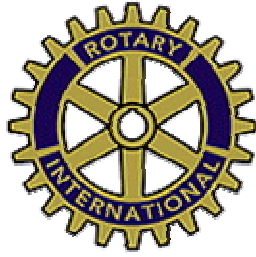


THE ROTARY CLUB OF
MOUNT WAVERLEY Inc.

WEEKLY BULLETIN



DISTRICT 9810
VICTORIA - AUSTRALIA



ROTARY:
MAKING A
DIFFERENCE



Mt. WAVERLEY CLUB BULLETIN

Volume 33, Number 34, 14 March 2018

WHAT'S ON THIS WEEK?

VENUE	SPEAKER / TOPIC	CHAIRPERSON / GREETER
This meeting: Wednesday 14 March 6pm for 6.30pm start		
LOC	Philip/Rhonda update on Cambodia including International Forum	Mara/Fiona

IMPORTANT ADDRESSES & CLUB INFORMATION

Club Postal Address: P.O. BOX 295 GLEN WAVERLEY 3150

Web Address: <http://mountwaverleyrotary.org/>

FACEBOOK ADDRESS: <http://www.facebook.com/mountwaverleyrotary>

Bulletin Copy Deadline: **5.00 PM. Sunday to Glen Watkins please.**

Other Important Addresses:

1. Oakleigh Market shifts are **6am-10.30am and 9.30am till 1pm**. The address is Corner Atherton Rd and Hanover Sts Oakleigh.
2. Mount Waverley Market shifts are **7am-2pm** (permanently Charlie/Beth) with closing **shift 1-2pm** (x 2 person assisted by Charlie). The address is Hamilton Place Shopping Centre, 283 Stephenson's Road Mt Waverley.
3. Leighoak Club (LOC) is located at 1555 Dandenong Road Oakleigh. We meet upstairs unless otherwise indicated.

ATTENTION ALL MEMBERS

Please confirm your meeting attendance to Fiona Cleary 0410605233 and Bulletin Editor would also appreciate advices of leave dates.

Our food donation bin for Monash Waverley Community Information and Support (MWCIS) is an important local community project for the club. Please bring to Rotary meetings a small donation of non perishable food for the donation bin, which is located in the front corner of the meeting room.

Calendar of upcoming Club/Rotary events is in the bulletin – last page. All Rotarians please check your Market/Rotary Project commitments on this page and mark your diaries accordingly. If you cannot meet your designated commitment for the projects or for meeting chair/greeter please contact Andrew (for markets) and Terry or Glen (for chair/greeter).

CONGRATULATIONS & CELEBRATIONS

FOR THE WEEK 7/3-13/3:

Happy 24th wedding anniversary to Sean and Giovanna on 12th. Happy 77th birthday to Paul on 10th.

Presidents Report for 14 March 2018



We had our Wednesday night meeting at the LOC and our guest speaker was Yang Xu the founder of World Class Health Tours, Australia. Yang gave us a fascinating and thought provoking presentation on wellness and longevity. He emphasized the 4Ever Young principles of nourishment, movement, community and purpose and discussed how these 4 principles contribute to our ability to live a longer life. Yang also talked about Blue Zones that are geographic locations around the world where there are cultures living that exhibit a high quality of life and tend to live longer. One such area was the island of Ikaria in Greece where inhabitants tend to live 10 years longer than those people living on the Greek mainland.

The **Hamilton Place Market** was held on Sunday and the weather Gods were with us again with sunshine during the morning. Stall holder and public numbers were a little down as a consequence of the long weekend however takings were still good with stall holder bringing in \$660.00 and the BBQ's \$463.00 before expenses. Thanks to those Club members who once again contributed to the success of the market, including Beth, Charlie Malcolm, Adrian, Fiona, Mara, Philip and Lyn.

We also had our Sunday Bunnings BBQ at Notting Hill and as I understand the day was pretty good for a long weekend and takings were \$750.00 after expenses, again a great result from a small and dedicated team. Loretta did a fantastic job of managing the day assisted by family and friends including Adam (son), Lucy and Amelia – well done Loretta. Once again I would like to thank Beth Merkus who puts in so much time and effort into ensuring the market and Bunnings fundraising efforts run so smoothly.

If you have not put your wine order in for our **Wine Fundraiser** there may still be a chance if you make contact with Beth or Loretta but be quick – it would be a shame to miss out on some fine drops!.

You will recall I had received a request from the Chaplain at Mount Waverley Secondary College regarding volunteers to help at the College's Breakfast Club. I have informed the Chaplain that due to the large number of our members who are working during the week our Club is not, at present, in a position to be able to provide a group of volunteers to assist with the Breakfast Club. I have however offered to re-examine our position after July to see if our circumstances have changed.

Our next **social night is the 21st March** and we will be dining out at the Rose of Thailand in Syndal.

This week's meeting, **Wednesday 14th March**, is at the LOC and we will have as our guest speakers Rhonda and Philip McKenzie who will give us an update on their work in Siem Reap; Philip will also host our forum on International projects both now and for the future.

See you there.
Geoff

PHOTOS



Bunnings BBQ fundraiser

IMPORTANT NOTICES

ROMAC R-1025 Lucilia - Update

Dear D9810 ROMAC Team,

It has been a week since my last update on Lucilia and it is fair to say that a lot has happened. I have been waiting until we had some clarity on the way ahead before I brought you up to date. However, that is a way off yet as there are still a few balls up in the air.

