending advertisements on ALL television channels that makes it seem worse, but I for one will be glad when it is all over. Talking of advertisements and those interminable programme promotions, it makes you wonder how many minutes per hour actual programming there is. Anyway, let's hope for a sunny day on the 7th.

Speaking of weather, I hope you have all survived unscathed by the very high winds we have been experiencing. I have seen

many branches, both large and small scattered along roadsides, but no serious damage. The one bright spot is that spring is in the air...somewhere!! Oh no, that means hay fever and plenty of antihistamines.

On a really enjoyable note, what an absolute pleasure and privilege it was to sit for the best part of two hours and be bewitched by the professionalism and quality of our Rowville Secondary College students at their annual musical production. Every year the College puts on a show that would grace any stage, which is a testament to cast, director and crew alike. As I've said many times before, if you don't go and witness these students you are missing a real treat. I, as in previous years, can't wait for the announcement of next year's performance and once again being overawed by our talented youth.

David Gilbert

What's On Locally

September 2013



Sponsored by:
Lions Club
of Rowville

DIRECTORY

Apex Club Meet on the 2nd & 4th Tuesdays each month. 7pm for 7.30pm rowvilleapex@gmail.com

ACF Church English services 10am (simultaneous kids R.O.C.K. programme) and 5.30pm Sunday. Indonesian 10am Sunday. Mandarin 1:30pm Sunday. Stompers Pre-School Playgroup 10am Wednesday (during school terms). All at ACFC 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 and Youths 7pm. 'Flying Solo' a Single Mums support group every Wednesday, details 9759 6642

Playgroups - Tue, Thur & Fri. mornings during school terms.

Body, Mind & Spirit All classes at old Lysterfield School, Yoga, Stretch, Dance, Meditation, **Fitness Centre** Pre-natal etc. Contact Donna Jordan on 9758 6636 or 0400 679 888

CFA Juniors Meet every Thursday 7pm.

Cake Decorators Assn Bi-monthly 2nd Sunday - 10am-3pm Feb, Apr, Jun, Aug, Oct, & Dec. Scout Hall, Turrumurra Drive Contact 9763 8646

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 0409 583 847.

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

Knox & District Over 50s Meet 4th Tues each month at 1.30pm (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

Knox Neighbourhood Watch Meet 1st Tuesday each month 7.30pm at Knox Police Station 2nd Floor. L S/C Lee Thomson 9881 7948 www.knoxsafercommunity.org.au

Life Activities Club Regular Activities. Call Melva 9762 3764

Lions Club Meet 2nd & 4th Wed - 7pm for 7.30pm at Knox Tavern. Transport & meal available. Robert on 9752 2785

Little Athletics For training & event days: 9763 1404.

Men's Shed (Stamford Park) Meet at Stamford Park Homestead Tues, Thurs & Sat from 10.00am – 3.00pm. 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

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.

Probus Club (Knoxfield Ladies) Meet 4th Mon. of month at Waverley Golf Club 9.30am. Contact Jennifer: 9762 8181

RAFT Anglican Church Holy Communion 8.30am Family Worship with children's teaching time 10.30am Sunday. **Family History Group** meet 1st Wed. each month at 10am. Bev 9759 5455 **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm. Contact Anthea or Arleen 9801 3509 **Craft for Christ** 2nd & 4th Tues each month at 7.30pm. **Playgroup** Tues & Thurs 10-11.30am. **Toddler Church** every second Friday 9.30am. Contact Jenny Coole 9764 2573

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

Restore Comm. Church Services 10.15am at Eastern Campus of Rowville Secondary College. Tamil service, Sunday 10.30am Laser Dr. Transport available. Phone: 8736 9042

Ruby Gumnut Goddesses (Red Hat Society) For all events contact Kerry: 9764 4717

Rosella Rounds Dancing Club Fridays at 6.30pm. We are the closest club and meet at the Uniting Church Hall, 333a Canterbury Rd Forest Hill. Contact Fiona 9802 5807

Rotary Club Every Tuesday at Baton Rouge at 7pm

Rowville Seniors Meet Wednesdays and Fridays 1pm to 3.30pm at Rowville Community Centre

Salvation Army Services every Sunday 10am followed by morning tea. **Shooting The Breeze** Jazz & Pop Group, Every Wednesday 7.30pm Maureen 9768 3896

Sant Nirankari Mission Congregation session every Sunday from 12noon 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

Toastmasters Meet 2nd, 4th & 5th Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Qi: contact@rowvilletoastmasters.org.au

Uniting Church Services Sunday at 10am. Contact 9753 3495 **LINK** Thurs 10am. **Toddler Gym** Tues & Friday 9.30-10.30 & 11am - Noon (during School terms)

Yoga for Kids Fun classes to help primary students stretch and relax. Tuesdays 4.30pm Rowville Scout Hall Contact info@schooltimeyoga.com.au or 0468 471 102 www.schooltimeyoga.com.au

September Events

Rowville Preschool Market Night

Friday September 13th from 7pm to 9.30pm Stalls include, tupperware, cosmetics, jewellery, cakes, books, kids clothes and many more.

Rowville Farmers Market

Saturday 21st September 9am to 1pm at Rowville Primary School Whether it has been picked, plucked, brewed or stewed you'll find it here.

Salvation Army - Melbourne Staff Songsters

(The Salvation Army premier vocal group) Sunday 15th Sept 10am church service, free 2pm Concert with afternoon tea. Saturday 28th - Family movie night - "Brother White" 7pm. \$10 Adults, \$7.50 Concession - Candy bar available and supper.

Calendar of Events September 2013

1 – 7 Sept	Legacy Week www.legacy.com.au/LegacyWeek
1 Sept	Ferny Creek Horticultural Society Spring Show www.fchs.org.au
1 – 7 Sept	MoneySmart Week www.moneysmartweek.org.au
1 – 8 Sept	Adult Learners' Week www.adultlearnersweek.org
1 – 30 Sept	The Spring Graze www.melbournefoodandwine.com.au
1 – 30 Sept	Foster Care Month www.fosterabrighterfuture.com.au
3 Sept	National Flag Day www.australianflag.org.au
4 – 6 Sept	Rosh Hashanah
7 Sept	Federal election
7 Sept	Brazil Independence Day
12 Sept	R U OK ? Day www.ruokday.com
12 Sept – 8 Oct	Tesselaar Tulip Festival www.tulipfestival.com.au
14 Sept	Yarra Valley Grape Run www.starttofinish.com.au
17 Sept	Australian Citizenship Day australiancitizenshipday.govspace.gov.au
21 – 22 Sept	Healesville Heritage Festival healesvilleheritagefestival.wordpress.com
21 Sept – 2 Oct	Royal Melbourne Show www.royalshow.com.au
22 Sept	World Carfree Day www.worldcarfree.net/wcfd
22 Sept	3MBS Fine Music Series at Knox Community Arts Centre www.knox.vic.gov.au.theatretix
22 Sept	Doveton Show www.dovetonshow.org.au
23 Sept	Vernal Equinox
23 Sept	National Day Saudi Arabia
28 Sept	AFL Grand Final

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

**DEADLINES
October 2013
EDITORIAL & ADVERTISEMENTS
Wednesday, 11 September**

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

Or drop off/post to RLC News, c/- Community Centre, Fulham Road, Rowville 3178.

PHOTOS – email separately – do not embed in documents.

ADVERTISING: advertise@rlcnews.com.au

**DISTRIBUTION
Saturday, 28 September 2013**

Knox Council Tree loppers get the chop



Con men posing as tree loppers have been spotted operating in Knox. The men claim to work for bogus tree trimming companies and have even been known to say they are acting on behalf of Knox City Council, especially where Council notices of tree replacement works have been distributed.

They ask for money upfront, after convincing home owners and tenants that trees are dangerous and must be cut down or have branches removed. These men are not acting on behalf of Council, nor do they have any connection to Council.

Knox Council Chief Executive Officer Graeme Emonson said "These con men approach the homes of senior citizens, people with disabilities or residents who speak little or no English with offers 'for today only'. They will often return to a residence many times to badger the home owner or tenant into paying up to \$2,000 for work that was unnecessary, substandard or not carried out at all. They have even been known to offer to drive you to the bank to get money for payment. Always ask these people for identification and if you notice any suspicious

Announcement



A Special General Meeting of the Rowville Lysterfield Community News will be held on 15th October 2013 at 7pm in the Rowville Neighbourhood Learning Centre at the Rowville Community Centre, to adopt

our changes to the new incorporated association "Model Rules" as required by Consumer Affairs. We welcome all members, including Life Members to attend.

behaviour, get as much information as you can, such as their name, company name and vehicle registration then report it immediately to Council on 9298 8000". Mr Edmonson concludes, "If Council is conducting planned tree works, residents will be formally notified and if officers are required to meet with residents they will make an appointment in advance."

For more information on dodgy tree loppers or other travelling con men, or for advice, you can also visit Consumer Affairs Victoria at www.consumer.vic.gov.au

Farmers' Market for Rowville



**IN SEASON
EVENTS**

"In Season Markets", have identified a need in Rowville & Lysterfield for a Farmers Market. Using the catchy line "Into Your Hand, Straight From The Land", the market will be held in the grounds of the Rowville

Primary School at 11 Paratea Drive (Melway 81 J2) on the third Saturday of each month from 9am to 1pm, starting on 21st September. Entry will be by gold coin donation and you are advised to BYO shopping bags and trolleys.



Whether it has been picked, plucked, brewed or stewed, you simply cannot get it fresher than at a farmers market. This market is an authentic farmers market allowing you to meet the producer and grower face

to face, discovering exactly where your food comes from and how it has been produced.

At the Rowville Farmers Market, you will find items such as artisan breads, wine, honey, cheeses, olive oil, jams and preserves, seasonal fruit and vegetables, herbs, nuts, fresh and cured meats, eggs, poultry, plants, fresh flowers and much much more.

In Season Farmers Markets follow a strict stall holder participation

criteria. All stallholders must be Victorian based and play a part in the production of the product they are selling. All ingredients are also generally sourced locally.

Come along and sample what is on offer, you're in for a treat and won't be disappointed.

Future dates for your diary October 19th, November 16th and December 21st.

David Gilbert

Wacky Wisdom

A truly happy person is one who can enjoy the scenery on a detour.

ROWVILLE COMMUNITY NEWS

WALKING THE NEWS

SEPTEMBER 2013

Distribution Report

Welcome – to new distributors – the Jenkins family

Voluntary Positions

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

- Landsborough Ave (south side) from Kellbourne Drive to Oakdene Court, Bensam Close

- Oakdene Court, Maitland Close, Landsborough Ave (south side from Oakdene to Karoo), 4 in Karoo Rd. Please contact – Ian Richards – 9763 9260
- Oaktree Rise (Major Cres to Pendelton Pl), Pineview, Redwood, Conifer Cts. Please contact – Peter Rumble – 9752 7592

3 x Area Contact Persons (ACP) – who liaises between the distributors and the Distribution Co-ordinator

1 x Captain – who counts out the papers and delivers them to the distributors.

1. (ACP only) – The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road
2. (ACP only) – This area is the Timbertop Dr and Seebeck Rd Estates.
3. (ACP and Captain) – The area bordered by – Napoleon Rd, Kelletts Rd, Rathgar Rd & Grange Dv Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator



Rotary Club of Rowville-Lysterfield

A very important segment in the Rotary Australia program is the Youth Exchange Program which provides secondary school students aged 15 to 17, sponsored by a Rotary Club, with the opportunity to live and study abroad with host families for one academic year, to learn a new language, a new way of living and a great deal about themselves. Exchange students are part of the ambassadorial team of Rotary International promoting international goodwill, peace and understanding.

Our Club recently welcomed our incoming exchange student, Kiara Retzek from Austria who will be hosted by various members of Rowville-Lysterfield Rotary Club during the next twelve months. Kiara attended her first Australian Rotary Club meeting last week and is settling in very well to the relaxed Australian way of life. She is also attending Rowville Secondary College having the unusual experience of wearing a school uniform for the first time! Although, she has been a little taken aback by the relaxed class discipline, apparently in Austria things are run more



Club President Neill White exchanging Club banners with incoming Rotary exchange student Kiara Retzek from Austria.



Australian Red Cross

Our July fundraiser was an afternoon tea at Peppertree Hill Retirement Village. There was a good attendance and our thanks go to everyone who took part. It was a great success and we managed to raise over \$1,000.

Our next event will be a luncheon at Clover Cottage in Berwick on Wednesday 2nd October. At the time of writing we need more people coming, to make up the required minimum numbers. If you and your friends would like to come along, or if you have any enquiries about the Rowville Unit, please contact Joan on 9764 4611.

Elly Baré

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Club President Neill White with outgoing exchange student Erin Whitehead and incoming exchange student Kiara Retzek from Austria.

strictly in the classroom, student dare not speak out of order etc. with teachers very firmly in control. Kiara is a delightful young lady with a very good command of English and has endeared herself rapidly to all who have met her. We look forward to getting to know her better as the year progresses, she returns home to Austria in early July 2014. Kiara joins a group of nine overseas young people that have arrived in Melbourne during July and scattered around the District 9810 Rotary Clubs.

Our out going exchange student is Erin Whitehead and she will be heading to Switzerland in early January 2014 for a year's experience, joining a group of eight other young people from Melbourne heading overseas, with one student going to Italy. This is the first time ever that a Rotary Exchange student has elected to travel to Italy. When they

are at their overseas location, students will be hosted by local Rotary Clubs similarly to what we do here in Australia, so they receive a Rotary experience there as well as the cultural experience of living and going to school in a foreign country.

If there is a young person, male or female, in the area interested in participating in the Rotary Overseas Exchange Student Program, just call Steve Macdonald on 0418 580 651 or email: rowvillerotary@gmail.com for further information.

The Club has been thrilled recently to welcome two new members, Lorinne Knight (an executive in the funeral industry) and Alan Lunghusan (an IT expert) bringing club membership now to approx. 20 enthusiastic community members. A big thankyou to club members who turned out recently on a Friday, at very short notice, to set up a barbecue day at Bunnings, Scoresby. Some \$600 was raised by this effort and will assist some local Club programs.

