Issue 7

May 2012

Laurimar Football Club

Power Cable



Dates for the Diary:

9th June: TRIVIA NIGHT

1st September: Supers Presentation Night

2nd September:

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Juniors Presentation Day

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President's Report

The season is now well underway and what a start to the season we've had!!

AusKick has got off to a great start with over 130 boys and girls learning how to play our great game on a Saturday morning. Our teams both Juniors and Supers have had an awesome start to the season too.

We had a great Round 2 last Sunday, all five of our teams enjoyed a win!! This was a great achievement for such a young club and one we're all very proud of.

As the season continues, you'll see we've got plenty of things planned. The club's major fundraiser for the year will be our Trivia Night, which is on the 9th June. Please get on board and support your club, you're guaranteed to have a great night.

It was great to see so many people come out and support our superules team for their first home game. We came home with a six goal win, one that was cheered on by over 200 people!!

Once again, the canteen is proving to be a very popular feature and we have been trying a new way of staffing the canteen this season. I'd like to thank everybody so far that has helped out. As you'll be aware, everybody at the club is a volunteer that gives their time freely to help improve the club.

The canteen is an enormous fundraiser for the club and making sure it is 'open for business' is something we all have to help with. If you're interested in helping out on a more permanent nature, please speak to your Team Manager, or a member of the committee.

See you around the club!

Colin Johnson President

Trivia Night!

Laurimar Power Trivia Night Date: 9 June 2012 Time: 7pm - 12am Venue: Laurimar Primary School Gym Cost: \$25 per head

Get your team together to support our major fundraiser for the year. Tables of 10 or we can allocate you to a mixed table. Tickets can be purchased through Brett McCormack, your Team Manager or by emailing <u>laurimarfootballclub@gmail.com</u>

We are seeking donations for Silent Auction prizes on the night. If anyone can donate please contact Brett McCormack on 0433 919 714 or <u>laurimarfootballclub@gmail.com</u>



www.laurimarfc.com.au

Find us on Facebook

facebook.com/laurimarfc

Supers kick-off with a win!

Huge congratulations to the Laurimar Power Over 35's "Supers" who kicked off their first season with a win and have also enjoyed a subsequent win in round 2! Flying high, they now have a few weeks off before they play again, having drawn a bye in round 3.

We'll be sure to let you know when they're playing at home next so you can come down and support them. They are all very proud to be a part of our wonderful club and lots of them have kids playing in our junior teams, it really is a family club!!







Jumpers for Juniors

Last year, some of you will remember, Colin came down to training with his laptop and got the kids to answer questions for a survey which resulted in the club being awarded a signed Carlton Jumper. We auctioned the jumper at the trivia night to raise funds for the club. Well, we have been approached to do the same thing again and hopefully get another signed jumper which we can use to raise funds for the club this year. However, this time we are hoping you can all participate individually on behalf of the club and, following the instructions below, fill in the survey online......

1. Go to <u>www.carltonfc.com.au/jumpers4juniors</u> and follow the instructions provided.

2. Complete the simple 1 minute online "Personal Registration" form. Registrations are open to everyone associated with your Junior Football Club (i.e. players, parents, coaches, support staff, supporters, etc.)

3. Once our club has completed at least 30 unique "Personal Registration" forms, an exclusive signed lithogram jumper will be supplied to the club.

4. All participants who complete the "Personal Registration" form will be eligible to win a range of Carlton Football Club prizes.

Security

Sadly, we have had some valuables go 'missing' from the club on game days :[Unfortunately, with the amount of people coming and going, and everyone being extremely busy, it has obviously been quite easy for someone to take advantage of the situation. We have informed the Police but we also ask that everyone be extra vigilant, keep your eyes open and make sure you keep your valuables with you or locked safely away at all times. It's not nice, but better to be safe than sorry!

5 minutes with.....

A new feature and a fun way to get to know the members of Laurimar Power! This month we talk to **Matt Collins**, Captain of the Over 35's.....

Place of Birth: Dandenong Hospital (explains a lot really!)

Nickname: Collo, or Rooster thanks to Racca.

Favourite Food: Thai

Favourite Drink: Jim Beam, Kooinda or a Latte

Funniest Person at the club and why: Funniest is Racca for sure, he likes to pretend he's the big man of the house, until Billie shows up!!

