



Mt. WAVERLEY CLUB BULLETIN

Volume 29, Number 38, 9 April 2014

IMMEDIATE PROGRAM

VENUE	SPEAKER / TOPIC	CHAIRPERSON
This Meeting: Wednesday 9 April 6pm for 6.30pm start		
LOC	CPR Workshop – Tom Clark	Rhonda
Next Meeting: Wednesday 16 April 6pm for 6.30pm start		
Pats Place	Club Forum	Jeff

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 9 APRIL 2014

We had a very interesting speaker in Dr Elise Bialylew last Wednesday. Elise spoke about how we can control our mind to assist in overcoming negative thoughts, sorting our priorities or just relaxing. Many of us were able to relate to the key points with the busy lives we lead, dealing with many tasks at once, and being available for phone and social media contact for most of the day.

Elise is offering an on line programme during the month of May only, whereby for a \$20 registration fee, she will send short video sessions daily which we can use if we wish as therapy sessions. Of course there is a hook! She is also asking you for a voluntary donation towards clean water projects in third world countries. More information is available from our website.

I would hope to have a full attendance next week as we have a CPR Workshop lined up. You might think that you know what to do in the event of an emergency, but a refresher will be very valuable. It could save your friend or your grandchild – who knows? A work colleague of mine dropped dead on the golf course two weeks ago, aged 59, with no prior indications. A night not to miss.

The meeting on 16 April is also a particularly important one. A club forum is planned for that evening, which will be held at Pat and Marilyn's home. Pat and Marilyn have kindly offered to open their home that night for our meeting. It is not a social night as such, nor is it a partner's night.

This night will be an opportunity for members to discuss some important issues that we should address to take the club forward. This is a night where agenda items put by members will be discussed, and issues resolved. This could cover anything from how we raise money, how we spend money, how our meetings are run, membership, markets, etc.

The important point is that for the night to be enjoyable and effective, we need to set the agenda in advance and stick to it.

To this end, I am proposing that

1. Agenda items are to be sent to me by midnight next Friday night 12 April 2014
2. **No other matters will be discussed on the night. Only the agenda items sent in prior will be discussed.**

While this might seem a bit inflexible, I believe that everybody will enjoy the night and get something out of it if the discussion is kept to a designated list of topics. Jeff Guy has agreed to chair the forum. The outcomes should be useful input for the District Assembly in May and the Club Assembly shortly afterwards. Rhonda McKenzie will be President on the night (and in fact from 13 – 20 April during my absence. I will be in Tasmania attending to a family matter). It is quite a while since we had some Club planning sessions. I believe the time is now right to set a course for the club and this is the first step.

We heard last week that Ron is on the road to recovery and will be present on Wednesday. I am also hoping to see Terry1 this week. Don't forget please. Your Agenda items for the forum by Friday.

Until Wednesday

Terry

CONGRATULATIONS & CELEBRATIONS

9 April – 15 April:

No Birthdays or Anniversaries this week,

PHOTO'S FROM LAST WEEK



Guest Rebecca Ayenname, Beth and Mary



Chairman Jeff



Ros and Lyn (peas in a pod)



Guest, Rebecca



Phil, Don and Andrew



Robyn getting in early on the meditation



Guest Speaker Dr.Elise Bialylew

Topic Mindfulness Meditation



Imposters – they are actually sleeping!



Try hards....



Presentation to Dr Elise for her talk to the club.



MEMBERS ANNOUNCEMENTS

MARKETS CO-ORDINATOR (call for Volunteers)

There is still a hole I'm looking to plug on 18th May early shift and 1st June late shift. Please call me, and thanks for your involvement

Andrew Sendeckyj

GUEST SPEAKERS PROJECT – MINDFUL IN MAY

Taking a pause is a radical act in this fast paced world, hyper-connected world. Each year in May, thousands of people from around the world join a global online meditation campaign to do something good for themselves and change the world for the better.

Mindful in May is a one-month mindfulness meditation challenge delivered daily to your inbox in May, to teach you how to meditate and live mindfully.

While you learn to meditate and be more mindful during May your donation and fundraising will ripple across the world, improving the lives of the one in nine people on the planet who struggle each day to access clean, safe drinking water.

The campaign, created by doctor and mindfulness practitioner, Elise Bialylew, includes weekly audio meditation downloads, exclusive video interviews with leading global experts in the field of wellbeing, meditation, and mindset and daily motivational emails to keep you on track.

Join the Mindful in May global community and create a clear mind for you and clean water for others.

Register before May 1st and create your own meditation fundraising team here
www.mindfulinmay.org



MINDFUL IN MAY
MEDITATION
CHALLENGE
CLEAR MIND FOR YOU,
CLEAN WATER FOR OTHERS

STARTS MAY 1ST
www.mindfulinmay.org

CALENDAR/PROGRAM

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>
11 April	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Terry
13 April	Mount Waverley	7am-2pm	Mount Waverley Market	Malcolm F/Robyn Malcolm C
16 April	Pat & Marilyns	6pm-8pm	Club Forum MEMBERS ONLY	Jeff
18 April	Pinewood Coles	9.30am-10am	NO PICKUP ON GOOD FRIDAY	
18 April	Glen Waverley	7am-3pm	Good Friday Golf Day	All available Members
	Public Golf Course			
20 April	Oakleigh	6am-1pm	Oakleigh Market	Theo/John L
23 April	LOC	6pm-8pm	Anzac Day Commemoration - Sean	Geoff
25 April	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Adrian
27 April	Oakleigh	6am-1pm	Oakleigh Market	Terry R / Don
30 April	LOC	6pm-8pm	Philip McKenzie – RBTB	Rhonda
2 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Janine
	3&4 May MUNA Competition at State Parliament			
4 May	Oakleigh	6am-1pm	Oakleigh Market	Paul/Jeff
7 May	LOC	6pm-8pm	I survived a heart attack in China - Paul Power	Pat
9 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Ros
11 May	Mount Waverley	7am-2pm	Mount Waverley Market	Malcolm F/Beth/ Robyn/Ron
14 May	Clowes Home	6pm-8pm	Malcolm's 70 th Birthday	Ros
16 May	Pinewood Coles	9.30am-10am	MWCIS Coles Food Pickup	Phil
18 May	Oakleigh	6am-1pm	Oakleigh Market	? / 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 th Birthday	Terry O/Michelle
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	Janine
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