



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

PUBLISHED MONTHLY BY THE ROWVILLE
LYSTERFIELD COMMUNITY NEWS INC.

FREE

Editor: David Gilbert - Phone: 9763 3157
Circulation: 13,810 Web: www.vicnet.net.au/~rlcnews

Issue No.325 May 2011
ISSN 0819 0240



The Rowville & District Neighbourhood House is a place where a variety of short courses, events and activities occur for adults and children. Our goal is to provide opportunities for people to further their education, gain/improve their life skills, enjoy activities of interest or try something completely new.

Our Programs encourage participation, sharing, growth & learning in a welcoming and respectful environment, where strong social networks are often formed.

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If you would like to know more, come in and speak to one of our friendly team or download the Course Brochure from our website.

Rowville & District Neighbourhood House

Fulham Rd, Rowville

(inside Community Centre Building)

Phone: 9764 1166

Web: www.rdnh.org.au

Office hours

Monday to Friday 9.00am—5.00pm

Saturday 9.15am—11.15am

Neighbourhood House Week 2011

Sunday 8th—Saturday 14th May

Come and Visit:

Floristry Introduction

Music & Movement for 3—5 year olds

Coffee & Chat

Knitting Group

Movie Club 3rd year Celebration (all welcome)

and more.....

**Please call 9764 1166 for
Information on other activities running this week.**



Some of the many other Short Courses & Activities we have available include:

Arts & Crafts: Cardmaking, Beaded Jewellery, Mosaics, Art classes, Sewing, Limestone Sculpting, Face Painting, Cake Decorating, Photography

Dance & Music: Jazz, Hip Hop, Guitar, Belly Dancing, Singing, Ballet, Entertain Me

Personal Development: Languages, Time Management, Personal Empowerment for women, Money Management, De-Clutter, Personal Image and Fashion workshops

Health & Wellbeing: Meditation, TaiChi, Cooking

Computing: Beginners, Web Page, MYOB, Internet & Email, Ebay, MS Office 2010

Certificate Courses: Education Integration Support, Food Safety, First Aid, Responsible Serving of Alcohol

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The production and distribution of the News involves R-LC News members and local volunteers, and is financed by advertising, sponsorship and donations.

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Cost of subscription: The R-LC News is posted to subscribers within Australia for an annual fee of \$11.00. Contact our Treasurer for details.

DEADLINES June 2011

EDITORIAL & ADVERTISEMENTS Wednesday, 11 May

Articles, News or Letters to the Editor
rlcnews@vicnet.net.au or Fax: 9763 3157
Or drop off/post to RLC News, c/- Community Centre, Fulham Road, Rowville 3178.

PHOTOS – email separately to:
john@malleebull.com

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rlcnadve@vicnet.net.au Chloe Kircher: 0434 502 003

DISTRIBUTION
Saturday, 04 June 2011

FROM THE EDITOR'S DESK



After seeking some help with the Council Minutes, I want to welcome back Darren Arnott to a job he performed back in 1999. Many thanks Darren. Also a grateful thanks to John Green who is going to collate the 'Calendar of Events' from next month. Welcome aboard to you both.

I am also very pleased to announce that Paul Lucas, has joined our editorial ranks and he will be writing a monthly article on Photography that will contain hints, tips and advice to help us all take better pictures. A short feature on Paul is on page 12. Welcome Paul.

No doubt you have all noticed that the clocks have gone back to EST and the days are getting shorter. Mother nature knows as well and the local streets are becoming littered with dead leaves which make for slippery conditions in the rain, so please drive carefully everyone. The good side of Autumn is the wonderful variety of red and gold colours in our neighbourhood. If you haven't been to the Bright and Beechworth area at this time of year, you are missing a real treat.

I am extremely concerned that no one claimed the photos we reported found locally. Surely someone must know who they belong to. Ask your friends and let's return them to their rightful owners.

Congratulations to David Thomson of Lysterfield South, on being presented with a "Commendation for Brave Conduct" from the Governor General, Quentin Bryce, for rescuing a man from a submerged excavator. Rowville student Sarah Hamilton is taking her "Veggie Box", which is designed to promote food recycling, to Milan's Furniture Fair. Congratulations and best wishes for a great experience. Maybe you can find time on your return to let us know how it all went?

The recent figures released by Knox Council, show that Knox residents forked out over \$400,000 in parking fines last year! I think that is a very good reason to check the restriction signs before you walk away from your car. If the new in-ground 'satellite' ones come to our suburb just the slightest overstay will result in a penalty, so drivers be alert.

Finally this month, a very happy Mother's Day to all our 'Mums'. Have a lovely day, enjoy that breakfast in bed and get the family to take you to the Neighbourhood House for the start of their special week.



Voluntary Positions.

Distributors are needed for the following roads and areas:
- Murrindal Dr (between drain reserves). Please contact – Ian Richards – 9763 9260
- Oaktree Rise (Conifer to Major [west end]), Clementine Cl, Grenfell Pl Please contact – Peter Rumble – 9752 7592
- Eildon Pd (both sides from Murray Cres (end opposite childcare) to Dandelion Drive and from childcare centre to Dandelion Drive), Metcalf Cr, Tyrell Cr, Reeve Pl.
Please contact – Lesley Jenkins – 9755 5065

2 x Area Contact Persons (ACP) liaise between the distributors and the Distribution Co-ordinator

2 x Captains & Counters who count out the papers and delivers them to the distributors.
The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road and the area bordered by – Lakeview Ave, Waradgery Dve & Stud Rd
Please contact – Peter Rumble – 9752 7592
Peter Rumble - 9752 7592 - Distribution Co-ordinator

What's On
Locally
May 2011



Sponsored by:
Lions Club
of Rowville

DIRECTORY

- Apex Club** Meet on the 2nd & 4th Tuesday each month.
AfCFellowship English services 10am and 5.30pm every Sunday. Indonesian 10am every Sunday. Mandarin 1:30pm every Sunday. Stompers Pre-School Playgroup 10am every Wednesday (during school terms).
Baptist Church Services every Sunday 10am and Youths 7.30pm. 'Flying Solo' a single Mums support group every Wednesday, details 9759 6642 Playgroups - Tue, Thur & Fri mornings during school terms.
CFA Juniors Meet every Thursday 7pm.
1st Rowville Scout Group Scouts (11-14 years)
Yarra Troop - every Monday 7.30pm
Strzelecki Troop - every Thursday 7.45pm
Cubs (7-10.5 years)
Emu Pack every - Tuesday 7.00pm
Kangaroo Pack - every Wednesday 7.00pm
Joey Mob (6-7.5 years) - every Thursday 6.30pm
Venturers (14-17.5 years) every Friday 7.30pm
Fruitful Vine Church Services every Sunday 10am.
Growville Growers 1st Friday each month 2pm at Library.
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 U3A Parkhills Campus.
Life Activities Club Regular Activities. Call Melva 9762 3764
Lions Club Meet on 2nd & 4th each Wednesday 7.30pm at Knox Tavern. Transport & meal available 9752 2785
Little Athletics For training & event days: 9763 1404.
Multiple Birth Assoc. 2-3 yr old Playgroup Tuesdays & Wednesdays 9.30am Kristin 9754 4318 Parents Coffee Morning - Fridays 10am Wendy 0425 805 918
Neighborhood Watch Meet on 4th Monday of each month 7.30pm at RDNH.
Probus Club Meet 1st Tues each month (except Jan & Nov) 10am.
RAFT Anglican Church Holy Communion 8.30am Family Worship 10.30am every Sunday. **Family History Group** meet on 1st Wednesday each month at 10am. **Mainly Music** meet every Wednesday 9.30am
Red Cross Rowville Meet 3rd Wed. each month 10am. Libby 9755 8010
Ritzzy Rozellas (Red Hat Society) For all events contact Kerry 9764 4717
Rotary Club Meet every Tuesday at the Baton Rouge Quality Inn, at 7pm
Rowville Seniors Meet Wednesdays and Fridays 1pm to 3.30pm at Community Centre
Salvation Army Services every Sunday 10am
Shooting The Breeze Jazz & Pop Group, Every Wednesday 7.30pm Maureen 9768 3896
St Simon's Parish Services Saturday 6.30pm. Sunday 8am, 10am and 11.30am
Toastmasters Meet 2nd & 4th Tuesday each month 7.30pm at RAFT Church
TOWN Club Meet Wednesdays 9.30am at Uniting Church
Uniting Church Services every Sunday at 10am. KUCA (Primary Children) Fridays 7pm LINK Thursdays 10am. Toddler Gym Friday 9.30-10.30 & 11am-Noon (during School terms)

THIS MONTH - MAY

If you would like to add your club, organisation or association to the 'Directory' or 'This Month' free listing, please contact the editor 9763 3157.

NOTICE TO ALL CONTRIBUTORS & ADVERTISERS

JUNE deadline is 11 May, earlier than usual.

Extensions to the deadline are unlikely. Submit early.

Designer will be overseas so little opportunity to make last minute changes.

Calendar of Events May 2011

Jelly Baby Month

www.jdrf.org.au/help-find-a-cure/jelly-baby-month

Neurofibromatosis Awareness Month www.nfaa.org.au

1st – 6th Heart Week www.heartfoundation.org.au

1st – 7th Osteopathy Week www.osteopathic.com.au

1st – 7th Tourette Syndrome Awareness Week
www.tourette.org.au

1st – 7th Motor Neurone Disease Week www.mndaust.org.au

1st – 7th Privacy Awareness Week
www.privacyawarenessweek.org/paw/index.html

2nd – 8th National Mothering Week www.breastfeeding.asn.au

2nd – 8th Australian Dance Week
www.ausdance.org.au/events/australian-dance-week

3rd World Asthma Day www.nationalasthma.org.au

5th International Midwives Day www.midwives.org.au

6th International No Diet Day www.eatingdisorders.org.au

6th Starlight Day www.starlight.org.au

8th Mothers Day www.ourcommunity.com.au

8th Mothers Day Classic www.mothersdayclassic.org

8th World Red Cross Day www.redcross.org.au

8th – 9th World Homoeopathy Awareness Week
www.homeopathyoz.org

9th – 10th World Migratory Bird Day (UN)
www.worldmigratorybirdday.org

9th – 15th National Allergy & Chemical Sensitivity Week
www.aessra.org

9th – 15th National Volunteer Week
www.volunteeringaustralia.org

9th – 15th Diversional Therapy Awareness Week
www.diversionaltherapy.org.au

9th – 15th International ME/CFS Awareness Week
www.mecfs-vic.org.au/

10th World Lupus Day www.worldlupusday.org/

11th Neighbourhood House Day jenni@vsch.org.au

12th International Nurses Day
www.icn.ch/store/wwwbook/nursesday.html

13th HUSH for Homelessness
hush@missionaustralia.com.au

13th – 15th Beechworth Harvest Celebration
www.harvestcelebration.com.au

13th – 22nd Daylesford, Macedon Produce Harvest Festival

15th RSPCA Million Paws Walk www.millionpawswalk.com.au

15th – 21st Education Week
www.education.vic.gov.au/about/events/edweek

16th – 22nd Schizophrenia Awareness Week
www.sfnsw.org.au

16th – 22nd Crohns & Colitis Awareness Week
www.crohnsandcolitis.com.au

16th – 22nd Law Week
www.victorialawfoundation.org.au/education/law-week

17th Buddha Day www.interfaithcalendar.org/2011

17th International Day Against Homophobia
www.homophobiaday.org

18th International Museum Day
www.museumsaustralia.org.au

19th – 25th Art Melbourne 2011 (Royal Exhibition Bldgs)

20th Walk Safely To School Day www.walk.com.au

22nd – 28th Macular Degeneration Awareness Week
www.mdfoundation.com.au/

23rd – 29th Kidney Health Week www.kidney.org.au

23rd – 29th National Chiropractic Care Week
chiropractors.asn.au

26th National Sorry Day www.nsdcc.org.au

26th Biggest Morning Tea (Cancer Council)
www.biggestmorningtea.com.au

27th Benalla & District Classic Car & Motorbike Tour
www.historicwinton.org

27th – 3rd June Reconciliation Week
www.reconciliation.org.au

29th White Wreath Day www.whitewreath.com

30th – 3rd June National Cyber Security Awareness Week
www.staysmartonline.gov.au/

31st World No Tobacco Day (UN)
www.un.org/observances/days.shtml

Advertising Manager WANTED

Love living in Rowville/Lysterfield? Want to contribute to the Community?

Rowville Lysterfield Community News needs a motivated, enthusiastic individual who would be interested in taking on the role of the Advertising Co-Ordinator.

It's about helping to promote our community by connecting with advertising clients and helping them develop their promotions through our paper.

You'll have the opportunity to meet other volunteers and sharpen your professional skills in advertising.

Bring out your creative side and explore new opportunities.

The Role requires no experience and can be performed in the comfortable location of your own home with hours which are flexible to your schedule. A computer with internet is the only essential requirement.

For more information on volunteering or interest of the position contact Graeme McEwin on 9763 4168 or email m.and.g@bigpond.com



wellness on wellington

1101 Wellington Road, Rowville

9780 8999

We are delighted to announce the return of **Dr Julia Trayer** from maternity leave.

Dr Kirrily Ellerton will also be returning next month.

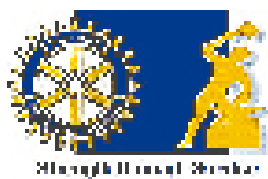
Within the Wellness on Wellington building we also offer a wide range of Allied Health services:

- Chiropractic
- Dietetics
- Hearing services
- Remedial Massage
- Psychology
- Podiatry

Also available on site:

- Dental Care
- Physiotherapy
- Osteopathy
- Pathology
- Radiology





THE ROTARY CLUB OF ROWVILLE

Doing Business and Doing Good

Doing business in the modern world has changed significantly since the last century. More and more customers and clients are looking beyond the produce or service that they are buying from you, but looking to the ethos of the company that they are dealing with. They look for carbon footprints, sustainability and the green factor. They look for what a company does for its own community and the world, and not just the price tag.

Often in small business there may be little that your organisation can do to be seen to be improving the world, however there is a very simple way to be recognised as part of a worldwide group who make a difference in the world, by joining your local Rotary club.