Lucilia recovered well after her dental work with the best medication being plenty of ice cream. The MRI and CT scans ordered by her Orthopaedic doctor occurred on Fri and as the results would not have been known until yesterday, her radiology which was due to commence at Peter Mac, was put back a week to start on 13 Mar. However, the results of the MRI and CT scan have thrown in a curve ball. They detected that one of Lucilia's tumour affected vertebrae has a fracture. Today Lucilia's medical team (RCH Oncology & Orthopaedic and PMCC Radiation) is meeting to develop a treatment plan to take into account the repair of her fracture, her radiation treatment and, possibly chemotherapy, if her radiation is delayed further. Once we know the way forward I will let you know.

Yesterday, at the regular meeting with her RCH team, her weigh in showed that she has lost some weight. Whilst she has been tucking in to fruit, ice cream, rice & veges and the odd Maccas, she has been somewhat picky about her protein (meat) intake. She and Santina received a good talking to from the RCH Dietician yesterday so we hope she will turn the corner. Otherwise, a nasal gastro tube and fluid food is in the offing. After the consult with the Dietician, Yulitta (interpreter) took them to a RCH food outlet and it looks like the message might have been taken on board (see photo).

Over the weekend Lucilia and Santina enjoyed participating in activities with Robyn and Ken and their family, attending church and yesterday afternoon, partaking in an English class with Robyn. They also had some fun honing their artistic talents with some painting on Saturday (photo).

Overall they are fitting in well to their new environment and Lucilia is pragmatic as her treatment changes with each new development. However, Santina who has 13yo and 1yo sons in TL, is beginning to get anxious as the predicted 4-6 weeks duration of Lucilia's treatment is starting to extend.

Our mission now is to get some weight on Lucilia and keep them happy as we wait advice on what lies ahead with Lucilia's treatment plan.

My thanks to Robyn and Ken Dusting and Yulitta who have been with Lucilia and Santina all the way through this difficult initial period of time with us, responding to changing requirements from the hospital and keeping Lucilia and Santina on an even keel, as best as can be expected.

Regards
Graeme

CALENDAR/PROGRAMME

If you are aware that the nominated chairperson will not be available please let the bulletin editor know asap. For venue addresses - please refer page 1 of this bulletin.

LEGEND: ■ Club Market(s) ■ Club Meeting ■ Rotary/Club Project

Date	Venue	Time	Event (or Topic)	Chairperson & Greeter
16 Mar	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Paul
18 Mar	Oakleigh	6-1pm	Oakleigh Market	Malcolm/Glen
21 Mar	Rose of Thailand	6pm	Social night – advise Fiona before 13/3 if attending. Pay by cash. BYO wine	
23 Mar	Coles P'wood	9.15am	MWCIS Coles Food Pickup	David
25 Mar	Oakleigh	6-1pm	Oakleigh Market	Paul/Lyn
28 Mar	LOC	6-8pm	Lou Paola – Real Estate In Monash - update	Sean/Terry
30 Mar	Coles P'wood	9.15am	MWCIS Coles Food Pickup	NA
1 April	Oakleigh	6-1pm	Oakleigh Market	Geoff T/Pete
4 Apr	LOC	6-8pm	Miranda Daniels – Rotarian Behind the Badge	Pete/Sean
6 Apr	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Malcolm
8 April	Mt Waverley	7-2pm	Mt Waverley Market	Charlie/Beth/Roger/Terry
11 Apr	LOC	6-8pm	Bill Haywood: D9810 ROMAC Committee	Paul/Ros
13 Apr	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Terry
15 April	Oakleigh	6-1pm	Oakleigh Market	?/Keith
18 Apr	Village Green	6-8pm	Social night details	NA
20 Apr	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Paul
22 April	Oakleigh	6-1pm	Oakleigh Market	Don/Sean
25 Apr	NA		ANZAC Day Public Holiday – No Rotary Meeting	
27 Apr	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Malcolm
29 April	Oakleigh	6-1pm	Oakleigh Market	Ros/David
2 May	LOC		Lacie Ryan Camp Quality	Andrew/Miranda
4 May	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Ros
6 May	Oakleigh	6-1pm	Oakleigh Market	Fiona/Loretta
9 May	LOC		Terry Nunn - Ambo/Paramedic 35 years	Ros/Sean
11 May	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Terry or Geoff L-S
13 May	Mt Waverley	7-2pm	Mt Waverley Market	Charlie/Beth/Roger/Terry
16 May	LOC (Bistro)		Social night	NA
18 May	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Geoff L-S
20 May	Oakleigh	6-1pm	Oakleigh Market	Michael/Philip
23 May	TBC		Club 33rd Birthday and Darren Paone - Crown Posture Bedding	Beth/Miranda
25 May	Coles P'wood	9.15am	MWCIS Coles Food Pickup	David
27 May	Oakleigh	6-1pm	Oakleigh Market	Lou/Robert
30 May	LOC		SE Vounteers - Ms Sharon Morgan	Robyn/Keith
1 Jun	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Phiip
3 June	Oakleigh	6-1pm	Oakleigh Market	Ron/Sean
6 Jun	TBA			
8 Jun	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Terry
10 June	Mt Waverley	7-2pm	Mt Waverley Market	Charlie/Beth/Roger/Terry
13 Jun	TBA			
15 Jun	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Geoff L-S
17 June	Oakleigh	6-1pm	Oakleigh Market	?/Philip
20 Jun	LOC (Bistro)		Social Night	NA
22 Jun	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Paul
24 June	Oakleigh	6-1pm	Oakleigh Market	David/Adrew
27 Jun	LOC		Changeover night	Geoff L-S/Philip
29 Jun	Coles P'wood	9.15am	MWCIS Coles Food Pickup	David
1 July	Oakleigh	6-1pm	Oakleigh Market	TBA