



Mt. WAVERLEY CLUB BULLETIN

Volume 30, Number 39, 22 April 2015

IMMEDIATE PROGRAM

VENUE	SPEAKER / TOPIC	CHAIRPERSON
This week: Wednesday 22 April 2015 6pm for 6.30pm start		
LOC	Chris Thompson – Best Chance	Terry Roche
Next week: Wednesday 29 April 2015 6pm for 6.30pm start		
LOC	Ron Thorpe – Rotarian Behind the Badge	Malcolm Clowes

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.

Other Important Addresses:

1. Oakleigh Market shifts are 6am-10.30am and 9.30am till 1pm. The address is Cnr Atherton Rd and Hanover Sts Oakleigh.
2. Mount Waverley Market shifts are 7-11.00 shift 1 (x 2 pax) then 11-2pm shift 2 (x 1 pax). The Address is Hamilton Place Shopping Centre, Stephenson's Road Mount Waverley.
3. Leighoak Club (LOC) is located at 1555 Dandenong Road Oakleigh.

ATTENTION ALL MEMBERS

PLEASE CONFIRM YOUR MEETING ATTENDANCE EACH WEEK TO KEITH KENDRICK ON 0437940617. ADVICES OF LEAVE DATES WOULD ALSO BE APPRECIATED.

OUR FOOD DONATION BIN FOR MONASH WAVERLEY COMMUNITY INFORMATION & 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 THIS BULLETIN. ROTARIANS PLEASE CHECK FOR YOUR MARKET/ROTARY PROJECT COMMITMENTS ON THIS PAGE AND MARK YOUR DIARIES ACCORDINGLY.

Presidents Report for 22 April 2015



This has been a quieter week for Rotary so I apologise for the short report.

The social meeting this last Wednesday was held at the Glen Waverley RSL Club. Robyn has gone to great efforts to make sure that our social nights have a little variety and at the same time making sure that we do not have any money issues at the end of the evening. It was a set menu with enough choice to satisfy all. Thank you Robyn for continually doing a great job. I am sure Robyn is open to social night suggestions from all members.

Beth will give a report on the Mount Waverley market increasing revenue. This market has had a face lift over recent times and due to the efforts of a dedicated group, this continues to get better. Once again any suggestions on possible improvements will be welcome.

Another reminder that our 30th birthday dinner is coming up at the end of May, would you please let Robyn know if you know of any people who should be invited to this evening.

Kindest regards
Rhonda McKenzie

PHOTO'S FROM LAST WEEK



Beverley, Don, Philip, Susanne, Roger, Geoff x 2, Ros, Beth



Marilyn



Brains trust....



Its \$58 a bottle!



CONGRATULATIONS & CELEBRATIONS

22 April – 28 April:

A very happy 89th Birthday to Terry O on 26th. Happy Wedding Anniversary to Lou and Joanne on 25th.

MEMBERS ANNOUNCEMENTS

YOUTH SERVICES

Youth Services Director Terry Roche will be conducting three interviews this Wednesday for potential candidates to attend next years National Youth Science Forum in Canberra.

FUNDRAISING

1. PP Adrian is having a stall at the Oakleigh market on April 26th where he is donating much of his deceased mother's household items to the event. Pat & Marilyn Lannan have also kindly donated many items in preparation for downsizing. Please contact Adrian if you can assist with manning the stall.

2. If anyone can assist with manning the Bunnings BBQ on 24th April please contact Beth on 0419841138.

CLUSTER FUNCTION

CHARITY GARDEN AUCTION & Pre Mother's Day DINNER

Thursday 7th May

Oakleigh Carnegie RSL Club

95- 97 Drummond Street Oakleigh

Commencing 6.30 for 7 PM

A night out and GREAT bargains at this Pre Mother's Day GALA AUCTION

Evening includes

- Scrumptious two course meal, including wine
- Informative talk by renowned nursery man ROGER BOYLE
- Numerous high class items for auction
- Challenging gardening quiz with **excellent** prizes
- A wonderful night out

TICKET PRICE: Excellent Value at \$ 35.00 per head

BUY TICKETS: On Line at Try Bookings <http://www.trybooking.com/HHXO>

Or at Pinewood Quality Nursery, Blackburn Road Pinewood

ALL PROCEEDS TO:

Ronald McDonald House, Family Room at Monash Children's Hospital

For further information contact 0407

Sponsored

055 866 **Sponsored By:**

By No Worries Turf (Synthetic grass

PINEWOOD Quality NURSERY

online)

