



The Mordialloc Bulletin

News and Views of the
Rotary Club of Mordialloc

Rotary Club of Mordialloc Inc.
Reg No A0011994G
PO Box 289, Mentone Vic 3194
E-mail: info@mordiallocrotary.org.au
Website: <http://mordiallocrotary.org.au>

Club meets at Woodlands Golf Club
109 White Street Mordialloc
Melways Map 87 H 11
Tuesday 6.00 pm for 6.30 pm

Meeting 2238
13 February
2018

District Governor 2017-18: Malcolm Chiverton

Assistant Governor: Ken Mirams

THIS WEEK'S MEETING

Speaker: Chris Rae
Topic: Hodges Real Estate
Chairman: Trina Williams
Desk & Regalia: Don Butler, Don Van
Fellowship: George Aivatoglou
Bulletin notes: Carol Quayle



RI theme 2017-18

Message from President Paul Taranto

Welcome everyone to our twenty ninth meeting for the 2017-2018 year. I hope everyone has had a good week and the ups and downs of the stock market have not caused too much concern to people. The Winter Olympics have started and part of the interest is the diplomatic dance between North Korea, South Korea and the United States of America. One image that made an impression on me was a photo of the very well dressed young women of the official North Korean cheer squad. Despite sanctions it is apparent the select few in North Korea are living very well. It is hoped that progress can be made in de-escalating the tension and some improvement can be achieved in the lives of the many North Koreans who do not enjoy the privileges of the ruling party members.

Last week we heard Karen Silcock and Caterina Marigliani from Parkinson's Victoria, tell us about the disease and the support services available to those that have the condition and for those that care for them. I used the phrase "It takes a village to care for people" to sum up what we heard that night. I think that phrase encapsulates "Rotary's", approach to life and how we go about demonstrating care for those around us. The "ENDTRACCHOMA BY 2020" initiative is another example of Rotary demonstrating its care for the Australian community.

The need for this initiative was emphasized during the week with the "Closing the Gap" report to Parliament. Much still needs to be done to improve the health outcomes for indigenous Australians. I repeat my call to members to take part in the Facebook event for "ENDTRACCHOMA BY 2020" commencing 5pm on 19 February. Details are in the flyer attached to this bulletin.

Another feature from our speakers last week was hearing about "ParkinSong", the initiative to use music and singing to improve the lives of people with Parkinson's both physically and socially. This is another example of the "village" taking care. There may be an opportunity for us to assist in setting up such a group locally in the future.

Continuing on the theme of the power of music and singing I went and saw "Dream Lover" the Bobby Darin story on Saturday evening. This cast, the musicians and the stage setting were fantastic. Like the "Jersey Boys" the Bobby Darin story shows how music can transform people's lives. I commend the show to those that enjoy live musical theatre.

I will be away from our meetings on 20 and 27 February so President elect Jack Pyziakos will stand in for me. Please give Jack your support.

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President's message continued from Page 1

I repeat my thanks for what club members have done and continue to do each day in **Making a Difference**.

Yours in Rotary

Paul



Club Meeting No 2237 – 6 February at Woodlands Golf Club, Mordialloc.

Attendance: 19 members, 8 guests

Apologies: Rob Goode, Graeme Bruce, George Aivatoglou

Guests: Karen Silcock and Caterina Marigliani (guest speakers), Sarah Wich, exchange student, Brian Schauer. Margaret Masur, Helen Brunt, Geoff Hillard, Mike Slater (guest of Jack Pyziakos).

Illness: Rob Goode has been hospitalised with a suspected heart attack. He will be there for a few days as he is still undergoing tests.

Len Brear is resting at home after surgery on his foot. He will be immobilised for several weeks.

President's Announcements

President Paul welcomed members and guests and gave the following announcements:

- The Gnome and fairy Festival is less than 6 weeks away. The attendance list was circulated for members, family and friends.
- Jack Pyziakos and Len Dawson had picked up 100 gnomes earlier that day. Barry Donaldson picked up a donation from Bunnings.
- The three couples plus Sarah who visited "Dans Le Noir" had a most interesting evening having the experience of those who are blind
- The Rotary End Trachoma program will have a series of Facebook presentations during the week 19 to 25 February. See flyer
- More weekly flyers are available for distribution to shops and businesses.