On 10 October, our Spring Business Breakfast is scheduled at the Kingston Links Function Centre with the special speaker being Carolyn Creswell, CEO and Founder of Carman's Fine Foods, Clayton. Carolyn was named as the Telstra Australian Business Woman of the Year for 2012 and the Commonwealth Bank National Business Owner award. We urge you to mark this date in your diary now, as Carolyn is a dynamic presenter with great message for all entrepreneurs. Bookings can be made singularly or tables of 8 or 10 by logging on to: www.trybooking.com/DHFD, cost is \$50.00 per head and a brochure will be available shortly on our Club website : www.rotanet.com.au/rowville

If you are community minded and would like to give something back, then you are invited to come along one Tuesday evening to find out what Rotary is about, just call either Jeff Somers on 0413 150 587 or Warren Miller on 0414 956 611. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Log on to our website and follow us on Facebook and/or Twitter

James Wilson



Cake Decorators Association of Victoria Rowville Branch

Our August workshop was held on 11th August and the result was that lots of lovely plaque tops with Dad under a coconut tree went home. It was a great day.

Coming up fast is the October 13th 'Rose' workshop, with Velma Brown and we now have a shop from 9am which is there for most of your needs on the day.

The Christmas Cake Workshop, where everything is supplied will be on November 10th and 17th. This is a BYO lunch.

These 3 workshops, will be open from 10am to 3pm and importantly need to be booked.

All events are held at the Scout Hall in Turrumurra Dr. Rowville
For bookings & enquiries, phone. Velma 9763 8646 or Mad-eleine 9870 5743

Velma Brown



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Rowville Toastmasters Achieves International Status

The Rowville Toastmasters Club has been internationally recognised as a Distinguished Toastmasters Club in 2013, Leona Jorgensen, Vice President Public Relations, announced today.

“Rowville Toastmasters has been classified as a high performing club and reached the targets to achieve the status of a Distinguished Club. It is the third year in a row that the Club has been awarded this status” Ms Jorgensen said. “Being a Distinguished Club is a tribute to our members and is indicative of their approach to learning new skills. It also indicates that our Club is a learning Club and one that looks after its members. With over 30 active participants, Rowville Toastmasters is also one of the fastest growing clubs in the region.”

Leona added that, “Our members come from a range of backgrounds from university students to professional communicators, from small to medium business owners, to those who work in large corporate organisations or those who enjoy participating in community life. It’s that diversity of our members that adds value to every meeting, and members come away with a number of ideas to improve their speaking skills.”

The Toastmasters model is one of continuous learning. Members at each meeting have the opportunity to give short impromptu speeches or longer prepared speeches. With meetings each fortnight, members can apply their new skills continually. As members advance through the program they can participate in speech competitions, at the local, state, national or international level.



Joan Ducza (left) of Rowville Toastmasters at the ‘Speechathon’ in July, with Toastmasters Division

“All members have the goal of strengthening and developing their communication and speaking skills. The surprise for new members is how much fun they have at a Toastmasters meeting while learning in a supportive environment. Meetings provide the opportunity to practice an array of speaking styles, to learn how to use gestures, to organise your speech effectively, and to use vocal variety to get your message across. The meetings also encourage active listening, so that members also become better listeners and therefore better communicators”, Ms Jorgensen said.

The Club theme in 2013-14 is ‘The Power of Passion’. You can see the passion and inspiration of Rowville Toastmasters by attending meetings as a guest, or by joining at any time. Details of our meeting venue, dates and times can be found in “What’s On Locally” on page 2.

If you are interested in attending a meeting and learning ‘to speak among friends’ please send an email to contact@rowvilletoastmasters.org.au or visit the website at www.rowvilletoastmasters.org.au

Leona Jorgensen, Rowville Toastmasters, Vice President Public Relations.



Combined Probus Club of Knox



This month a small group of us went to see the Hollywood Costume Exhibition at Federation Square in the city. It was a beautiful sunny day and fun going into town on the train. From time to time we all go to the movies or see them on TV, but most of us don’t give a lot of thought as to

what goes into producing them, as well as the fact that the costumes worn by famous actors are preserved for posterity. This exhibition comes direct from the Victoria and Albert Museum in London and included Marilyn Monroe’s white dress (and you were amazed at how slender she was); Dorothy’s dress and red shoes from *The Wizard of Oz*; Scarlett O’Hara’s green ‘curtain’ dress from *Gone with the Wind*; Audrey Hepburn’s black dress from *Breakfast at Tiffany’s*; Mel Gibson’s highland costume (I was amazed that he did not look at all like the warrior type); Charlton Heston’s gladiator costume from *Ben-Hur*; and much, much more. After the exhibition we had lunch at Fed. Square and then a look at their wonderful glass shop before heading home after a great day out.

14 members returned from a week in the Sunshine Coast Hinterland. Whilst the weather wasn’t as good as was hoped, it didn’t stop us enjoying the Australia Zoo, Maleny Cheese Factory, The Ginger Factory and the Big Barrel Winery. Lots of tastings everywhere!

Keith Wehl from Alzheimers was our guest speaker this month and everyone present gained a better appreciation of the condition.

Maureen Lucas

Is This True?

In days gone by, those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning & death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

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**Suite 3, 7 Fulham Road
Rowville, VIC 3178 Ph: 9763 8828
www.rowvillehearing.com.au**



When great minds don't think alike - insights for parents of children with learning difficulties:

On Friday 6th September 2013 at 6.30pm Nadine Shome from 'Reminds' will be joining us for a session on helping children with learning difficulties including dyslexia, auditory processing disorder, neuro developmental delay, ADHD, sensory integration issues and language disorders. This is a free event. Bookings are essential 9294 1300 or online at www.erl.vic.gov.au

School Holiday Program: Monday 23rd September – Dazzling Drawing Day.

Come along anytime between 10am and 3pm to draw faces, spaces and places. All ages. Bookings not required. **Tuesday 24th September – 11am Colourful Spring Art** Colourful stories & songs followed by beautiful spring flower painting! Ages 4+

Wednesday 25th September – 11am Footy Finals Fever Wear your team colours for footy stories and games. Make a laminated poster in your favourite team's colours. Ages 3+

Monday 30th September – 11am Twos and Threes Please Stories, music and dancing especially for 2 & 3 year olds. Decorate your own special shaker to take home. Ages 2 & 3 year olds

Tuesday 1st October – 11am Comics Workshop with Bernard Caleo Learn how to draw cool comics and cartoons. Ages 7-15

Wednesday 2nd October – 11am Draw & Scribble Dabble Listen to "Draw & Tell" stories, play drawing games and dabble in some creative drawing of your own Ages 5+

Friday 4th October -7pm Bedtime Storytime Wear your pyjamas, bring your teddy and snuggle in for colourful stories and arty crafty! All ages. Some sessions require bookings. Please ask at the library for a full program.

Facebook Training Workshop for Beginners: Create a Facebook account and start Facebooking! Bring your photo on a USB or camera (with lead). Basic computer skills and an email account are requisites (don't forget to bring the password!). The session will run from 2pm until approximately 3.30pm on Wednesday 11th September. Bookings essential (limited to small group but those on the waiting list may be offered an alternate time) Free event Ph 9294 1300 or online www.yourlibrary.com.au

One-on-one help with eBooks and Zinio magazines: Do you need help to get started with borrowing eBooks from the library? What about our online magazine collection? Bring you iPad, tablet, or eReader to the library and we will help you with registering, downloading and teach you how to borrow from our digital collection. Just ring for an appointment time and allow approximately one hour.

Home Library Services: If you have difficulty coming



Federica helps with eBooks, Facebook training and Zinio online magazines

to the library to borrow materials, or if you know someone else with difficulties, please contact the library to arrange for a home delivery service. Library staff will select some items after a discussion to ascertain your tastes, and volunteers will make monthly deliveries. For further information please ask to speak to Rose or Raelene on 9294 1300.

Tiny Tots storytime: Come and enjoy our special storytime designed for babies aged 0-12mths on Wednesdays at 2pm. Relax, enjoy the stories and meet new friends.

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

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

Wednesday 10.30am Toddlers storytime (age 1 – 3) and

2pm Tiny Tots storytime (age 0 – 12 months)

Saturday 10.30am during school terms

Bedtime storytime is on first **Friday of the month at 7pm**

Are you a member of the Rowville Community Library? If not, join now. Joining is easier than you think... all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free.

Normal opening hours for Rowville library are Mondays, Tuesdays and Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 10-4 and Sundays 1–4.

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

Rose Thompson Manager – 9294 1300

Knox Home Garden Club



At one of our garden club meetings this year, our guest speaker, Greg, a professor, was going to talk about trees! He had done much research and written many papers on trees. Hmm, I heard someone mutter, is this going to be a highbrow, dull and boring lecture, or what! It turned out to be 'or what', as Greg held our interest as we learned so much about trees. Of course, there were facts and figures, but all presented with knowledge and a good dose of humour.

Trees are fabulous plants, all shapes, sizes, varieties, colours, evergreen and deciduous. A healthy tree is a joy to behold. Trees provide wood for building, for keeping us warm, for making furniture, doing woodworking. And of course, the tree canopy provides a habitat for a myriad of wildlife. Trees improve our air quality, the leaves absorbing dirty air and pollutants. They also absorb carbon dioxide and produce oxygen for us to breathe. In one year, an acre of mature trees can produce enough oxygen for 18 people!

Trees growing on hillsides and sloping riverbanks prevent soil erosion and destructive landslides. A deciduous tree can shade your house in summer, reducing the need for air-conditioning, and allow the sun to shine through in winter. They also cool our environment by releasing water vapour into the air through their leaves. Shade from trees slows water evaporation in gardens and lawns.

Trees in well planted properties, streets and neighbourhoods add value to properties. The same for business areas as trees and landscaping encourage more customers. Road surfaces shaded by trees have a much longer life span.

If you're unsure of the season, just look at the trees! Trees have been around for a long time, they can live without us but we cannot live without them. So, think twice before you chop down a healthy tree. If it's too big for where it is, replace it with a smaller one. You don't have to become a tree hugger, but do appreciate the trees around you.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Guests made very welcome with supper afterwards. Enquiries to 97398783

Betty Wright



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OUR FINAL TOUR DATES FOR THE YEAR

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3-year-old Pre Kinder

The Rowville Community Centre runs 3 year old Pre Kinder groups from Monday to Friday during school terms. These sessions are specifically designed to encourage imagination, creativity and social interaction in children. The program's structure incorporates sensory, gross and fine motor skills and gives special attention to emotional and social maturity, by helping children separate from their primary caregiver.

We are currently taking applications for the 2014 Pre Kinder waiting list. To fill out an application form, please either contact us directly or submit a form online via the Knox City Council website.

To find out more about the Rowville Community Centre please contact 9763 7400 to request a brochure or log on to www.knox.vic.gov.au/A-Z listing *Patricia Massie*

Eildon Park Cricket Club

Eildon Park Cricket Club held its pre-season dinner at Cocomos last month (one of our fabulous sponsors). It was great to see many of our members again after the winter break and there were many a vigorous discussion occurring regarding the Ashes Tour in England and some of the dubious umpiring decisions that have been made. New Club Coach, Tyden Latty, was in attendance with his family and from my point of view it was obvious we are all looking forward to our own upcoming season.

We held a second registration day on 24th August and our numbers are looking fantastic once again. We do still have a few spots open and anyone interested should please contact our Registrations Officer, Caroline Dietzel, on caroline.dietzel@pacific.net.au. Remember new junior players receive a playing shirt and cap included in their registration fees. You can learn more about us at www.eildonpark.vic.cricket.com.au

Pre-season is well underway and our season launch is set for Thursday October 3rd from 7pm. President, Christian Trotter, will be hosting the evening, updating all members on Season 25 at Eildon Park. This will be a catered event with \$5.00 meals so it is an evening not to be missed.

Tricia Pollard Secretary

Wellington Village Shopping Centre It's All Happening in September at Wellington Village



It's a jam packed month at Wellington Village this September, footy finals and school holidays. Woo hoo!

As part of our ongoing commitment to supporting the community, we continue our **free** school holiday programme. To get everyone into footy fever, we have free Footy Workshops every day from Wednesday 25th to Friday 27th from 11am to 2pm. Make your support items in your teams colours or the finals team colours. Who will you be barracking for we wonder?

Simply arrive a little bit early to make sure you secure your place as it can get rather packed and bring your cameras along to capture the moment and share them on our Facebook.

On the big day Saturday 28th we will have free footy face painting from 10am to 1pm so you can all (it's not just for

kids) get your faces painted in your teams colours. Pop into Rowville Party Supplies and pick up some matching team balloons, grab your scrumptious fat sausages from Lindens Meats and rolls from Bakers Delight and don't forget the sauce in IGA.

The second week of the school holidays will be all about looking after our precious environment including a craft workshop with take home pieces that is both fun as well as educational. Keep Australia the beautiful country that it is and remember how lucky we are to live in a such a clean and safe environment.

Stay in touch with us on Facebook, as we love to hear from you and what you think of our centre, our shops and how we can serve you better.

Yvette Switalski

Footy Fever & Holiday Fun. ... and it's Free!



WEEK 1



Footy Craft Workshop

Wednesday 25 - Friday 27 September
11am - 2pm

Get into the spirit of Finals Fever, with footy craft creation including footy jersey garland making, team door hangers and mascot wall hangers.

Plus... Get your face painted with your favourite team colours on Saturday 28th September for the AFL Grand Final.

WEEK 2



Environmental Craft Workshop

Wednesday 2 - Friday 4 October
11am - 2pm

Kids can get creative and help save the environment by making their own shopping bags, fridge magnets, mouse pads and door knob signs, all using recycled materials.



Cnr Wellington Road and Braeburn Parade, Rowville wellingtonvillage.com.au

*Limited spaces available. Register names before session times each day to avoid missing out. Admission age: 5yrs to 12yrs. Parent supervision required and advised.

Rowville Fire Brigade

Fire Safety & Keeping Warm



With the cold weather we've been having and look to still have for a little while, we at Rowville Fire Brigade would just like to provide a few tips to staying warm and staying safe this Winter.