Rotary Clubs of Huntingdale and Clayton

COMMUNITY SERVICES

Baker IDI Heart and Diabetes Research Institute

Last Wednesday I attended the Baker IDI Bright Sparks Luncheon as a substitute for Glen Watkins. At this function Phd Students present a summary of their work to sponsors, such as ourselves. It is also an opportunity to discuss some interesting projects with senior staff and post doctoral researchers. Some interesting topics included the link between rheumatoid arthritis and cardio vascular disease, the link between typical low HDL good cholesterol levels in aborigines and the high incidence of type 2 diabetes. I have invited Dr Darren Henstridge, Research Officer, Cellular & Molecular Metabolism, to speak to us on the link between cardio vascular function and Alzheimer's disease. Darren spoke to our club about 7 years ago on an unrelated topic, and is an excellent presenter.

Terry Roche

BAKER IDI NEWS**The future of good health starts here...**

Welcome to the Baker IDI April e-newsletter!

In this edition we'll update you on the events we're currently running and how you can be involved, including: [Hike for Health](#) and On Your Feet. We'll also explain the [latest research](#) linking Alzheimer's disease and chronic diseases such as diabetes and heart disease.

I'm sure you've heard about our [Autumn Appeal](#) featuring elite cyclist, Will Walker and his devastating heart condition that cut his professional career short at the young age of 29 years.

If you have already donated, I'd like to thank you for your wonderful support. These very kind donations from friends like you allow research advances to be made and give so much hope to sufferers like Will. If you've yet to donate, you can still do so online [here](#) or by calling our friendly team on 1800 827 040.

[To read more about Will's heartbreaking story or the research that can make a difference to his life and many more, see our website.](#)

Enjoy our April newsletter, happy reading!

Best wishes,

Jaclyn Moore

**Hike for Health 2015**

We have five amazing supporters who will be representing Baker IDI as they travel to Peru in May and make the trek to Machu Picchu. Please support their fundraising efforts by making a gift to the Hike for Health Team today.

All donations over \$2 are tax deductible and go towards progressing our groundbreaking research into heart disease and diabetes.

[Find out more.](#)

**Oral health and chronic disease**

Although the reasons are not fully understood, research shows that people with chronic diseases such as diabetes and heart disease have a higher prevalence of gum disease.

Maintaining good dental health is important for all, and here are a few reminders that can help:

- 1) Brush your teeth twice a day using a toothbrush with soft bristles and a small head
- 2) Brush for at least 2 minutes
- 3) Floss your teeth daily
- 4) Avoid or limit foods and drinks that are high in sugar and acid
- 5) See your dentist for regular check ups



Could a short walk improve your brain function?

Baker IDI are currently researching whether exercise and breaking up sitting time benefits brain function.

We're looking for healthy people between 55-80 years, with a BMI between 25 and 40 (kg/m²). [See our website to be involved or find out more.](#)



Are my memory lapses normal or could this be Alzheimer's disease?

One in nine people over the age of 65, and one in three people over the age of 85 have Alzheimer's disease.

[Read about the current research](#) from Professor Serge Gauthier, and what you can do to reduce your risk.



On Your Feet Australia

Pencil June 11 into the diary because this is when Baker IDI wants you to 'Quit the sit and take a stand for better health'.

On Your Feet Australia is back in 2015 and registrations open on 30 April so you have plenty of time to prepare to take on the challenge.



homyped® New Season

Peripheral neuropathy is a condition that can affect people living with diabetes, resulting in diminished nerve function. When this occurs, feet are vulnerable to injury due to low or no sensitivity. In accordance with Baker IDI's strict standards of fit and construction, homyped® Diabetes shoes are engineered to offer protection, comfort and support to people living with diabetes, or who may be at risk of developing this condition in the future. View the Autumn Winter range today, [click here.](#)

INTERNATIONAL SERVICES – Lotus Childrens Centre Newsletter



January Newsletter

So, you might have noticed it's been a little while since our last newsletter was issued, but we've got our act together and will issue a tri-monthly newsletter giving you the latest news on what the children have been up to during the past months.

News

Here's a look at what has been happening the last three months.

Capturing Neverland

In January, we were lucky enough to welcome Sara Khazem to Lotus. She runs the project *Capturing Neverland*, a charity that offers a photography workshop for children less privileged. The workshop involved learning the basics of photography and a field trip, with the week culminating in an exhibit showing the photos taken by the children. It was a great success and the children that participated in the workshop were allowed to keep the cameras kindly given by Sara, to allow them to enjoy and hopefully develop their skills.