Rotarians are known worldwide. There are over one million members in 200 countries. They have a recognised branding that is known in the business community. They espouse fair play. People such as Bill Gates and the United Nations are happy to do business with Rotary because they know they will get done what they promise to do. Individual Rotarians have the same reputation. You probably operate your business in line with Rotary guidelines of truth and mutual benefit anyway, so why not be recognised as doing so.

I joined Rotary myself in 1994 not really knowing much about it, but believing that it would assist with business networking in the local area. I was an employee solicitor and the other members of the legal practice were already Rotarians. I discovered that, yes, you do make lots of contacts with other like-minded members of the business community and, yes, it does assist you in your own networking in that way. But there is a much bigger picture. Gradually you realise that you have become part



of a worldwide network of business people. You can go interstate and overseas and walk into another Rotary Club meeting, be welcomed and automatically have contacts in other cities and towns across the world. I have tried it. I have been to Rotary in Chicago, where Rotary first started in 1905, and in Los Angeles. I have been to Rotary in various states of Australia, and they are all the same. You are part of the same team, the same family, and are immediately welcomed. Clubs welcome every other Rotarian regardless of sex, religion, or even what footy team you follow! What better way to get to know the local businesses. It is the ultimate international business network.

Rotary is often misunderstood. We are not a closed society and don't have strange rituals. There are no secret handshakes in Rotary. No need to attend every single weekly meeting, so no huge time commitment. It is not just for old men neither is it a boys club.

You do not have to be a member forever.

Rotary is a group of vibrant and passionate business people that have a genuine interest in improving their community. They are involved in worldwide projects such as the eradication of polio from the world, to Group Study Exchanges where young business people travel overseas to study their relevant profession. There are student exchange programs, overseas matching grant programs for clean water and improved health, and there are lots and lots of local projects. The Rotary Foundation distributes over \$100 million US dollars each year for projects throughout the world that improve people's lives.

Within the Knox area, Rotary has provided playgrounds, run markets, school programs and mentoring, provided equipment to community groups and wheelchairs for kids, to name but a few. We have run lots and lots of sausage sizzles. Money raised has been used for various projects from the bushfires and floods, to shoes for needy children. Local clubs each choose to support the projects in their local area that suit them. They are not dictated to by Rotary International about what they are to achieve;



the club members choose that for themselves.

There are indeed times when a club will ask you to participate, to turn a sausage, sell a raffle ticket or paint a preschool. You might mentor students running mock interviews in a local high school or mentor someone online in a micro business in a third world country. For those more passionate, what about building concrete water tanks in Papua New Guinea, teaching in Tanzania or the ultimate thrill of going to Africa and being the last person in the world to administer the polio vaccine to a child in a village it takes three days to hike to, as Rotary finally eradicates that terrible disease?

In Rotary you can be as involved as you like to be. But I have to ask why wouldn't you be? Please consider visiting a Rotary Club close to your home or your business and see for yourself. No obligation, perhaps just for curiosity. You can email me on mandih@netspace.net.au and I can put you in touch with your local club. You will see that being involved makes a difference to your business and to your life.

Are you doing business or are you doing good, or like the Rotarians in the world, doing both?

Mandi Hyland, Rotary Club of Rowville



Mandi is also CEO of Bridges Connecting Communities Ltd, a not for profit organisation providing aged services

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A Go-er in Murtoa

A city girl named Jess was tired of city life. I'll find a country town and a man who wants a wife. Murtoa will do,' she said. 'I'm tired of getting hurt. While I'm not seeking fame, I'd still like to flirt.' 'No more hurt, hurt, hurt-o-a, Soon I'll flirt, flirt in Murtoa.'

A local on a farm was yearning for a bride. The girls had made their choices, and he had missed the ride. 'Soon I'll search afar,' said our plucky hero Bert. He set off in his ute, sporting a red-checked shirt. Flash in his shirt, shirt, shirt-o-a, Arrival of Bert, Bert in Murtoa.

Young Jess soon found a job: assistant in the store Where the Wife had given birth to Child Number Four. When Bert walked in, Shopkeeper said, 'Meet a new skirt!' 'G'day! My first in Murtoa!' said Jess, ever so pert. Flirty and pert, pert, pert-o-a, Jess, the new skirt, skirt in Murtoa.

It was far too sudden for Bert; he was senseless - knocked off his feet. Every rule he had learnt, he forgot when it came time to greet. 'G'day! I didn't expect - um...' he began to blurt. 'Wouldja like to come for a drive sometime - out in the dirt?' Out in the dirt, dirt, dirt-o-a, Bert's awkward blurt, blurt in Murtoa.

'It's quiet now,' Shopkeeper said. 'Show her around.' The apron was flung and Jess reached the door in an almighty bound. 'The Stick Shed,' said Bert. 'You'll like it for sure - I know, it's a cert.'



Community Noticeboard

supported by Cr Mick Van de Vreede - Knox City Council, Tirthatuan Ward

Enhancing the great sense of community and liveability in the Rowville-Lysterfield area is important to me. Not-for-profit community organisations are integral to a healthy, vibrant and cohesive community and I feel it is imperative that these groups are able to effectively communicate what they have to offer. This free community information sharing page is my way of helping our terrific, not-for-profit groups to do just that. Please contact the editor of the RLCN for more on this offer. I would like to thank those of you who give up your time to help build a better community. I would particularly like to thank the RLCN for their contribution to our community as well.

Once, with grain it was full - the most wonderful shed in the dirt.' 'Sure! A cert, cert, cert-o-a, Shed in the dirt, dirt in Murtoa.'

Bert's tongue soon loosened with measurements large. 'Shed's not a toy.' A cathedral Jess saw, and her voice rose high in a chorus of joy. 'Halle-lujah! Halle-lujah! Halle-lujah!' To the echo, Bert was alert. Said Jess, 'Oh the thrill of this place! It's like eating a scrumptious dessert.'

Bert was alert, alert, alert-o-a, Jess - his dessert, dessert in Murtoa.

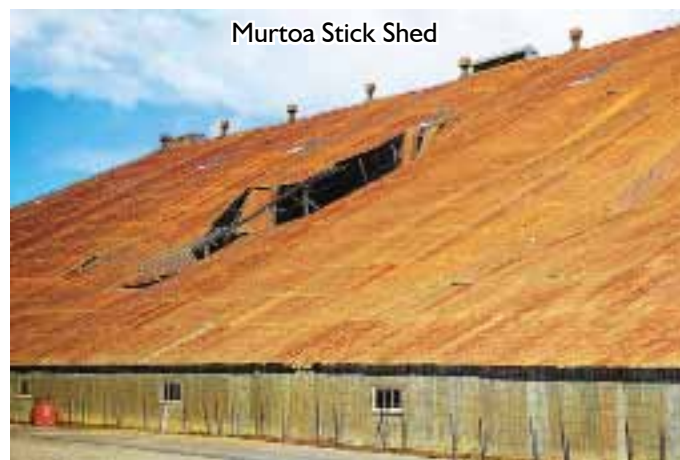
AND

You'll be glad to know, know, know-a, That the match was a go-er in Murtoa. Edel Wignell ©

Winner, First Prize, Murtoa Big Day Out Poetry Competition - Humour Section, 2009

Note: The Murtoa Stick Shed, built in 1942 to house bulk wheat, is a heritage listed building. Inside, the atmosphere is like that of a cathedral.

Editor's Note:- In April we interviewed writer Edel



Murtoa Stick Shed

Wignell and introduced two titles: non-fiction, Christina's Matilda, and picture-story fractured folk tale, Long Live Us! (both Interactive Publications). This month we publish one of Edel's award-winning poems. Her verse has been published in many collections for adults, including Short and Twisted (Celapene Press), and for children, Celebrate! (Triple D Books). We thank Edel for her permission to reproduce 'A Go-er In Murtoa'.



**1A Park Boulevard, Ferntree Gully
Phone: 9752-2737**

U3A Knox now has a new President, Lawrie Gaylard, who has replaced Alex Evans. Alex will remain Webmaster. Vice President is Barbara Yawney, and Diana Huf will remain Secretary. There are 15 members on the U3A Committee, all hard working for the nearly 1000 members.

About 85 tutors conduct more than 112 classes covering recreational Activities, Sport, Academic, and Computer classes. Membership remains at \$40 per year. Members may take as many classes as they wish, for the membership fee. Computer classes cost an extra \$25 per term.

By publication date, Term 2 will have begun, but there may still be vacancies in some subjects.

U3A Classes in Rowville?

U3A Knox is considering starting classes in the Rowville area, and first off the rank is a tennis group, meeting for social tennis. Anyone interested should ring 9752.2737, or email ccoordinator@u3aknox.com.au

Expressions of interest are also wanted, for other possible classes or from volunteer tutors willing to take such classes under the banner of U3A Knox. Many Rowville members of U3A Knox come to classes at the F.T.G. centre, but some find that transport is difficult. If space can be found closer to Rowville, we may be able to start more classes.

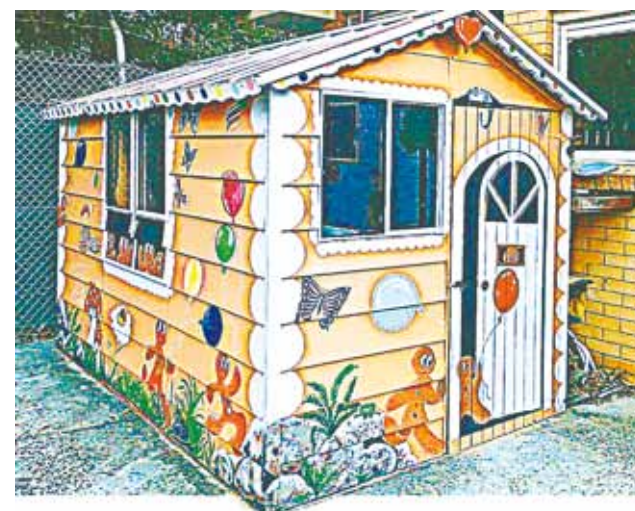
We welcome any input from readers of Rowville/Lysterfield News.

Kath Brown

Late news

In last month's paper we published a photograph of the Gingerbread House being painted on a weatherboard shed at the Alice Johnson playgroup and kindergarten in Ferntree Gully. The artwork, designed by class tutor

Shirley Harper and painted by the Decorative Art class at U3A Knox is now completed and we thought our readers would like to see the finished house. I'm sure that the children will love it with the bright colours, interesting characters and features including gingerbread men, a possum, a frog, butterflies, toadstools, balloons and a big red heart above the door.



The completed Gingerbread House



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Saturday 18 June
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1986

We celebrated our 50th issue in May. Now look at us: 325. The Uniting Church celebrated four years in Rowville and Monash University celebrated their Silver Jubilee. Trevor McDonald won the 1st Rowville Scout Group's raffle, a vacuum cleaner. Is it still going Trevor? What happened to the Knox Jaycees? 80 years ago the Anglican Church of St Thomas was opened in Rowville but was moved to Upper Ferntree Gully in the 1920s. On 20th April they returned to Rowville holding their first services at Eildon Parade Pre-School.



1991

The Dalmatics were the featured act at the Rowville Scouts Rock 'n' Roll dance and adorned the front cover. Who were they? James Goodwin won many Victorian

titles and broke the Australian record for the 300 metres hurdles. Did your athletics go on from there? The Scout Hall in Turrumurra Drive came into use, serving the Cub Scouts, Girl Guides and Brownies as well as the 1st Rowville Scouts. A meeting was held in Rowville by the American Field Service West Gippsland, an exchange student body, to enlist students to the programme and seek families interested in hosting foreign exchange students. Did you become part of the programme? A study on waste revealed that our garbage bins contained 36% food, 21% paper, 16% glass and 10% plastic. My guess is those percentages have changed considerably.

ROWVILLE PICTURE FRAMING

**We have moved to
12/3 Hi-Tech Place
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Thursday, Friday & Saturday
9am to 5pm

Please call to make an appointment
outside these hours

9763 0069

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1996

Rowville Red Cross celebrated their 25th Anniversary. Are there any originals still involved? The new four lane Wellington Rd was opened as was the extension to Napoleon Rd through to Wellington Rd. Six healthy platypuses were found in the Corhanwarrabul and Monbulk Creeks. Did they mate and produce offspring that can be found today? A new experience for the Rowville Senior citizens Club was 'Line Dancing'. Are you still enjoying it? Seven Grade 6 students from Rowville primary School went to El Salvador which is not a country that immediately springs to mind as a destination. We would love to hear about it if there are any of those students still around.

2001

Jordan and Rhydian, 10 year old brothers, came 1st and 2nd in the 1100m walk at the Victorian Little Athletics Championships. Still walking boys? David Ross, a member of Rowville Toastmasters made it to the Regional finals in the "Humorous Speaking" contest. Are you still making humorous presentations? Lysterfield Sailing Club reported that motor boat licensing was to be introduced in December. Is that true? Scott Russell came to the rescue of Rowville Cricket Club Under 12's in their Grand Final against Lysterfield, scoring 61 and sharing a match winning 9th wicket partnership with Jake Rogers of 50. Was that the pinnacle of your cricket achievements?



2006

Betty Mayne received a complimentary bottle of wine from an unknown admirer whilst out with her friends from the Rowville Senior Citizens. Nice one Betty!! Who went to the Neighbourhood House to see the documentary "The end of Suburbia"? It dealt with 'peak oil' and suggested the era of cheap oil was over. Council representatives used this to show that they were right to continue pressuring the Government over the Rowville Rail link. Eastern Region Libraries held a Commonwealth Games colouring competition and from 90 entries at the Rowville Branch (over 1,000 region wide) Stephanie won. Do you still enjoy art?

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Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

It Started in Lorne

Betty Sinnott went to Lorne for a holiday in 1946. Frank Dannock and a mate arrived there one week later and they met briefly one evening as part of a group. Then fate stepped in. Betty was due to go back to Melbourne the next week, but there was a rail strike and she couldn't go. She decided to stay for an extra week so that she could see more of this attractive young man she had met. The love that developed during that week is still alive today, 65 years later.

Betty was born in 1927 in Ascot Vale and grew up in the Clifton Hill area. Frank came into the world in 1927 in Ormond and spent his childhood years in Carnegie, so without the intervention of a holiday in Lorne the chances of meeting were remote. Frank started work for Snobs Menswear as a junior in Carnegie and then as their youngest branch manager in Prahran. However, after Lorne, the romance blossomed and on 3rd March 1951 they were married on a warm sunny day at St Monica's Church in Moonee Ponds.

