

# Mt. WAVERLEY CLUB BULLETIN

Volume 29, Number 43, 14 May 2014

## IMMEDIATE PROGRAM

VENUE	SPEAKER / TOPIC	CHAIRPERSON
This Meeting: Wednesday 14 May 6pm		
Clowes House	Malcolm's 70 <sup>th</sup> Birthday ( <b>pasta dishes and salad dishes will be served – oh, and cake!</b> )	NA
Next Meeting: Wednesday 21 May 6pm for 6.30pm start		
LOC Bistro	Social Night	NA

## 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.
4. **Venue for District Assembly is Parkdale Secondary College Warren Road Mordialloc Melways 87G8**
5. Clowes residence for next week's meeting is at Unit 1, 2 Adelaide Ave, Mount Waverley

## 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 (14 May 2014)**

Last Wednesday I had the pleasure of inducting John Stathis as a new member of our Club. John has been attending our meetings for a while now and has also been helping “behind the scenes” at both the Mount Waverley and Oakleigh markets. If you haven’t had a chance to meet and have chat with John yet, please do so and make him welcome.

John’s induction was followed by not one, but two very interesting presentations. Baker IDI has been one of our community service donor recipient’s for some time and we were addressed by Baker IDI’s Dr Andrew Siebel. Dr Siebel provided a very interesting insight into the effects of HDL and LDL – good and bad cholesterol, and how current research has moved away from Cardio vascular risk judgement’s based on absolute cholesterol levels. Dr Siebel explained how we have levels of both good cholesterol and bad cholesterol, and he explained how each reacts in our system, and how we should seek the appropriate balance. The work carried out by Baker IDI is cutting edge and puts Australian heart disease and diabetes research up with the world’s best.

Interestingly this presentation was followed by Paul Power’s long promised talk about his heart attack whilst on holidays in China and the extraordinary experience of being attended to in Asian hospitals prior being flown back to Australia. A story with a happy ending but with take home messages about the value of good travel insurance, and how vulnerable we can be if we don’t have at least a basic grasp of the language of the country we are visiting.

Rhonda and I attended the Last Cluster meeting and then the President’ meeting for this Rotary year. It was an opportunity for Presidents Elect to meet, and to familiarise themselves with the communication process from RI via the District Governors to the clubs. Topics raised were the need to revise club constitutions (ours is done) a promotion for the International Convention – still time to register, and vacancies for RYLA. There is still time to nominate candidates for RYLA. This month I will be asking each of the Avenue of Service chairs to help me put together our usual Annual Report. PE Rhonda will also be overseeing the setting of the budget for 2014/15 in the next three weeks or so. Members are of course invited to put any proposals for inclusion in the budget; via the relevant chairperson in the first instance.

We need to get some budding musicians or buskers to work at our Mount Waverley market to add some atmosphere. If any of you have contacts for this please talk to Beth, Malcolm F or talk to me.

Next Wednesday, our meeting is a social night at the Clowes’ to celebrate Malcolm’s 70<sup>th</sup> birthday. Ros has given us the details so contact Ros direct if you need to know more.

Until then

Terry

## ***MEMBERS ANNOUNCEMENTS***

### **DISTRICT ASSEMBLY**

This year will be held at Parkdale Secondary College Warren Road Mordialloc, **Melways Ref 87G8**. I recommend this Assembly to all Board members, Avenue Chairs, and new members as a great way to get a dose of what Rotary is all about in our District and get contacts for your various roles, from other clubs (particularly handy for Monash clubs). It makes the job so much easier if you can bounce questions off other clubs Chairpersons that you have met through Assembly. For all Avenue Chairs I also suggest that if you can’t make it to the Assembly that you try and get someone to go in your place. Alternatively if you could make the relevant Avenue Sessions held after morning tea that is also an option. Please note that some of the sessions finish earlier than 1.30 so you may not be there for that long.

# PHOTO'S FROM LAST WEEK



Malcolm, Andrew, Roger, Geoff



Lyn resplendent in red and white



Roger looking for fines and Terry wetting appetite



Chairman Pat and President reviewing the busy agenda



Guest Speaker Paul



New Rotarian John, Introducer Kath, and President Terry reading the rules!



Pinning the Rotary Pin



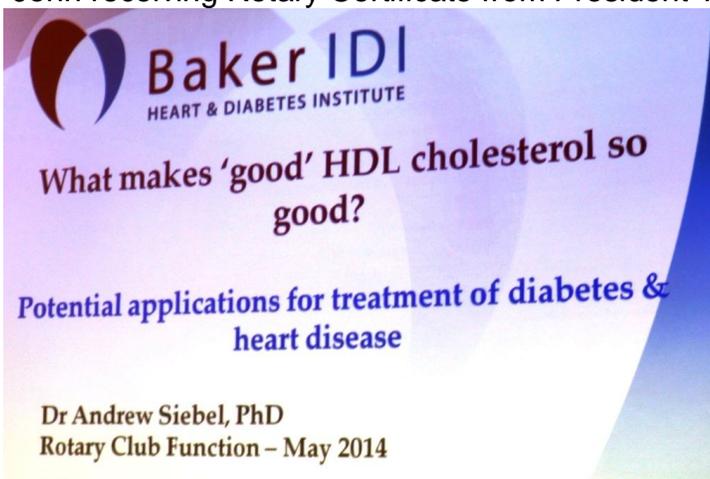
Award for most handsome new Rotarian?



John receiving Rotary Certificate from President Terry



Guest Speaker Dr. Andrew Siebel



Dr. Andrew's Topic



Receiving Certificate of Appreciation from Terry

**More Photo's from MUNA**



Saudi Arabia (Avila)



Kenya (Highvale)



Spain (Avila)

**CONGRATULATIONS & CELEBRATIONS**

14 May – 21 May:

Happy Birthday to Malcolm on 17<sup>th</sup> May and Jessie Blackburn on 18<sup>th</sup> May. Congratulations to Pat on the anniversary of joining Rotary on 20<sup>th</sup> 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
16 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Phil
<b>18 May DISTRICT ASSEMBLY 8.30am - 1.30pm (address on front page)</b>				
18 May	Oakleigh	6am-1pm	Oakleigh Market	Lou / Don
21 May	LOC Bistro	6pm-8pm	Social Nite	NA
23 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Don
25 May	Oakleigh	6am-1pm	Oakleigh Market	Glen/Lyn
28 May	LOC	6pm-8pm	Club 29 <sup>th</sup> Birthday Presentation by Hayley Shimmin - CPEC	Ron
30 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Paul
1 June	Oakleigh	6am-1pm	Oakleigh Market	Kath / ?
<b>1-4 June International Conference in Sydney</b>				
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 Bistro	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 Bistro?	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	?	?