

Mt. WAVERLEY CLUB BULLETIN

Volume 29, Number 45, 28 May 2014

IMMEDIATE PROGRAM

VENUE	SPEAKER / TOPIC	CHAIRPERSON
This Meeting: Wednesday 28 May 6pm for 6.30pm start		
LOC	Club 29 th Birthday celebration. Presentation to and by Hayley Shimmin - CPEC	Ron
Next Meeting: Wednesday 4 June 6pm for 6.30pm start		
LOC	Jenny Ravlic – Food Additives	Malcolm F

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) WILL COMMENCE AGAIN 22 JAN 2014. PLEASE BRING A SMALL DONATION OF NON PERISHABLE FOOD FOR THE DONATION BIN WHICH WILL BE LOCATED AT THE ENTRANCE TO THE MEETING.

CALENDAR OF UPCOMING CLUB/ROTARY EVENTS IS ON THE LAST PAGE OF THIS BULLETIN. ROTARIANS PLEASE CHECK FOR YOUR MARKET/ROTARY PROJECT COMMITMENTS ON THIS PAGE AND MARK YOUR DIARIES ACCORDINGLY.



PRESIDENTS REPORT (for 28 May 2014)

Last Wednesday was a social evening, with all general business held over until next week. During the week, I finally wrote a summary of the Board decisions on the matters raised by members at the recent Club Forum. I sent this summary to your email address this morning (Saturday 24th) Thank you for those who participated. Remember, members need not wait for a club forum to raise any issues or ideas for the Board to consider.

I have been concerned that revenue from the Mount Waverley Market is falling, and the market needs revitalising. For a start we have looked at our own presence and a new table and new gazebo have been purchased for a total of \$270 to replace the existing shabby and torn items. As more money becomes available also would like to refurbish the club trailer. Following a review of our finances and a forecast of our position at the end of June, we have agreed to increase our donation to the Royal Children's Hospital via our Good Friday Golf day appeal, to \$3000. We also intending to make a presentation to a needy MWCIS client, in the name of the Salter/Russell award.

Five members are off to Sydney this week for the Rotary International Convention. For security reasons I won't name them now, but I expect that we should have a report on the experience on their return.

Last week I mentioned that there were still vacancies for the RYLA (Rotary Youth Leadership Award) programme. I am pleased to announce that Don Guest now has two applicants for this programme.

This Wednesday we celebrate the 29th birthday of our club. We will also have Hayley Shimmin from CPEC speak to us. As you are probably aware, CPEC is the major beneficiary of the City of Monash Lord Mayor's Charity Golf day. It would be good if we could have a good turnout for our 29th.

Until then
Terry

MEMBERS ANNOUNCEMENTS

THE PROBUS CLUB OF MOUNT WAVERLEY (Men's)

[A Rotary Sponsored Project]

The club is seeking new members.

Active retirees are welcome to visit our club and experience what Probus offers.

Our club operates a monthly meeting with interesting guest speakers, and fellowship.

There are also monthly Outings to a wide variety of city or country tourist, industry and general interest locations, plus often a yearly 3 to 4 day trip.

Monthly film and luncheon days are conducted, plus regular Dine Out functions.

Member's wives/partners participate in, and are most welcome at the many functions the club runs.

Meetings: the third Thursday of each month.

Location; Masonic Building 318-322 Stephenson Rd Mt. Waverley (Opposite Woolworths)

Time: 10 am.

Contact: Neville Wallace Phone: 9802 1665

PHOTO'S FROM LAST WEEK

No photo's this week!

CONGRATULATIONS & CELEBRATIONS

28 May – 3 June:

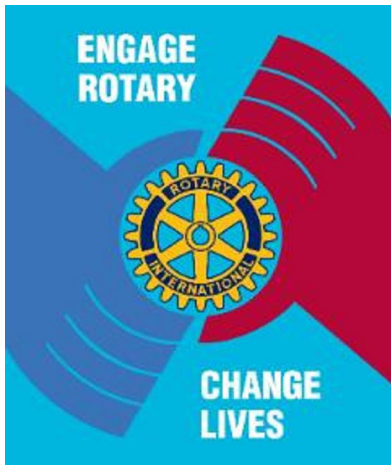
Happy Birthday to Robyn Oliver on 30th May. Congratulations to President Terry on the anniversary of joining Rotary on 28th May.