They lived with Betty's Mum for their first 12 months of married life, then Frank's employer, Cox Brothers in the City, offered him the job as manager of their Ararat store. Betty was employed as a hairdresser at Myer, but had no hesitation in encouraging Frank to accept the job. Together they built the business up for almost 5 years before Frank was promoted to manager of the much larger Geelong store. It was here that they started a family and eventually had three children Mark, Karen and Jane. Today they also have three grandchildren.

In 1962, with their young family they returned to Cox Brothers in Melbourne, which was part of the original arrangement before going to Ararat. They stayed with Frank's parents for a short period while their house was being built in Glen Waverley. This was to be their home for the next 39 years. Frank recalls trying to get the council to install a sewerage system but was told by a council worker that "That is not going to happen in your lifetime!". Eventually the building of the public swimming pool forced the Councils hand.

Frank left Cox Brothers and continued his career in menswear at Leviathan and finally 19 years at Roger David where he was a buyer before retiring in 1991. He said his farewells on Friday and the next Friday Betty and Frank

KNOX Community Farmers Market

Expansion of Stallholders

To add to our current quality produce mix we are seeking interest from potential stallholders in the following categories:

FRESH PASTA, CHEESE, HAND MADE JEWELLERY, AND LEATHER GOODS, CROCHETING AND KNITTING, WOODWORK, LOCAL ART AND CRAFT

To discuss your possible inclusion in the market contact Warren Miller 0414 956 611

or Jeff Somers 04130150587

2nd Sunday of every month

8:00am to 1:00pm

NEXT MARKET: May 8th

STAMFORD HOMESTEAD

Emmeline Row, Rowville

(Entry off Stud Rd at the traffic lights next to the Pool Shop)



flew off for a three and a half month holiday in Europe. They both remembered the delights of Italy and the aborted visit to Yugoslavia due to the conflict there. Betty had been on a similar trip to Europe with her Mother in 1960, for the princely sum of £499, but this was different. "That first trip took a lot longer to get there as we sailed out on the 'Orion' and back on the 'Oriana' spending almost 10 weeks on the water" she recalled. They have confined their travels since to New Zealand and Fiji.

Whilst attending her church club Betty met a young girl who showed her the art of china painting. This started a lifelong passion for the hobby and her home attests to her marvellous skills. Wall hangings, table insets and many ornaments, all beautifully painted and fired in her own kiln, adorn the house. Frank enjoyed playing tennis and golf but admits to having no hobbies, although he loves his garden, theatre and reading a good book. However, together, they find time to enjoy many activities in Peppertree Village where they have lived for the past 8 ½ years and both especially enjoy their indoor bowls.

When asked the secret of their long and happy marriage they both agree it's about 'give and take'. Frank simply says "It doesn't matter where we met, or how, it could have been anywhere. It was just meant to be".

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Wellington Care Centre
 cnr Wellington Rd &
 Le John St, Rowville.

This advertisement has been funded by the
Rotary Club of Rowville
 "Working for a better community"

Rowville Toastmasters Club

Speaking Among Friends

Can you believe there are people who actually enjoy public speaking? Who are these people? Maybe you know some of them. Truth is, most are just normal people, just like you... and me! Every day, people around the world get asked to speak in public. Some will get asked to speak at work, at a birthday, or a wedding, to name just a few places. What would be your reaction if you were asked to speak? Would you immediately say, "Yes", or would you dig deep to find an excuse?



Speaking Among Friends

There are many tips you can learn at Toastmasters to make

public speaking easier. You may have heard some of these before:

- Know your material
- Know your audience
- Know the room
- Practice
- Relax
- and realise people want you to succeed.

The Toastmasters program will help you with these and a whole lot more. Rather than a programme that is dry and academic, the Toastmasters program is hands-on and participatory, giving you the chance at every meeting to stand in front of friendly people and practice to gain more experience. It's this hands-on approach that will propel your confidence. It's about learning how to construct a speech with a strong opening, body and conclusion, and how to use eye contact, gestures, and vocal variety and more. It is the experience of practicing these that will help you to enjoy public speaking. The ability to speak well will quickly override the fear of having to speak.

So why not come as a visitor to one of our meetings. You'll be impressed by what you experience.

See "What's On Locally" for meeting venue and times. Contact Erika at rowvilletoastmasters@gmail.com



Lions Club of Rowville

Several Club members attended the Wellington Village Festival, handing out numberplate safety screws, and it was alarming to hear how many people had already had their numberplates stolen at some stage. Hopefully the screws will prevent it happening to them again.

We are pleased to announce that the winner of the \$100 petrol voucher in our raffle on the day was Tessa Ambrose of Rowville. The festival also gave us the opportunity to talk to people about the work that Lions do in the community and

we were pleased that several showed interest in attending a meeting and finding out first hand how we operate.

With another new member being inducted last month and others showing interest, we are confident of increasing our membership further over the next few months. This will not only allow us to do more work in the community, but new members always bring new ideas with them and this helps the club keep abreast of the times and stimulates members to think outside the square.

With Mothers' Day just around the corner, a Lions cake would make a lovely gift. Whilst our cakes are promoted mainly around Christmas time, they are available all year round and are suitable for both personal and corporate gifts. To place an order, telephone our Cake Chairman, Harald, on 0403 158 010.

Did you know we have a takeaway drive thru service? Simply ring and place your order and drive thru to pick up. How easy is that and so convenient too.

San Marino
Italian Family Restaurant
 Phone 9763 3500 Your Hosts Neil & Naz
 Stud Road Rowville - www.sanmarinorestaurant.com.au

BOOK NOW FOR Mothers Day

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- We cater for all occasions
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San Marino Restaurant now offers gluten free pizza and pasta for dine in and take away.

LUNCH SPECIAL
15% OFF
TOTAL BILL

TUESDAY TO FRIDAY FROM 11.30AM TILL 3.00PM

EXCLUDING PUBLIC HOLIDAYS
DINE IN ONLY



Rowville Community Library

Sponsored by Cr Darren Pearce, Taylor Ward
and Cr Mick Van de Vriede, Tirhatuan Ward

May

"Feeding the minds of our community..."



Gardens of New Zealand, with Paul Lucas: Join our Growville Growers session at 2pm on Friday 6th May when Paul will present his stunning photographs from New Zealand. Paul and wife Maureen are well known in gardening circles and hosted the gardening tour to New Zealand. This session will appeal to all gardeners as well as those who just like to look! All welcome. Gold coin donation appreciated. Bookings please.

Confident living: Senior Constable Robert King will present this session covering home security, personal safety, etc. SC King is an excellent speaker and will help you to allay any fears you may have with practical suggestions on security. The talk will be suitable for all age groups so be sure to make it to the library on Monday May 16th at 1.30pm. Free event. All welcome. You can book by phoning the library on 9294 1300 or visiting our website at www.erl.vic.gov.au.

Friday Evening Bookchat: This is a new group running in 2011 and needs some members! Why not come along and try it out? It's free, there is no particular book to read as you just talk about what you have been reading, to give others some ideas about what they might like to read next, and vice versa. Refreshments are provided. No bookings required. All welcome!

Speed Mathematics: Author Bill Handley will present his session on speed mathematics. Bill has been showing adults and children how easy maths can be for many years. It is a great session to boost the confidence of those who struggle with maths and it's also very interesting for those who enjoy maths. The session will be held on Friday 20th May from 6.30-7.30pm. Free event. Please book. All welcome.

Biggest Morning Tea: This is a great opportunity to enjoy morning tea in the library and make your donation to the worthy cause of cancer research. Everyone is welcome to attend on Tuesday 24th May from 10.30am. Bookings are not required by you are! Please help the library to make this a most successful fundraiser. Which library staff member will make the best waiter/waitress?

Saturday Afternoon Storytime: On Saturday 7th May at 2pm, Inger will present Special Stories & Activities for Mothers' Day. This is a chance for parents and grandparents not available during week days to come to a storytime and share the experience with their child/ren. No bookings required. Free event.

Multicultural Interaction Group: This group



needs you! On Thursday mornings from 10.30am you can join other people for a chat, a game of scrabble (to help improve your English) or perhaps bring your knitting! Everyone is welcome to attend and it would be great if some Australians and other cultures joined in. Sessions are free. Refreshments provided.

Computer Help Sessions: On Tuesday and Thursday mornings a tutor is available from 10am to assist people to use the computers. Tutors are able to help with Internet, Email, Facebook, Word, and Excel, everyone is welcome, including complete beginners. The sessions are free. Meanwhile anyone who needs help with using computers just needs to ask the staff and, subject to staff availability, you will be given every assistance. The best times for staff availability would be on Monday and Wednesday mornings from 10am. There is no need to book and it's free, but we cannot guarantee staff availability. All welcome.

Kids on Wednesdays: Held on Wednesdays at 4pm during school terms. This group will be specifically for primary school aged children and involve a variety of activities. It's meant to be fun and it's free!

Home Library Services: If you have difficulty coming 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.

Growville Growers: The Growville Growers group meets on the first Friday of the month at

2pm. Anyone can be a member of this group as there is no 'joining process' and cost is minimal. All who attend will be made welcome. Details of the next meeting are at the start of the Library article.

Chinese Group: If you know someone who speaks Chinese let them know that they can attend every Friday at 10.30am. On one Friday of the month, **May 20th**, the Chinese Librarian, Emma, will be attending. Our Chinese collection includes adult and children's books, DVDs, CDs, magazines and newspapers. Borrowing is free. Meetings will be every Friday from 10.30am to 12 noon. Free event! All Welcome.

Bedtime Storytime is held on the first Friday of the month at 7pm. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) Our next Bedtime Storytimes are at 7pm on Friday May 6th (Wear your pyjamas and join us for some stories, craft and a treat!) and June 3rd. All Welcome.

Afternoon Bookchat! Have you ever read a fantastic book and wanted to tell someone about it? Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. It's a great session to get ideas about what you might like to read next and is open to everyone. Held on the 1st Monday of the month at 2pm our next meeting will be on Monday 2nd May at Rowville Library. Free event. Bookings not required.

Coming up in June: Neil, from Amgrow, will visit the Growville Growers on Friday June 3rd at 2pm. Author Bill Handley will present his session 'Fast easy way to learn a language' at 6/30pm on Friday 17th June. We are fortunate to have Judy White, Principal, Special Development School, to speak about autism on Thursday 23rd June at 7pm.

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: 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)

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

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. 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

Rowville Community Library 9294 1300

STOP PRESS Rowville Residents Protest

More than seventy concerned Rowville residents attended a meeting at St Simon's Parish Hall at 7.30pm on 20th April, convened by coordinator Margaret Lancefield, to discuss the proposed 6 storey development on Stud Road opposite Stud Park shopping centre. The development would have 48 units, approximately 100 residents but only 55 parking spaces. In attendance were Councillors Van der Vreede and Pearce and Mayor Sue McMillan who listened to the various issues raised.

Residents spoke about the anticipated problems with the lack of infrastructure to handle such a development,

disruption to local roads, the resultant increased congestion on Stud Road, sewerage capabilities, storm water drainage capacity, street parking, shadowing caused by the height of the proposed building, facilities for children, garbage collection, emergency service vehicle access and the walkway behind the proposed structure into Stamford Crescent. The audience were shown four more proposed high rise developments in the immediate area, further adding to future chaos. There was also a deep concern that this could be the 'thin end of the wedge' and the whole of Rowville could face the same issues in the years ahead.

Cr Van der Vreede explained the process through council and the involvement of the State Government. "We are not here to rubber stamp every application. Each planning application is assessed on its merits when all information was available" he said. He also made it clear that Councillors could not take 'sides' before the plans and process had been presented to council. Doing so could see them disqualified from voting at any future debate on the development. He advised that local State members should be lobbied and that the Federal Member for Aston should be kept in the loop. Residents were urged to attend and ask questions about the development, at the next Council meeting on Wednesday 27th April. A decision on the building was expected at the May 31st Council meeting.



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We can also organise a Personalised Banner with Name Only and Signature Panel or a Photo Banner that includes your choice of photos. Foody season is here and for all parents who hate cutting out letters for Banners we have stick on letters & crepe paper on the rolls.

Come in and visit us so we can help you organize that special event.

■ Helium Balloons & Decor

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■ Birthday Photo Banners

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Community Garden Grows

As you drive up to Chesterfield Farm, turn left at the top of the drive and have a look at what Jessie Buckley and her eight youngsters from the Rowville/Lysterfield have done to create a Community Garden. Jessie says "The youngsters, who had no experience of garden techniques, took to their spades and wheelbarrows with relish and when they looked at the results of their work they were justifiably proud". Now with her good friend and volunteer Melissa and Jessie's Mum, it is amazing to see what has been achieved in the ensuing six months with their Community Garden.

Jessie completed a 4 year garden apprenticeship with the City of Port Melbourne before going to work in the gardens at Ripponlea. Eight months later she was delighted to get a call from the Royal Botanic Gardens to come and work there, a position she thoroughly immersed herself in for ten years.

Having not enjoyed classroom work at school, Jessie was keen to bring gardening to younger children, especially the disadvantaged, so she set about finding land on which to develop her dream. The owners of Chesterfield Farm, who lease the land from Parks Victoria, agreed on a 26 week trial, as long as Jessie arranged funding for everything. This meant not only the plants, trees etc. but clothing, tools and infrastructure, so Jessie approached Holmesglen TAFE who put her in touch with Max Employment who were looking for a project to help the young long term unemployed get back into work.

Now, 25 weeks into the project there are beds of vegetables, herbs and fruit trees and the many visitors that have seen the results of the hard work clearly want to return and marvel at the progress.

From a carefully researched list, Jessie selected plants to ensure the garden has ready to eat produce all year round. It is hoped in the future, that the produce will be donated to

local hospitals and nursing homes, whilst volunteers will also be able to savour the fruits of their labours. Jessie has circulated local schools and hopes that they will take up her invitation for educational visits in the future

Transition Knox, whose core purpose is to raise awareness, educate and facilitate local action in Knox on the twin challenges of peak oil and climate change, are heavily involved and with the recent agreement with the owners regarding the ongoing continuity of the Garden, funds will be made available through Government grant applications..

Jessie concludes, "The benefits to the community of the Garden are enormous and with a little help from volunteers (the more the merrier) it will continue to flourish for years to come".