How long have you played footy: *I started at age 12, this is my 13th senior season and my 1st supers!* Favourite After Match Venue: *The POWERHOUSE!*

Girlfriend/Wife/Partner: My partner's name is Kellie and we have 4 awesome kids between us.

What are your worst habits: Apparently I don't listen haha and I have a shocking memory.

Little known personal fact: I was told I was allergic to shell fish after a nasty incident with a mud crab but after a decade I'm keen to try some lobster. May just have to be in the hospital car park!

Sporting Hero(es): Michael Jordan (Bulls), Dale Weightman (Richmond), Andre Agassi (tennis) and I love to watch Buddy Franklin.

If you could pick any 5 people, who would you invite to dinner & why? I better say Kellie and the kids but if they are not available.....bring on Jessica Simpson, Rachael McAdams, Jamie for the Kooindas, Racca for his comedy and Colin because he's the Mayor of Laurimar!

Your Worst Footballing moment: Getting thumped by the Bombers in the 2000 GF.

Your Most Memorable moment: My first senior premiership with the Seymour Lions FC in 2005.

Any superstitions before playing sport: Na, not very superstitious.

Jumper No & why: No 2, because it's about the only number I haven't played in or been injured in.

One or two words to sum up your physical state after first Masters game: Sore and thirsty.

What's your dream job? I'm already doing my dream job as a Firefighter in the MFB.

What's the funniest joke you've heard (clean version): What did one saggy boob say to the other? If we don't get some support soon, they're gonna think we're nuts! And.....

What did the elephant say to the naked man? It's cute but can you pick up peanuts with it?

5 minutes with......

And Coach Bluey's son Billy Lambert.....

How old are you? 8 Do you have any nicknames? BILLZA Where were you born? BUNDOORA, MELBOURNE. How long have you been playing footy? THIS IS MY 3^{III} SEASON What is your favourite Movie? JURRASIC PARK What is your favourite Book? ASTROSAURS BOOKS What other hobbies/sports to you participate in? I JUST LOVE FOOTY Do you untie your shoes when you take them off? NO What is your favourite Cereal? COCO POPS What is your favourite Ice cream? RAINBOW PADDLEPOPS Who's your sporting hero? ANDREW KRACKOUER Tell us something not many people know about you? I PLAY THE DRUMS What is the farthest you have been from home? ECHUCA/MOAMA Do you have a special talent? ANNOYING MY LITTLE SISTER AND BROTHER. If you were a crayon, what colour would you be? GREEN If you could be any animal, which one would you be? BIRD If you could have any superpower, what would it be? TO FLY AND TO BE INVISIBLE Do you have any bad habits? HEAPS!

Canteen News....

Yes, I know we keep going on about it....the Canteen!!!

I think its really important that everyone at the club understands that the entire club is run by volunteers. It started with a very small number of people working tirelessly to get the club off the ground. More and more people have joined the team of volunteers but running this club is a huge task. Whilst we might be thankful to these people for what they do, what they really want is more help!!

The Canteen is one of our biggest fundraisers but it is also a big job for just one or two people. Therefore, we are asking people to help out. Thankfully, we have had five people volunteer to be Canteen Co-ordinators.

The Canteen Co-ordinators will supervise the families rostered to work in the canteen each week. So that you know who your team's Canteen Co-ordinator is I have listed them here:

Auskick: Chelsa Robson

Under 9's Black Team: **Jodie Chapman** Under 9's White Team: **Colette Apted**

Under 9's Teal Team: **Carole McGregor** Under 11's: **Stacey Kenshole**

I would like to take this opportunity to thank all of these volunteers, your help is very much appreciated.

Each week, 3 families will be rostered to work in the canteen when their team is playing at home, these families will need to report to their Co-ordinator who will tell them what they need to do. We do understand that sometimes, circumstances being beyond your control, you will be unable to fulfil the task, in this instance we ask that you contact your Team Manager and/or Canteen Co-ordinator as soon as possible and between you all, find someone else to cover. Similarly, if you are able to help when not rostered on, your Canteen Coordinator would be very grateful! During the season, you should only have to do one or maybe two shifts in the canteen, which hopefully isn't too much to ask. I would also add that we roster the 'family' to the job, it is up to you to decide which member of the family gets to help, we don't expect you all in there!!