If you are using portable electrical heaters, ensure you check your power lead to make sure there is no fraying or kinks which could cause a short within the cable.

Never overload a power socket, so if the heater won't fit

where you are, look at whether you need everything plugged into the one socket or if the heater or something else can be plugged into another socket. You should also not use more than one power adapter in any socket, the best ones being those that you can switch off each individual socket, reducing the chance of sparking if you need to unplug anything while leaving everything else switched on.

With open fires check your flues at least yearly, to ensure there is no build-up which could cause smoke to come back into the house as well as increase the chance of embers spreading inside.

Ensure you use a fire-screen with all open fires to help prevent accidental burns and limit the possibility of a stray ember setting something alight.



Always put fires out completely before going to bed, making sure there's little to no chance of it re-lighting during the night. The best way of making sure is to make sure all the ashes are black, not grey as this shows they have cooled and don't have enough residual heat to light-up with help.

Lastly, always remember, if drying clothes near your heater, "**A Metre From The Heater**" and always make sure you keep anything you're drying at least a metre from the heater to reduce the risk of it catching alight and causing serious damage to yourself or your home.

Stringybark Festival is happening on October 19th and 20th and we will be there again this year to answer any questions you may have.

If you have any questions, feel free at any time to send an email to communitysafety@rowvillecfa.com
Joyce Hollingsworth

StudPark



Stud Park refreshes the centre in time for Christmas

Stud Park has commenced significant refurbishment works to its amenities to boost the shopping experience at the centre, making it even more family friendly. The works will include

the upgrade of existing amenities in the northern and southern area of the centre, refurbishment of the main entrances, floors, signage and walk ways plus the construction of new parent room facilities and disabled amenities.

Shoppers will also notice significant painting works throughout the centre and improved parking conditions. Centre Manager, Kellie Suhr, described the refurbishment as a priority to ensure that the local community continued to enjoy the best possible shopping and entertainment experience while at Stud Park.

"Stud Park is a vibrant community hub. The planned works are a reflection of customer feedback and Lend Lease's commitment to the local community, to provide the ultimate shopping within fantastic surrounds. We believe

providing new parent room facilities with private feeding rooms, brand new bathroom amenities, improved signage and air-conditioning, will be a significant improvement on the current facilities we have," Ms Suhr said.

Lend Lease's project management and construction business, who have an outstanding record in retail delivery, will deliver the refurbishment project. The cost for the works is approximately \$7 million.

Ms Suhr confirmed, "The works are scheduled to be completed prior to the busy Christmas trading period this year. During this time we would ask shoppers to be patient and to understand that the end outcome will be a great result for the local community".

Liana Mete

Entry forms for the U3A Art Show, on 12th and 13th October 2013, are now available online at www.u3aknox.com.au, in the ART SHOW section, or by phoning the office on 9752.2737. The show is open to all, not just U3A members.

There will be 8 categories including Photography, Oils, Water Colours, Pastel, Other Media, Patchwork, Needlework and Creative Craft. Entry fees for exhibitors have not changed. The show is again part of Seniors Week in Knox and we hope it will be one of our best ever.

Main Prizes have been sponsored by the Bendigo Bank of Rowville and Ferntree Gully, who donated \$1000 towards the main prize for the Art section, Ferntree Gully Toyota who will



again give \$1000 for the main Craft Prize and the Knox Environment Society offer the Bill Batt Memorial prize for Landscape (\$400), which can be in any media. There will also be good prizes in all categories.

Last year we had close to 400 entries for the show and entry forms have been sent to all

previous entrants by email or post. This year, Westfield have offered a \$100 voucher for the winner of the People's Choice Award. All patrons of the show get a voting slip, so come along and nominate your favourite art work.

The show will again include stalls that include books, craft and garden supplies. Devonshire teas and light lunches will be available all day. As well, we hope to again have the Broadcast van from 98.1 FM available on the Sunday. We

will have the usual great raffle, with some wonderful prizes. Term 3 has a record number of classes on offer and membership for Term 4 will be **only \$10** (your chance to see what U3A is all about). Term 4 will begin on 14th October.

Class lists for term 4 will be online towards the end of September and will include iPad classes (learn to use your new acquisition if you don't know how) and possibly a Film Making class. Spread your wings with U3A Knox!

Kath Brown.

2012



Tales from the Rowville Writers

Three Shades of Sky

(Part one)

Arriving home from school my mind was already made up! I had to go out there and relax, think of my life and consider the possibility it fitted with tomorrow. "What's the hurry?" asked my grandma, poised to interrogate me on my day's scholastic achievement. Her black apron a sign of caution, for if I dared deliver the wrong line, I would soon be castigated.

"I'm going sailing! Have you looked outside? The sky is clear; wind is right and the sea not yet choppy." My eyes beginning to mellow in a way to supplicate, to implore without words, to ask and at the same time, expecting agreement.

"Be careful and take care of your grandpa's boat," she says. My lips parting to blow out a kiss as recompense for understanding the convoluted needs of a youthful mind.

This morning the sky had been cobalt blue, the clouds were thin, then turning silvery and stretching beyond the horizon. I was ready, had no shoes to worry about, wasn't hungry either, for what kept my frenzy stirring was the burning desire to sail. The boat was there waiting, gently stressing at the anchor, its verdant green more attuned to forests than the azure of the sea.

I've jumped on board, got hold of the mast and stepping it

in the hole. Next fastening the sail, hardened by salt and scrunched in the bow locker. Hands hurting as I free the creases, hurrying while listening to my heart pounding. Finally the sail's up, flailing against the wind, and I must be wary or it will smack my face at the next gust.

I hoist the anchor, its shape that of a crooked mallee root, rusted to the chain where the rope takes up the chore.

At first, we drift, but only for a moment, then she heaves her weight and goes. My hands fighting the pressure of the till; she tilts as if to say -let's hurry! And suddenly we become one, grandpa's boat and I. Her desire to ride the waves seems as strong as mine, her submission to my commands forces my breath sudden relief.

One mile out of the bay and we are both drenched. The sail is full of breeze, the chop continues to jump on board, the starboard gunwale is constantly under, a feeling of freedom, and exhilaration has me by my horns. Yes -my horns! Because that's how my grandma describes my stubbornness, my obstinacy that is there to encourage the stubby growth more suitable to demons.

I must be aware! The wrong course can lead us on the rocks, perhaps a broken leg for me and a deep gash on the keel for her. I tack, she conforms admirably fast, for now that we are sailing with the wind she has acquired a new attitude, her bow has grown moustaches the size of camels and her till so cynical to the point of being hard to manage. And yet we go! The waves rushing at us as if intent to suck us in, to devour our existence and wipe the exhilarant smile off my

face. I know I'm on edge, a feeling that appears each time I do things that can upset my folks. Those acts of silly activity that because of the risk at times go wrong.

We are way, way out from home; the sky has changed its mind, and whether earlier it had the reassuring color of sheep, now has turned dark. The sun has gone hiding; the waves are bigger and galloping with renewed fervor. I can only guess which is the right direction! The wind has taken us too far, fast and furious, to then deliver us within these strange bearings. Suddenly I'm afraid... my thoughts cannot reconcile with whom or where am I. A strange sensation of loss takes the form of a mantle, like a veil that is hiding who I am and recognizable only if I look closer.

The bow has just gone under... the till is ripping at my arm, the sail has filled with water, my pores are primed in saline vapor as I panic. No use trying to renegotiate my hand, take it all back and ask fate for a new set of cards. And that's not all! For the mind that a moment ago was telling me how clever I am, is now grieving and suddenly confused.

I wobble, vertigo impinging on my balance as if I had already drunk a barrel of wine. And then, still capable to discern between right and wrong, I pull hard to port, hoping to avoid disaster.

She rises. The sail expels the sea, replaced with wind instead, and we go... land only seen as a thin line, the fuming volcano to the east better than a compass, better in the way it tells me to aim for the lee side and shelter, take respite and later, when the sea abates to continue the journey home.

To be continued next month

By E Baldan

Stamford Park MEN'S SHED

Winter hasn't prevented us in continuing our outdoor activities of maintaining and improving the grounds of Stamford Park. We have completed trimming the 150 metre hedgerow and are nearing the end of spreading mulch along the homestead boundary.



Knox City Council is arranging extensive maintenance activities on the homestead buildings over the coming months. As a result, we need to vacate our rooms and will be found a temporary venue to continue our 'Mens Shed' activities.

Thursdays are special. We go out for lunch to the Rowville Community Kitchen run in conjunction with the Salvation Army. This is a hospitality training venue where, for a gold coin donation, have a two course meal. Recently we enjoyed a special 'Italian' fare, following on from the delicious French and English lunches enjoyed previously.

What is a Men's Shed?

This is a question frequently asked. The best response is in the below extract from the Australian Mens Shed Association:- [http://www.mensshed.org/what-is-a-men's-shed/](http://www.mensshed.org/what-is-a-men's-shed.aspx)

“Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind. Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.”

If you're working or not, looking for a break from the house, daily newspaper or T.V. and to mix with a group that will make you most welcome, consider your local 'Men's Shed' where no skills are necessary.

Details of our meeting venue, dates and times can be found



Hard At Work In The Grounds

in "What's On Locally" on page 2.

For further information on the Shed, please contact Barry Treadwell on 0425 719 451.

Times Remembered at Rowville Primary School The Lime Green Flash

We decided to hold a sports and games evening at the Rowville footy club's oval in Stud Road. The organisation of the evening was given to our wonderful Deputy Principal, Felix Russo, an ex-V.F.L. player, whose son, Peter, played almost 200 A.F.L. games with Hawthorn and St. Kilda. Two of Felix's grandsons are now playing, Luke Ball with Collingwood and Josh (JP) Kennedy at the Sydney Swans.

The weather was fine, the organisation excellent and everyone was having a great time. We came to the final events of the evening, a ladies' sprint and a men's sprint. Both events were previewed as fun events to round off the evening and so the ladies' event proved, but the men's event was a different matter.

We were somewhat amazed, when the event was announced, to see several of the runners appear in the full

athletic regalia ie. satin shorts, athletic singlets and running spikes. The preparation of these athletes would have done the Stawell Gift proud, with hamstring stretches, high knee lifts and starting practices watched by the amazed spectators.

At last Felix called the starters to the line, with the lime-colored shorts of one of the athletes standing out from the motley crowd at the start. Felix fired the starting gun and the runners were off. After about twenty metres the lime-green flash strode to the front and looked to be the winner. Another ten metres further on and he stopped as if shot, a victim of the dreaded hamstring tear. As I reflect on this, I can almost hear the twang of the hamstring as it gave way.

Ron Pickett



Paul's Photography Patter



A typical "postcard" style photo of Budapest Parliament taken in the early morning.

We travel often and I take many thousands of scenic photos. I specifically seek out lovely scenic shots as I use them for photographic presentations. But, like everyone on holidays, I have limited time to find the best shots. I don't have hours to wander the towns or countryside aimlessly looking for them. I utilise two main sources to help me.

The first is to look at as many tourist brochures, or internet sites, as I can before I leave to see what views may make interesting photos. The second source is to visit local shops and tourist visitor centres on arrival and view the regional postcards and posters. I try to get inspiration and particularly try to pick where the photos were taken from, so I don't waste too much time seeking the vantage point.

It is important to try to gauge the time of day when any of the scenes were taken. Was it morning or afternoon light that makes the scene most attractive? Is it taken in the same season as when I am there? It is not much good seeing a lovely autumn colour postcard view that I will be taking in winter, when the trees are bare!

Obviously I don't just rely on these sources, as I also want as many inspirational and different photos as possible, that represent what I saw and experienced. However, the above sources ensure I at least get as many of the major interesting and scenic shots as possible.

Happy snapping, Paul Lucas.

HINT: Look at tourist brochures, postcards and posters to find the best photos to take and from the best angles and time of day

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An Hour with Tina Clydesdale

Tina Clydesdale, the Principal at Lysterfield Primary School, was born approximately fifty years ago in Folkestone on the Kent coast in the UK, the youngest of four children (a sister and two brothers). As she grew up her memories of her first ten years are dominated by the freezing cold weather and the pebble beaches. "Our three storey house was extremely cold as there was only a single fireplace on the ground floor and my sister and I had the top bedroom!" Tina remembers. Her father worked in the fur trade and her mother was a housekeeper and companion for an elderly couple before they immigrated to Melbourne in June 1970, where her mother's sister had a small house in East Oakleigh. For six weeks this was home to four adults and seven children before they moved into their own home. Unfortunately, Tina's father passed away in 1972 and her mother got a job in 'Georges' in the Chadstone Shopping Complex.

Tina recalls "I remember struggling at East Oakleigh Primary School as they were doing mathematics that I had never seen before and there was the constant 'ribbing' about my accent". She went on to Oakleigh High School, which is no longer standing, and eventually left school at the tender age of fourteen. She immediately became an apprentice hairdresser and spent four years learning her trade before embarking on an overseas trip to Europe.

On her return, she went back into hairdressing and through her mother, who was working at Myer, was introduced to Gavin, who was training to be an assistant buyer in the same store. They married in February 1981 and had three children Dale, born in November 1981, Bree November 1983 and Mark April 1986. Today, Dale is married with two boys, Bree is married with a girl and a boy and Mark is "engaged", hopefully soon to be married! "Bree, who is currently studying to be a primary school teacher at Deakin University, is the only one to follow in Tina's footsteps.



Tina said "Raising three youngsters was a real eye opener and whilst I adored teaching them, I decided that leaving school at fourteen had left a substantial gap in my education, so in 1987 I enrolled in a teaching course at Deakin University, graduating in 1990". To supplement the family income, Tina, from 1990 to 1994, returned to part time hairdressing, whilst becoming a replacement teacher.

Unfortunately her marriage to Gavin ended in divorce in 1991, but her life changed in 1994 when she married John, a plumber, who she had known on and off since her teenage years. It was in the same year that Tina got her first permanent teaching position at Coral Park Primary School in Hampton Park. In 1998 she moved to Kilberry Valley Primary School where she eventually became a leading teacher. Having spent a very happy ten years there, her next position was as Assistant Principal at Kalinda Primary School, before accepting the Principal's position at Lysterfield Primary School. Today Tina and John live in Upper Beaconsfield after a number of years in Berwick.