Youngsters Learning About Herbs From Jessie

Editor's Note:- If you feel you would like to help, give Jessie a call on 0408 784 616

Transition Knox Launches Community Craft Program

A craft group with a difference will be launched in Rowville next month. Called Craftshare, the initiative is designed to give craft novices the tips, tricks and advice they need to learn to sew, knit and crochet. Good advice will be on hand, as the group will be led by senior members of the community who are keen to share their expertise. Craftshare is the idea of Transition Knox, a local not for profit group committed to assisting people within Knox live more sustainable lives.

Transition Knox President Fiona Lowry says, "The idea is to introduce 20 and 30 somethings to the traditional skills that we tended to miss out on. We want to keep the classes fun and informal and to ensure everyone picks up some skills they didn't have before attending the class. "From a sustainability point of view, the skills learned are extremely valuable, as it means we become less reliant on imported

fashion and homewares and we are better equipped to mend and give a new life to existing items around the home instead of just throwing them out. The benefits also extend beyond the skills learned to include fostering relationships between younger and older Knox residents and giving older residents an increased sense of value within the community" Fiona said.

The first series of classes will be led by Margaret Sheahan, a member of the Waterford Valley Retirement Village Craft Group who will assist attendees to create a one of a kind scarf just in time for the cooler months. Margaret is an accomplished knitter, sewer and painter.

Classes commence at Rowville Community Centre at 7:30pm on

Thursday, 10th May 11. Classes will run for 90 minutes at a cost of \$8 and will be held on the second the fourth Thursday of the month.

Anyone interested in participating or instructing the craft group can email transitiontownknox@live.com.au or call 0410 507 223. For more information about Transition Knox visit: www.transitionknox.wordpress.com

Fiona Lowry



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CAMPANIA NIGHT DINNER DANCE

Saturday 25th June 2011

Knox Italian Community Club Inc.

99 Karoo Road, Rowville 3178

PH: 9764-868

4 course dinner, drinks at bar prices
Members \$34.00 Non members \$38.00
Child under 12 \$20.00

Bookings: Michael 0419 330 977
Danny 0418 798 987
Tony 9758 7396



SAPORE DI NAPOLI

Robert Severini Trio

Floorshow

With

Annamaria Colasanto



Rowville & District Neighbourhood House



20 Fulham Rd, Rowville
Ph: (03) 9764 1166
email: inquiries@rdnh.org.au
web: www.rdnh.org.au

Welcome back to all our returning and new students enrolling in Term 2. Thank you for keeping our classes running from term to term and the 'House' functioning at a great level, considering we run on a fee for service basis. The weather is cooling down now but you will always receive a warm welcome at your Neighbourhood House.

We have a Coffee & Chat morning every fortnight that started on the 29th April with emphasis on the Royal Wedding Day with a high tea being served. Come along, make some new friends and have a bit of fun. There is also a Movie Group meeting on the 3rd Tuesday of each month at the local cinema please call us on 9764 1166 to register your details for our lovely leader Angela.

Classes happening in April/May are First Aid Level 1 & 2 CPR, Food Safety Level 1 & 2, & Integration Aide (VBQM622A) from Wednesday 11th May - 6.30pm to 9.30pm and Tuesday 31st May - 9.15am to 2.45pm.

Computer Courses:

Basic beginners for those who need to learn the applications of their home computer, writing letters, email and the World Wide Web. There is also a **Refresher course** for those who have forgotten some of the applications. **MYOB**, learning how to use the program (basic computer skills essential) is popular as is the **WEB Page** design class.

We have had great feedback from the Spanish & Italian Language classes and the Wardrobe Magic & Step into Style were a great success. Maybe you would like to enroll for Term 2 phone us to check on vacancies.

Teresa cannot teach evening **Sewing** classes now due to other commitments but she will stay with the daytime class. We have now employed a new Tutor, Catharine, who will guide you through pattern making and sewing, whatever you would like to learn on Wednesdays starting 4th May at 7.30pm for two hours.

Mother's Day Dinner Dance Saturday 7th May 2011

Knox Italian Community Club Inc

99 Karoo Road, Rowville 3178
Ph: 9764 2868



ROBERT GANGI TRIO

4 Course Dinner,	A Rose and
Drinks at Bar Prices	a glass of
Members: \$34.00	Champagne
Non members \$38.00	for all Mothers
Child u.12 \$20.00	

Bookings: Michael 0419 330 977
Danny 0418 798 987 Tony 9758 7396

Children's classes:

Art classes, Tuesdays, Wednesdays and Fridays after School, **Cooking for Kids** on Tuesdays & Wednesdays, **Jazz Dance and Pre-School Movement & Music** on Mondays & Wednesdays. If you would like your children to enroll in the **Hip Hop Street Dance** please phone us to ask if any vacancies are available on the night you require. Further enquiries on any classes please call us on 9764 1166.

You can download our brochure from www.rdnh.org.au or email us frontdesk@rdnh.org.au

Sale: The sale of the Entertainment Books are our main fundraising effort each year.

The **Entertainment Book** is the only book you'll need to find the best restaurants, hotels, sports & leisure activities at discounted prices. Purchase an Entertainment Book (still only \$65) this year and you will receive over \$17,000 in vouchers and valuable offers; all valid until June 2012.

Building Inner Confidence and Anger Management

There are many issues and problems that can create anxiety and phobias in our lives. In this workshop we will look at the triggers to anxiety, learning positive techniques in overcoming anxiety and developing a "toolbox" of strengths to help us through troubling times.

Thursday 19th May 10.00am - 12.30pm \$30.00

Empowering Women: A Journey Of Self Discovery

"Empowering Women" aims to inspire women to break free from the chains of limiting belief patterns and social conditioning. Go on a journey of Self-discovery as you explore subjects such as Self-esteem, Assertiveness, and Dealing with Anxiety, Boundaries, Self-talk, Stress Management, Proactive vs Reactive and Responsibility. Explore current life patterns and develop direct and effective ways of dealing with negative feelings and thoughts; Encouraging Self Empowerment, Self-Esteem and Personal Growth.

Tuesdays from 24th May to 28th June 10.00am to 12noon or 7.00pm to 9.00pm \$81.00

De-Clutter Workshop

Do you have Clutter - Want it gone but don't know how to start? Come along and join us to learn the steps you need to De-Clutter your space. It's simple, it's easy and once you know how you will never look back. Together we will explore - Why Clutter occurs - How to get rid of it once it has found its way back into your life and how to stop it coming back. Learning these simple steps will give you the tools and confidence you need to sort through your stuff and begin to create a space that is "stress-free" functional and easy to maintain.

Bring a notebook and a pen.

Thursdays 7.00pm - 9.00pm

9th & 16th June (2 sessions) \$36.00

Lesley Jenkins Programming
Rowville & District Neighbourhood House

step into Life®
Group Outdoor Personal Training

We Do It Outdoors

Step Into Life is outdoor personal training and it has come to Rowville. Thanks to Angela McLaren and her supportive husband Brad, residents can now get fit, lose fat, tone up and generally feel great without stepping into a gym.



Angela says 'Step into Life' was started in Bentleigh, Melbourne in 1995, by Larry and Mark Cohen and they remain very supportive of the franchise network. "I first came into contact with the group in Cranbourne and was so impressed that I set out to gain the necessary qualifications in personal training" says Angela. "I then went to Pakenham as assistant trainer and couldn't wait to start my own group" she adds.

Fitness and nutritional health have always been interests of Angela, evidenced by her early involvement in hockey and soccer despite a knee injury. She is a Tasmanian by birth but moved to Queensland where she met Brad. They moved back to Brad's home state of Victoria, got married and moved to Rowville eight months ago.

"Whilst there are other training regimes in the area, we are a purely outdoor training programme. Ten years ago there was a 'Step into Life in Rowville but it closed down' says Angela. "I felt there was a need, so I started the Rowville group seven weeks ago and I now have 26 people, from 20 to 60 years old, enjoying the benefits of affordable and fun personal training. We learn about the goals and capabilities of each member, discuss previous history to understand any injuries or conditions and then establish a suitable programme". Angela understands that it's a big decision to take part and to continue, so she supplies fortnightly reports, programme achievements and nutritional information to support the activities. "My greatest reward is to witness the steady improvement in a member's performance" adds Angela. The Pakenham franchise has even been accredited, in conjunction with diet, with helping a gentleman to overcome his type 2 diabetes.

St Simon's Community Football Club has benefited from being sponsored by 'Step into Life' and the youngsters have enjoyed the talks Angela has given. She also works closely with local physiotherapists.

Angela concludes "People create and mould success in others, not equipment and machines".

**DON'T BE LEFT
WITH AN EXTRA LAYER
THIS WINTER!**

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AND BE READY FOR SUMMER!**



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‘Who’s on Board?’ wins national award

Knox Council’s *Who’s on Board?* public transport campaign has been named as the inaugural winner of the *Best Communications Award* by Government Communications Australia at a special presentation in Canberra last week.

Knox Council Director Corporate Development Mark Dupe said he was thrilled with the recognition. “We put a lot of work into this campaign and to be recognised at a national level is a great achievement for the organisation. Who’s on Board? was so different to anything that we’d tried before, and it proved to be our most successful. It really captured that community passion and it was a great example of grass roots campaigning. With the Rowville Rail Feasibility Study now underway, it helped achieve a tremendous outcome for the community” he said.

More than 5,000 Knox households responded to the campaign and helped cement political commitments from both the Liberals and Greens.

In honouring *Who’s on Board?*, Government Communications Australia noted the campaign’s ability to go beyond politics and create a community of ambassadors and lobbyists for better public transport in Knox.



Life Activities Club Knox

Once again, the ever optimistic fishing group enjoyed a delightful Autumn day, casting bait into the beautiful Sugarloaf Dam. The walkers had spent time previously walking the tracks, and during this outing, a trout was spotted. (pardon the pun). But back to our day at the Dam, there we were, baiting hooks, casting our lines, and watching ‘someone else’ catch redfin and yellowbelly. It was confirmed that these fish are delicious to eat, maybe one day?? Of course we had the ‘one that got away’, and a few bites, and a couple did go home with one of our team. Still, it was a lovely day of fellowship, spent in the open air, and the tides were free from blame.

This month, our Committee will provide an afternoon of entertainment with an “Old Style Movie Show”, complete with usherettes, etc. Always lots of fun.

An invitation is extended to all, to meet with us at the Boronia Senior Citizens Club Rooms, on Monday 23rd May



for our quarterly meeting, and following club business, our Special Guest, Mrs. Marsh Darlow, will entertain us with memories of her career in show business, and details of her ongoing work with the Humanitarian Services for the children of Vietnam. A wonderful contribution to healing this country. Supper will be served after.

Our weekend getaway at Eildon was, as always, a success with 40 or so members joining in, by either sharing cabins, bringing caravans or tents. A great low cost time-out.

Remember, feel free to join us on any two of our activities, either walks, outings, cards, social games, cards, painting, armchair travel, badminton, water aerobics, craft, cinema, luncheons, and if any other activity is suggested, we only need a convener and location, and all help will be offered to enable this activity to continue.

More details about our activities are available by ringing the numbers below, and we will also be happy to forward our current newsletter.

Melva 9762 3764 or Helen 9729 1151



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Monday May 23, 2011 | 7.30pm
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Monday June 6, 2011 | 7.30pm
Rowville Secondary College
Performing Arts Centre
Eastern Campus, Humphreys Way, Rowville





Camera at the Ready

Who remembers the film cameras that took photographs that were printed from negatives or produced colour slides? How many people have drawers full of these often great photos and slides that they now seldom view? Remember the price you paid for film and processing, with many of the photos disappointing when you got them back?

How times have changed with a full range of digital cameras now readily available. From simple easy to use low priced "point-and-shoot" cameras to cameras with more options for the more adventuresome photographer!

But remember, gradually improving your photographic competence and skills to take better photos is equally, if not more important, than the complexity of your camera.

The advantage of digital is that you see your photos after taking them and only need to keep and print those you want. You can keep the photos as files on a computer or disc for later viewing and reprinting, or send via email or

Welcome To Our New Photography Columnist, Paul Lucas

When Paul is not taking photographs, he is an active member of the Royal Horticultural Society as the magazine designer, whilst his wife Maureen is the editor of the RHSV 'Gardeners Gazette'. So there are plenty of his favourite flora and fauna subjects available to his expert eye.

From his childhood in Adelaide, he had his own 'dark room' and enlarger to print his own pictures before he moved on to the then revolutionary age of slides.

Today Paul has totally embraced digital photography and began entering competitions in 2001. "I took 9,800 shots whilst on a recent holiday in India and Nepal. This sounds an awful lot" he says "but like other photographers, I work on getting one competition quality shot in a hundred taken". Paul adds that "At the moment I am doing two or three photographic presentations per week to a variety of groups. I have visited one retirement home 32 times, yet can still deliver a different presentation each time". In fact Paul has over 100 different presentations, covering subjects such as 'Flowers and Gardens of The World', "Wildlife Safaris", "Armchair Travel" and occasionally, the subject is about the art of photography. Paul likes all types of scenery from around the world, but finds the variety in New Zealand to be the best.

Paul and Maureen have acted as tour guides on a number of Grand Pacific Garden Tours in New Zealand, a job Maureen is well qualified to do as she is a qualified horticultural judge.

They have three children and ten grandchildren. His daughter Rochelle recently beat him in the fauna section of the competition at the Dandenong Show and his granddaughter Nechama may well turn out to be the best of them all.

Paul studied Applied Science at Adelaide University and went to work in Perth with Dulux. It was whilst working there that he met and married Maureen who then accompanied him on secondments in Melbourne, Kuala Lumpur and Melbourne again before retirement after 38 years with the company. It appears that Perth has been a happy hunting ground for the Lucas family through the years. His Finnish grandfather jumped ship there in 1902,

Facebook to family and friends. You can even have your favourites as computer screensavers. These options are harder to organise with the old negative films and slides.

Over the coming months we will explore the exciting potential of digital photography for many levels of photographers, from those who want to take general photos of holidays etc, to those who concentrate mainly on family photos, to those who want to enter photographic competitions.

We will explore, with hints, the elements that may improve your photos in each of these 3 segments.



An award winning photo of a waterlily close up.

HINT: *Either purposely show you are taking an object close up or generally ensure you include all the object.*



met his wife to be and brought her back to Adelaide and more recently his son went to University in Perth to get his degree and met his wife to be and brought her back to Melbourne.