Please help out, we are ALL volunteers :-)

Club Merchandise 2012

We have a range of Power Merchandise available for all of our members and supporters to proudly wear. Here is a list of the items currently available and the prices.

Keep an eye on this feature of the newsletter for new items that become available.

Merchandise can be ordered via our Merchandise Manager **Brett McCormack** who will be available at the clubrooms, for orders and collections, on Thursday nights between 5pm—6pm.

Order forms are available from the canteen.



Sports Bag

Price \$
\$35.00
\$40.00
\$45.00
\$40.00
\$35.00
\$35.00
\$6.00
\$10.00
\$25.00
\$10.00
\$10.00
\$10.00
\$22.00
\$22.00
\$22.00
\$60.00
\$30.00
\$35.00
\$10.00
\$30.00
\$35.00

Consumption of Alcohol

A quick note to let all members know that the consumption of alcohol is not permitted during **junior** football games. If the club is successful in gaining a liquor licence, all members will need to be mindful of only consuming alcohol during the permitted times and in designated areas. We thank you for your co-operation.

Useful Links.....

Laurimar Football Club <u>www.laurimarfc.com.au</u>	Butterflies Childcare <u>www.butterflies-childcare.com.au</u>
NFL www.nfl.org.au	Carpet Choice <u>www.carpetchoice.com.au</u>
Masters League <u>www.mafv.com</u>	Lend Lease <u>www.lendlease.com.au</u>
DVBA <u>www.dvbasketball.com.au</u>	Utility Asset Management <u>www.utilityasset.com.au</u>
BH Developments <u>www.bhdevelopments.com.au</u>	Jims Mowing <u>www.jimsmowing.net</u>
Warringal Private Hospital <u>www.ramsayhealth.com.au</u>	Kiddy Kapers <u>www.kiddykapers.com.au</u>
Jetts Gym <u>www.jetts.com.au</u>	Smileworks www.smileworksdental.com.au
Morrison Kleeman <u>www.morrisonkleeman.com.au</u>	Jims Computer Services
Bendigo Bank <u>www.bendigobank.com.au</u>	www.jimscomputerservices.com.au

Footy Tipping

Purely as a 'bit of fun', we have set up a tipping competition for Laurimar Football Club on <u>www.footytips.com.au</u>.

The winner will receive an LFC can cooler and baseball cap, as well as a little boost to their ego!!

There's no cost to participate, simply submit your tips every week as you normally would.

To join our competition, please visit:

http://www.footytips.com.au/comps/ Laurimar_Football_Club

You can then follow the instructions on how to join the group.

Make sure to look out at the club rooms for the leader board throughout the season.

Don't forget to get the kids involved. This competition is open to everyone...Mum, Dad, Brothers, Sisters...anyone who fancies their chances of being the Number 1 'Power Tipper' for 2011.

For anyone with an iPhone, you may be interested to know that there is a free Footy Tipping App too!!

FYI - the password is Power.

It's not too late to join, so get on board and have a bit of



Play to Win with Powerball!!

Like to play the Lotto?

Then you'll love the LFC Powerball!!

How to play...

It costs \$50 and runs for 10 weeks from the 19th April 2012.

Select a number between 1 and 45 and watch the Thursday Powerball Draw.

If your number comes up, you win!!

How to win...

If your number is drawn every week, you win every week!!

If your number is drawn as the Powerball, you win \$50. If your number is drawn as part of the regular draw, you win \$5.

How to enter...

Pick your number and pay your entry fee!



Platinum Sponsor: BH Developments

Welcome to this latest edition of the Power Cable. The Easter Bunny has been and we are now on track for Mothers Day. This Year is Flying!

CHOOSING YOUR NEW BLOCK OF LAND

Choosing where you are going to live is one of the biggest decisions you and your family will ever make. Narrowing down the Suburb and Estate is the first hurdle however then the tricky part is choosing that elusive block! Here are some questions that you will be starting to ask or should be asking!

What is the depth and width of the block?Which way does it face? Where is North?Is it flat? Does it fall front to back or back to front? Is there any sideways fall?Is the block sitting on Natural Ground or on Fill?Are there any easements on the block? If so, where?Are there any places of interest within proximity of the block such as Parks, walking tracks and BBQ Areas?How does the price compare to other blocks in the Estate or surrounding Estates?What are the Covenants or Design Guidelines associated with this block?Can the design I have in mind both fit and be approved on this block?