During her school days, Tina participated in athletics, concentrating on sprints and hurdles



Achievers Page

plus softball and netball. She enjoyed watching her children play their different sports as they grew up and said that Dale is still playing baseball today. Tina is an Essendon supporter in the AFL. "I have always been an avid reader but find today that my taste has broadened from novels to include research and other areas of teaching" she explained. "My music is much more eclectic" she added.

Tina admires powerful women and includes Quentin Bryce and Gail Kelly the Westpac CEO in that category. She believes Julia Gillard and Penny Wong are further examples of strong women. Tina has travelled widely in Australia and New Zealand and has visited Europe and the UK where she still has many relatives.

Apparently no-one would argue that Tina is a people person who loves to talk and her desire to work with and support others may well have served her well, had she pursued her second choice vocation as a nurse. Her passion is clearly educating children and adamantly believes that educators should consider the whole child and not only focus on the academic areas where a child might excel. "We are always seeking ways to improve our school and have opened up our classrooms and specialist programs for parents to share in their children's education. We have strong and positive relationships with our parent community and include them in not only their own children's education, but also ensure we provide opportunities for open communication on a regular basis, that helps set our whole school directions and priorities" said Tina.

Her advice to youngsters considering a future in education is to believe in yourself. If you have a passion for something, it doesn't matter what path you take, as long as you attain your goals. And there is no better example of that philosophy than Tina herself.



David Gilbert



Rowville Neighbourhood Learning Centre

This September sees the centre gather for its AGM, celebrating yet another successful year serving the community. With an increase in participation in our Learn Local courses and a wide variety of social activities on offer, we have continued to provide opportunities for both skills development, fun and social interaction.

Our Hip Hop, Pre- School and Jazz Dance classes have proved enormously popular with children of all ages, while participants unleash their creative flare in both Adult and Kids Art Classes. The Knitting Group and Coffee and Chat Club, offer the chance to get involved and form new friendships. Recently we have been engaged in a range of projects supporting Volunteering and Leadership for



Women's leadership Group

Australian and culturally diverse women.

With Adult Learners Week from the 1st to the 8th of September you might consider doing one of our great Learn Local short courses. You can up-skill to improve your chances of obtaining paid work, or just explore a new interest. From computers to languages, Tai Chi to



Hip Hop Performers at 2012 Stringybark Festival.

self-development, Rowville Neighbourhood Learning Centre offers something for everyone and gives you the chance to become a part of your community. For more information check out our website <http://rowvillenc.org.au> or phone on 9764 1166.

Julia Tasker



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Lysterfield Cricket Club

The Lysterfield Cricket Club was established in 1989 and since its beginning the Club has enjoyed fantastic success in its short history.

The Senior Club boasts 6 senior sides playing 2 and 1 day competitions, all of whom made it to finals last season, with the B1 Side taking out the Flag, Three Vet sides, all into finals last year with both sides in Division 1 and 4 winning flags, in anyone's book a tremendous effort by the Senior Club. With good prospects for the forthcoming season the future looks to be pointing to another successful year.

The Junior Club fields sides in all age groups from Under 11's to Under 17's. Last season the Under 17, 15 1 & 2's and 12's played in finals, with the 17's and both 15 sides making it to the Grand Final. For the first time in many years two sides from the same age group (U 15's) successfully took out flags with the Under 17 side just falling short being runners up. It was a great effort by everyone involved. This year a new Under 18 T20 competition will be introduced on a Friday night, giving recently retired Junior players from last season a chance to play one more year of Juniors. After a successful Registration day at Wellington Village on August 3rd, the future looks great for the Lysterfield Juniors.

As with every new season the Lysterfield Cricket Club is looking for new players and ex- Beaver players in both Senior's and Junior's. We pride ourselves on giving everyone a go and encourage anyone interested to please contact the Senior Club President, Matt Whitty, on 0425 797 668 or Junior Club President, Trevor Walker, on 0409 643 072.

Trevor Walker



The Victorious Under 15s



Swimland Swim Club

In the past month, a small group of Swimland Swim Club's senior swimmers, boarded a plane to Launceston for the Tasmanian Short Course Age Championships. A fantastic

weekend was had by all (bringing swimmers from all four sites together), with some massive personal bests swum during the four sessions,



over the two days. The intense two days of swimming gave club members good experience, in preparation for the Victorian Short Course Age Championships at the end of the month. A number of swimmers have already qualified and more hope to at the remaining few meets of the short course season.

Congratulations to Audrey, Blake, Brooke, Byron, Grace, Hailey, Kodilee, Thumula along with our senior coach, Peter, on some awesome swims.

Once the short course session is complete, we will start preparations for the Long Course season, which will take us through to March/April 2014 and will include State Championships in December/January and Sprint Championships in April 2014.

October will also see swimmers begin preparing for the Open Water swimming events which begin with the Victorian Open Water Championships held at the Hazelwood Pondage, Morwell in mid-October.

So there is a busy time ahead and many training sessions to prepare all our swimmers to achieve their personal bests, in whatever swim meets they enter. Good luck to all swimmers.

For general enquiries or further information, about joining SSC, contact Jodie Browne on 0427 774 727 or Email: jodie_browne@yahoo.com.au

Jodie Browne



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Eildon Park Tennis Club

Eildon Park TC & Muscillo Tennis Academy players perform well on the National and International scene

Since the new appointment in January of Muscillo Tennis Academy (MUSTA) at Eildon Park Tennis Club, players have taken on the developmental and tournament pathway exceptionally well. Head Coach AJ Muscillo states, "the players and parents have shown a real interest and appreciation to how we have specifically outlined players development from weekly timetables and themes, to their annual tournament scheduling around school exams etc. Guiding families through the process of transitioning players into national and international tournaments has helped their rankings jump significantly and sparked a really energetic training environment at the club."

At the recent International junior tournament at Dendy Park in Melbourne, performances from the Eildon Park junior players saw Nathan Ponton, Alex Van De Steenoven, Andres Varon Urrego and Josiah Roach all qualify and win matches in the main draw of singles or doubles, defeating internationally ranked players along the way.

Recently Muscillo Tennis Academy also had a training block in London and France where AJ Muscillo, Michael Mattschoss and Nessa Pratt attended centre court at Wimbledon and trained on the Clay courts at the world-renowned Mouratoglou Tennis Academy in France. They also trained at Roland Garros, home to the French Open Grand Slam.

Eildon Park TC and MUSTA also recently had several of their players represent Victoria in the Pizzey cup, which is a national tournament for the top 8 best ranked under 18 players



Head Coach AJ Muscillo with Alex Van De Steenoven

from each state. These players included Nathan Ponton, Alex Van De Steenoven, Ryan Draffin, Aaron Addison, and Jaide Collins.

Meanwhile Andres Varon Urrego has been jet setting to the Bahamas for an International junior event where he was awarded a wildcard entry and performed exceptionally well in a strong qualifying field. He then headed onto the famous IMG Bolletieri tennis academy in Florida to further sharpen his skills before heading home.

Alana Parnaby, who is an experienced and familiar name around the tournaments and also part of the Muscillo Tennis Academy coaching team, has had outstanding results in the

SPORTING ROUNDUP



Sporting Roundup is sponsored by Kim Wells MP, State Member for Scoresby and Minister for Police and Emergency Services.

early half of the year, winning national open age events in Albury and Wodonga and also challenging herself on the international circuit.

Youngsters from the club such as Cassidy Denny, Nicholas Jovanovski and Aarmaya Chandran have also been excelling on the national junior tournament level having achieved many quarter, semi and final results recently, earning them valuable national ranking points.

Once again this season, the club strongly competed in the Tennis Victoria Pennant competition with players from the Muscillo Tennis Academy that are inside the top 100 in Australia such as Sam Dowler and Radomir Jovanovic representing the club, alongside club champion Ben Jones.

Whilst highlighting the exceptional results of our top-level players, Eildon Park TC and Muscillo Tennis Academy cater for all levels and ages of players. With a wide variety of exciting tennis programs all are welcome to head on down to see for themselves. Players are welcome for Hot Shots lessons from age 3 right through to adults looking for Cardio Tennis sessions (fitness workout with a tennis base) or general access memberships.

Further information can be found on the club's website www.epc.org.au or by contacting AJ (Muscillo Tennis Academy and club coach) on 0411 244 858 or visit the website www.muscillotennisacademy.com.au or Stuart Draffin (Club Membership) on 0408 778 658.

Adrian Muscillo

Little Athletics

Cross Country Wraps Up

Reduced entrants from our clubs and the tough standard of Region and State cross country was evidenced in our results this year. Between the Rowville and Rowville Lakes clubs combined, less than a dozen competitors chose to take part at each. Nevertheless teamwork enabled some of our youngsters to come home with medals.

Joel Stapleton (U8 Boys) was the only individual medalist for our clubs at Region, claiming the bronze medal in the 1km event. He was supported by twin Trent who finished with the club's next best individual performance, and paved the way for an U8 team gold medal. The Stapletons had a great day out, with big sister Jemma running into 9th place despite doing only a handful cross country races this season. She picked up a silver team medal for her efforts.

Dean Meeks, who was the 8th U11 boy to cross the line

at Region, also came away with a team gold, combining with two others from the Knox Centre. In the same age girls Holly Hodges finished the 2km in 11th place and gained a bronze team medal.

Jemma and Jessica Lille both ran across the line 15th in their respective age groups, with Jess's leading to a 5th team place. Well done to U7 Kelsie Ternes, who ran in her first Regionals.

Hamish Byron was our other individual Regional medal winner. He placed second in the U13, 3km event and was also our top individual place-getter, in 8th spot at State. This is a great effort!

Under 9, Joshua Jensen, didn't run at Region, however at State his 18th placing included him in Knox's silver medal winning team. Tess McLeod, who also ran State but not Region, covered her 2km beautifully to finish a creditable 14th.

Dharam Deol, Holly Hodges and Brianna Lillie were all members of teams which placed 4th while Gemma Lillie and Hannah Hodges were in teams which placed 5th and 7th respectively.

Unfortunately results of Knox awards and championship Day were unavailable at the time of writing.

Calling New Members for Track and Field

If you are aged between 5 and 16 years on October 1 this year, you're the right age to join Little Athletics. **Registration Day is Saturday 21 September** at the Knox Athletics Track, Bunjil Way Knoxfield, from 9 to 11am. The season starts in October with most competitions on Saturday morning, with a few Friday nights thrown in.

For further information, families with children attending Karoo, Park Ridge and Lysterfield Primaries should call the Rowville Lakes Club (Contact Steve Pepper on 0417 325 917). Those connected to Rowville, Heany Park and St Simons contact Steve Lillie 0409 231 380. Secondary students and those from other schools can take their pick!

Rosemary Merrigan



Life member Darren Hill returns to his home club this season as Captain-Coach, after a remarkable period, where he both played & led Wantirna South, East Ringwood, Monbulk & Rowville to six consecutive premierships.

Darren will be supported by Paul Evans a former RCC Captain-Coach in our only two Division 1 Premierships. Additionally the club is thrilled that young top order batsman, Ryan Guest, has returned to the club after having a strong season at Belgrave.

As a result of the ongoing playing surface upgrades at Seebeck # 1 this coming season, it has been agreed to continue to play our 1st & 2nd XI senior home games at Liberty Oval, to take advantage of actively promoting the senior & junior club relationship in 2013/14 and thus take advantage of this potential inconvenience. We have received advice from council that subject to weather we will return our Senior club to Seebeck # 1 after Christmas 2013. Additional to this, RCC express our



gratitude to local council, and local MP Nick Wakeling for the new cricket nets located at Seebeck. They look fantastic and further establish our claims to having the equal of any facilities in the local area. There will be a working bee at the club shortly to further improve the nets.

Last season the club fielded two Veteran teams, keeping the over 40 age group fit, active and into sport, not to mention a terrific social activity after the game ends. For the 2013/14 season the club will drop one Veterans team, with the excess mature cricketers playing with the younger cricketers on Saturday afternoon to assist with their development.

Senior training commenced on August 12, 2013 at 5:30pm to 7:30pm and following Mondays, at Eastern Indoor, 1642 Ferntree Gully Road, Knoxfield. All details can be viewed at the webpage www.rowvillecc.com or alternatively through Darren Hill on mobile: 0433 536 341.

The AGM was held at the clubrooms in May and again it was great to have several of the playing group join the committee this season. The committee for the upcoming season consists of: Craig Mitchell – President, Jason Tisbury – Treasurer, Luke Guest – Vice-President, Shirley Oudshoorn – Secretary. General Committee: Brian Gilmore, Ryan Woolley, Krish Paulpillai, Anthony Palatinus, Christine Mitchell, Steve Nadj

(Assistant Secretary), Steve Oudshoorn, Matt Logan, Matt Brigham, Matt Blackman (Junior President), Robyn Geshev (Junior Secretary) Melissa Keyhoe (Junior Treasurer).

Matt Blackman, Robyn Geshev & Melissa Keyhoe have again been the keystones working together to set-up the coming season. Appreciation for the 2012/13 season is passed to Paul Sidhu (Coach U/17); Paul Keyhoe (U/13); assistant coach Manjula Munasinghe; Darren Barrett (U/12); Matthew Blackman (U/11) and also Asela DeSilva (Super 8's). Again it was great to see the quantity and quality of kids playing cricket at the club. RCC Junior section will be having a registration day on **Friday 6th September from 5pm – 5.30pm at Liberty Avenue Reserve, Rowville.**

Upcoming important social event for the club:

Sportsman's Night: Saturday 16 November, 2013. Cost: \$50/head includes dinner. Strictly limited to 130. Last year's show was sold out in advance. Guest speakers this year are Tony Shaw (Collingwood premiership captain), and a former Australian Victorian cricketing great. The night will be hosted by Bruce Eva (3AW Senior sports producer).

Any enquires re playing for the club, contact Craig Mitchell 0409 425 705.

Christine Mitchell



All Eyes On The Ball

St Simon's Community Football Club

2013 has been a successful season for St Simons Community Football Club both on and off the field. With five teams playing finals, we have finished with our U13's due to play off in the Grand Final on Sunday 18 August. All the best to the boys and hopefully they will bring home the premiership flag.