Paul and Maureen have lived in Rowville for 14 years and were once winners of the now defunct Knox Garden Competition.

Eildon Park Tennis Club Change Of Season, Change Of Focus

Having concluded a successful summer season and enjoyed the extended daylight hours, Eildon Park Tennis Club's attention is now turning to the winter season and tennis under lights. With nine courts, all under lights, the opportunity to continuing playing outside of day light savings in the evenings is enhanced.

Night tennis is an excellent way to enjoy a hit of tennis in an evening. It's particularly great for 'time poor' parents looking for some fun and activity in their busy week. A variety of opportunities to experience the unique nature of tennis under lights are available. Casual players are catered for via six of the club's nine courts being individually lit by coin-operated control equipment which is accessible to all club members.

SPORTING ROUNDUP



Sporting Roundup is sponsored by Kim Wells M.P., State Member for Scoresby and Victorian Treasurer.

Lysterfield Junior Football Club

Our Inaugural Season in 2011.

As mentioned in previous issues, Lysterfield Junior Football Club is fielding 4 teams in the Eastern Football League this season. They will compete in U/9 through to U/12 age groups.

On Friday the 18th March, the season launch & jumper presentation was held at Lakesfield reserve. There were families in attendance from all age groups who enjoyed the BBQ and jumper presentations to the players. Alan Tudge, Federal Member for Aston, and Nick Wakeling MP, the State member for Ferntree Gully were in attendance and congratulated

President Steve Ketzer on the formation of the club and wished all the success for the future.

Presentations of jumpers were made to the players by:-

Under 9	Alan Tudge
Under 10	Nick Wakeling
Under 11	Darren St.Ledger (Rotary)
Under 12	Brad McNay (Lysterfield Auskick & Club Founder)

The season has now commenced and the Under 9's & 10's have put in fine performances and pleased their respective coaches. The Under 11's have played 2 games and have won both, the Under 12's have a 1-1 record.

Those desiring a more structured opportunity can choose to become involved in a team, competing against teams from other clubs. There's a choice of nights (Monday thru to Thursdays) and formats (mixed, mens, ladies, doubles or singles) to pick from. There is also the option for men to become part of the Eildon Park in-house mens doubles social competition on Thursday nights. This social competition provides an excellent opportunity for male club members to have a hit in a very social atmosphere.

Player entries for Eildon Park Tennis Club night tennis teams for the forthcoming Spring season (July through to November) are now being accepted. Eildon Park Tennis Club participates in various competitions offered by the Waverley Tennis Association and Knox District Night Tennis Association. These competitions cater for a very wide variety of skill levels and as such new members are particularly encouraged to apply to join a team. With many teams made up of husbands and wives, brothers and sisters, friends or those making new friends the opportunity is there to have a go. If you are interested in playing night competition tennis, please contact Michael Tomlinson on 0438 759 254 for further information. Player entries close on Sunday 8th May, 2011.

The weekend winter competition season has begun with junior and senior sides seeking to continue the success from the summer season. The new teams have started well and with enthusiasm levels very high.

If you are interested in getting involved in our club please call Stuart Draffin our Membership Secretary on 0408 778 658. If you are interested in receiving coaching, please call LEEP Tennis Academy and speak to Lee on 0409 396 479. Additional information about Eildon Park Tennis Club can be found at www.eptc.org.au





Club President Steve Ketzer, & Vice President Don Coulthard presenting Nick Wakeling MP with club merchandise.



Under 11 player Jordan Good clearing the ball in the new Lysterfield Wolves jumper against Knox Football Club.

Rowville/Rowville Lakes Little Athletics

Bayley Carlin and Courtney Beer were Best Overall Boy and Girl - Rowville Lakes Club Awards



Charan & Jesse Our State Champions

In her final season as a Little Athlete, Charan Thavendran sizzled down the track at Olympic Park to confirm her place as Victoria's fastest U15 girl. Charan took gold medals in the 100 and 200ms breaking the state record for the shorter race in the process. This caps off an eventful Little Aths career in which Charan has had considerable success but had to overcome injury to return to form this year.

Competing in his first State Championships, 9 year old Jesse Eickhoff flew over the 80m hurdles to grasp gold and was then only narrowly beaten into second place in the 60m Hurdles the following day.



Millie is having a good run.

Brianna Lillie, who is also in her first year at State Championships walked the 1100m race for U9 girls in a Rowville Club record time and finished second. In the U10 girls' walk, Brodie Richardson also medalled, backing up last year's great performance. Millie Reed ran a superb 200m to take bronze in the U11 girls.

Adding to her fourth placing in the 100m, U13 Jackie Lee Fredricksen gained selection into the State squad with a 4.74m bronze medal leap.

Many of our athletes qualified to compete at State Championships. Lachlan Viney, Grace McFaul, Lisa Morris, Jessica Lillie and Stacey James were amongst those who missed medals but made it into the final eight.

Rowville Club Awards

Not surprisingly, after his fine season Jesse Eickhoff was bestowed with the Rowville Club President's Award. Jay Sutherland took home the George Orrock Cross Country trophy, and Hailey Merrigan and Brayden James were the Club's Best Overall Girl and Boy. Brayden was also most improved senior boy.

Kate Betteridge and Tia Beagley were most improved junior and senior girls respectively, while Nathaniel Louey and Bailey Joy shared the junior boys'.

Youngster Bryce McGeehan (who helps out with putting up the club tent and assisting the electronic time keepers while his sisters compete) was presented with the Barry Plant Encouragement Award. Best in Age trophies, 100% attendance awards and some personal best medals remaining from the season were also presented.

Rowville Lakes Club Awards

Jai Bardsley took home the Rowville Lakes President's Award, and Millie Reed the Achiever's Award. Bayley Carlin and Courtney Beer were Best Overall Boy and



Speedy Little Cross Country Runners!



Jackie-Lee shows fine form

Girl. The Team Manager's Award was presented to Olivia Ryan, with encouragement Awards going to Jessica Shugg and Byron Browne.

The hotly contested U15 Girls Award was won by Lisa Morris, The club is very keen to see more older boys joining its ranks next season.

Cross Country Has Begun!

The Cross Country season commenced early April and continues through Winter. We are always looking for new members. Ability is of no consequence. As long as you've turned four and are not older than fifteen, there will be a race for you every week. If you're a parent, you can even have a run once a month! If you want to get fit, meet some new friends, or hope to last a full game in one of your other sports you should take up cross country running.

Registered Little Athletes pay no additional fees, and new members may sign up for \$50. (For 4-6yr olds it's just \$25.) Cross Country is held in parks around Knox on Saturday mornings. Please call Andrew 9763 1404 or Nick 9764 0661 for more information.

Thanks to KLAC photographers.

Rosemary Merrigan

Editor's Note Congratulations to all medal winners and State selected athletes, especially Charan and Jesse.



Easter Treats Are Not So Sweet

Although Easter has passed, there are probably still chocolate eggs in the house so this is the perfect time of year to highlight that the chocolate treats we enjoy so much are actually poisonous if shared with our furry friends.

The danger with chocolate is that animals such as dogs, cats, parrots and horses can't effectively metabolise the chocolate chemical known as Theobromine.

Theobromine can remain in an animal's bloodstream for many hours and cause a wide range of problems because it triggers the release of adrenaline. In high dosage situations, pets begin to vomit, suffer diarrhoea, urinate excessively and become hyperactive. This can be followed by depression, seizures, coma and can be fatal if not detected and treated.

The response to chocolate is often unpredictable. Different types of chocolates have different concentrations of Theobromine. Smaller dogs will also need less to poison them than bigger dogs. Like people, dogs can become obsessed with chocolate and if they find some they will eat it all.

Please do not reward your pets with chocolate. This will only give your pet a taste for chocolate and make a serious accident more likely to happen. Chocolate is not a suitable food for dogs and can pose a serious risk to their health. If your pet does steal your children's Easter eggs this year, don't laugh. Contact your local Greencross Vet for advice.



Itchy Skin

If you have a pet that suffers from itchy skin you can understand how distressing it can be for both you and your pet! Itchy skin is one of the most common conditions seen in veterinary practices. It is often assumed that a pet's itchiness is associated with fleas, but this is not always the case.

Itchy Skin is linked to many different causes and **Allergic Dermatitis** in dogs and cats is very common, this has been well recognised for a long time and sometimes referred to as 'summer itch' or 'hot spots'. Often the damage seen on your pet's skin is NOT associated with the original cause but actually with the damage your pet does to itself through biting or scratching the affected area. It is very important that both the cause and the irritation of itchy skin are relieved.

There are a number of factors that can be responsible for your pet's itchy skin

Common causes of Itchy Skin:

- ◆ External parasites - fleas, mange, scabies
- ◆ Allergies - over reaction of body immune system, insects, dust pollens, FAD flea saliva
- ◆ Atopic - allergic to environmental, air-borne particles, plants, grasses & household chemicals

Allergy testing is available for pets that are suspected of having Atopic Allergies

- ◆ Food allergy - due to major carbohydrate and protein sources in the diets such as beef and wheat

Hypoallergenic food trials can be performed by your veterinarian to rule out if your pet's itchy skin is a reaction to a food allergy.

If your pet is suffering from Itchy Skin contact your local vet and discuss how you can help to control your pet's itchy skin caused by allergies.

Cat desexing is now compulsory

Council is reminding cat owners that any cat over the age of six months, due to be registered with Council in the current registration period, must be desexed. Compulsory cat desexing will not apply to cats already registered with Council.



Elke Tapley, Local Laws Coordinator, said, "While cats make wonderful pets and can add a great deal to our lives, they also breed extremely quickly. Research has shown that one female cat can have three litters of kittens each year, which can result in an extended family of 54 in just 12 months!

"Desexed cats generally live longer, are less inclined to wander, become more affectionate and are also less likely to exhibit anti-social behaviour. It also eliminates 'heat' cycles in female cats and can result in male cats becoming less territorial. If a cat stays close to home the incidence of some health problems such as cancers are greatly reduced" Ms Tapley added.

Animal Aid General Manager Nell Thompson is also supportive of the move. "Throughout the warmer months Animal Aid is inundated with kittens and pregnant cats that no one comes to claim. It places a great deal of strain on our resources and weighs heavily on our staff."

Ms Tapley said cats registered with Council also needed to be microchipped. She said there were some exceptions to compulsory desexing, with people encouraged to call Council on 9298 8000 for more information.



The year has started out as a very exciting one jam packed full of fun and adventure. We have been out for lunch and dinner to a variety of venues both in Melbourne and up in Yarrowonga. In February we had a pool party which was great fun. A group also went to the greyhound races and had their photo taken for inclusion in a national magazine. In March we celebrated St Patrick's Day with green champagne and lots of delicious green food. Of course we all wore a bit of the green to add to the colour of the day. Eleven of us travelled up to Yarrowonga for a four day stay. We went on a wine tour one day which caused lots of smiles at every winery we visited. Our hats and glamorous attire was a great hit. While up there we had a cruise around Lake Mulwala and spent a day shopping. Shopping is the Red Hatters sport of choice. April started out with a visit to the Yarra Ranges Estate Winery to take part in the grape stomping festival. A hilarious time was had by all with lots of dancing and music. Also in April we had Coffee and Cake, trying to find our way out of the maze on Mt Dandenong and of course helped William and Kate celebrate their wedding on the 29th of April. Lots of laughter for all to come.



On Saturday 7th May the Knox Regional Netball Centre is hosting the Victorian Netball League Holden Cruze Cup match between Monash University Central and Geelong

Cougars. This is your chance to see the top netballers in the state battle it out in a local venue. Matches start at 6pm with the Championship Match taking place at 7.20pm. Tickets are \$4.00 for adults and \$1.50 for students/concession and are available at the door. To find out more about the event, please contact the Knox Regional Netball Centre on 9758 7191.

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Alan Tudge Writes

Too many lives lost to depression

"If we can prevent just one suicide, it will be worth all of our effort."

This was the powerful message of Pauline Renzow at the Youth Mental Health Public Forum earlier this month. A participant at the Forum, this courageous Rowville resident spoke about losing two of her sons to suicide 6 years ago. We will never get her sons back, but our efforts to reduce the stigma of mental illness and get more services in Knox to support young people will hopefully make a difference to other young people's lives.

More than 150 people attended the Public Forum that I convened at Fairhills High School in Knoxfield. My aim was to raise the profile of youth mental health, as well as gather people's views as to what more we should be doing. It was at times a very emotional discussion as people, like Pauline, spoke about their own experiences or those of their loved ones.

Unfortunately, depression, anxiety and other mental illnesses affect almost every family in our community. Our expert panel on the Forum, which included physicians and service providers, spoke of the fact that 75 per cent of all mental illnesses start before the age of 25. It is why we need to particularly target young people for support.

Local residents at the Forum highlighted the need to address the stigma which is unfortunately still associated with mental illness. Until sufferers can confidently be "loud and proud" as Cr Peter Cole suggested (who has bi-polar) then young people particularly may hesitate to get the help they need.

Forum participants also suggested that existing services are not well known and are sometimes not coordinated. There was also a consensus that we do not have enough services generally, particularly those tailored towards young people.

I now have some homework! From the Forum, I have established a Youth Mental Health Committee, and together we are working to address some of these issues, including campaigning to secure a Headspace Centre for Knox. Our efforts are well underway, inspired by the words of Pauline, and in the hope that it will make a difference for those young people in our community who are sometimes suffering in silence.

If you are interested in being kept informed of developments of this important campaign, please drop me an email or contact my office on 9887 3890.



An Hour With Alan Tudge (Federal Member for Aston)

Alan Edward Tudge was born in Pakenham on 24th February 1971, the youngest of three children. His parents, who had emigrated from Scotland in the late 1960s, separated early in Alan's life, so he was largely raised by his mother. Both his mother and father were veterinarians, yet none of their children followed in their footsteps.

Alan's early schooling was at Pakenham Primary School then "I was extraordinarily fortunate to go to Haileybury College" he says (where he also met fellow classmate, Nick Wakeling). He went on to Melbourne University where he gained a Bachelor of Laws and a Bachelor of Arts and it was here that he had his first taste of 'politics'. Around seven years later he completed a Masters of Business Administration at Harvard University in Boston USA.

