



Mt. WAVERLEY CLUB BULLETIN

Volume 34, Number 15, 10 October 2018

WHAT'S ON THIS WEEK

VENUE	SPEAKER / TOPIC	CHAIRPERSON / GREETER
This meeting: Wednesday 10 Oct 6.00pm for 6.30pm start		
LOC	Beth & Charlie, Loretta, Malcolm & Ros - Rotary International Convention – Toronto.	Loretta / Ros

IMPORTANT ADDRESSES & CLUB INFORMATION

Club Postal Address: P.O. BOX 295 GLEN WAVERLEY 3150

Web Address: <http://mountwaverleyrotary.org/>

FACEBOOK ADDRESS: <https://www.facebook.com/rotaryclubofmountwaverley/>

Bulletin Copy Deadline: **5.00 PM. Sunday to Glen Watkins please.**

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 **7am-2pm** (permanently Charlie/Beth) with closing **shift 1-2pm** (x 2 person). The address is Hamilton Place Shopping Centre, 283 Stephenson's Road Mt Waverley.
3. Leighoak Club (LOC) is located at 1555 Dandenong Road Oakleigh. We meet upstairs unless otherwise indicated.
4. Oakleigh-Carnegie RSL 95-97 Drummond St Oakleigh

ATTENTION ALL MEMBERS

Please confirm your meeting attendance to Fiona Cleary 0410605233 and Bulletin Editor would also appreciate advices of leave dates.

Our food donation bin for Monash Waverley Community Information and 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 the bulletin – last page. All Rotarians please check your Market/Rotary Project commitments on this page and mark your diaries accordingly. If you cannot meet your designated commitment for the projects or for meeting chair/greeter please contact Andrew (for markets) and Terry or Glen (for chair/greeter).

CONGRATULATIONS & CELEBRATIONS

FOR THE WEEK 10/10-16/10:

Happy 42nd Birthday to Michael on 10th and Happy Birthday to Joanne on 16th.



Presidents Report for 10 October 2018

We had the pleasure of hearing Darren Phone from Crowne Posture Bedding talk to us about something very important in our lives - sleep. Darren spoke about the benefits of good sleep and the impact it has on our mental and physical wellbeing even to the extent that it helps stave off the cravings for food that is bad for us. Fortunately he didn't mention wine!

Crowne bedding are more a handmade process rather than mass production and also source material locally eg, local wool, locally made springs from Australian steel. One interesting fact was the memory foam now used in some beds was developed by NASA for the astronauts and how it reduces pressure points and leads to deeper and longer sleep.

Due to the gradual breakdown of materials in the mattress due to how much we sweat during our sleep the life of a mattress is about ten years, however it does depend on the type of mattress e.g. spring vs latex.

Even though Crowne operate a very lean manufacturing process due to the competition from China they focus on the higher end of the bedding range including customised bed heads.

With world polio day coming upon it is important the fight against polio continues unabated. As I mentioned on Wednesday there has been an outbreak in PNG and an emergency response is in place. There are currently 19 reported cases in PNG. There is a detailed report in this link:

<https://www.dropbox.com/s/eiei5hsnk8zewdd/PNG%20Polio%20Update.pdf?dl=0>

The trivia night was held last Saturday and was a great success. Beth will provide further details.

This weeks meeting we look forward to hearing from Beth, Loretta, Ros, Malcolm and Charlie about the last Rotary International Conference in Toronto

Have a great week in Rotary

Philip

PHOTOS *(compliments Lyn)*

None this week.

IMPORTANT NOTICES

FUNDRAISING

- BUNNINGS

Remaining Bunnings BBQ dates:

Fridays:

2, 16, 23, & 30 November

Sunday:

2 December

- TRIVIA NIGHT

What a great night, well it was from where Charlie and I were standing (behind the bar).

Our MC, John Merkus added to the fun and delivered the questions with good humour and professionalism. He attempted to control Table 1, with all their interjections and challenges on the questions but it was all in good fun and from feedback, it appears no one was disappointed.

Peter Reece was our lucky door prize winner and pocketed \$100, Ros Clowes came in second with \$50 and a Monash Rotary member took out third prize of \$25.

The \$2 coin throw at the Johnnie Walker Gold Label Scotch bottle (kindly donated by Lou Paola) was won by Mark Crew. After a quick calculation of income, it appears the evening grossed some \$3500.00.

Enormous thanks to the team involved helping out prior and especially those who stayed back and helped pack up. Charlie, took his precious time on Sunday to pack the chairs and tables and return them all to various places, eg Philip's, Sean's, Burwood and Dandenong Offices of Salon First. The effort he puts in to make the fundraising tasks look easy is enormous. Thanks

I will fill you in on some more information on Wednesday evening.

