



CLUB NEWSLETTER

Future Rotary Club Meetings March to June 2020

The current COVID-19 pandemic in Australia has made it necessary to restructure how we meet as a Club.

Our weekly venue, the Village Green Hotel in Mulgrave has closed it's doors in order to conform to the strict social distancing requirements imposed on our community by the Victorian Government. In addition, social gatherings have been restricted to people who normally live together and more importantly, people over the age of 70 have been actively discouraged from leaving their homes during the pandemic.

With effect from March 2020, we now meet in the virtual world of ZOOM every other Monday at 7pm. Invitations to attend are sent out by our Secretary to all members in advance of the planned ZOOM meeting.

This new meeting format enables our Club to conduct it's business and review progress on initiatives both current and planned but without the physical social interaction and dinner that we normally enjoy.

Future developments with regard to the COVID-19 restrictions and it's impact on our Club will be advised through the Club Bulletin. In the meantime, enjoy recent articles of interest.



2020 Ride to Conference Report

We were very fortunate that despite the 9810 District Conference being cancelled the annual ride in support of Australian Rotary Health (ARH) research projects went ahead as planned.



Participants (34 riders and about 15 support staff) met in Bayswater at 6:30 a.m. on day1 of the ride and by 7:00 a.m. were on the road to the starting point at Lake Bolac (west of Ballarat). The riders were split into 3 groups (strong, less strong, not so strong) each with a lead vehicle and following bike trailer and after a quick preparation were on the road for lunch at the Willaura Bakery. We had the opportunity to check out the old oven built in 1901 and in the process of being restored – 5 meters long.

After lunch headed west to join up with the Dunkeld to Halls Gap road where we encountered some challenging “minor undulations” (as the late Rob Henry would have described them). It was a test of physical strength but fortunately those most challenged on the rises were able to catch up on the downhills – with a couple of timely stops by the lead car. The day 1 ride terminated in Halls Gap having completed 90 km total for the day. We were loaded up and taken to our overnight accommodation in Horsham (Best Westlander Motor Inn – thumbs up) and, after a quick shower, dinner at the RSL Club. No time for Club Chardonnay today ☺

Day 2 was a visit some painted silos day – Murtoa to Brim.

With a 7:30 start we were bussed up to Murtoa – about 30 km – where got onto our bikes and headed east. A strong northerly wind was starting to build up but not too bad on this section. Saw the Rupanyup Silo Art for a morning break and then headed north – into the wind!! Hard work! Fortunately it was all flat country so it was an endurance test against the wind. Stopped for a rest at more silo art (was it Munyip?) before labouring on towards Warracknabeal for lunch. The wind made progress slow and in the end we were picked up 17km short because of time restraints. Even so we had covered 63 km for the morning. The strong team made it all the way. After lunch we again headed north into the wind but fortunately there was only another 20 odd km to complete the day’s schedule. Having been re-energised we made it in plenty of time and had time to view the local painted silos before loading up and taking the hour’s trip back to our accommodation in Horsham.



A refreshing shower was very welcome as was a beer at Club Chardonnay before dinner. Dinner at the Sportsman's Club.

Day 3 more painted silos – Patchewollock to Beulah

Another 7:30 start and taken 170 km by vehicle to Patchewollock. Managed a coffee stop on the way in the butchers at Hopetoun but that meant we were a bit late starting. Set off after having time to take in the Patchewollock Silos and had a great ride south. The wind was still strong and blowing from the north and fortunately it was a “free ride” morning – which means that we were not in our groups but could go at whatever pace we liked. Made up some good time for about 35 km with the wind behind us. However the last 15 km into Lascelles (lunch) was due east with a cross wind and a few undulations which cut the pace. Indoor lunch put on by the lovely people at the pub in Lascelles included a bowl of soup as well as sandwiches.

Had time for a quick view of the painted silo at Lascelles before setting off again towards Hopetoun. The day was warming up and there was a cross wind for most of this section. At Hopetoun a number of riders decided to call it a day while the rest of us pressed on towards Beulah with the wind right behind us. A beautiful run sitting on about 30 kph on a flat road. Stopped for a quick rest at the painted silos 10 km before Beulah and then cruised on into town. Despite the late start we still managed 105 km for the day. There was then an hour's drive back to Horsham (good time for a sleep) and a welcome shower and Club Chardonnay.