Most of Alan's early working years however were spent in business, initially with the Boston Consulting Group, then later operating his own business in a similar strategic company advisory capacity. Experience in Government started with three years as a senior advisor to the Education Minister in the Howard Government followed in the mid 2000s by several years as deputy director of the Cape York Institute. Alan says "I worked on some of the toughest problems in remote communities including welfare and alcohol abuse, following the Noel Pearson 'tough love'

approach. There is still a long way to go but I believe we are making some progress".

Funding for local schools, core skills in literacy and numeracy, as well as indigenous education are still to this day very high on his federal priority list. Alan has been involved in helping to found the 'Teach For Australia' organisation that targets high-calibre non-teacher graduates and encourages them into teaching, particularly in disadvantaged schools.

A recent forum on youth mental health services in Knox was Alan believes "extremely worthwhile as it is one of the most urgent issues we face", Alan says and adds "I will continue to fight for recognition of the problem, to try and reduce the stigma, and to get funding for a Headspace Centre for Knox".

An active member of the community, Alan has been involved with local charities (including Chairman of the Knox Red Shield Appeal), the Lions Club, his local church and his daughter's school council. Not surprisingly, Alan also serves on the House of Representatives Standing Committee for Education and Employment.

In 1999, through multiple friends, Alan met Teri and in 2003 they were married. They live in Vermont South and have two young daughters, Cassie aged 6 and Kristin aged 4, who go to the local school and kinder. "Young kids certainly keep you grounded!" he says. Asked if he would encourage them into politics, he notes, "I wouldn't discourage either of them from a career in politics, but I wouldn't necessarily encourage them either. What I would say is to get some good life experience first, which helps you to be a better representative."

Asked what he does to relax, he says: "Between work and family, there is not much spare time! I enjoy watching my favourite AFL team North Melbourne, although so far this season they look as if they are going to increase my stress rather than curb it!"

On the question of priorities for his seat of Aston, Alan lists mental health, the Rowville rail, the Stud Rd bus lane, population growth control, community safety and schools funding. Alan concludes "Aston is a great place to live, but resolve these issues and it could be even better".

As I left the busy office of our local Federal Representative, I mused about the future and I could see this dedicated and passionate man as a future Minister of Education.

David Gilbert

Win Comedy Club Tickets

Congratulations to our winner from last month, Sal from Rowville.

Two tickets are on their way to you. The correct answers were:

First Premiers were Essendon

First Brownlow Medal winner was E (Cargie) Greeves

Who entered the AFL in 1997..Port Adelaide

This month the questions are based on the contents of the paper.

Look carefully and the answers are all in the pages...somewhere.

Question 1 Who writes the Little Aths articles?

Question 2 What is the name of our President?

Question 3 Which wrote the poem Go-er in Murtoa?

Good luck to everyone. Send your answers, marked "Comedy Club Answers" to RLCN c/o Rowville Community Centre or by email to rlcnews@vicnet.net.au The first correct answer drawn will win two tickets to the Comedy Club at Knox Ozone that can be used anytime until the end of October 2011.

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**Rowville Group Fitness
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or go to: www.rowvillegroupfitness.com.au**



Liberty Avenue Three Year Old Kindergarten

At the conclusion of Term 1, we have had great pleasure watching our children grow, mature and develop as they settle into their new learning environment. The children are beginning to build relationships with each other, learning names and becoming more familiar with each other.

Throughout the term we explored sensory play by using

water, sand, rocks, shells, dirt, play dough and fingerpaint. We participated in imaginative play, both indoors and outdoors. Inside we provided a “home” environment for the children to share and explore. Outside this was extended to include the cubby house, the sandpit and the introduction of an outdoor doll’s house. The provision of items that the children may have seen or used at home, such as cooking utensils, crockery and cutlery, gave the children opportunities to use their experiences as stimulus for constructive play. We have also been painting, pasting, building with blocks, solving puzzles, climbing, running and riding. We learnt many new songs and listened to some great stories. Together we are becoming independent, motivated and inquisitive learners through play.

At Liberty Avenue Three Year Old Kindergarten, we currently offer two different groups, each with a maximum of 20 children in attendance. Our Gumnut group is a “deferred” group, specifically for children whose

attendance at 4 year old preschool has been deferred for a year, allowing the children more time to mature before going to school. This group attends for 2 x 3hr sessions per week. Our Bottlebrush group attends for 2 x 2.5hr sessions per week. The costs vary according to group preference.

We employ two staff members, including a qualified kindergarten teacher and an assistant. We pride ourselves in offering families an individually based programme, where the children’s progress is monitored and their needs are planned for on an individual basis. We offer a safe, nurturing, learning environment and a stimulating educational programme that encourages the children to have fun together as they learn.

Enrolments: If you would like more information about our kindergarten, our session times, the program we offer or if you would like to obtain an enrolment application form, please contact our enrolment secretary Caroline on 9752 9565.

Firstly, an apology to our readers that I haven’t put anything in the ‘News’ for the last couple of months. This year seems to be flying by so fast that the deadline days come and go before I can turn round. No excuse I know!

On Monday 28th March, 35 members boarded the council bus taking them to Lillico Glass Studio in Lillico near Warragul where we all marvelled at the colours and unique items made by Haydn John, before going on to Warragul Country Club for lunch. It was an outing enjoyed by everyone.

On Tuesday 12th April another 35 intrepid members left Rowville at 9.30am and travelled to the Karralyka Theatre in Ringwood where we enjoyed a beautiful morning tea. From 11am until 12.30pm we were delightfully entertained by Julie Anthony, who told us how she started her singing career. Julie Moncrieff Lush (her birth name) was born in 1949 and was a very shy girl from a farming community who has gone on to be awarded an OBE in 1980, an AM in 1989 and a Centenary Medal in 2001 as well as singing the national Anthem at the 2000 Sydney Olympic Games. Next we drove to the Ringwood RSL for a delicious three course meal. One of our members



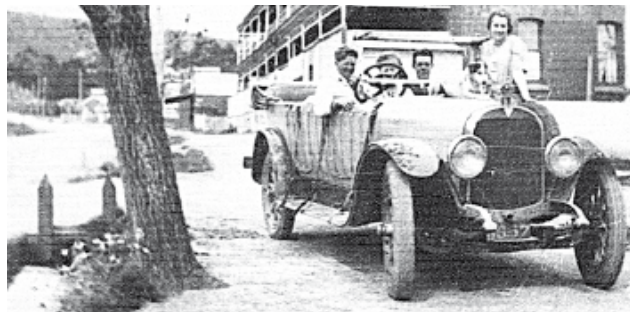
who was lucky enough to get a seat on the bus at the last minute, managed to have a fair sized win on the ‘pokies’. Half her luck!

On Tuesday 19th we had a few hours of interaction with youngsters and taught them how to play bowls.

Our club is still growing with 140 financial members. We always welcome new faces and would make you very welcome. If you need any more

information about Rowville Seniors Club contact me, June Swanborough on 9759 6986.

Editor’s Note:- With 140 members no wonder your bus trips are always full. Time for a bigger bus perhaps??



Calling all seniors who have a passion for life. If that is you, then you will feel right at home in the **Knox & District Over 50s**. We are a mixed group that meets at 1.30pm on the fourth Tuesday of the month at the Boronia Progress Hall. We are friendly and do not bite and most of us are house trained!

I like to think of our club as having the “wow” factor, in that we not only have the activities like book club, lunches, morning melodies and meetings with just the most interesting speakers on the planet but, in addition, we are very active socially.

I could not tell you everything we have planned for this year, to know this you will have to attend one of our meetings. But just to whet your appetite, I will say that next month we are going to Como Gardens Festival, Knox Theatre and the Tutankhamen Exhibition and a tour of the Block Arcade. So if any of these activities appeals to you, do come along and join us.

Contact Stuart on 9763 8756 for any information.



Rowville & Lysterfield

Meeting Minutes

Council Minutes – March 22nd Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting on the 22nd of March.

Item 4.2

Councillor Pearce presented a petition with 115 signatories raising concern about unacceptable behaviour from drivers of vehicles using Gearon Avenue, Rowville.

Item 5.2.2 Councillor Pearce (Taylor Ward)

Councillor Pearce advised that residents are still raising concerns about the dangerous intersection at the corner of Westminster and Wellington Roads. Councillor Pearce called on VicRoads and the State Government to consider funding lights and traffic control improvement at this dangerous intersection

Council – Items For Information

Stamford Park Redevelopment

Council at its 22 February meeting, endorsed a recommendation to apply to the Minister for Planning to exhibit Planning Scheme Amendment C93, to rezone part

of the land at Stamford Park for residential purposes. A report by AECOM Consultants on procurement options and risks for the development of Stamford Park has been received and will be considered by the Stamford Park Project Steering Committee at its next meeting on 28 March. The final stage of the Aboriginal Cultural Heritage Management Plan investigation has been delayed due to flooding.

Corhanwarrabul Creek Trail (To Dandenong Creek) - Shared Path

Progress has been delayed due to adverse weather affecting Melbourne Water construction works at Stamford Park wetlands. Works have recommenced.

Stud Road, Rowville – Sunshine St to Timbertop Drv – Footpath.

Discussions with the developer are ongoing. Title details will be finalised once the widening of Sunshine Street at Stud Road has been completed.

Wellington Road, Rowville – SmartBus Footpath Connection

Works are scheduled to start in March 2011

Rowville Recreation Reserve Storm Water Harvesting

Project abandoned due to unacceptable water quality. Funds transferred to Murrindal Playroom Extension.

Avalon/Stamford/Stud Road Intersection Modification

Awaiting approval on design from VicRoads.

Stud Road, Rowville footpath

Construction underway.

Tirhatuan Drive (No 18) Rowville – Drainage Design

Site surveyed. A meeting with Melbourne Water has occurred with Melbourne Water agreeing to flood map area to assist design process and to consider funding assistance. Waiting on results from Melbourne Water investigations which will initiate another meeting to discuss available options.

McKay Road - Reconstruction

Contractor appointed early March with works due to commence late March 2011.

Norris Road - Reconstruction

Design completed with construction deferred due to insufficient funding.

Raymond Road - Reconstruction

Contractor appointed early March with works due to commence late March 2011.

Wellington Road/EastLink – Shared Path

Concept design prepared. About to prepare design brief for boardwalk element and quotes for remainder of shared path construction.

Knox Council meeting minutes can be viewed at www.knox.vic.gov.au

Darren Arnott

Australian Red Cross Rowville Unit



Red Cross joins Australian Government's International Volunteer Program

Australian Red Cross has been selected by the Australian Government, together with Australian Volunteers International and AusTraining, to be involved in the development and implementation of a new Australian Government Volunteer program.



About 1,000 Australians a year go on assignment around the world and now Australian Red Cross has the opportunity to tap into this enormous resource on behalf of the Red Cross Crescent Movement. The program will support sister national societies and the broader Red Cross Red Crescent Movement deliver on the agenda of the Federation's Strategy 2020, by providing access to trained Australian volunteers at no cost burden to the Red Cross.

It is anticipated that volunteers will work on selected assignments from between three and twelve months. Living and basic costs will be funded by the Australian Government, with host organisations providing job descriptions, supervisors and local office facilities.



Rowville Community Centre

The Rowville Community Centre located in Fulham Road Rowville offers a variety of programs to all ages these include yoga, stretch and tone, 3 year old kinder, senior citizens and zumba to name just a few. The centre has rooms for hire on a once off or longer term basis and we are always interested in hearing from people wishing to run a new activity in our centre. If you would like to know more about the programs currently on offer or would like to chat about hiring a room then please contact the centre on 9763 7400 or email rcc@knox.vic.gov.au



World Red Cross Day May 8

is an annual global celebration of the Red Cross and Red Crescent Movement and the birthday of its founder, Henry



Photo - Anzac Day March - by www.brisbaneishome.com

Dunant (1828-1910). Australian Red Cross, as a part of the International Red Cross and Red Crescent movement, is a part of the world's largest voluntary network, with 97 million volunteers active in 185 countries. In Australia about 26,000 volunteers regularly give their time to support the more than 60 services run by the Red Cross right across the country.

Health & Wellbeing



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



In-Toeing – Pigeon Toed

In-toe gait (pidgeon toed) is a common problem particularly among young children, although can still be present till later in life. In most cases, as walking and normal development takes place, it corrects itself.

Causes:

The most common cause of in-toe gait is the child's position in the uterus. A baby's legs are usually curled up while developing in the uterus and the legs and feet may become cramped, resulting in the foot appearing a little abnormal at birth. Between birth and until early childhood the structures of the foot are made of soft cartilage, which may take some time to develop.



In some cases the in-toeing comes for the hip resultant from a lack of motion or muscular tightness that causes the whole leg and hence the foot to rotate inward.

Contributing Factors:

- Footwear
- Hip Flexibility
- Sitting/Sleeping Positions
- Signs and Symptoms:
- Toes pointing inward with walking
- Your child trips when walking
- Shoes becoming worn on the outside quickly
- Circular motion (outward swinging of the leg) as it swings through.



Treatment:

Stretching/strengthening, exercises, footwear advice &/or orthotics.

A small amount of in-toeing should not affect one's daily activities. However if severe or painful, proper treatment should be sought to prevent further deformities. Your podiatrist at **Rowville Sports Medicine Centre** can advise you on what is best for your individual case to help control and or relieve pain.

Complex Regional Pain Syndrome

(CRPS) is a pain condition suffered by many people in Australia and around the world. CRPS can occur spontaneously or following an injury and is characterised by a high level of pain and sensations which are out of proportion to the original injury.

Symptoms typical of CRPS include weakness, tremors, muscle spasms, swelling, increased sensitivity to painful stimulus (hyperalgesia), pain from non painful stimulus (allodynia) and changes in skin temperature and color.

The explanation for CRPS is, as its name suggests, complex and is still studied extensively. Research over recent years has revealed that the nervous system is "plastic". This term means that the nervous system is dynamic and has the ability to change following an injury. In the case of CRPS abnormal sensitivity changes occur which cause increased pain intensity, multiple pain locations and unusual sensations.

The dynamic nature of the nervous system is however good news for people with CRPS, as it is through this phenomenon that physiotherapists can work to reverse these changes with the aim to reduce pain levels and restore normal function.

Rowville Physiotherapy has an established reputation for utilizing the most up to date treatment approaches for the management of complex plan. Contact our clinic for further information.