We would like to congratulate all our finals teams and remember not everyone can say they have played in finals. The season has seen some rising stars for the club with a number of our players finishing in the EFL top 5 goal kickers for the age group division, these include U12C Tommy Lovell 3rd, U11C James Hempenstall 4th, U10A Luke Muccitelli and Liam Hempenstall.

Off the field the club has installed a new electronic scoreboard which will assist in promoting the club sponsors in 2014, plus a new storage facility and coaches' boxes at our 2nd ground. We would like to thank all our parents and sponsors for assistance throughout the year to make this happen.

Our AGM and presentation day will be held on Sunday 8th September commencing at 1pm, at which time we will



Lysterfield Sailing Club



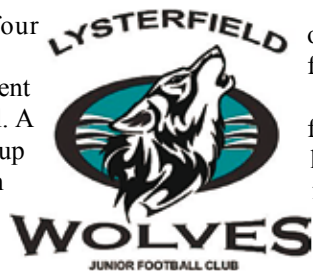
Family Sporting Opportunities – Sailing for everyone.

The Lysterfield Sailing Club is a family club. Our club membership categories include senior, junior and family members. Check out our website at www.lysterfieldsailing.com.au. Family activities are organised throughout the year with organised sausage sizzles, fun days and the end of year Christmas party. The club encourages young sailors by providing access to the club training boats. These include Optimist, Darta and Access 2.3 Dinghy class boats.

2013 saw three of the Lysterfield Wolves' four competitive sides make the finals.

Under 11s finished second on the ladder and went on to defeat South Croydon in the qualifying final. A loss to Scoresby in the semi final meant they were up against South Croydon in the preliminary final. In a low scoring game at Ferntree Gully they were successful and take on Scoresby again in the big one.

The Under 12s had a good season finishing just



outside the final five after winning six games for the season.

The Under 13s continued on their good form from 2012, finishing undefeated on top of the ladder. A win against Heathmont in the Semi final by 61 points has seen them secure a grand final berth and will again face Heathmont at Scoresby reserve.

The Under 14s finished third on the ladder with nine wins. With only twenty players on the list it was always going to be a hard road to the finals. Unfortunately losses to Upper Ferntree Gully in the qualifying final and to Norwood in the Semi final saw them out of the finals race.

In the non competitive grades the two Under 8 sides and the 9s & 10s all had enjoyable seasons. Under the guidance of dedicated coaches, the boys learnt some good football skills which will see them continue to grow and play with confidence. The Under 10s in particular are looking forward to entering the competitive grade next season.

All in all a great season of football and hopefully next month we will have two premierships to report on.

Registrations of new players for season 2014 is open from 1st September. We are seeking new players to join the Wolves in all Age Groups from U8s to U15s. Go to our web site to download the registration form. www.lysterfieldjfc.org.au Any enquiries can be directed to the President, Mr. Steve Ketter on 0498 141 850.

Greg Crawford



commence taking registrations for season 2014. If you would like to play with a winning club, come along to our presentation day and sign up for next season.

We are also now seeking sponsors for 2014, so if you are interested in becoming a sponsor of St Simons Football Club, please email admin@stsimonsknights.org.au


STOP PRESS Congratulations to our Under 13s, Premiers C Division.

Kate Harris

October course is filling fast so give Rob Sheers a ring on 5968 3766 for more information. This course is accredited by Yachting Australia, the cost is reasonable and this course is very popular.

During the summer season the club also runs a Sailability Program where we introduce people of all ages and abilities to the sport of recreational sailing in a friendly and safe environment. This is a volunteer intense program and we are always looking for new volunteers to satisfy the demand for this community service. If you are interested in becoming one of our volunteers to give something back a little to your community then ring Brian Girling on 9546 6508. This program runs every Wednesday and every second Sunday from October to May.

Brian Girling



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A Young Person's View

Public Transport In Rowville

Public transport in the Ferntree Gully electorate has been under resourced for some time, but improvement is on its way, according to Nick Wakeling. Mr Wakeling, the State member for Ferntree Gully, said that the Victorian government was developing a programme to help identify the future bus and train service needs within the Eastern Suburbs. Mr Wakeling said the solution was not only in increasing the number of buses, but combining them with train services. "When people get [several buses]...and miss their train by a couple of minutes, it causes people to lose faith in the system."

In early 2012 the State Government created Public Transport Victoria, a separate body intended to take care of bus, tram and train services. Mr Wakeling said the PTV had begun planning public transport improvements for the next couple of decades.

However, there were still significant issues, particularly in Rowville, where there is no rail service. With a feasibility study still unfinished, there is still frustration for local residents.

"It [Rowville's public transport] has needed fixing for a long time," said Ashley Peters, a first year engineering student at Swinburne University. He added that he definitely wants a train station in the suburb and that it is long overdue.

According to the Public Transport Users Association, the Rowville train line could carry 2,350 people per hour on its 12.3km extension from Huntingdale Station, which it says is the equivalent of one lane of traffic off the Monash Freeway. The railway line would go via Monash University.

Of Rowville's almost 35,000 residents, over 13,000 people drive to work, according to the 2011 Census. Only 260 get the train or bus and train, while 366 drive then train.

Mr Peters said that he had to drive to Ferntree Gully station as he does not find the bus services reliable. However, he said that parking at the station was a problem and that he is not sure if Mr Wakeling is doing much to fix the problem.

Mr Wakeling said the study had identified key issues such as potential routes and alignments. He added that development would also need to involve improvements to the nearby Dandenong line but that it is achievable.

Jake Watson.

Editor's Note:- Jake is a Rowville resident studying journalism at Swinburne University who wants to keep the Rowville Rail issue in the public eye. Comments from readers would be welcome.

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Authorised by Alan Tudge MP, Federal Member for Aston, 420 Burwood Hwy, Wantirna South.

Nick Wakeling Column

2013 Youth Council Forum

Every year, Nick hosts student leaders from four local secondary colleges as part of the Ferntree Gully Electorate Youth Council Forum.

The forum consists of three meetings throughout the school year and concludes with a tour of State Parliament including attendance at Question Time.

The Youth Council Forum gives the student leaders an opportunity to discuss a range of issues concerning young people. The forum is a great opportunity to address issues with key representatives in the State Government. Nick has been impressed with the range of issues that the student leaders raise during these discussions

The guest speaker for the most recent Youth Council Forum meeting was the Hon. Martin Dixon, Minister for Education. The Minister and students had an interesting and

UPGRADE PROMISED

Coalition commits \$600,000 for new Eildon Park sport and community facilities

Federal Member for Aston, Alan Tudge MP, has announced that a Coalition Government would invest up to \$600,000 to upgrade the Eildon Park pavilion to cater for the growing needs of the local community.

Rowville Junior Football Club, the biggest junior football club in Eastern Melbourne, and Eildon Park Cricket Club, the biggest cricket club in Knox, utilise the important facility. Combined, the two clubs represent over 600 participants with thousands of parents and supporters.

This investment would allow an upgrade of the facility to enable it to become a community hub, catering for football and cricket (men, women and all-abilities), as well as other community meetings and events.

Mr Tudge said this would be an important upgrade to meet the growing communities of Rowville and Lysterfield. "This \$600,000 will allow Eildon Park to become a significant community hub and cater for some of the largest sporting clubs in Victoria," Mr Tudge said. "Investing in sporting infrastructure is good for the entire community as it keeps young people active and engaged."

insightful discussion on issues relating to youth and education, with Minister Dixon leaving impressed with the calibre of communication from each of the student leaders. Rowville

Secondary College was well represented by student leaders, Megan Conroy, Shelby Johnson-Boe and Bradley Beard.



Minister for Education, the Hon. Martin Dixon & Nick Wakeling MP with Rowville Secondary College Student Leaders - Megan Conroy, Shelby Johnson-Boe & Brad Beard



The Knox Regional Netball Centre in Ferntree Gully has netball programs for people of all ages!

We run a daytime Ladies competition on Wednesdays and Fridays and a mixed competition on Sunday evenings. Whilst the season is well underway, teams are always looking for

new players to join them, so if you are interested send an email to knox.netball@knox.vic.gov.au and we will hook you up with a friendly team!

Little Sparkles is our program for 3 to 5 year olds. It's a fun program run on Tuesday mornings which involves body and spatial awareness, cooperation, socialisation and lots of fun. Little Sparkles runs from 9.30am - 10.15am on Tuesdays in Term on the indoor courts. Please contact us on 9758 7191 if you would like more information about this wonderful program.

Mountain District Netball Association also runs a Ladies night time competition and a Saturday netball competition. To find out more about these log on to www.mountaindistrictnetball.org.au

We hope to see you at the netball centre soon!
Rosalind Montgomery

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1983

There was some consternation amongst residents about the name chosen for 'Stud Park Shops'. Did you submit an alternative to us? The **Rowville Fire Brigade** advised residents that the blue reflectors they were noticing around their streets had been installed for easy location of fire hydrants and plugs. Council set aside land in the **Park Ridge Estate** for the establishment of a Primary School. **Skinner's Mate Bush Band** played at the Rowville pre-School Bush Dance at Doveton North PS. Did you go? The **Rowville Lakes Clean Air Group** was formed to petition Council and other authorities about the odours from the chemical plant in Kelletts Rd.

1988

The **Rowville Lysterfield Community News (RLCN)** took over the publication of the paper from the Rowville Lysterfield Development Group (RLDG). **Dr Raymond Carne** commenced general practice at Parkridge Medical Centre in Dandelion Rd. The **SEC, RCA and Council** agreed to a three way split of costs to install public lighting at the Stud and Wellington Rds intersection. Council finalised the purchase of **Stamford Park** and suggested an advisory committee be formed to ensure the full potential of the site is achieved. Congregation members at the **Uniting Church** were invited to bring along symbols of their trade and 'nappies' were the most common item!

1993

The **Lions Club** started their sponsorship of our "What's On Locally" column. St Simon's Parish started their **Mothers Club** to be held on the first Thursday of each month. Melbourne football captain, **Gary Lyon** visited **Karoo Primary School** and said that when he retired he wanted



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Local History

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State Member for Ferntree Gully

to "eat the things I can't now". **St John Ambulance** (are they still active in Rowville?) welcomed two new cadets, **Carol Baines and Hinh Luong**, after they passed their preliminary first aid course. **Maureen Horan**, who had been a vice principal at Rowville Primary School for 6 years and was school co-ordinator, retired. What are you doing today Maureen?

1998

Three term Lady Mayoress, **Mrs Aimee Seebeck** passed away at age 84. Her name and that of her husband, Bernie, are very familiar to Rowville residents today. 60 members of the **Rowville Senior Citizens** celebrated the groups 8th birthday with a 'bug hut' (Penny Pictures to some) visit, where they saw a pot pourri of 1920/30's films. There was an usherette in a pill box hat, short satin skirt and torch. Who remembers going? Council approved the removal of **106 trees** along the north side of Wellington Rd. to make way for road duplication to Taylors Lane, with 31 conditions, including the planting of **23,000 plants** in the median strip and road reserve. Rowville residents were reported as owing almost **\$700,000** in parking and on the spot police fines!!

2003

The **Liberty Avenue Reserve pavilion** was opened by the mayor of Knox, Cr Jenny Moore. 95% of Rowville residents were satisfied with the performance of the local **Centrelink office**, compared to a national average of 85.5%. **Knox Multiple Birth Association** celebrated their 25th birthday with a 'Family Fun Picnic Day'. Did you go? The **Australia for Christ Fellowship Church**, hosted a traditional 'Lantern Festival' complete with the tasting of 'Moon Cakes'. Rowville Secondary College student **Winston Hillyer**, was chosen as a soloist at the State Schools Spectacular. How did it go Winston? The much loved Stud Road 'Lollypop Lady' and one of the earliest residents of the Stamford Estate, **Lois Vancam**, sadly passed away.

2008

Author of the best selling book "Addition", **Toni Jordan**, hosted a talk at the **Library**. How was it? **Rowville Fire Brigade** were presented with a plaque by **Ritchies IGA** in recognition of the \$26,885.94 donations received from IGA in the four years since their opening. **Rowville and District Neighbourhood House** sincerely thanked **Maria Walton** for her contribution, loyalty, dedication, guidance, positive focus and tireless commitment over the past eight years. Where are you today Maria? The **Knox & Districts Over 50's Incorporated** was formed following a vote to break away from the ARPA and become an independent organisation. Members were assured nothing would change, except the name. Rowville Secondary College appointed **Kristy Keppich-Birrell** as their Head Coach for their Sports Academy netball programme.

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Small Birds Exhibition of Gabby Willmott Artworks

Gabby Willmott's artworks have been described as emotive, expressive and impressionistic. This exhibition, *Small Birds* is at the Knox Community Arts Centre, corner of Scoresby Rd and Mountain Hwy, Bayswater until 22 September. There will be an opportunity to meet the artist on Thursday 12 September from 6-8pm. The exhibition is free and all artworks are available for sale.

For more information, contact the Knox Community Arts Centre on 9729 7287.


Waverley Golf Club Victorian Women's Country Champion

Congratulations to Bianca Ling, winner of the 2013 Victorian Women's Country Championship. Bianca is a member of Waverley Golf Club in Rowville, playing off a handicap of + 1 and at just 18 years of age she has proven herself at state and national level. She was the 2012 Victorian Junior Masters Girls Champion, Captain of the 2013 Victorian Junior State Team and a member of the winning 2013 Victorian Women's State Team.

After successfully negotiating through the first two qualifying rounds (equal top qualifier), Bianca won her quarter final and semi final matches, to earn a place in the final. A high standard final provided a fitting finale to the Championship. Played at Cobram-Barooga GC on 1st August, Jessica Pickworth (Kilmore) played some brilliant golf, however, was unable to combat the red-hot form of Bianca Ling who prevailed 4/3. We look forward in anticipation to following Bianca's future golfing endeavours.

Waverley Golf Club (Home to the Victorian Junior Masters) has a specific junior golf club membership program with cadet memberships starting from \$100. An exciting and limited special adult 6 day membership offer for \$500 is currently available. Enquire with the club for further information.