Dinner was at one of the Horsham pubs.

Day 4 Heading back – Horsham to Ararat

Staggered start to allow for the differences in speed of the 3 groups but all were out by 8:30. Taken a few km down the road to get us off the highway and then it is on the bike again. The wind had dropped off and turned more to the west. We headed south initially and the east toward Stawell to Halls Gap road. A left turn took us back to the highway where we were picked up for a morning tea at the Big Koala.

Back on our bikes off the highway and up the road to Stawell for lunch.

After lunch we headed south again around the racecourse and down Pomonal road to the Ararat to Halls Gap road. We turned left and headed towards Ararat and road through increasing undulations until we reached Moyston. By Moyston we had done 105 km and the topography was starting to get a bit steep and the traffic heavy. For safety we loaded up and were taken to our accommodation in Ararat (Colonial Lodge Motel – thumbs up). Time again for a good shower and Club Chardonnay. Dinner was at the Ararat RSL.

Day 5 Still coming – Ararat to Ballarat

Another staggered start and all out by 8:30. Driven out of town to the first turn off the highway and then on our bikes. The wind was building up from the north but at our backs as we were going south. A bit of an uphill start to the day but not long before we left the hills behind us. Cruising along with the wind behind us for about 35 km and we doing great until... we took a left turn and started riding into the wind. The wind was strong and gusty and making riding very difficult. 15kph was a good speed on the flat but we had a few hills thrown in for good measure. Somewhere along there we had a break to see the fake Christmas Tree (photo op?) but it was a short-lived relief. At one point I remember riding over the bridge across the Western Highway and nearly being blown onto the Highway. Approaching Beaufort we were stopped and told 9km to Beaufort and we have to be there in 15 minutes – can you do it? I don't think so! So loaded up and over a steep hill into Beaufort.

Lunch was with the lovely people from the Beaufort Rotary Club who did their best to make us feel welcome – most enjoyable. And we got our photo for the local rag (but not this one).

After lunch the wind had died down a bit and possibly changed direction. It seemed to be more behind us over the left shoulder. Occasionally it came in front to remind us it was still there but at one stage we were cruising at 35 – 40 kpm with it right behind us. With about 10 km to go we came to a T intersection – left into the wind or right with the wind. Guess which way we went... Into the wind with a hill climb! But perseverance won the day and we finished at the Sunraysia Highway 30 km from Ballarat. Loaded up and taken to our accommodation in Ballarat (Comfort Inn Main Lead – no thumbs). Hot shower and Club Chardonnay were particularly welcome tonight. Dinner was at the Lakeview Restaurant Wendouree – great venue, great food, great service.

Day 6 Go for home – Ballarat to Daylesford

Driven to the outskirts of Ballarat and put on our bikes. I have ever realised before that Ballarat is actually in a hollow. We spent the first 5 km or so climbing out of there. Fortunately the wind had died down substantially (but not gone away) so once we got up onto the plateau it was a pleasant ride. We stopped for a break about half way to Daylesford and then set off again. All of a sudden we're struggling to keep up a steady 16 kph when we realise we are actually on a long slow climb which kept going and going. We eventually reached the top (and I forget the name of the Hill which was on a board at the top) and coming down the other side was a real relief. A wayside stop 5km out of Daylesford allowed us to get everyone together again before heading into town as a team at the finishing point on Lake Daylesford – a total of 525 kms.

A final lunch before getting in the vehicles for the final drive home to our starting point in Bayswater Park. A very satisfying ride considering the challenging conditions so sponsors you got your money's worth – time to pay up. For the record total sponsorship was over \$40,000 of which just over \$1,500 has come from members of the Rotary Club of Glen Waverley.

2020 Indigenous Scholar Report – Sam Taylor

Semester 1, 2020 Progress Report

I'm a proud Palawa (Aboriginal Tasmanian) woman who was born and raised on GunaiKurnai lands in Gippsland, Victoria. I come from a family of 5, with 2 younger brothers. I love exploring the outdoors, camping and hiking, and playing and coaching sports – particularly hockey and ultimate frisbee.