ROWVILLE PHYSIOTHERAPY

Posture Analysis

96 Kelletts Rd (Building B)
Rowville 3178
(Cnr Kelletts Rd & Taylors Lane)
9763 9233
Email: info@rowvillephysio.com.au
OPEN EXTENDED HOURS
6 DAYS A WEEK



Captains Jasper and Karen

Students in the Lead: Increasing Participation in Leadership

Our students in the senior school have completed inquiry led learning around leadership. We have been asking ourselves how we can better provide opportunities for students to play an active leadership role in their school life.

Early in term one expressions of interest were called for students to act in leadership positions. We presented these interim leaders with an achievement award at our whole school assembly. We wanted to recognise them for stepping up and taking on extra responsibility. Later in the term students prepared speeches and applications for the positions of school captains, sporting leaders (house captains) and members of parliament.

Our student leaders were presented with their badges by the Hon Kim Wells, Treasurer on Monday 23 March. These students will display consistency in the school values of: Doing your Best; Resilience; Understanding, Tolerance and Inclusion; Integrity; Care and Compassion and Responsibility. They are role models who exhibit to their peers, personal responsibility and contribute to the safe and happy learning environment at Rowville Primary School.

Now that the inquiry into leadership has concluded a further round of leadership positions have been created. All students in the senior school have been invited to submit an application for positions as members of parliamentary working parties. These groups will be chaired by the student parliamentarians and supported by a teacher.

The Hon Alan Tudge MP, Federal Member for Aston will present parliamentary working badges to students at the school assembly on Monday 2nd May 2011. We are attempting to expand leadership opportunities for a greater number of students and to provide authentic leadership opportunities.

Through this expanded opportunity we are providing students with an opportunity to have a 'voice', build their self-confidence, develop their decision-making skills, and further develop their speaking, listening and oral presentation skills.

We want to teach students how problems are solved in groups, the school and the community. We want them to understand that they can take responsibility for their own school environment and learning community.

Good morning students, teachers, parents and special guests. My name is Jasper and I am the school captain for 2011. I share this roll with Madelyn.

I am honored to have been chosen to be your school captain, and I would like to thank especially my fellow students, teachers, staff and my parents for supporting my application and for choosing me as the School Captain for 2011. I would also like to thank all the other students who applied for school leadership roles, and I look forward to working with all of you to making Rowville Primary School a better place.

As school captain, I want to make sure that everyone follows our school values in all situations. One of these values is doing your best. As school captain, I will always do my best to do the weekly assemblies, as well as all other tasks that come along with the position. Another school value is Understanding and Inclusion. We promote a safe and secure learning environment that recognizes individual differences and values.

I have been at Rowville Primary School since Prep and I think Rowville Primary School is a fantastic school and we have the best teachers to guide us all to develop ourselves into better citizens.

On behalf of the school community, I would also like to thank our fellow leaders attending this assembly, including Mr. Kim Wells, the leadership team from Rowville Secondary College and Rowville Primary teachers and students. Along with all our school parents that come to assembly each week. Your support and attendance is greatly appreciated.

Jasper Cardona

Hi my name is Madelyn and I am school captain for 2011.

It's an honour to represent this school and I believe I will do this to the best of my ability. I am very grateful and appreciative that I was lucky enough to be chosen to be school captain. I demonstrate the school values and go beyond these to make our school the best possible place.

As soon as this opportunity came up I was more than happy to give up my spare time to do whatever it took to lead the school. I am more than happy to take on this opportunity and I hope to be what you expect of me and more. I tried my hardest in everything I do to be able to get this role and I will continue to try my hardest to improve at all times.

I am always striving to be a good role model who people look up to. I like to be seen as someone who people find



School Talk

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



Parliament sitting...

easy to approach. As School Captain I believe all students, including myself are equal and treated equally. My role includes supporting others and being a promoter for student learning around the school. I will always try my hardest no matter what situation arises.

I would like to thank my mum who supported and encouraged me throughout this process. If it wasn't for all her support I don't think I could have done it.

I really appreciate everyone who voted for me and all who approached me and gave me words of encouragement.

All senior students who also applied for leadership positions did a fantastic job and I thank them for showing good sportsmanship and congratulating me. Congratulations to all Parliamentary leaders and House Captains.

I hope that everyone in this school is proud to have me as their school captain.

Madelyn Hassan



School Leaders & Visitors



Lucy Ross, Curtis Reed, Wyatt Cashia, Cameron Lucas

Rowville Students "Stand Up" Against Bullies

A group of year 9 Rowville Secondary College students have been recognised for their hard work after becoming



winners for their category at the Knox Youth Short Film Festival, "Green Foot Flicks".

The film festival took place on Friday, 8th of April at the Knox Community Centre and showcased a variety of short films from youths aged between 10-25 years. The Rowville students, with the help of the Welfare Coordinators

Emma Lucas, Norman Harman and Paul Sutherland, created a 5 minute clay animation reflecting the issue of bullying, which is very prevalent in today's society.

According to one of the creators Cameron Lucas, the students thought of issues that students are faced with today and all agreed on bullying. "We all brainstormed on what teens are feeling today," Cameron said.

They then worked together to create a script and incorporated characters, which consisted of bunny rabbits

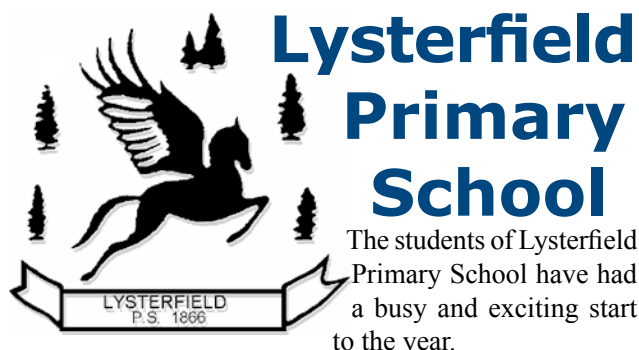
that were cut, moulded, sculpted and dressed ready for shooting to take place. The clay animation plays out a scenario, very common among students today, of a yellow bunny rabbit and his struggle with bullying on his first days of school. However, there is a ray of hope for the young victim as a black bunny rabbit comes to his defence and stands up for himself and the yellow bunny.

"We wanted to address bullying and how to stop and confront it," Curtis Reed, another student involved in the project said.

After countless hours of creating characters, photographing stills, rearranging sets, editing, re-shooting and editing again, the group of Rowville students can now pat themselves on the back for their amazing work.

They have demonstrated, not only to themselves but also to Rowville Secondary College and local community, that bullying is an issue and that "If you are not part of the solution, you are part of the problem".

Maryanne Karlovic, Communications Officer



Lysterfield Primary School

The students of Lysterfield Primary School have had a busy and exciting start to the year.

At Lysterfield Primary School the Senior School hosted a Night of Notables. The groups, consisting of 4 or 5, selected a notable from the past. Everyone really enjoyed



Rebekah, Kayla, Ebony

being in these teams. They worked for hours at school and at home to complete all tasks.

The Night of Notables was a big hit! Parents and students even prepared food and drinks that were common in their Notable's time to share on the night. There were many amazing displays that people had worked hard on. There were also some very elaborate costumes that the senior students had put together. Some of the notables that people had studied were Ned Kelly, Captain Cook, Walt Disney, Tutankhamen, Anna Pavlova, Albert Einstein, Queen Nefertiti, Achilles, Queen Elizabeth 1st and Charlie Chaplin. And a big thanks to everyone who put in a lot of effort.

"Yay," screamed all the students, as they approached the fantastic and amazing Camp Rumbug, located near Foster. Everyone was looking forward to getting wet and dirty



Hanne, Ruby, Lily, Caitlin, Jack, Ryan

from head to toe. Soon the students were flying on the giant swing and sailing down the abseiling wall. Our stay lasted three wonderful fun filled days. There were hills to climb, targets to hit and great food to eat. What more could you want on a camp. All the students and teachers left exhausted but with plenty of funny and wonderful memories of their time at Camp Rumbug. (Photo: Jake) Hanne D and Hope G



Karoo Preps have been busy this term. Our Prep program includes a wide range of activities both in and out of the classroom environment. There have been opportunities for the students to make, create, share and participate. Importantly, they have been encouraged to have a go at new activities. Crucial to their learning is the opportunity to make new friends and to ensure they are in a safe and supportive learning environment.

To enhance the Preps first unit of work; 'Keeping Myself and Others Safe' activities were planned to support their understanding of personal safety at home and school. The students went on to explore Pedestrian and Traffic Safety. This included a talk by the RACV and a visit from the School Crossing Supervisors. Kids Car Ed. visited the school and students had the opportunity to 'be a driver' and a pedestrian; these experiences provided lots of fun and learning.

Another experience for the students was an opportunity to see the inside of an ambulance. Paramedic Kirsty



Learning Through Fun

brought an ambulance to Karoo; the students explored the equipment and learnt about the work of a Paramedic.

Back in their classrooms the students created clothes for a teddy to ensure they were Sunsmart. This activity was part of their Discovery Learning Program, designed to allow the students to become independent learners.

A Family Fun Picnic Night was held in mid February and although it was a cool night, we had many Prep students and their families attend. The night concluded with a Treasure Hunt and an icy pole for all the children.



Learning Through Experience

Knox & District Woodworkers 45 Glenfern Road, Ferntree Gully Phone 9758 4849



With 150 members from all walks of life, the club provides a wonderful opportunity for both men and women of all ages to learn how to use woodworking tools either for their own use, or for community groups or making toys for children who may otherwise miss out on a gift from Santa.

At festivals and community events, the Woodworkers' Kids Corner is always popular with adults (parents and grandparents etc) purchasing a kit such as pencil case, tool box, jet fighter, helicopter, jewel box etc and then, under the guidance of a club member, the "Kid" uses sand paper to smooth the timber, applies glue and after a number of

nails have been partly hammered in, the "Kid" completes the job. A certificate is given to the child showing that they have completed the item. About eight club members at any one time are guiding and assisting these young people to discover the joy of making something with their own hands.

We meet Monday to Saturday to provide a wide a varied experience for members in an enjoyable and interesting environment. Wood turning, wood carving, furniture making, rocking horses, toy making, kids corner... or just attend and make any item you choose.

The atmosphere at the club at all times is friendly and helpful with members always willing to assist another member. The notice above the door of the clubrooms really says it all: **You are a stranger but once.**

Wicked Writing at Park Ridge Primary School



Hi I'm Isabella from Park Ridge. We have a fantastic writing program and I would like to share some writing tips, students work, games and jokes with you. I love writing because it opens up a new world, you get to use your imagination and

be creative. Also I enjoy other people reading my work. At Park Ridge one of the genres of writing are snapshots. Snapshots are one moment in time (like time has frozen). The writer has to use descriptive words to make the person feel like they're there, so they can visualize and make a mind movie in their head.

This Term we had a writing competition where students had to write descriptive texts including vivid verbs. Well done to all the students that entered. Congratulations to Nathan Dearing, Anaya Hodges and Shanley Thompson, who were the winners. Their writing is featured below.

We have really enjoyed creating this article and hope you enjoyed reading it. Sam Humphries, Jai Bardsley, Corey Robertson, Jarred Penniment, Mitch Laing, Jack Nicholas, Bella Woodward, Chelsea Dearing, Mia Wilkinson, James Nemet and Isabella Kertesi.



Park Ridge book club

Vivid Verbs

Vivid Verbs are 'doing' words like said or went. But they're a bit boring. To make our writing interesting and give ENERGY we use vivid verbs. Vivid verbs help the reader to visualize. We have made a list of vivid verbs to use instead of said and went. Can you find the said words in the word search.

BELLOWED
CHATTED
CRIED
MURMURED
MUTTERED
QUESTIONED
REPLIED
SCREAMED
SCREECHED
WHISPERED



Here are some words to use instead of went:

- strolled
- trot
- bolted
- slid
- tiptoed
- stumbled
- sailed
- jumped
- hopped

Cross Country Snapshot

I was feeling pooped. I could feel my heart beating. I felt sweaty. I ran super fast and my legs were feeling heavy. I heard people stomping behind me. I was puffing and huffing. Joel's shoe came off. My neck was wet from sweat. My legs were hurting I felt cold.

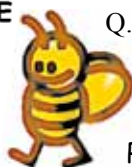


I like cross country. I felt confident running.

*Shanley Thompson,
Year 1*



Q. How do bee's travel?
A. They take the BUZZ!



Q. What is a Potato's Favorite T.V show?
A. M*A*S*H



Q. Why did the Baby cookie cry?
A. Because the mother was away for so long.



Q. What room can't you get in?
A. A Mushroom.

AT THE BEACH

Lying at the beach the hot sand gushing up over my feet. The sound of waves are crashing down onto the sand and the chocolate in my mouth is melting. Underneath me, shells dig into my feet and the sun burning my body kills. Stepping in the water sends a chill down my spine. IT WAS FREEZING!

Anaya Hodges, Year 5



SPARKLING BEACH

When we got to the beach the breeze flew threw my hair. I saw birds swooping to eat fish. The sand was going crazy and so were the dogs. The people were throwing seaweed. I could smell the air and the hot chips for lunch. I could feel the dogs licking me. The seaweed was getting wrapped around my sister's leg in the water. I could hear birds chirping and the people laughing, it was like a song. When the waves hit the sand the water leapt up and up then the drips of water got my face.

Nathan Dearing, Year 3

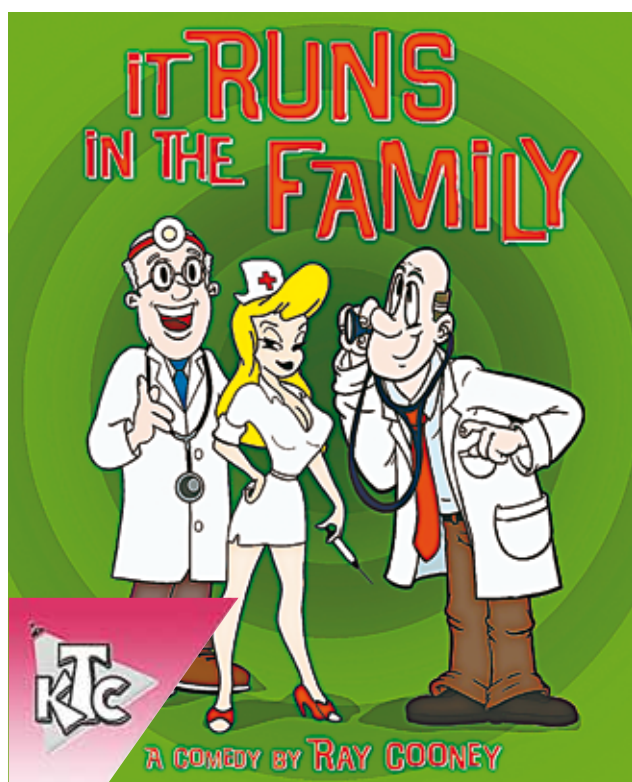
Knox Home Garden Club



Pots and containers can add that extra bit of oomph to your garden, by adding interest, colour and flexibility. They can be placed around your garden, included in your outdoor area or welcome guests at your front door. Herbs sited by your back door look attractive and are handy to the kitchen as well. If your steps are wide enough, bright red geraniums in terracotta pots cascading down one side of these steps, look stunning.