Carol Quayle chaired the remainder of the meeting

Director and Member Announcements

Brian Foley (youth exchange) advised that he had attended a youth exchange orientation session with Sarah the previous Sunday. It was also a debriefing session for returning students and their families. Sarah will be transferring to a new host family, Nicola Brooks' family in Moorabbin, on 17 February. Jack Pyziakos arranged a barbeque for members and friends to farewell Sarah at his house last Saturday.

President Paul is negotiating with Soap Aid for a visit to their factory in March or April.

Trina Williams is arranging a club night at the Mordialloc Theatre Company production "All the King's Women" on Thursday 22 February. Tickets @ \$25 are limited so please contact Trina soon if you wish to attend. There is more information on Page 4

Kay Gordon and Trina are organising a used book and toy store at the Gnome and Fairy Festival next month. Donation of suitable toys and children's books would be appreciated.

The weekly raffle raised \$38 with Sarah and Ernie Williams the winners.

Sergeant-at-Arms

Sergeant Cliff had an obvious candidate for the first fine as Barry had reported that Jack Pyziakos was described by a Bunnings staff member as a "legend in his own lifetime!". Some sporting fines related to the US football and David Cup tennis where the Aussies did not fare well. Honorary member Brian Schauer had some problem locating the "silver bowl".

Several members had multi-dollar delights, viz, Paul had managed to get his brother-in-law to overcome his fear of crossing the Westgate Bridge by taking him to a car show.

Kay was extremely pleased to report that grandson Callum, who was gravely ill last year, has recovered well and has now returned to school in Canberra
Sergeant Cliff proudly reported that he now has a great grandson. There are nine Riley birthdays in February.

Guest Speakers – Karen Silcock and Caterina Marigliani – "Parkinson's Victoria – Current Treatments and Research Direction"

Chairman Carol introduced Karen, a physiotherapist by background, and Caterina, a speech pathologist, who gave presentations akin to their areas of specialisation. The information shown below was taken from the presentation material used by Karen and Caterina

Karen – Understanding Parkinson's

What is Parkinson's?

- Progressive, degenerative neurological disorder.
- It is classified as a movement disorder, as commonly the initial symptoms noticed are tremor, stiffness, impaired movement and reduced coordination

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Guest speakers continued

Incidence and Prevalence

- Affects up to **83,000** people in Australia
- Affects approx. **27,000** people in Victoria
- Up to **30** people are diagnosed each day
- It is the **second most common neurological condition**
- **20%** of those diagnosed are still of working age (under 65)
- Generally, prevalence is increasing by **4%** per year
- In 2005, the estimated economic cost of Parkinson's was **\$6.8 Billion** (medication, paid and unpaid care)

- Parkinson's is caused by a loss of **dopamine** producing cells (substantia nigra) in the Basal Ganglia located in the mid brain.
- **Dopamine** is a neurotransmitter needed for normal movement
- In Parkinson's, neurons in the SUBSTANTIA NIGRA degenerate, reducing the amount of DOPAMINE being delivered to the BASAL GANGLIA, therefore inhibiting muscle movement.

Diagnosis and Prognosis

- Diagnosis is usually made by a neurologist through a series of movement based tests.
- Diagnosis can take up to 2 years – it can be difficult as **each person will present with different symptoms and varying degrees of each symptom.**
- Parkinson's progresses at a continual, but constant rate.
- People die **with** Parkinson's, not **of** Parkinson's.
- There is currently no cure.

Why do people get Parkinson's

- 90-95% of cases are idiopathic (unknown cause)
- 5-10% of cases are related to family history
- Genes have been located which might predispose some people to Parkinson's.