Matthew Taylor General Manager



Rowville Group Fitness

Boxing Bootcamp

Lose Winter Weight Gain

Stay active through these cold months and you'll be in great shape when summer comes back! This high energy ladies-only class is great fun and will give you great results too. If you want the fat burning and strength benefits of a boxing class - you'll get them here! You'll also combine that with the power of high intensity intervals, amazing bodyweight exercises and the result is a killer workout! You'll laugh a lot, sweat a lot and gain some serious fitness with this class! Burn fat and work out your winter blues! Beginners are welcome and this session is suitable for all levels of fitness. No memberships necessary and there's NO need to book.

Wednesday 7.30pm - \$13

Rowville Group Fitness
at the Rowville Community Centre

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Low fat or Low carb?

It seems that the magic bullet for weight loss keeps on changing, as 40 years ago it was low fat and now it is the season for low carb. So, how should you eat to achieve weight loss? Well, firstly when we talk about 'weight' loss we actually mean 'fat' loss, which is a big difference. Our weight is determined by muscle, water, bone, fat, etc., the most variable being water. Monitoring the progress of a weight management regime on total weight alone, without considering body composition, is definitely going to be misleading and can be disheartening too. Waist circumference is one way to measure changes in body fat, or if you have access to a body composition scale, then monitor the change in fat mass for a more accurate picture of your progress.

To achieve weight loss, the total energy consumed matters. When comparing protein, carbohydrate, fats and alcohol, fat has the highest energy at 37kJ per gram. It is easiest therefore, if you're trying to lower your energy intake, to cut down on fat sources in your diet.

Contrary to popular belief, carbohydrate doesn't make people fat. The body prefers to store fat rather than turning excess carbs into fat. Eating too little carbs also has its consequences, hunger, lingering craving leading to unnecessary snacking, low energy levels, especially if exercising in high intensity, headache, lethargy, feeling deprived which leads to bingeing. We need carbohydrate, the key is choosing good quality carbohydrate at the right amount. The amount you need depends on how active you are. The more active the more carbs you need. It is also now possible to tailor how much carbs or fats is the best for you based on your genetic profile. Mygene testing (www.mygene.com.au) is now available at Rowville Sports Medicine Centre. Call 9763 3944 for further information.

Konsita Konswara, Accredited Practising Dietitian

Move with World Physiotherapy Day

Physiotherapists are experts in treating and improving pain, movement and function. We have an advanced knowledge of the human body and how it moves. We want every person to be able to enjoy their everyday life to full potential, and educate them on how to stay healthy.

Physiotherapists can be found working in a variety of settings, from the sporting field, to private clinics, to hospitals and rehabilitation centres plus more!

Common conditions and areas that physiotherapists are able to help in include:

- Sporting injuries
- Neck, back and joint, muscle and nerve pains
- Chronic and complex pain presentations such as complex regional pain syndrome
- Rehabilitation following surgery
- Performance enhancement ie run faster, jump higher
- Neurological conditions such as stroke, Parkinson's disease, and spinal injuries
- Women's Health, including pre- and post-natal pain and incontinence
- Cardiorespiratory conditions like heart disease, and breathing problems
- Degenerative conditions such as arthritis, osteoporosis
- Paediatric and developmental problems

World Physiotherapy Day is on September the 8th, and we would like to welcome you to help celebrate the important role all physiotherapists play in the community. Rowville Physiotherapy will be offering **Free** physiotherapy assessments on Thursday September 5th. For bookings, call Kathryn Oldman, Rowville Physiotherapy on 9763 9233

Gayle Briggs

Chiro-Practicals

Dr Frank Whelan



Cr Tony Holland halfway through the gruelling 100km Oxfam Trailwalk - April 2013

Increase Exercise Reduce Screen Time

Australians are now being advised to exercise for up to one hour a day, up from 30 minutes, because of the higher number of calories we're consuming and recent research reporting that we spend on average over 7 hours a day using electronic media devices.

At least 60-90 minutes of activity a day are required to prevent weight gain in previously obese people, according to new official dietary guidelines released recently. Australians have also been told to cut their consumption of white bread, high fat milk, hot chips, take away food and cakes and biscuits amid warnings 85 per cent of males and 75 per cent of women will be obese by 2025.

The nation's peak medical body, the National Medical Research Council, says we need to eat more vegetables, fruit, wholegrains, fish and low fat dairy products and keep physically active to maintain muscle strength and a healthy weight. The first review of the official dietary guidelines in a decade reviewed more than 55,000 pieces of new scientific research to improve the guidelines and they were altered after a public consultation.

As a result of that consultation the guidelines have been changed to explain the importance of replacing saturated fats such as butter and animal fat with poly and mono unsaturated fats such as olive oil, margarine and avocado which can reduce levels of bad cholesterol. According to the guidelines men in Australia are eating too much red meat and need to cut back, while teenage girls need to increase their consumption of red meat.

The guidelines say there is insufficient evidence to recommend an exact intake of added sugars suitable for the whole population but good health can be achieved without the addition of sugar in the diet, it says.

Our inactivity due to increased screen time has been reported by McCrindle Research who stated that "while there are a number of benefits with the range of digital media channels available, Australians also seem to be addicted to digital media consumption – people can lose time for reflection and forward planning and a hyper-drive pace of life can be created which can interfere with sleep and normal patterns."

If your body has "seized-up" due to lack of activity, Chiropractic care may be of assistance in helping you to get moving again.

Dr Frank Whelan

Body Mind & Spirit Fitness Centre

1430 Wellington Rd
Lysterfield Vic 3156
Phone: 9758.6636
Mob: 0400 679 888



Winter is a time of year when we need to take extra care of ourselves. Yoga has many tips for winter and I would like to share some with you.

Wash hands. Sounds simple but it's the number one way to stop the spread of germs.

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Safe, individualised and effective exercise

Get started with our professionally designed, supportive and supervised OUT.FIT group exercise classes conducted by experienced Exercise Physiologists & Health Science Professionals.

Suitable for all ages and fitness levels to start a fitness routine or recover from injury. Individualise attention with small groups and programs to improve your:

- Strength • Balance • Agility
- Fitness • Increase muscle tone
- Aid in weight management

Call 9763 9233 And mention this ad to book your free trial class



Keep exercising. It's hard to get motivated when it's cold and dark, but your body has to work a little harder to keep warm. Come to a yoga class where we have some great winter moves that are guaranteed to keep you warm.

Eat well. Keep your immune system in shape by making sure you're eating a healthy diet. Dose up on vitamins and minerals. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

Stay hydrated. Drink at least eight glasses of water each day. Rest up. Regular sleep is vital to staying healthy. Don't let yourself get run down. Save your skin. Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

Diet is important as well. Our bodies require different foods in the winter than they do in the summer. For example: Eat warming foods. Eat more cooked than raw. Eat foods that come from the ground i.e. potatoes. Eat immune boosting foods (foods high in Vit C for example).

I hope these tips help, and remember look after you. You are the most important person.

Donna Jordan

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9763 1255

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AGM

Our Annual General Meeting was held on Friday 9th August. Wendy Roberts, was our official guest representing the Knox City Council and kindly presented the new committee with their badges. The 2013-2014 committee are as follows: Anne Berg (*President*), Elizabeth Kuek (*Vice President*), Margaret Smith (*Secretary*), Sandra Goodwin (*Treasurer*), Allen Berg, Andrew Fong, Lyn Ingham, Irene Tam, Vito Blangiardo, Karen Chalupa, Hans Chalupa and Dennis Moore.

Hopefully we will have another very busy, happy and successful year ahead, with indoor bowling, bingo, bus trips, lunches, theatre shows etc.

Any enquiries, please contact:
Anne Berg on 9873 0226 / 0404 007 174, or
Margaret Smith on 9755 7542.

Anne Berg



Christmas in July

On the 19th July, eighty-one of our members enjoyed a delicious "Christmas in July" lunch at the Sandown Greyhound Racecourse. A great time was had by all.



Life Activities Club Knox

By the time you have the chance to read this informative local newspaper, we will have a new President, sorry about the suspense, but this news will need to wait until next edition. Forty-one members had a roaring fun time on their four day holiday on the Goulburn bus trip. It was a great success. The trip to Geelong for the Scarf Festival was also interesting. Let's not forget the "Old Time Movie Show". So entertaining, and enjoyable, with cartoons, old newsreels, ice creams, lollies, and the main feature "Genevieve" produced in 1953. Next, the Club's 26th. Birthday will be celebrated in October. Lunch with even more entertainment!

Coming up: It's time to make arrangements for the next "Weekend Getaway". Bring your Caravan, Tent or share a Cabin and join us in Eildon for three nights, or even longer if that is your choice. These weekends are always fun.

In the meantime, for more information ring for a newsletter which details all of our future activities. We are looking forward to meeting you and you're invited to join in on any two activities and maybe become a member for \$20.00 per year.

The current newsletter is available and we will be happy to post one to you, or contact us at www.life.org.au
Melva 9762 3764 or Helen 9729 1151



On a freezing and windy day at Edwards Lake in Reservoir



Join our Disease Prevention Team

Be part of our Disease Prevention Team by ensuring that your beloved pet is up to date with their vaccinations.

It is estimated that only 56% of the dog and cat population in Australia are vaccinated. As Veterinarians, we see the devastating effects of Parvovirus in dogs and the painful ulcers in the mouths of cats with Calicivirus. These diseases are just two examples of every day viruses and bacteria that can cause serious disease and even death, and both are preventable, simply by ensuring that your pets are vaccinated. As a partner in your pet's health, we aim to raise awareness about vaccinations that can protect your pet from unnecessary pain and suffering. Sharing our knowledge with passionate pet owners about preventative health care is our duty. Join the Disease Prevention Team today!

If you are not sure if your pet is due for a vaccination, contact your local Greencross Vet to ensure that your pet is protected on 9763 6088

Michelle Bierman



Free Open Day

Come and check out our new Playground and see our three year old program in action!

Thursday October 17

10.30am-12.00pm

Corner Police and Stud Roads, Rowville

You will meet our friendly teachers, enjoy our spacious physical play area, have some morning tea with us, enjoy some indoor craft and music time as well as have the opportunity to play in the world's biggest sandpit (only slightly exaggerated!). All set amongst the beautiful natural surroundings of the Police Paddocks area.

2014 enrolments are filling up. Your prompt enrolment will secure you a place instantly.

Phone 0498 613 600

Email rowvilleactivitygroup@gmail.com



Some of our three year olds enjoying the new sandpit.

Did You Know?

If the population of China walked past you, 8 abreast, the line would never end because of the rate of reproduction.

Is your poor posture affecting your health?

These symptoms can all be caused by poor posture:

- Neck pain & Headaches
- Lower Back & Pelvic pain
- Shoulder & Arm pain
- Leg, Knee & Foot pain
- Upper Back & Rib pain

Wellington Family Chiropractic can help!
Call today 9780 8910



1101 Wellington Rd, Rowville
www.rowvillechiro.com.au

Wellington Family Chiropractic

Dragonfly

I was sitting in my room,
And I let out a sigh,
When two pairs of wings on a stick flashed by.

I looked out the window.
Where were my wings?
I stepped out the door,
There were lots of different things.
There were flowers,
There was grass,
There was a snail; my dear friend.
There was a pond,
There was a tent.
Oh, the list just didn't end.

I crept to the pond,
Where the lily-pad floats,
Offering rides to the frogs
in their little green boats.

A gust of wind,
A crack of thunder,
Under a branch I hid
and found my four-winged wonder.

by Jasmine 2B

Twilight

I like Twilight
because the moonlight shines.
As the stars light up
the night sky

by Braxton 2A

Richmond Forever

Richmond are the best in Australia,
Tigerland is a huge mania,
The supporters are loudest,
And definitely the proudest,
We will soon be in the finals,
We just have to run a few miles,
We have it in our blood,
And we'll leave,
the rest of the teams,
stuck in the mud.

by Dylan 2A

Kids Page
Brought To You by



Stars

Stars shine in the sky,
Shooting stars are oh so bright.
Night time stars shine,
The galaxy is waiting for the stars.

by Maddi 2C

The First Tooth

Through the house
What busy joy,
Just because the infant boy
Has a tiny tooth to show.

I have got a double too
All as white
And all as small
Yet no-one cares for mine at all.

He can say but half a word
Yet that single sound's preferred to all.
(The words I can say in the longest
summer day).

He cannot walk,
Yet if he put,
With mimic motion,
Out his foot,
As if he thought, he were balancing
It's prized more than
My best dancing.

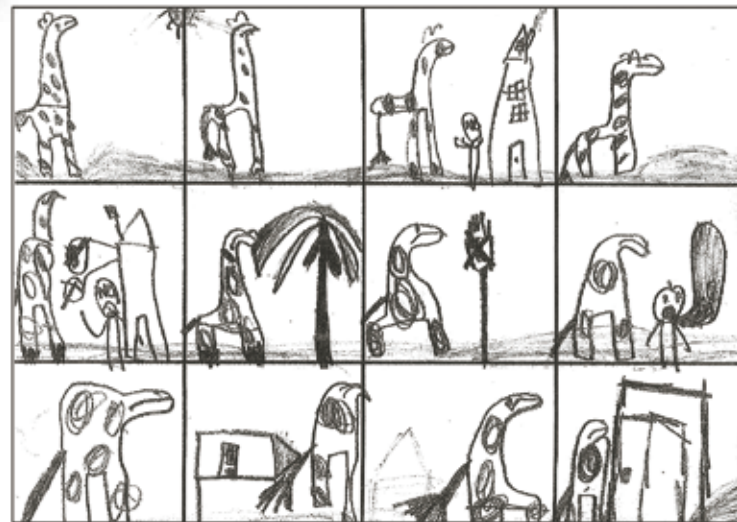
by Heath 2C

School

I'm allergic to pencils,
Allergic to ink,
Allergic to markers and crayons
I think.
I think I'm allergic to homework,
Allergic to rules.
To sum it all up: I'm allergic to school.

by Ashna 2C

**Year 1 Writing Inspired
by Author Simon James**



Stomp, Stomp, Stomp went the giraffe galloping through the desert. He was looking for a house. The giraffe saw a house but... "NO!" screamed the person. So the giraffe walked along. The giraffe saw another house but the owner said "NO!" So the giraffe had to eat by himself.

