



Mt. WAVERLEY CLUB BULLETIN

Volume 29, Number 4, 24 July 2013

IMMEDIATE PROGRAM

VENUE	SPEAKER / TOPIC	CHAIRPERSON
This week: Wednesday 24 July 6.00 for 6.30pm start		
LOH	Gordon Oliver – IT project in NT	Robyn
Next Meeting: Wednesday 31 July 6.30 for 7pm start		
LOH	Michael Gidley – Rotarian behind the Badge	Beth

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 (for a couple of weeks).

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 Hotel (LOH) 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 AT ALL OUR CLUB MEETINGS. 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 COMMITMENT ON THIS PAGE.



Presidents Report July 24

It was a small attendance this week, with many people away travelling on holidays, some overseas, no doubt before the dollar falls further! Those absent unfortunately missed an excellent presentation by Bethany Howard, a PhD Student at Baker IDI.

Bethany highlighted how most of us on average spent about 55% of our waking hours sitting, that is going about our daily routine of working at a desk, or watching television or listening to the radio or working on hobbies while sitting. Sitting for extended periods limits blood flow, and research links that this inactivity increases the risk of many common diseases.

Two particularly interesting points to emerge were that firstly, an intensive session of exercise is not sufficient in itself to offset the effects of sitting, and secondly, there is a link between computer based technology and increased disease risk, via the higher incidence of sitting with the new electronic tools and gadgets.

Well done Terry O'Brien for expressing our thanks to Bethany so eloquently. She was certainly one of the best presenters we have had, and we hope to have her back in the future.

Start your spring cleaning early this year and put any good unwanted car boot sized items aside. Adrian and I are about to announce the date for another treasure sale at Oakleigh, following the success of the one earlier this year.

I mentioned the ANZAC Centenary Local Grants Programme that is on offer from the Federal Government. I will send a copy of the letter to members to gauge interest in our club being involved.

See you on Wednesday
Terry

PHOTO'S FROM LAST WEEK



Sergeant Keith



Bethany presenting to the group



Paul, Malcolm, Terry and Don



Terry and Bill



Fiona, The Hutchinsons, Bill and Terry



Where is everyone?

CONGRATULATIONS & CELEBRATIONS

24 July to 30 July: Happy Birthday to Geoff Taylor on 24th, Adrian Clifford on 25th, Philip McKenzie on 27th and Jan Roche on 29th July. Happy Anniversary to Jeff Guy, on joining our Rotary Club 30 July 1997 and to Glen Watkins on 29th July. No Wedding Anniversaries this week.

MEMBER CONTRIBUTIONS

Community

The board has agreed to support the MWCIS Coles Pinewood Food Pickup project till at least end Sept 2013. If any retired Rotarians or Honorary Rotarians would like to assist please contact me. It only takes about a ½ hour on a Friday morning at 9.30am and you would join a roster of 5 Rotarians and family. So the commitment is not very onerous (say once every 5 or 6 weeks). We are a vital help to the families that MWCIS support.

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>
26 July	Pinewood Coles to 6 Holskamp	9.30am-10am	MWCIS Coles Food Pickup	Don
28 July	Athurton/Hanover	6am-1pm	Oakleigh Market	Don/Andrew
31 July	LOH	6.30 for 7pm	Michael Gidley RBTB	Beth
2 August	Pinewood Coles to 6 Holskamp	9.30am-10am	MWCIS Coles Food Pickup	Paul
4 August	Athurton/Hanover	6am-1pm	Oakleigh Market	Paul / Michelle H.
7 August	LOH	6.00 for 6.30pm	RYPEN Students	Don
9 August	Pinewood Coles to 6 Holskamp	9.30am-10am	MWCIS Coles Food Pickup	Terry
11 August	Hamilton Place	6am-1pm	Mt Waverley Market	Malcolm F / Robyn / Michael
14 August	LOH (Bistro)	6 for 6.30pm	Social night	NA
16 August	Pinewood Coles to 6 Holskamp	9.30am-10am	MWCIS Coles Food Pickup	Janine
18 August	Athurton/Hanover	6am-1pm	Oakleigh Market	Fiona/Adrian
21 August	LOH	6 for 6.30pm	TBA	TBA
23 August	Pinewood Coles to 6 Holskamp	9.30am-10am	MWCIS Coles Food Pickup	Ros
25 August	Athurton/Hanover	6am-1pm	Oakleigh Market	Pete/ Ron T
28 August	LOH	6 for 6.30pm	TBA	TBA
30 August	Pinewood Coles to 6 Holskamp	9.30am-10am	MWCIS Coles Food Pickup	Don