This semester has been quite tough so far! These are unprecedented times, the university semester was delayed, put on hold and converted to online learning. Work has been put on hold, and most things I do for fun have been cancelled/ postponed! It's crazy to be living through a real-life public health case study. I am learning to adjust to online study and getting back into reading books!

I have been intentionally connecting with friends and university classmates through virtual means, whether it's a study group, 'drinks' or playing games online. This has taught me the importance of relationships and connecting, and once it is over there are so many things, I won't take for granted. Once Covid-19 settles, I look forward to returning to internships, starting a new job as a research assistant at the Monash Centre for Health Research and Implementation, and studying on-campus again.

For now, I am loving my university subjects, finding them super interesting, and I am glad to be studying this amazing course. It is now as relevant as ever, and where before people always asked me 'what does public health mean/do', most people know a little bit about it now.

Semester 2, 2019 results are below!

Course: BACHELOR OF PUBLIC HEALTH (M2012)

Year	Unit code	Unit title	Teaching period	Credit points	Mark	Grade
	BMA1011	FOUNDATIONS OF ANATOMY AND PHYSIOLOGY FOR HEALTH PRACTICE 1	N/A	6	EXEMPTED	
2019	BMA1012	FOUNDATIONS OF ANATOMY AND PHYSIOLOGY FOR HEALTH PRACTICE 2	2	6	82	HD
2019	HSC1300	HUMAN HEALTH AND DISEASE	2	6	83	HD
2019	HSC1400	THE AUSTRALIAN HEALTHCARE SYSTEM	2	6	83	HD
2019	PBH1104	GLOBAL HEALTH: OPPORTUNITIES AND CHALLENGES	2	6	73	D

Semester 2, 2019 Report

As previously mentioned in Semester 2, 2019 I transferred to a Bachelor of Public Health at Monash, and I haven't looked back. I looked forward to going to university each day, and I found that I was engaged in content that I had previously found difficult. The course aligns with my passions for health, social justice, and sustainability. In the future I hope I can play a role in improving health outcomes through equity frameworks, health promotion, disease prevention and addressing the social determinants of health.

There is no limit or status quo for this degree, I can work for government, not-for-profits or in the corporate space. I can work in policy, research, data analysis, or on the frontlines delivering health promotion messages to communities. I do not yet know exactly what I would like to do when I graduate (I still have time), but I know that I aspire to impact the health and wellbeing of Australian communities and reduce health inequalities experienced by Indigenous Australians and other priority populations, such as those with complex mental health, varying levels of dis/ability and varying ages.

I did face some difficulty this semester when I injured my knee, leading to broken bones and torn ligaments, however I was able to remain resilient, and continue pushing on with the coursework, presentations and exams. Earlier this month I received my marks for Semester 2, and they were my best grades ever. I now have a HD average at university and am spending the summer interning at Medibank in Melbourne through the Career Trackers Indigenous Internship Program. Here I am working on making a difference to population health, increasing quality and access to care with projects related to 1800RESPECT, HealthStrong and BeyondBlue.

I would like to thank you for your support this year. Because of the scholarship I have been able to work reduced hours and been able to focus more on my university studies. I have also been able to both participate in and contribute to the community. I am very grateful.

Semester 1, 2019 Report

In Semester 1, 2019 I returned to study my Bachelor of Physiotherapy at Monash. While enjoying some aspects of it, I ultimately decided to discontinue and transfer to a Bachelor of Public Health at Monash. I do not think the past semester was a waste, I learnt about health, completed a sports trainer certificate and refined my interests. I also learnt how to take care of myself as a student and person, and how to prioritise the important things in life. Instead of pressing on in something that wasn't the right fit, I chose to follow my interests, and go outside my comfort zone. I have decided to change to the public health degree as I want to be able to do work that creates a larger population level change. I also admire that in my new course we investigate more than just the western biomedical view of health. The impact of our social and environmental worlds is very prominent in health. I am also really enjoying looking at health on a global scale. The broad scope of this course means that there are so many opportunities for the future.