Signs and symptoms of Parkinson's

Pre-Motor Symptoms

- It is thought that by the onset of motor or physical symptoms, you have already been living with Parkinson's for some time.
- Up to 70% of the dopamine producing cells may be depleted at this point.
- Research suggests that some pre-motor symptoms may include:
 - Hyposmia or reduced ability to smell
 - Depression
 - Constipation
 - Blood pressure fluctuations
 - REM sleep disturbance

Motor Symptoms

- Common Symptoms:
 - Slowness of movement (bradykinesia)
 - Rigidity
 - Postural imbalance
 - Tremor

- Additional symptoms:
 - Walking changes
 - Freezing episodes
 - Unilateral symptoms (one-sided)
 - Muscle cramping or dystonia
 - Fatigue
 - Handwriting changes (micrographia)
 - Facial masking (masked face)

Management of Parkinson's Various Medications

Surgical Intervention: Deep Brain Stimulation (DBS)

- DBS is another way of treating the symptoms. It is not a cure and does not slow progression
- DBS alleviates symptoms by creating a short circuit in the area of the brain where symptoms are being initiated.
- The outcomes of DBS vary from person to person. Generally speaking, a person can expect to be as good as they were when their medications were at their peak.

Exercise

Multi-disciplinary care

- Considered to be one of the most significant advances in managing Parkinson's in the last 30 years
- Each discipline brings different skills to manage different symptoms – physiotherapy, speech pathology, nursing, social work/psychology, occupational therapy

Caterina – ParkinSong

The ParkinSong project is a collaboration between University of Melbourne, Latrobe University, Monash Health, Parkinson's Victoria and the Parkinson's community.

Approximately 90% of people with Parkinson's experience communication changes. ParkinSong is a group singing program designed specifically for people with Parkinson's and their caregivers. It is an interdisciplinary model incorporating music therapy and speech pathology knowledge. The desired outcome is to enhance communication, improve mood and well-being, provide social contact and increased participation and provide an enjoyable and engaging activity.

There are currently eight ParkinSong groups in both Melbourne metropolitan and country regions and it is hoped to establish more.

A 12 month pilot study of 121 participants has found positive outcomes in increased loudness, increased respiratory pressures, maintained speech intelligibility, reduced voice problems, perceived reductions in depression, anxiety and stress

Karen and Caterina responded to a number of questions

Jeff Needham proposed the vote of thanks for a most informative address.

Other Announcements

Rotary "End Trachoma by 2020" Project

The "End Trachoma by 2020" program is a major Rotary initiative promoted by RI President Riseley and supported by the Australian Government. There will be a series of short presentations on this project on Facebook during the week 19 to 25 February. Further details are in the flyer at the end of this bulletin and in a separate email sent to each member last week. The email has direct links to the Facebook page.

Email Message from Dr Kathleen McGuire

Dear Glenyse and Paul,

Thank you so much for the opportunity to attend dinner with the Rotary Club of Mordialloc once again, which I - and my parents - enjoyed immensely.

I've delayed writing until now because I wanted to send an update regarding the song project. We now have a recording date, which I hope you will share with Rotarians and anyone else who may be interested.

The recording session will be held on **Monday, April 16 in the evening** at the chapel at **Abbotsford Convent in Collingwood**. More details will be coming soon (e.g. exact times), but perhaps you could share a "save the date"? The song is called "There For You." It will be very easy to learn. Music sheets and audio tracks will be provided for singers to use for practise.

I will soon have music to share and also information about a couple of weekend rehearsals for Rotarians from various clubs.

With best wishes,
Kathleen

**Mordialloc Theatre Company
Thursday 22 February
"All the King's Women"**

Shirley Burke Hall, Parkers Road, Parkdale
Start time: 8.00 pm
Tickets: \$25 each.

This is the story of Elvis Presley told through the eyes of 17 women - some enthralled, some appalled, all obsessed! This fast paced series of 5 comedic plays and 3 monologues relates the Life of Elvis Presley ... from Tupelo Mississippi where 11 year old Elvis wanted a BB Gun instead of a guitar to The Steve Allen Show, from President Richard Nixon's office to Andy Warhol's studio, and from Cadillac Salesmen to Graceland guards

A touching, bring-the-family comedy with a heart that captures the effects that fame, generosity and just being a nice guy can bring to others!

Contact Trina Williams for tickets:
95847458 Mon: 0403046448

SUMMARY OF COMING EVENTS

Please note the following dates and events in your diary. It is important that all members support the club in these activities.