One day the giraffe saw another person. The person said to look at the sign. The sign said to keep going. The giraffe saw a BUILDING. "Come in," said the person in the building. "Everyone else said no to you because their houses were not big enough to fit you. But a building is big enough to fit you. OK?"

by Prabhnoor 1C

A story to share

by Lilyana 1B

One day, but not very long ago there lived three beautiful fairies named Lilyana, Summer and Lola. They all had sparkly hair. Lilyana, Summer and Lola lived in a mushroom house. The colour of the house was a bright

pink.

Lola went into the forest to pick some flowers. "Oh no, there are no flowers. Why aren't there any flowers?" said Lilyana. "Look", said Summer. In the forest, Summer found a tiny pink and yellow seed on the ground, under a leaf. Summer put the yellow and pink seed in her lovely shiny pocket to keep it safe.

Lilyana, Summer and Lola went home to the mushroom house to get something to eat. They got some salted, hot potato chips for dinner. Lilyana, Summer and Lola all loved hot chips. After dinner they had some yummy ice-cream. Summer put the seed in a bucket outside. "Good night", said Lilyana. "Good night", said Lola. "Good night", said Summer. In the morning Lilyana, Summer and Lola went in the garden to plant the seed.

Lilyana, Summer and Lola skipped through the forest. In the forest was a super fairy playground. The super fairy playground had a slip and slide, three swings, a trampoline and whirly-twirly slide. Lilyana, Summer and Lola loved the slip and slide the best. Lola said, "Can we go home now and have some lunch?"

When the three fairies got home they had a cheese and bacon roll for lunch. "Look", said Lola, "The seed has grown into a sparkly yellow and pink flower." The yellow and pink sparkly flower was huge. Lilyana, Summer and Lola went inside and made a magical cup of coffee. "Mmmmm", said the three friends.



My dog.
My dog loves me and I love my dog.
My dog can jump, he likes to jump.
I love my dog.
He is as cute as a button.
I love my dog and he loves me.



My Heath

I LOVE Heath
So so so so so SO much.
He is so cute.
I LOVE Heath
Even when he doesn't say he loves me.
I LOVE my baby cousin.
He is a treasure.
I LOVE Heath.

By Lacey



My desk is white and it has po
My desk it set up.
I really LOVE my desk.
I work on my desk.
My desk is in my room.
I LOVE my desk.
I keep my colouring books and my pencils on my desk.
My desk is very cool.
I have one desk.
My desk is GREAT!



Written by Makenna

Seussical the Musical... a Review

Those who attended Rowville Secondary College's 2013 production of "Seussical the Musical", tell yourself how lucky you are to have witnessed such talent, displayed by only high school students.

The Musical was created by Lynn Ahrens and Stephen Flaherty based on the stories by Dr. Seuss with many of his well-known characters popping up, including the Cat in the Hat, Horton the Elephant and Gertrude McFuzz as some of the main characters, plus the Grinch as a cameo character and many more additions.

In Seussical, an elephant named Horton, played by Brad Beard, discovers a tiny world called 'Who', full of people called 'Whos', which floats through the air on a tiny speck that happens to land on a clover. With his soft-hearted nature, Horton rescues them saying "I'll just have to save them because, after all, a person's a person no matter how small." While in Who, the mayor's son (or in Rowville's case the daughter) Jojo thinks too many imaginative "thinks". In an attempt to bring Jojo back to earth (or better yet, back to Who) Jojo's parents sends her off to the military.

Horton too, is faced with troubles, as his fellow jungle friends try to knock reality back into Horton by taking the clover, on which Who rides, and hiding it in a large field full of millions of clovers.

Meanwhile, Gertrude McFuzz, Horton's neighbor, starts to fall in love with Horton, but believes that she is not good enough because of her single-feathered tail. Gertrude sets out to find a way to get Horton's attention, with the audience treated to such songs as "The One-Feather Tail of Miss Gertrude McFuzz". Gertrude's adventures soon lead her to Mayzie LaBird who lets Gertrude in on the secret of her fabulous tail in a song



full of Latin beats ("Amazing Mayzie") making her yearn to grow a long tail. Gertrude goes to the doctor for some pills which causes her tail to grow extremely long in attempt to get Horton's attention, but Horton is too occupied in his search for the Whos.

With Horton on the verge of giving up, Mayzie arrives on scene again. She begs Horton to sit on her egg as she takes a short vacation; but the days turn into weeks and then into months. With Horton helpless on an egg, he is taken away and sold to a circus, with him on the egg, leaving him helpless to save the Whos. Mayzie hears about the circus, which she visits, but abandons her egg, leaving Horton to keep it forever. Horton and the Whos are left miserable, with the Whos still abandoned on their clover.

Gertrude, realizing the side-effects of a gigantic tail (she is unable to fly), gets rid of her troublesome extra tail feathers, finds the clover, and searches for Horton. When Gertrude finds Horton, he realises all the trouble she has gone through to help him, recovering his beloved clover.

All of a sudden, Horton is transported to the jungle and is put on trial by the jungle animals who are ready to boil the dust speck. Just as this is about to happen, Jojo comes through with a think that saves them all "Yopp". It's a happy ending for everyone when Gertrude declares that she will help

School Talk

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

Horton take care of his new baby, an elephant-bird hatched from Mayzie's egg.

All this is brought together by the vivid colours in both the costumes and lighting, as well as the tireless hours that our expansive cast had to put in for such a lively performance. The audience found the "unexpected" in the show as everyone worked together to create such a masterpiece! I commend Kacey Hocking, Julia Duke and Andrea Tesoriero for all their efforts in producing this musical.

The casting was sensational with such professional costuming and make-up. This version of the Seussical is probably the best ever made! With such support from friends, family and the Rowville-Lysterfield community most of the four shows were full-house! With only three seats left on closing night. All the cast members enjoyed the time rehearsing and putting on a great show. For all, it was such a fun and amazing experience and as the final curtains closed, they were all one big family. Many friends were made throughout the show. Some say, this was the best production yet!

This year's musical was great, but we all can't wait for next year's production! And remember, how lucky you are, because *anything's possible!*

Joyee Koay Year 8

Editor's Note:- My wife and I were at opening night and wholeheartedly agree with everything Joyee has said. We found the performance of Jess Tyler as Mayzie outstanding and Ebony Lawrence as Jojo remarkable for one so young. If you were looking for sheer stage presence you couldn't go past Jamie- Lee Willoughby as the Mayor's wife. With so many performers on stage at the same time, we were amazed that collisions didn't happen, a credit to the cast's concentration and the choreography. And don't let's forget the orchestra, who performed admirably, without a break, throughout the performance.

Real Estate Tips

Supplied by Barry Plant Real Estate
150 Kelletts Rd
Rowville

9753 2828



barryplant.com.au/rowville

Windfall for First Home Buyers

First home buyers may be disappointed that the \$7000 grant is no longer available when purchasing an established home however there is good news for them with a further reduction of stamp duty to 40% off the usual amount payable. Therefore on a home sold at \$450,000 the stamp duty of \$18,970 is reduced to \$11,382 a saving of over \$7,500 for first home buyers. Of course the amount saved is even greater if the purchase price is above \$450,000. Given that interest rates are at their most affordable level for many years and first home buyers now qualify for this stamp duty reduction, it is certainly a great time to get into the property market.

Debbie McTaggart

Student Corner

Hayley Matuschka - State School Spectacular Star

Hayley Matuschka in Year Seven, was one of the 3000 participants in this year's State School Spectacular. She didn't sing or dance in this Spectacular but instead speed skated her way into the show. Having been part of the spectacular in 2011 and 2012 she continued to pursue the performing arts with the Performing Arts Unit (formerly known as Joining the Chorus). In 2011 she was part of the Mass Dance ensemble but pulled out at the last minute after injuries. In 2012 she was part of the Performing Arts Unit Choir singing with the mass choir. This year is her first year as a specialty act of skating, something which has just been introduced to the Spectacular.

Hayley spent every Sunday morning rehearsing at Roller City Bayswater with other skaters in a piece choreographed by Sue Allen and Jayson Sutcliff to the music of Tron Legacy.

Though Hayley is in RIA Music Specialism for singing, she excels in skating. She was born into skating from a young age of 18 months and has pursued skating till this very day. When she was younger, she spent a lot of time with her uncle and grandmother; her uncle was a world-class inline speed skater. Because of that, Hayley attended every single race from her early childhood until now. Her uncle was the main reason why she skates and her first influence in the skating realm.

She has been on skates for 10 years now and has been in-line, speed skating for the past 8 years. Hayley is a club



member of Eltham Speed Skaterz and trains at Eltham, Uni Hill and Bayswater four days a week for five and a half hours in total. All that training has paid off as she carries the title of the Victorian Champion in the 15 and Under Girls 2012.

Hayley is such an accomplished skater with such a vast future ahead of her. With so much potential in both the music and skating aspects of her life she is one who will have a successful future ahead of her. Congratulations on your accomplishments and we can't wait to see the highlights of the State School Spectacular that will be broadcast on Channel Seven on Sunday 20th of October from 2.30pm - 4.30pm!

Joyee Koay Year 8 Rowville Secondary College

St Simon's Primary School

Social Justice Event

The Social Justice Leaders at St. Simon's are co-ordinating the Age Newspaper's "Footy Boots for Kids" Campaign. This is the collection of second hand or new footy boots that will be donated to remote indigenous communities in the "Top End".

There is more information about this campaign in "The Age" Newspaper online. Just put in a search for 'Footy Boots Campaign'. There are a number of short articles and clips that you can watch.

Social Justice Leaders.

Sports Events

Congratulations to Stephanie B (3/4 Purple) who successfully completed in the Victorian Taekwondo Qualifying Championships recently and was placed with a Bronze for Individual Poomsae, Bronze for Pairs and Gold for Teams. Well done Stephanie. This now gives Stephanie the opportunity to excel further and go to the national championships in Brisbane at the Tennis Centre in October this year. We wish her every success.

Shane Regan (Sports Co-ordinator)

Religious Education News

Children at St. Simon's School and the After School Religious Education Programme have attended the Commitment Masses and enrolled in the First Communion (Eucharist) program. The children will be preparing to receive this Sacrament early in Fourth Term.

Maree Fatorous (Re Co-ordinator)



Grandparent's Day

Grandparent's Day was celebrated at St. Simon's on the 26th July. It was a wonderful celebration and recognition of the wonderful work grandparents do for the children at our school and in the community. The 26th of July is the Feast Day of Sts. Anne and Joachim who were the parents of Mary and the grandparents of Jesus, consequently this day is chosen each year for our school to acknowledge the vital part grandparents play in our school community.

To celebrate the day, Grade Prep Green presented the Liturgy by welcoming and acknowledging all that grandparents do for families.

Following the Liturgy the grandparents were invited to stay for a morning tea and to visit their grandchildren's classrooms.

It was an enjoyable day for all concerned with lots of hugs and kisses from proud grandparents and children.

The following prayer is Pope Benedict's prayer for Grandparents.

Lord Jesus,

Help families and society to value the presence and roles of grandparents.

May they never be ignored or excluded, but always encounter respect and love.

Help them to live serenely and to feel welcomed in all the years of life which you give them.

Mary, mother of all the living, keep grandparents constantly in your care.

Accompany them on their earthly pilgrimage.

Look with love on grandparents the world over. Protect them!

They are a source of enrichment for families, for the Church and for all society.

Phil Hesse Principal



For three months, 24 students from Heany Park have been rehearsed up to three times a week at school to learn 16 songs with choreography for the 2013 Victorian State Schools Spectacular. During production week, we attended our final all day dress rehearsals at Hisense Arena. We were so excited to see the whole production coming together.



On Saturday 27th of July, we performed two shows with a cast of 3000 school students from state schools across Victoria. Our second show was sold out and both times there was an audience of over 10,000 people.

Some of the songs included in this year's show were Jai-Ho, A Lady Ga-Ga Medley, Moves Like Jagger, Thriller and Firework. There were singers, dancers, roller-skaters, acrobats, skippers, basketballers cheerleaders and musicians, all involved in an amazing display of talent.

Mrs Moore would like to thank Mrs Dickinson and Mrs Fergus for attending rehearsals with us and Mrs Ang for performing with us on Saturday. A special thank you to the parents of the students for supporting our spectacular



We're Here!

performers.

The show will broadcast on channel 7 on Sunday October the 20th at 2.30. Look out for us Heany Parkers.

We would also like to remind past students and parents that we are looking for volunteers to assist with the planning of our 21st Birthday celebrations in 2014. Please contact the school if you can help on 9764 5533.

Heather Brown

PARK RIDGE PRIMARY SCHOOL

Making a Difference at Park Ridge Primary School

Global warming and the politics of being "green" has dominated the nation for many years. There is nothing different at Park Ridge Primary School. In 2008, an environmentally friendly girl, named Shannon Noble, approached the Principal and said that she wanted to make a difference. From their meeting emerged a group known simply as the ELFS, Environmental Leaders For Sustainability. Their mission was to heighten the school community's awareness of the environmental issues that the school could control and put in place plans and practices that addressed these issues. Over the last six years, the group has grown in number and, under the leadership of a like-minded teacher in Rachel Manning, the students have exerted considerable influence over the school's recycling and energy usage.

This year a major project is monitoring the use of energy across the school. Two students, Patrick and Paige, undertook a lunchtime audit of all classrooms checking to see that all lights were off, all computers were in safe mode, all interactive whiteboards were off, heaters were not being used unnecessarily and that fans were also not in use. Each classroom was scored and the classes that achieved a 100% rating were acknowledged at the weekly assembly. The overall results were good but far from perfect. Patrick and Paige intend to conduct another audit later in Term 3 to see if their initiative has had an effect on classroom practices. Their simple message is, "An empty room needs no power".

Other successful initiatives of the ELFS have seen the Assistant Principal "brow-beaten by logic" into ordering recycled paper for washrooms, the commercial re-cycling bin that was rarely used now all but full each week, the capturing of water excess from drink taps for use on the gardens, the creation of a garden plot for class usage and competitions for students aimed at fostering the awareness of the need to Reduce, Reuse and Recycle.