In this edition, we will cover the first three points underlined. In future editions we will cover the rest.

The majority of blocks in most Land Estates now are 32m deep. The widths generally are consistent as well with 10m, 12.5m, 14m and 17m being fairly common sizes. If you have an idea of what type of home and size you are after, this will determine the block width required. Remember to check the Guidelines and Building Envelopes on the block as this can sometimes determine the side and front setbacks of the block. Even though the design you have in mind may physically fit, the guidelines may not permit it. This is important to check and clarify with the Land Sales Consultant early. With your design in mind, try calculate what size yard you will have. Will you have enough area for Entertaining, kids play equipments, pets etc. Do you require rear access for a trailer? Thinking about all of these scenarios should help toward choosing a block size that will suit your needs and future lifestyle.

The orientation of your block is very important. For both achieving a 6 Star Energy Rating and also for the home being comfortable and enjoyable to live in. If possible, it is always a good idea to try orientate your living areas toward the North. This way your living spaces end up being bright and take advantage of the mid morning to mid afternoon sunshine. Try and avoid having your living areas toward the South if possible as this will tend to darken them and lose warmth as no sun will ever enter through the windows. If however you are looking at a North Facing block, this is sometimes unavoidable. In this case, although your backyard is facing South, try and arrange your living areas so they are orientated more to the East or West to take advantage of the light and sun either in the morning or afternoon. Note that if you orientate a lot of your living areas toward the west, the home may tend to overheat in summer. It pays to think about eaves and shading devices on this side in Summer.

Building on a Sloping block differs from that of a flat one. The flat option sounds easier however if the sloping block is built on correctly, the end result can be much more interesting and unique. Let's look at two examples of sloping sites to keep it simple.

Scenario 1 – Block Slopes down from Front to Back:

<u>Foundation Recommended</u>: Footings would be preferable. If the slope is quite steep, a Concrete Slab using a Cut/Fill scenario means you will be cutting deep to the front and the home will be sitting on a large mound of dirt to the rear. Using a Footing Foundation means you can increase street presence, minimise retaining walls and create an easier platform for landscaping.

<u>Floorplan:</u> Split Level depending upon amount of Fall. The greater the fall, the more logical to create a split level so the home does not sit too high out of the ground at the rear.

Scenario 2 - Block Slopes up from Front to Back:

<u>Foundation Recommended</u>: Footings would be preferable. If the slope is quite steep, a Concrete Slab using a Cut/Fill scenario means you will be cutting deep toward the rear of the block and sitting on a pile of dirt to the front. The deeper the site cut, the higher the retaining walls required along the side and to the rear of the property. Using a similar method, with footings the home can be split level however the floor level toward the rear can be higher, therefore reducing the height of retaining walls substantially on both the sides and rear of the property.

<u>Floorplan:</u> Split Level depending upon amount of Rise. The greater the rise, the more logical to create a split level so the home does not sit too low out of the ground at the rear which will reduce the height of retaining walls required.

Hopefully the information above gives you a starting point and idea as to what type of questions to ask when choosing a block. We will expand on some of the other points in future editions of the Power Cable.

MASTER BUILDERS - BUILDING EXCELLENCE AWARDS - 2012

The Master Builders Excellence in Building Awards are being held again in October this year. Our first ever Entry was our Vegas Display Home and we were honoured to **WIN** the Award in our category. This year we are proud to Enter this beautiful Custom 48 Square Georgian Inspired Home. This will be entered in one of the Custom Home Categories. We have a good feeling again about this and that we should do well. Here are a few pictures below of this stunning home. Bring on October!



Just a reminder, do not forget about our Referral Rewards Program. Simply Refer somebody to us and if they successfully build with us, we will pass on a \$1000 gift voucher to you.

Until next time - all the best from BH your LOCAL Builder!

About Warringal Private Hospital.....

Warringal Private Hospital is an acute medical/surgical hospital providing healthcare for the North Eastern and Greater Melbourne community. It has been a leading provider of healthcare for this community for over 30 years achieving national and international recognition in many fields. With 143 beds, the hospital is conveniently located close to public transport and directly across the road from the Austin Health Campus and Mercy Hospital for Women. The Hospital is owned and operated by Ramsay Health Care.