14 Feb (Wed)	Gnome & Fairy Festival committee meeting. 7.30 pm
28 Feb (Wed)	Gnome & Fairy Festival committee meeting. 7.30 pm
2 – 4 March 2018 (Fri–Sun)	District 9810 Conference, Bendigo
7 Mar (Wed)	Gnome & Fairy Festival committee meeting. 7.30 pm
18 March 2018 (Sun)	Gnome & Fairy Festival George Woods Reserve, Mordialloc
21 March (Wed)	Board meeting – Taranto house 7.30 pm
2 April (Easter Mon)	Bunnings Mentone sausage sizzle 8 am to 4 pm
16 April (Mon)	Dr Kathleen McGuire song project recording session. Abbotsford Convent. Details to come
2 June (Sat)	District 9810 Changeover. Southern Golf Club. Details to come

Members on Leave

Kelly Banks - 16 January to 20 March
Jill Brear – 16 January to 13 February
Carol, Quayle – 3 to 20 March
If you plan to be absent for three weeks or longer, please request leave of absence through the secretary.

Bayside Kingston Prostate Cancer Support Group

WHEN: First Monday of each month
TIME: 9.30 to 11.30am
WHERE: Mentone RSL
Palermo Street, Mentone
Melways Map 87 A8

Wives and Partners welcome, bookings not required
For further information contact Bob Wilson 9589 4282

Apologies for non- attendance

Apologies for meeting absences should be advised to **David Brunt**. These can be by telephone or text to **0418526140 no later than 1.00 pm on Monday before the meeting**. Names of any guests can also be advised at this time.

Wheelchairs for Kids

Please remember to put \$2 in the box on each table each week to go to the "Wheelchairs for Kids" program. Every \$150 contributed gives one child the freedom of mobility and also liberates a carer

Book and Toy Stall at Gnome and Fairy Festival

Kay Gordon and Trina Williams are organising a used book and toy store at the Gnome and Fairy Festival next month.

They would like to have donations of suitable children's books and toys for sale at the festival. Please advise Kay or Trina direct if you have suitable books or toys.

Forthcoming Meeting Program & Rosters

Next Meeting

Date: 20 February
Speaker: Olivier Jaconelli
Topic: National Youth Science Forum
Chairman: Jeff Needham
Desk & Regalia: David Brunt, Rob Goode
Fellowship: Brian Foley
Bulletin notes: Glenyse Cooper

And the next.....

Date: 27 February
Speaker: David Spitteler
Topic: The Asylum Centre
Chairman: Carol Quayle
Desk & Regalia: Don Van, Don Butler
Fellowship: David Brunt
Bulletin notes: Jill Brear

And the next.....

Date: 6 March
Speakers: Project team
Topic: Briefing session for Gnome and Fairy Festival
Chairman: Paul Taranto
Desk & Regalia: David Brunt, Don Van
Fellowship: Sylvio Tang
Bulletin notes: Glenyse Cooper

TOASTS

Australia:

Please charge your glasses and assist me in toasting our Great country, Australia. (Pause) to our country: Australia.

Rotary International:

Please drink a toast to our organisation: Rotary International, (pause) Rotary International.

ROTARY INVOCATION:

For good food, for good fellowship and the opportunity for service through Rotary, We give thanks.

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Rotary Four-Way-Test

1. **Is it the TRUTH?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOODWILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all concerned?"**

SUPPORT
YOUR LOCAL
TRAVEL AGENCY
WHO SUPPORTS
OUR LOCAL CLUB

DESTINATION HQ
TRAVEL DIFFERENT TRAVEL REDEFINED

<small>Beumaris</small> 23 North Concourse 9589 3294	<small>Mentone</small> Thrift Park Shopping Centre 9584 3833
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LEARN ABOUT ENDTRACHOMA BY 2020



JOIN OUR FACEBOOK LIVE
DAILY 5PM EDST 19-25 FEB 2018

Australia remains the only first world nation where trachoma still persists, prevalent in a number of our remote indigenous communities. The long-term solution rests with hygiene and education and this is where Rotary's Trachoma Project has a role.

A line-up of international and specialist speakers, including RI President Ian Riseley will show DAILY and LIVE on our Facebook page from Monday 19th February 2018.

Each live event will run for only 10 minutes or so, but if you miss it, don't fret, videos will be available afterwards on the EndTrachoma by 2020 Facebook page, as well as YouTube. Send through your questions for the live series over Facebook, or to lien@endtrachoma2020.org.au.

www.facebook.com/endtrachomaby2020
www.endtrachoma2020.org.au