Beth

CALENDAR/PROGRAMME

If you are aware that the nominated chairperson will not be available please let the bulletin editor know asap. For venue addresses - please refer page 1 of this bulletin.

LEGEND: ■ Club Market(s) ■ Club Meeting ■ Rotary/Club Project

Date	Venue	Time	Event (or Topic)	Chairperson & Greeter
12 Oct	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Paul
14 Oct	Mt Waverley	7-2pm	Mt Waverley Market	Refer email from Beth
17 Oct	Mt Waverley	6.30pm	Social Night Bensons – 12 The Highway, Mt Waverley	
19 Oct	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Terry
21 Oct	Oakleigh	6-1pm	Oakleigh Market	TBA
21 Oct	Carlton	tba	Walk for Epilpsy & post BBQ – Princes Park Carlton	TBA
24 Oct	LOC	6.30pm	RYPEN 2018 Attendees	Geoff L-S / Lyn
26 Oct	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Malcolm
28 Oct	Oakleigh	6-1pm	Oakleigh Market	TBA
28 Oct	Oakleigh	6-1pm	Carboot sale at Oakleigh Market	See Adrian
1 Nov	O-C RSL	6.30pm	NOTE: Thursday, Combined RCs of Monash Centenary of Armistice	
2 Nov	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Ros
2 Nov	Notting Hill	8-4pm	Bunnings BBQ Fundraiser	see Beth
4 Nov	Oakleigh	6-1pm	Oakleigh Market	TBA
7 Nov	LOC	6.30pm	Vantha Hon – Cambodia Project	Rhonda/Miranda
9 Nov	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Philip
11 Nov	Mt Waverley	7-2pm	Mt Waverley Market	Refer email from Beth
14 Nov	LOC	6.30pm	Blaire Tomlinson "Experience on the Kokoda Track	Sean / Keith
16 Nov	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Geoff L-S
16 Nov	Notting Hill	8-4pm	Bunnings BBQ Fundraiser	see Beth
18 Nov	Oakleigh	6-1pm	Oakleigh Market	TBA
21 Nov	Carnegie	6.30pm	Social Night Grange Junction Café, 122 Grange Road Carnegie	
23 Nov	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Terry
23 Nov	Notting Hill	8-4pm	Bunnings BBQ Fundraiser	see Beth
25 Nov	Oakleigh	6-1pm	Oakleigh Market	TBA
28 Nov	LOC	6.30pm	Glenn Howard – Wine tasting from Yalumba Wines Range	Andrew / Glen
30 Nov	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Paul
30 Nov	Notting Hill	8-4pm	Bunnings BBQ Fundraiser	see Beth
2 Dec	Oakleigh	6-1pm	Oakleigh Market	TBA
2 Dec	Notting Hill	8-4pm	Bunnings BBQ Fundraiser	see Beth
5 Dec	LOC	6.30pm	Christmas Breakup	TBA
7 Dec	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Philip
9 Dec	Mt Waverley	7-2pm	Mt Waverley Market	TBA
14 Dec	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Terry
16 Dec	Oakleigh	6-1pm	Oakleigh Market	TBA
23 Dec	Oakleigh	6-1pm	Oakleigh Market	TBA
30 Dec	Oakleigh	6-1pm	Oakleigh Market	TBA
6 Jan	Oakleigh	6-1pm	Oakleigh Market	TBA
9 Jan	Pres Res	6.30pm	Club Return from holiday break with RC Monash	NA
13 Jan	Oakleigh	6-1pm	Oakleigh Market	TBA
16 Jan	LOC	6.30pm	Member Behind the Badge – Ivona Siniarska	Rhonda / Sean
18 Jan	Coles P'wood	9.15am	MWCIS Coles Food Pickup	Malcolm
20 Jan	Oakleigh	6-1pm	Oakleigh Market	TBA
23 Jan	LOC	6.30pm	Australia Day Dinner	TBA
25 Jan	Coles P'wood	9.15am	MWCIS Coles Food Pickup	TBA
27 Jan	Oakleigh	6-1pm	Oakleigh Market	TBA
30 Jan	LOC	6.30pm	Greg King – Vocational Service – The Essence of Rotary	Andrew / Charlie
1 Feb	Coles P'wood	9.15am	MWCIS Coles Food Pickup	TBA
3 Feb	Oakleigh	6-1pm	Oakleigh Market	TBA
6 Feb	LOC	6.30pm	Kendra Overall, State Manager Camp Quality	Geoff L-S / Ros
8 Feb	Coles P'wood	9.15am	MWCIS Coles Food Pickup	TBA
10 Feb	Oakleigh	6-1pm	Oakleigh Market	TBA