<u>Ramsay Health Care</u> was established in Australia in 1964 and has grown to become a global hospital group operating over 100 hospitals and day surgery facilities across Australia, the United Kingdom and Indonesia. Ramsay Health Care is well-respected in the health care industry for operating quality private hospitals and for its excellent record in hospital management and patient care. These features help to attract leading health care practitioners to work in our facilities.

Warringal Private Hospital was constructed in 1976 and has undergone a number of renovations and extensions over the years. Ramsay Health Care is currently exploring options to redevelop the hospital including additional beds, theatres and increase car parking availability.

The first stage of the redevelopment will include a new Day Chemotherapy Unit in Martin St, which is due for completion in December 2012. The Unit will accommodate 13 chairs and will treat patients with Haematological, Oncological conditions, and provide other infusional therapies. We will be relocating our well regarded 'Living with Cancer Education Program' at the new facility and continue to utilize the resources of our Breast Care Nurses, Social work and Dietetic teams.

The hospital has on site facilities which include dietitian, diabetes educator, DVA liaison, pathology, pharmacy, physiotherapy, social work, speech therapy and radiology.

Our services include:

24 hour in house Medical Officer

Intensive Care Unit

Angiography Suites-Vascular & Cardiac

Cardiothoracic Unit

Medical Cardiology

General Surgery including bariatric, breast, colorectal, ear nose & throat, gastro-intestinal, gynaecological, oral & maxillofacial, plastic and urological procedures.

Orthopaedic Surgery

Day Chemotherapy

Medical/Oncology Unit

Day Surgery

Five Operating Theatres

The Warringal team is dedicated to providing the highest standard of care to patients. All departments are staffed by experienced and skilled health care professionals, who are familiar with the latest developments and research in their respective fields and remains an Employer of Choice in the North Eastern and Greater Melbourne community.

The Hospital is fully accredited to ISO 9001:2008 Core Standards for Safety and Quality in healthcare (2007) with BSI Australia ensuring patient health, safety and comfort remain the hospital's main focus.

Warringal Private Hospital continually monitors and evaluates its performance to achieve this outcome.

We offer you access to leading specialists, the latest equipment and premium private hospital care without you having to travel too far away from your loved ones.



Nutrition and Hydration

On game days it is crucial that we consider our nutrition and hydration before we run out onto the field. Ideally we want to have a larger meal full of carbohydrates 3-4 hours before the game or the evening before. A popular meal choice is pasta.

In the one to two hours before the game we need to be snacking on foods such as breakfast cereals, sandwiches, white bread, pasta, muffins, fruit and liquid meal supplements to keep our carb stores up. After the game it is essential that we continue to consume foods high in carbohydrates and protein for muscle recovery.

Hydration is not only important during the course of the game, it is vital that we begin hydrating some hours before the match. Adequate hydration after the game is also just as important to ensure our fluid levels are topped up and maintained. A sports drink such as Gatorade or Powerade will replenish depleted glycogen levels after activity which will aid recovery.





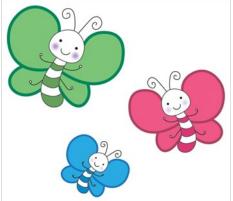
For <u>ALL</u> Your Gardening Needs

Body Corporate Maintenance, Gardening, Rubbish Removal, Gutters Cleared, Mulching, Expert Pruning, Clean Ups, Ride-On Mowing, Landscaping, Plus Many Others