Graeme Lloyd

Editor's Note:- Well done Patrick and Paige. A great result. Keep up the good work.

Murrindal Family Centre (Playgroup)

100 Murrindal Drive, Rowville 3178
murrindalplaygroup@hotmail.com

Murrindal Playgroup is embracing our crafty sides! In recent months, thanks to our very artistic committee member Sue, we have a craft wall in the Playgroup room where children can display their craft work. The Playgroup room is well stocked with craft supplies for children to explore their more artistic sides! Doing craft in your Playgroup session is particularly relevant in the winter months, where getting outside to play is difficult.

The benefits of doing craft activities with your child :

- Extending their thinking across multiple patterns of intelligence
- Develop higher thinking skills
- Enhance multicultural understandings

- Build self esteem
- Gain positive emotional responses to learning
- Engage through a variety of learning styles

Doing craft activities at Playgroup also comes with the added bonuses of having all of the equipment provided there for you and other mum's to help you clean up! We provide art smocks and all shapes and sizes of coloured paper. If you are interested in joining Playgroup, there is still enough time! The year is not over yet! Please contact Lisa at murrindal_enrolments@hotmail.com

Kristy Ackland



School Talk

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



**Rowville
Secondary
College**



MSA Interact Club Fundraiser

The Year Ten Rowville Maths and Science Academy (MSA) students recently held their first fundraising activity as part of their Rowville Rotary Interact Club duties. The class elected to support two different charities with Headspace (Australia's National Youth Mental Health Foundation) as their chosen local project and East Timor Leste (Children's Home) as their international project.

Whilst smaller endeavours such as the selling of chocolates have been taking place throughout the term, their largest undertaking to date was a very well received staff morning tea. This innovative concept allowed our Western Campus staff to pre-order hot beverages, cakes and muffins, biscuits, fruit and chocolate, as well as specifying the times that they would like these to be delivered to their classroom, staffroom or office.

In addition to the prearranged orders, the staffroom was transformed into a relaxing mid-morning retreat with all refreshments and snacks available for purchase, the opportunity to relax on a bean bag, or simply to enjoy the company of other attendees. An impressive turnout from both the Rowville-Lysterfield Rotary Club and from our own staff ensured the success of the morning with the teachers enjoying the luxury of having their tea or coffee arrive steaming hot at their classroom door.

Rowville Secondary College congratulates our students for the dedication they have shown towards their fundraising efforts so far, and on behalf of the students we would like to extend our thanks to the Rotary Club members for their help, and of course the RSC staff for their support of such a worthy cause.

Laura Gordon, Communications Officer



**Rowville Primary
School proudly
presents
2013 production**



The senior students at Rowville Primary School are once again busy practising for this year's production of 'ZAPT'. All Year 5 and 6 senior school students are involved in the production, either in a main speaking part or singing and dancing. They are being accompanied by the middle school choir.

The work on the production commenced in May. Students have been learning lines, practising dance moves and working on costumes, props and make up designs.

ZAPT

ZAPT follows a conventional family of four whose lives take an unexpected twist when they find themselves magically thrown into the world of television and become a part of the very programs they love to watch. But each family member has different tastes when it comes to television, and not all of them are prepared for what they find. They must face off against a horror movie, the pressures of a reality cooking show and come face to face with a famous band.

On their journey they meet many challenges and discover a lot about themselves. They unlock hidden talents, learn to adapt their opinions and realise the importance of working to the strengths of their teammates to help overcome difficulties. Performances will be over two nights at the Rowville



Secondary College Eastern Campus Performing Arts Centre, Humphreys Way, Rowville on Wednesday 18th and Thursday 19th September at 7:15pm.

Tickets are available online only at
<http://www.trybooking.com/DIOA>

Adult & Secondary Students - Ticket Price:
\$17 + booking fee
Primary & Preschool Children - Ticket Price:
\$12 + booking fee

Karoo Primary School Indonesian Shadow Puppets at Karoo Primary School.

At Karoo Primary School, Indonesian is an important part of our curriculum. As a school we promote tolerance and understanding and through the Indonesian program students are exposed to a new culture and learn not only a new language, but the culture and history behind the people of Indonesia.

Our students learn how to play the Angklung, a musical instrument made of two bamboo tubes attached to a bamboo



Girls With Their Puppets

frame. The tubes are carved to have a resonant pitch when struck and are tuned to octaves. To complete their unit on the instrument, students will perform a piece at assembly.

In June 2013, students in Years 3 and 4 made shadow puppets (Wayang Kulit) using cartridge paper, textas and straws. They then performed a play called 'Ramayana', while sitting in front of a piece of white cloth screen with light shining on the cloth. The story is about Prince Rama and Princess Sita who went hunting in the forest. Prince Rama chased after a golden deer and Princess Sita was left behind. Rawana, the wicked giant, then came and captured Princess Sita. Hanoman, the white monkey, managed to rescue Princess Sita and brought her safely back to Rama. The students enjoyed the creative aspect of making the Wayang Kulit puppets and then performing the play.

Saw Bee Lim



Indonesian Wayang Kulit Puppets



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



Rowville Baptist Church

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

Food with Friends

This community meal night is run by the Rowville Baptist Church and is aptly named, "Food With Friends", because it is more than simply having a meal. It's focus is to provide an opportunity for people in the community to connect with one another and share life together. Commencing in February 2011, we began with one night a month and are now running every first and third Wednesday of each month. Our plan would be to potentially offer 'Food With Friends' every week. The program is run solely by volunteers from the church, who believe in people making meaningful connections with one another.

As a community, we seem to be more isolated than ever before. The need for relationship is more important than ever before. We're not meant to do life on our own, but many of us find ourselves in this position. The reality is, as people, we are healthier emotionally and spiritually if we are connected to others in our community, in a healthy way. Sharing food is a wonderful way to do that.

We value the relationships we have built up during the past two and a half years at 'Food With Friends'. We've laughed, cried, supported one another through some very difficult times and look forward to catching up with one another each time and sharing life.

You're invited to be a part of this as well.

It can be daunting to come the first time. It's courageous to meet new people in an unfamiliar environment. Our guarantee is that you will be warmly welcomed and the food is pretty good as well. Come and check us out and bring a friend along. Children are welcome and will find other children to relate to and make friends with. Vegetarian meals are catered for also.

We look forward to seeing you there!

Pedro Alfonso



AUSTRALIA FOR CHRIST FELLOWSHIP

There are numerous extents that many people go to in order to be accepted by others. There are elements that we will try to conform to, to make it easier for other people to appreciate us more.

Elements like our appearance, our preferences, our habits, hobbies, the way we speak, and even our lifestyle. There are some changes we are happy to accept and others we aren't. Of all the things we have difficulty accepting, sometimes the greatest challenge we face is accepting others. This means that we are also very conscious of being accepted ourselves.

Because we want so much to be accepted by others, there is a danger of losing ourselves. It is a curious thing to not accept oneself because of the fear that our favourite people mightn't agree. It can be torture to try so hard to be accepted, especially when it feels like we still go unnoticed and therefore try to be like something/someone else, yet yearn to be recognised as unique.

Here's the key. It is very easy to accept others and ourselves when love is full and one is perfect. We all face the fact that our love isn't always full and we don't often feel perfect (and therefore don't feel like thinking of anyone else as perfect). How precious it is to be told in those times, that we are valued and loved exactly as we are and recognised as our own person! Could you imagine being accepted just as you were, never having to try to impress anyone else again? To enjoy being yourself because you were confident that somebody important really and truly loved you.

See, if you are wanted, you wouldn't have to leave it to the imagination. You could know it as the truth, because it is the truth. You are loved a ridiculous amount by someone whose love is always full and who happens to be perfect. There are a lot of people who don't know Him very well, but if those people only knew the incredible amount He thought about them, had amazing things planned for them, and was actually looking out for them, it would astound them! You don't have to be perfect and you don't have to love Him for Him to love you? But once you realise His love, you won't be able to help but love every moment of it... and Him

You are accepted exactly as you are by the very one who made you exactly as you are. Just ask Him! He would tell you that He loves you and you don't need to try too hard to be anything or anyone that you aren't! So, when we stop trying to be something acceptable by our own methods, we get to live freely in the knowledge that He loves us utterly and only then we truly become ourselves.

Feel free to join a community of imperfect people learning to accept what Love says we are. We meet on Sundays. We'd love to accept you, too.

Michael Leung



Rowville Uniting Church
 Cnr Fulham Rd & Bridgewater Way
 9753 3495 office@rowville.unitingchurch.org.au

Spring has arrived and there are flowers and new life appearing in trees and gardens. Spring is a great image for the church. Faith in God is about our understanding of a God who loves us and encourages us to look for the opportunities we each have in life. With God there is always a new thing around the corner that challenges us and completes us.

The Uniting Church meets for worship on Sunday's at 10am. The third Sunday of the month offers a special family and children focus that engages all ages and invites us to worship with all our senses. We are a church that is fully inclusive and we welcome all who wish to share with us.

Toddler Gym is operating on Tuesday and Friday, 9:30-10:30 and 11-12. The cost is \$5 per family per session and is a pay as you go arrangement. Registering a place is essential.

The Bridgewater Centre offers community counselling on a self referral basis. This is a low fee service and our counsellor is a fully qualified and accredited Psychologist. Bookings for this service are essential.

Link is a morning tea group that meets on the 2nd and 4th Thursdays of the month at 10am. Feel free to drop in and have a cuppa and a chat. This is a social group that seeks to offer company and friendship.

We have a family fun indoor market happening on the 5th October. This market has grown out of our Toddler Gym program and people can book a stall to sell craft items or pre loved family goods. There will be food, good coffee, jumping castle, cakes, face painting and other activities for the children. Please call our office for any enquiries about this or any other church activities.

Trevor Bassett



Liberty Avenue 3 Year Old Kindergarten



On Sunday 30th June we held our annual sausage sizzle at Bunnings, Scoresby. Thank you to the families who helped out on the day, to Bunnings for providing this opportunity to the local community and to the community for supporting the kindergarten.

On Saturday 20th July we held a Trivia Night at Churchill Park Golf Club in Endeavour Hills. We sold a total of 111 tickets. Family and friends joined kindergarten parents (past and present) for the night of festivities, trivia fun and laughter. Throughout the night, there were many activities including items up for silent auction, games, mystery envelopes, mystery box auctions and raffle prizes. This was an amazing event which raised some much needed funds for the kindergarten. We would like to thank all the businesses who generously donated or supported our fundraising efforts. We would also like to thank Churchill Park Golf Club for providing us with the perfect venue and for all of their help on the night.

At Liberty Avenue Three Year Old Kindergarten, we are currently in the process of filling our groups for 2014. For further information about enrolling for next year or for future years, please contact our enrolment secretary Kylie on 9752 9981.

Penny Drago



RESTORE Community Church
 2/18 Laser Drive Rowville
 8736 9042
www.restorecc.com.au restore@restorecc.com.au

From 1 Corinthians 13: 1-8 we can read, "If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing."

What keeps us as a family in our home is love. What joins us together as a family of God in the church is love. Most importantly what keeps us in relationship with God is His unconditional love for us. Faith, doctrine, prayer, wisdom or money does not keep us together, however hard we may try, only love, the key ingredient, keeps families, churches

and communities together, it is the responsibility of every Christian to walk in the love of God in order to keep the unity, and the blessing of God in their lives.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil, but rejoices with the truth. It always protects, always trusts, always hopes, and always preserves. Love never fails." (NIV)

It is very easy to be offended by a brother or sister in the Lord. Each time we are offended it reveals that we are not walking in the love of God. Always check your position of love. We need to mature and grow if we find ourselves not walking in His love. The opposite of walking in God's love is to walk in your carnal nature where you get angry, moody, irritated, annoyed and offended. In a lost and hurting world, where people are crying out for the real thing, it is time we as a church show a difference so others can follow.

For details of our meeting venues and times please see "What's On Locally" on page 2

Transport can be arranged for both services by calling the church office on 8736 9042.

Ray Green

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Rowville & Lysterfield Council Minutes
July 23rd Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area:

Item 5.2 Ward Issues

Councillor Seymour (Tirhatuan Ward)

Councillor Seymour was pleased to advise of her recent attendance at the Starlight Reserve Discovery Walk launch. The event, which had a strong indigenous focus, was well supported by local residents despite poor weather conditions. Councillor Seymour extended her thanks to Council's

Biodiversity team for their efforts in organising this event. Item 8.1 Promoting and Improving Public Transport in Knox This report has been prepared in response to a Call Up Item raised at Council's meeting of 22 January 2013 requesting advocacy options for Rowville Rail once the final Stage1 Feasibility report was released, in addition to other public transport improvements in Knox. This report identifies public transport projects which could form the basis of an advocacy campaign, in addition to some immediate opportunities in the lead up to the Federal election. It was resolved that Council:
 1. Receives and notes this report in relation to advocacy options for Rowville Rail and public transport improvements in Knox as resolved by Council on 22 January 2013.
 2. Writes to the Premier and Minister for Public Transport requesting an update on Stage 2 of the Rowville Rail Feasibility Study including the scope of the study and the timelines for this work.
 3. Writes to the Federal Minister for Infrastructure and Transport and the Federal Shadow Minister for Infrastructure

and Transport requesting written affirmation of their commitment to the federal funding of public transport infrastructure, in particular rail infrastructure.
 4. Requests a meeting between the Federal member for Aston and the Mayor, CEO and any interested Councillors, to express concern with the Federal Liberal party's stated position not to fund public transport.
 5. Writes to candidates for the Federal electoral division of Aston following the closure of nominations for the upcoming election seeking their commitment to the Rowville Rail.
 6. Prepares a submission on the draft Metropolitan Planning Strategy, once released, which supports the need for Rowville Rail.
 7. Receives a further report which includes a detailed public transport advocacy campaign in line with the issues highlighted within this report and recommendations as presented by the Public Transport Consultative Committee. Knox City Council Meeting minutes are available for viewing in full at the Council website, www.knox.vic.gov.au
 Darren Arnott



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