CALENDAR/PROGRAM

for addresses - please refer page 1 of this bulletin

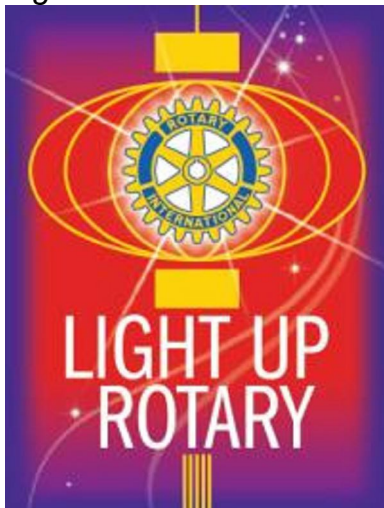
LEGEND: █ Club Market █ Club Meeting █ Rotary/Club Project

Date	Venue	Time	Event (or Topic)	Chairperson
30 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Paul
1 June	Oakleigh	6am-1pm	Oakleigh Market	Kath / ?
1-4 June International Conference in Sydney				
4 June	LOC	6pm-8pm	Jenny Ravlic – Food Additives	Malcolm F
6 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Terry
8 June	Mount Waverley	7am-2pm	Mount Waverley Market	Malcolm F/Beth Michael/Phil
11 June	LOC	6pm-8pm	Elaine Upton – Enhanced Maternal & Child Health Service	Terry R
13 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Pat
15 June	Oakleigh	6am-1pm	Oakleigh Market	Paul/Michelle
18 June	LOC	6pm-8pm	Social Nite	NA
20 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Ros
22 June	Oakleigh	6am-1pm	Oakleigh Market	Lou/Andrew
25 June	LOC	6pm-8pm	Changeover	Terry R/Rhonda
27 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Adrian
29 June	Oakleigh	6am-1pm	Oakleigh Market	Pat / Don
2 July	LOC	6pm-8pm	?	?
4 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Pat
6 July	Oakleigh	6am-1pm	Oakleigh Market	?
9 July	LOC	6pm-8pm	?	?
11 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Don
13 July	Mt Waverley	7am-2pm	Mount Waverley Market	?
16 July	LOC	6pm-8pm	Social Nite	NA
18 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Phil
20 July	Oakleigh	6am-1pm	Oakleigh Market	?
23 July	LOC	6pm-8pm	?	?
25 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Ros
27 July	Oakleigh	6am-1pm	Oakleigh Market	?
30 July	LOC	6pm-8pm	?	



District Governor Merv Ericson & Kay

together with



District Governor Elect Tony Monley & Kathy

All District 9810 Rotarians, Partners & Friends

2014 District 9810 Changeover Dinner

Saturday 28th June 2014 7:00 for 7.30pm –11:00pm

Kingston Links Golf Club

14 Corporate Avenue Rowville

Dress: Black Tie or Jacket & Tie for gentlemen, After Five for ladies

Cost: \$60* per head

RSVP via attached Registration Form by 13th June 2014

Enquiries: anthony.monley@bigpond.com phone 0438 515 273

* Cost includes one bottle of red wine and one bottle of white wine per table. Cash bar thereafter.

Dear Mount Waverley Rotary Club,

My name is Taylah Van Leerdam and I am an honours student with the Sleep and Circadian Medicine Laboratory, Monash University.

We are currently seeking older adults to participate in an Active Environment - Healthy Sleep Study, and we thought your members might be interested.

We are investigating the effect of an “enriched environment” intervention on sleep and cognitive outcomes in older adults. As individuals grow older, changes occur in the timing, quality and quantity of sleep which has an impact on cognitive, well-being and quality of life outcomes. Enriched environments have been shown to have a positive impact on cognition in many animal studies, and preliminary research suggests enriched environments are beneficial to humans also. Our study will involve participants undergoing a sleep, cognitive and well-being assessment before being assigned to an “enriched environment” intervention. Here, participants will engage in novel classes which increase their cognitive (e.g. languages, chess), creative (e.g. painting, floristry) and physical (e.g. dancing, yoga) activity each week.

If you feel this is something your members might be interested in, I would appreciate if you could please place an advertisement on a noticeboard at your local club. I have attached a poster to this email. Also attached is a blurb that can be used in a newsletter.

Alternatively, if you think your members would be interested in having one of the researchers on this study come and talk at one of your meetings, this can be easily arranged.

If you have any questions, or would like more information about sleep and cognition in ageing, please do not hesitate to contact

Anna Scovelle on 0433 507 147 or anna.scovelle@monash.edu.

Kind Regards,

Taylah Van Leerdam