FREE QUOTES, INSURED, & POLICE CHECKED



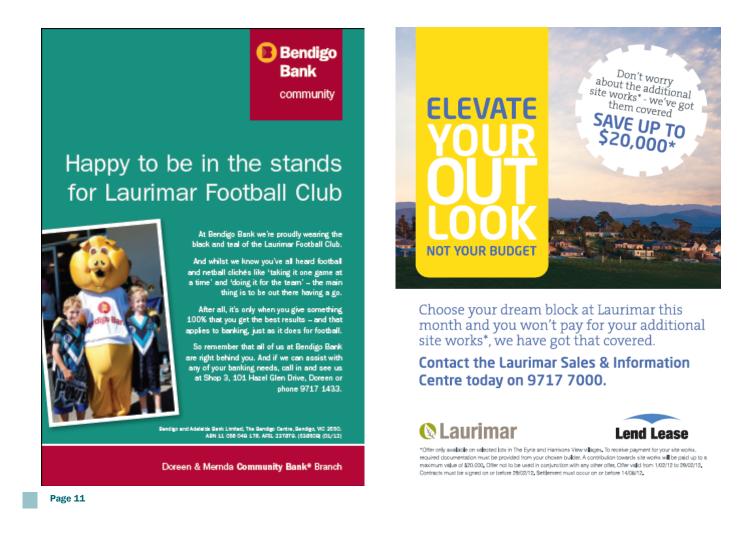
Power Cable



Butterflies Childcare and Early Learning Centre where children learn to spread their wings 2-4 Orchard Road, Doreen (Corner of Yan Yean Road) Web Site: butterflieschildcare@ bigpond.com.au E-mail: <u>info@butterflies-childcare.com.au</u> Telephone: 97172939

Hello to all of the families of Laurimar Football Club. Our child-

care and early learning centre is the only family owned and operated centre within Doreen. The Centre is owned by Terry and Sue Franklin, and operated by our daughters: the Centre Director, Rebecca (Diploma qualified), Amanda as 2IC, and Jessica as a Room Assistant (both Cert III). Our 100 place centre caters for children 0 to 5 years, and includes a Kindergarten. We designed our rooms and landscaped playgrounds on the DEEWR industry leader, Gowrie Victoria Childcare, and we are very proud of the variety of play experiences available to our children. We have had two Open Days since we opened in November 2011, but if you have not yet seen our Centre, please drop in at any time for a tour. We currently have vacancies in some rooms, including the Kindergarten. Come in and have a look around.



Thank you to all of our 2012 Sponsors......







Doreen Residents Action Group

16th April, 2012

Dear Friends and Neighbours,

We have come a long way since advising you last year of a Developer wanting to build 4, 5 Storey High Rise Buildings at 32 Waterway Boulevard Doreen.

It is through your support and encouragement that we have kept up the momentum to say 'No' to the Developer, Urban Ridge, who has taken this matter directly to the Victorian Civil and Administrative Tribunal. Our hearing date is the 20th August 2012 which may run over a period of 3 or 4 days.

We have hired the services of a Barrister to represent us and also members of our group and a few directly affected neighbours to the site, will 'stand up' at VCAT and put forward our viewpoint that this development is 'out of character' for the area and not wanted by residents.

We all came here to live in this beautiful semi-rural area to enjoy the wetland areas, the walking paths and bicycle trails and for the peace and quiet and healthy lifestyle so strongly advertised; not to have 5 storey high rise buildings imposed on us!

We wish to follow up with your support in this matter and now ask for your financial help to raise funds to pay for legal costs. We seek a \$10.00 donation (non tax deductible) from residents and if we achieve this, we will meet our expenses. If you feel particularly passionate about this issue and wish to make a larger donation, this would be gratefully accepted.

For your convenience, cash donations can be paid directly into the Doreen Residents Action Group (DRAG) bank account at the Bendigo Bank Doreen, in Hazel Glen Drive, <u>or</u> your donation can be paid via the internet directly into the Bank Account as follows:

Name on Account:Doreen Residents Action GroupBSB No:633-000Account No:145534392

Should you require a receipt, please email us at 'drag3754@gmail.com'.

If you require any further information or would like to discuss this matter with members of the Doreen Residents' Action Group, please contact us via 'Facebook' with your contact details and we will contact you. https://www.facebook.com/pages/DRAG-Doreen-Residents-Action-Group/193431740732908?sk=wall

Thank you for your on-going support.

Yours sincerely,

Brian Gloury President

RESIDENTS COMMUNITY MEETING

Education and Support Evening

to be held at Acacia College 370 Bridge Inn Road, Mernda

Thursday 3rd May 2012 7.30pm sharp to 9.45pm with 2 Guest Speakers Kelvin Thompson MP Mary Drost - Planning Backlash Plus an update by members of DRAG on High Rise developments in Doreen and new Action Group initiatives

This is an opportunity for you to ask questions and have a say for your area. Seats are limited so your RSVP is essential RSVP to Denise & Brian Gloury Tel. 9717 5566 by Wed. 25/4/2012

Check out our email address or facebook page at: drag3754@gmail.com <u>https://www.facebook.com/pages/DRAG-Doreen-Residents-Action-Group/193431740732908?sk=wall</u>