Tsagaan Sar

February saw the celebration of the Lunar New Year, known as Tsagaan Sar in Mongolia. It brought all the children from Gachuurt, Ulaanbaatar and Erdenet together, as well as a few ex-Lotus children, to share in the celebrations.

Paul Wilderbeek

The end of March saw Paul Wilderbeek return to Lotus, for two and a half weeks, to provide further baking training. His latest fundraising has seen him acquire a new fridge and freezer as well as other equipment for the kitchen and bakery. He has also brought his Nutritionist, Nicole Munro, who will advise on improving the children's diet.

Staff

Three members of staff have recently left Lotus, and we would like to give our thanks to Narmandakh, Zolzaya and Uranchimeg for all their hardwork at Lotus and we wish them all the best in their future careers.

Projects

Sponsorship

We are looking to gain more sponsors for the children in order to allow them to communicate with people outside of Mongolia. If you're interested in sponsoring a child, please contact us at info@lotuschild.org for more information.

wishlist

Lotus relies on the support of generous donors. With the summer fast approaching, here are some of the main items we are currently in need of, include the following:

Clothing:

Children's jeans/underwear/footwear/swimsuits
Children's Medicine (over the counter fever lowering, pain killers)

Vehicle Maintenance:

Tools
Car batteries

Leisure:

Indoor sports equipment
Tents
Sleeping Bags
Bicycles
Horse Riding Equipment

Office:

Printer ink
A4 paper

Reading and writing Project:

Classic books in Mongolian
Letter writing paper

Donations for:

Mechanic/Electrician/Plumber
Refurbishment of rooms

Please email us at info@lotuschild.org for our full wishlist.



A Special Thank You

We would like to thank Enkhhe Battjargal and her friends for their very kind donation of a new washing machine for the Centre. This item was badly needed and their gesture was warmly received by everyone at Lotus.



A Special Thank You

A big thank you to Sara Khazem, for providing the children with a fun filled week with her photography workshop. Pictured here at the Exhibit, held at the Tuushin Hotel, Ulaanbaatar.



A Special Thank You

Thanks to all the volunteers in the past few months. They have been a great help to the Centre. From Crystal organising the Halloween Party, Flo (pictured) baking Swiss bread, Charlie giving the children a motorbike rides, Connor and his regular visits to the children each year, Krizstina and Lisa covering painting all the girls nails. We also have regular volunteers in Sofia, Paul and Pavel, who come every week to help out, and their time and contributions are greatly appreciated. We need more volunteers like this to ensure the continued success of Lotus.

CALENDAR/PROGRAM

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

LEGEND: Club Market Club Meeting Rotary/Club Project

Date	Venue	Time	Event (or Topic)	Chairperson
24 Apr	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	David
24 Apr	BBQ Fundraiser @ Bunnings Notting Hill 10-3pm (contact Beth if you can help)			
26 Apr	Oakleigh	6am-1pm	Oakleigh Market	Theo / Andrew
29 Apr	LOC	6pm-8pm	Ron Thorpe–Rotarian Behind the Badge	Malcolm C
1 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Adrian
2-3 May	MUNA Competition @ Legislative Assembly State Parliament			NA
3 May	Oakleigh	6am-1pm	Oakleigh Market	Glen / Lou
6 May	LOC	6pm-8pm	Asher Judah – Political Commentator	Ros
8 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Terry R
10 May	Mt Waverley	7am-2pm	Mt Waverley Market	TBA
13 May	LOC	6pm-8pm	Chris Brassington- Update on MWCIS	Glen
15 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Ros
17 May	Oakleigh	6am-1pm	Oakleigh Market	? / Don
20 May	TBC	6pm-8pm	Celebrate Clubs 30 th Birthday	Rhonda/Robyn
22 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Geoff L-S
24 May	Oakleigh	6am-1pm	Oakleigh Market	Philip / Michelle
27 May	LOC	6pm-8pm	TBA	TBA
29 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Paul
31 May	Oakleigh	6am-1pm	Oakleigh Market	Geoff T(?) / Ron
3 June	LOC	6pm-8pm	TBA	TBA
5 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Don
7 June	Oakleigh	6am-1pm	Oakleigh Market	Theo / John S (?)
10 June	LOC	6pm-8pm	TBA	TBA
12 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Charlie
14 June	Mt Waverley	7am-2pm	Mt Waverley Market	TBA
17 June	LOC	6pm-8pm	TBA	TBA
19 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Philip
21 June	Oakleigh	6am-1pm	Oakleigh Market	John L / Andrew
24 June	LOC	6pm-8pm	TBA	TBA
26 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	David
28 June	Oakleigh	6am-1pm	Oakleigh Market	Paul / Jeff