Pot culture (as in growing plants in pots, not marijuana!) is believed to have originated in Greece. Pots and containers can be as simple and inexpensive, or as elaborate and costly, as you please. Not all pots need to be planted up; some pots are quite a feature in themselves without any further adornment, in particular glazed ceramic or large olive pots. Your choice is limited only by your imagination as the options are endless. Strawberry planters look fabulous planted up with just about any annual, pop in some pansies, petunias or lobelia. Wooden tubs/barrels combine well with daisies and other cottage garden plants. What about that old wheelbarrow hiding behind the shed? With or without a fresh coat of paint, it will look delightful overflowing with easy care petunias or other annuals. Even those old boots, with drainage holes drilled in the soles, look amazing filled with succulents. Change the display with new plants every season. When massing your pots, repeating the style and colour is very effective.

Buy the best quality potting mix that you can afford. Pots, hanging baskets and other containers can dry out



Knox Theatre Company

The Knox Theatre Company is busy rehearsing and building the sets for their next production “It Runs in the Family!”, a play by Ray Cooney, that will be directed by Jill Hiam. This production is a classic Ray Cooney comedy in which events begin to spin out of control for Dr David Mortimore. Deception, mistaken identities, double-entendres and puns fuel this high octane comedy.

Set in the doctor’s lounge of a London hospital three days before Christmas, the staff prepare for the annual holiday show. But that is only the sideshow. The real business is a conference of neurosurgeons. As Dr. David Mortimore is preparing his lecture that should guarantee

him a knighthood and the hospital some badly needed funds, a former nurse bursts in with the news that their fling some 18 years and 9 months ago made Mortimore a father.

The frenzy that follows spurs a perfect pace for the non-stop shenanigans that erupt around the hospital, ultimately involving doctors, nurses, patients, police and even innocent bystanders.

The set build has been quite intricate having to look and feel like a doctor’s lounge but also have some interesting spaces for hilarious action out on window sills high above the ground. Our sets are again designed by Steve Jennings, who brings such vivid imagery to the setting.

The cast includes Knox Theatre Company veterans and a few new comers including Andrew Finlay, Lynn Guihenneuc, Mark Hardy, Jill Hiam, Jane Holmes, Bill Irvine, Jade Jennings, Daniel Lawrie, Chris Newport, Scott Russell, Christine Simmonds, and Blake Stringer. The cast have really been getting to know each other through laughter, as the scenes become more hysterical and at times while the crew are busy laughing the poor cast has to remain straight faced.

Performance dates will be; Friday 20th May 2011 (Evening only), Saturday 21st May 2011 (Evening only), Sunday 22nd May 2011 (Matinee only), Thursday 27th May 2011 (Evening only), Friday 28th May 2011 (Evening only), Saturday 29th May (Evening only). Curtain up 8.15pm (2.30pm matinee). The show will be held at Knox Community Arts Centre Corner Mountain Hwy and Scoresby Road Bayswater.

Ticket prices \$22.00 (\$20.00 Senior or concession card holders, members of Knox Theatre Company and group bookings of 10 and over - One discount per booking).

Our booking line is 9762 1901 and/or please visit our website www.knoxtheatrecompany.com where, apart from seeing what KTC is all about, you can also subscribe to our newsletter to keep up to date with all that is happening at KTC. We hope to see you at the shows.

very quickly, add water saving crystals to the mix if required and remember to fertilise regularly. Sealing the inside of terracotta pots also stops them from drying out so quickly. If you do not want to be forever watering, install a drip system, or use self -watering pots that do not need as much maintenance. Make sure that you match the soil to the plant For example, orchids require a mix with excellent drainage whereas ferns need one that drains well yet stays moist. Cascading plants such as ferns, fuchsias and trailing ivy look superb in hanging baskets.

The contents of your planters and pots can be changed with the seasons, and you can move your pots around to suit the conditions of what you have planted in them. If you want colour in a shady corner, select your plants accordingly. Larger pots can be heavy to move, plastic look-alikes could be a practical alternative. Often plants can be kept in their ‘nursery’ pot, and just placed inside a larger, attractive container. This makes them easy to remove for watering, re-potting or to simply change the display. With the exception of annuals, plants should be able to be left in their pot for a couple of years before they need re-potting. Take care when placing plants into a valuable or an awkwardly shaped container, it can be very difficult to remove a plant from a pot where the top is narrower than the body. In fact it is nigh impossible and can result in the breakage of your precious container. Spoken from experience!

If you have a particularly striking display of flowers blooming in a pot, perhaps your tulips are magnificent, put them where they can be seen, show them off! Put them up on a plinth, on a table or along a path where everyone walks past. Let your efforts be enjoyed and appreciated by all.

Betty Wright



If you’re finding Sundays a little too comfortable, a little boring, a little lazy and/or a little lonely, we have a suggestion to solve it! **Firstly**, walk through the doors of Australia for Christ Fellowship (the church on the other side of Stud Road, opposite Stud Park). **Secondly**, let us welcome you. **Finally**, see for yourself what a day amongst the life of the church is like, unity, worship, learning, passion, challenge, and love, in warm company!

There are a few things we’d love you to see! The refurbishing process of the interior, exterior and heart of the church has created quite a momentous stir! What with freshly painted walls, disappearing doors, nice and new curtains, a new quieter air conditioner, a completely carpeted auditorium, hundreds of new supportive chairs, not to mention our popular, recently established (and very affordable) cafe hub, these instalments have been a rejuvenating overflow of the excitement we, the church, have experienced lately! Sort of like the boastful smile one exhibits when wearing new shoes, not claiming that they’re better than everybody else’s shoes, but beaming because they’re new and we like them.

So drive, bus, walk, ride on down and see for yourself why we like this place so much. You can’t miss us now that we’ve erected good and clear signage and the bus stops right out the front of us! Church is not a mundane tradition that we bore ourselves with, week in and week



Overgrown, overtime, we’re over it!

“An absolute mess”. That’s how one Knox Councillor has described the condition of centre median strips along some of Knox’s major arterial roads, which have become choked with overgrown grass and weeds. Friberg Ward Councillor Andrew Walter wants the State Government and VicRoads to act immediately in sprucing up the unsightly medians.

“Something needs to be done, and done immediately,” says Cr Walter. “Overgrown grass and weeds are becoming all too common on our arterial road median strips. It’s a common misconception that Council is responsible for the median strips on major roads,” he added. “But they’re actually managed by VicRoads, and at the moment they’re looking forgotten. They are the gateways to our city and currently the first thing people see when they drive through Knox are unsightly median strips. It’s not the image we want for our city.”

Recognising that the recent wet weather has led to faster than usual growth, Council has stepped up its efforts to maintain Council-owned roadside reserves that adjoin main roads. “We’re calling on the State Government, through VicRoads, to step up its maintenance schedules and fix those median strips” said Cr Walter.



out. We actually have a jolly good time and enjoy this unity immensely...and we think you will too!

English services are held at **10am** (simultaneous Kids R.O.C.K program) and **5:30pm** every Sunday. **Indonesian services** are held at **10am** every Sunday. **Mandarin services** are held at **1:30pm** every Sunday. **Stompers Pre-School Playgroup** is held at **10am – 11:30am** every Wednesday (during school terms).

Rowville Uniting Church is a church that seeks to take seriously its place and contribution to the Rowville and Lysterfield communities. We therefore welcome people to join us at 10am for worship on Sundays. We are a lively and diverse church that seeks to meet a variety of needs in our worship. As a church we believe that Jesus calls his followers to seek justice and compassion for the world. To this end we seek to offer services beyond Sunday worship.

The Uniting Church seeks to offer Christian education for children and adults alike. We proudly offer community support through the **Bridgewater Centre**, where our fully accredited Psychologist offers low cost self referred

counselling. We seek to offer social opportunities and times of fellowship – our **Link** group meets on Thursday mornings at 10am for coffee and a chat. We are a meeting place for **Playgroup** (on Fridays from 12:30pm). Our buildings are well used by community groups and we believe they are a great community asset.

We are really excited to announce that our **Toddler Gym** is now up and running. Toddler Gym is a community initiative of Rowville Uniting Church, supported by Rowville Rotary Club and Knox City Council. Toddler Gym is a program for children aged from 0-5 years (pre-Kinder). It uses a wide range of equipment that enhances early brain development in children. Children participate under the supervision of

their parents and the program uses a free play philosophy. Each week we also have a time to sing and use parachute play. Sessions run from 9:30am – 10:30am and 11am – 12noon each Friday of school term and families are invited to attend whichever session they prefer. We are able to offer this program at a cost of \$3 per family payable each week thanks to a grant from both Knox Council and the Rowville Rotary Club. We believe this low cost philosophy will enable all families that wish to participate in such a program to do so.

We see this new program as another way we can offer practical support to the community in which we belong. For further information about this program or any of our other church activities, please contact the church office on 9753 3495.

Rev. Trevor Bassett



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Volunteerism root of society

Easter is the biggest day in the Christian calendar. Easter marks the reason for our being as Christians. It is the day the Son of God died that we may be saved.

Churches in Rowville came together on April 22 to take part in a procession through the neighbourhood. It was the outward expression of our inner conviction.

Within RAFT, as with other churches, services and



Seniors Lunch At RAFT

other activities were held to mark the day. Easter is one of two days in the year that RAFT hosts a seniors' lunch for residents in care homes in Knox. The other is Christmas, to mark the birth of Christ.

RAFT acknowledges the help that we get from friends, neighbours and businesses to lay on these spreads for the seniors. Knox City Council helps transport the seniors. As with so many of the activities at RAFT, the lunch would not have been possible without that most endearing of Australian institutions — the volunteer.

RAFT is not unique in this. You would not be reading this were it not for the volunteers of the *Rowville-Lysterfield Community News*. In the latest edition of the RAFT magazine *Connections*, community leaders from local to national levels acknowledged the value of volunteers. "Any community, Knox or otherwise, is built on the work of volunteers," writes Graeme Emonson, chief

executive officer of Knox City Council, in his contribution to *Connections*.

Nick Wakeling, Member for Ferntree Gully and Parliamentary Secretary for Health, Victoria, says modern Australia is built on a legacy of over 200 years of volunteerism.

Writes Alan Tudge, Federal Member for Aston: "It is often said that Australia is becoming a more selfish and materialistic society; that our communities are becoming weaker as we focus on ourselves and our own individual needs." MP Tudge does not buy that. "Over the past 10 years, the number of volunteers has risen from 3.2 million to 5.4 million people," he writes.

Volunteering Australia estimates that a third of Australians volunteer.

Says the Rev Phil Meulman, Senior Minister at RAFT: "At RAFT, volunteering expresses the heart of Christian Ministry . . . Volunteerism has its roots not just in human altruism but also in the Judeo-Christian principles of love, justice and mercy. "As a spiritual discipline, volunteering provides an arena for personal transformation and growth as we learn the blessing of giving without expecting material reward."

That was the revelation 2,000 years back at Easter.

By the time this column is read, we will have celebrated the first Anniversary of the Wellington Care Centre. This facility is proving to be an asset to our community. A number of people have benefitted from the low-cost high-quality counselling provided by our team of skilled counsellors. As well as helping with a range of common life issues, our counsellors specialise in areas including childhood and adolescent problems, autism spectrum disorders, trauma recovery and men's issues. You can find more details at www.wellingtoncarecentre.com.au.

This month we are launching seminars and counselling to assist with "Living on a Tight Budget". We are partnering with E.A.C.H. and Knox Infolink to provide this service. The Wellington Care Centre team is also preparing to present a series of seminars on Youth Mental Health issues (depression, anxiety, etc). The series will help parents, peers and youth workers to recognise and respond to common mental health problems. To make a time to speak to a counsellor or find out more about the Centre, phone 9764 3738.



Rowville Baptist's service of others is focussed locally but reaches beyond. Earlier this year a team of volunteers joined "Blaze Aid" in helping Victorian farmers recover from flood damage. Another work party is being put together in early May. You are welcome to join us - phone 9764 4242. During May we will also be hearing about serving in other parts of the world. This will be headlined by a visit from one of Australia's leading contemporary Christian singers, Simeon, on May 15. From 10am Simeon will be using stories and songs to share his passion for helping the global poor.

Rowville Baptist offers something for all ages. See our website for more information. On the June long-weekend

a group of youth will be participating in the State Youth Games at Warragul. It's a weekend of sport, chilling out and making friends. To go with our group, contact Dennis (0431 878 128). For those older than the Stage Youth Games team, we have a weekly Patchwork Group and Men's Project Group. They invite you to come along to work with them or just chat on Wednesdays from 1 to 3 p.m. during school terms.

Rev. David Devine www.rowvillebaptist.org.au

The 2011 Red Shield Appeal is fast approaching and we are grateful for the support already received from the community which enables us to provide assistance to those who find themselves in need. Over the past month we have been able to help a number of families and deliver the Positive Lifestyle Program.

We are currently running an Alpha Course to which we have received a great response. A further opportunity to take part in Alpha will be offered later in the year, though

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At the end of Term 2 we will be holding two "Come and See" sessions of "Mainly Music". It is a program for preschoolers and their care givers and these sessions will be held on Monday 20th and 27th of June commencing at 10am at our Worship and Mission Centre, 16-18 Kingsley Close Rowville.

If you are able to offer your time to assist with the Red Shield Appeal, please contact Sarah on 0429 988 920.

If you are interested in attending our "Come and See" session of Mainly Music, please contact the church office on 9753 2795.

As always a warm invitation is offered to join us for Worship on Sunday Mornings at 10am.

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