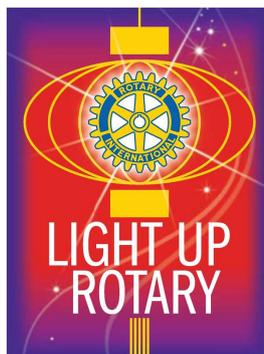
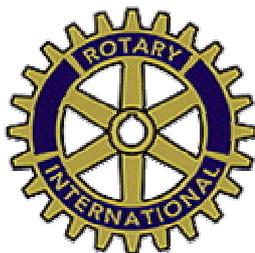


THE ROTARY CLUB OF
MOUNT WAVERLEY Inc.
 WEEKLY BULLETIN



DISTRICT 9810
 VICTORIA - AUSTRALIA



Mt. WAVERLEY CLUB BULLETIN

Volume 30, Number 47, 17 June 2015

IMMEDIATE PROGRAM

VENUE	SPEAKER / TOPIC	CHAIRPERSON
This week: Wednesday 17 June 2015 6pm for 6.30pm start		
LOC	Social Night	NA
Next week: Wednesday 24 June 2015 6pm for 6.30pm start		
LOC	Simon Pursey – 13CABS – Tips for Trips	Lyn

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 Corner 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.



President Report for 17 June

On Wednesday night we were treated to an exceptionally good speaker in Darren Henstridge from Baker IDI. We were able to be involved in interesting discussions around Alzheimer's disease. Darren's diagrams and explanations gave us all things to be aware of and I am sure there will be many future discussions on this topic.

The ANZAC project is on track to being completed by the end of the month. The official opening should take place in late July or early August depending upon the availability of Anna Burke MP. If you have a moment it is worth going past the sight and see the work in progress.

Due to the very successful sergeants sessions we have been able to give MWCIS a healthy supply of groceries on a weekly basis. As Chris Brassington has said, there are always people lined up when they know the food is coming in.

Our changeover night is on Wednesday 1st July and will be held at Leighoak. Please invite your partners to join us for the evening. Keith is going to see whether he can organise a Christmas in July meal for the night. Please let him know whether you will be attending as soon as you can.

Keith is also recovering from a Hernia operation. I hear he is in good hands during his recuperation.

Pat is in rehabilitation and we hope that he will be able to go to his new home in the very near future.

Kindest regards
Rhonda McKenzie

PHOTOS FROM LAST WEEK



Lyn, Sean.



Ouch you are so strong...



Rhonda and Paul



Malcolm, Darren....and I think I am about to sneeze



Don, Ron, Roger and David



Chairman Malcolm



Bill and Margaret

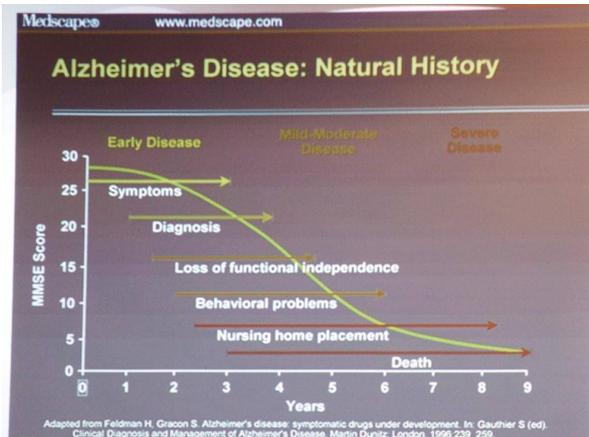
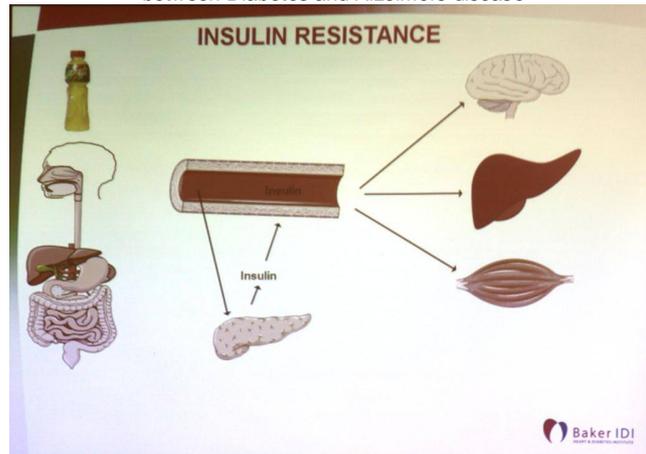


Darren Henstridge from Baker IDI speaking about the link between Diabetes and Alzheimers disease

Baker IDI
HEART & DIABETES INSTITUTE

Dr Darren Henstridge
Baker IDI Heart & Diabetes Institute
darren.henstridge@bakeridi.edu.au
8532-1708

Dr Darren Henstridge
Senior Research Officer
Cellular and Molecular Metabolism Laboratory



Alzheimer's Disease Prevention

Reduce your risk of developing the condition!