A Story from the Archives 2014

Golf Driving

After the two week effort of 2013, this year was very quiet with only one tournament, the BetEasy Masters from Sunday 16th November to Monday 24th November 2014 at Metropolitan Golf Club. For our efforts IMG once again donated \$16,000 for the week. We also provided parking assistance at the Royal Melbourne Golf Club for the Asia-Pacific Amateur Championship from 23 to 26th October 2014. for which we obtained a donation of \$3,000.

Nick Cullen on 9 under par won the BetEasy Masters tournament from a group of three players on 8 under, Adam Scott, Josh Younger and James Nitties, while Antonio Murdaca dominated the Amateur Championship. He won himself a berth at the US Masters in 2015.



Our team for the Masters this year consisted of Peter Morgan, Creagh Bown and Graeme Woolacott as Club Organisers, 28 drivers and 3 meeters and greeters at the airport plus Carol Amps and Kerry Bridge as the co-ordinators. One driver unfortunately had to retire because of illness of his wife. Most of the members are regulars to the driving and create a very harmonious team under Carols excellent guidance.

We had 16 Mercedes vehicles to cater for our clients. We had 4 x E250 sedans, 6 x ML250 SUV's, 2 x ML350 SUV's, and 4 x Viano vans. Except for one small altercation in the car park with a food cart they were all unscathed. We had one known fine at the airport for a parking infringement which was not the fault of the driver. The airport security were not as accommodating this year and we will need to renegotiate our position.

Because of the lesser spread of hotels and a largely Australian golfing contingent we travelled only 22,683 km over an estimated 810 trips.

Metropolitan Golf Club were of great assistance particularly in providing refreshments for our briefing as well as space in the clubhouse.



Rotarian Tony Hough with his Dream Car

The Asia-Pacific Amateur Championship was a much lower key tournament although it is run by the Augusta Club in conjunction with Asian Golf. We provided a team of five on each of five days to organise parking in the members area, for members, visitors, golfers and officials. Rotaractors helped on two days. Thanks go to Roger Lough and Ted Keene for their organisation which went very well to plan and to Paul Rak, CEO of Royal Melbourne, for giving us the opportunity.

Once again a sincere thank you to all the drivers and helpers who contributed to the success of both projects.

OUR ROTARY CLUB

MEETINGS -

Normally on Monday evenings in the Cabaret Room of the Village Green Hotel, corner of Springvale & Ferntree Gully Road, Mulgrave. Meetings commence at 6.00 for 6.30pm. Changes to the meeting venue are announced in our weekly Bulletin or online at <https://glenwaverleyrotary.org.au/>

Meetings are for approximately 1 hour and consist of a meal, a guest speaker, networking and conducting Rotary business.

NB. The current COVID-19 pandemic and social distancing requirements has resulted in all physical meetings being cancelled until further notice. Virtual meetings are being held via the ZOOM protocol at 7.00pm every alternate Monday evening.

THE COST OF ROTARY -

There is a Joining Fee of \$100. An Annual Subscription is payable at the commencement of the Rotary year. It is currently \$320 (**2019-2020 year**). Cost per week for dinner meeting is \$30.

CLUB MANAGEMENT -

The Club is managed by a Board of Directors consisting of a President, President-Elect, Vice-President, Secretary, Treasurer, Past President and Committee Chairs. The Committees consist of Administration Service, Community Service, Youth & Vocational Service and International Service. Club Members are allocated to a Committee by the incoming President.

FUND RAISING PROJECTS -

The Club runs events and conducts fundraising to fund various Club projects (Local Community, Youth and International). All members are encouraged to get involved.

FURTHER INFORMATION -

See our website <https://glenwaverleyrotary.org.au/>

Or contact our Secretary: Roger Lough 0417812320 (rotarygw@gmail.com) who will invite you to our next meeting. We look forward to seeing you at one of our meetings.

President Sue Mills

0427 370 008

This newsletter is produced by the Rotary Club of Glen Waverley Public Image team.
Please distribute to your friends/colleagues who may be interested in receiving a copy.

Contributions are welcome (approx. 300 words) plus photos.

Please forward to: Ray Walker - raywalker@optusnet.com.au

If you would like to make a donation to support these initiatives, the Club's Bank Account details are:
Bendigo Bank BSB 633 000, Account No. 128508488 "Rotary Club of Glen Waverley"
Please make sure you identify who the payment is from and for what.