- Keep mentally active: read, do crosswords, play board games
- Have good social networks
- Education levels – the more education, the lower the risk
- Eat a diet that is rich in antioxidants, plenty of fruit and vegetables. People who eat the so-called 'Mediterranean diet' for example have a lower risk of AD
- Exercise regularly
- People with high blood pressure, high cholesterol or diabetes that is not well managed have an increased risk of Alzheimer's. So for prevention, these conditions need to be detected and kept under control with treatment



Word of thanks from President Rhonda

CONGRATULATIONS & CELEBRATIONS

17 June – 23 June:

Happy Birthday Janine W and Sean D on 18th June. Also Happy Birthday to Ron on 19th June.

MEMBERS ANNOUNCEMENTS

ROMAC

Hi Glen,

Please include this report in the next Bulletin. It is an example of what can be done by ROMAC for children from 3rd. world countries.

Cheers,

Adrian

From: [Norman Casey](#)

Subject: FW: ROMAC: Tina Diaz

Tina at Kilmore Children's Farm after second operation.

Celestina (Tina) Diaz arrived with her mum Natalia from Timor Leste without a word of English between them. She was sponsored by ROMAC to have a 'hole in the heart' operation. They stayed with John & Margaret M during tests prior to the operation, and Tony and Leonie R took them to mass. The operation at Royal Children's was a success, and ROMAC were encouraged to also attend to her legs which were badly deformed. That second operation has now taken place at St Vincent's Private, and Tina has been transferred to the 'Children First Farm' at Kilmore for recuperation and physiotherapy, which will take a further six months. She is wheelchair bound with complex callipers on her legs. Mum, Natalia, has returned to Timor Leste, and is expecting in August. Margaret and John M visited Tina at the farm and found her looking rosy and in good spirits and enjoying recovering in the company of the other 9 international children who are also there recovering from a variety of life or dignity restoring operations. Tina can now chat in English, which she says she learned from 'just listening to people'. She has also taught herself to knit, and helps prepare meals.

John Mason



Celestina & Mum Natalie



Celestina knitting



Visit to Kilmore Children First Farm.

AVENUE OF SERVICE CHAIRPERSONS

Please get your Annual Reports to President Rhonda this week to allow the completion of the Club Annual Report for the 2014/15 Rotary Year in a timely manner.

Also please get your 2015/16 Project Expenditure Budgets to President Elect Sean in the next week or so. If you don't ask you don't get and the Board will do your Budget for you!

UPDATE ON WORK ON THE ANZAC COMMEMORATION PROJECT (photos by Adrian)



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

<u>Date</u>	<u>Venue</u>	<u>Time</u>	<u>Event (or Topic)</u>	<u>Chairperson</u>
19 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Philip
21 June	Oakleigh	6am-1pm	Oakleigh Market	Peter Rees/Philip M
24 June	LOC	6pm-8pm	Simon Pursey-13CABS-Tips for Trips	Lyn
26 June	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Paul
28 June	Oakleigh	6am-1pm	Oakleigh Market	Geoff L-S/Don
1 July	LOC	6pm-8pm	Changeover Night & Possible Xmas In July Dinner	Rhonda/Sean
3 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Adrian
5 July	Oakleigh	6am-1pm	Oakleigh Market	Jeff G/David Bloom
8 July	LOC	6pm-8pm	Charlie Kedge – Rotarian Behind the Badge	Beth
10 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Terry
12 July	Mt Waverley	6am-1pm	Mt Waverley Market	Charlie-Beth/Mara-Robyn
15 July	LOC	6pm-8pm	Social Night	
17 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Don
19 July	Oakleigh	6am-1pm	Oakleigh Market	John Lucas/Lyn
22 July	LOC	6pm-8pm	TBA	Mara
24 July	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Paul
26 July	Oakleigh	6am-1pm	Oakleigh Market	Michelle H/Paul
29 July	LOC	6pm-8pm	TBA	Don