



*The Rotary Club of
Rowville-Lysterfield Inc.*

NEWSLETTER

Week No 14 2015-16

Baton Rouge Motel – Stud Rd Rowville

6:30 for 7:00pm start

Visitors are most welcome. Please contact

Kevin Harrison 0419 919 011

Murray Wilson 0402 088 999

President's Notes

Don't forget the Stringybark Festival this weekend. When you are rostered on please arrive 15mins early to allow time for sign-in.

District Governor's Visit – This week's meeting. All members are urged to attend.

Lana Whitehouse – (Interact Co-Ordinator -Congratulations to Lana on the announcement of her engagement last Saturday

Julie Kennedy – Congratulations to Julie Kennedy on being appointed Acting Principal at Rowville Secondary College for 2016. Julie is currently part of the leadership team at RSC.

Fundraiser – Do not forget to finalise your orders for Billy G's Gourmet Cooking Dough this week.



Have you found that potential new member to bring to a meeting in the near future?

Regards
Kevin Harrison

WEEKLY PROGRAMME

Date	Activity	Board Meeting
20 th Oct	District Governor Visit	?
27 th Oct	Glenn Fankhauser & Craig Jamieson – Rowville Secondary College	
31 st Oct	Halloween Show featuring John Davidson Springvale RSL	
3 rd Nov	MELBOURNE CUP DAY – NO MEETING	
10 th Nov		
17 th Nov		
24 th Nov		
1 st Dec		

Many of you will be aware the Rotarian Ian McLean was recently diagnosed with Legionnaires disease. Ian has kindly provided a fact sheet issued by the Department of Health that should be read by every reader of this newsletter. It is an awful disease and to quote Ian “I would not wish it on anyone”.

Legionnaires’ disease – the facts

What is legionnaire’s disease?

Legionnaires’ disease (Legionellosis) is a serious and sometimes fatal form of pneumonia caused by the bacteria *Legionella*. Although not all cases of Legionnaires’ disease are severe, up to ten per cent of cases can be fatal.



There are over forty strains of *Legionella* bacteria but only a few cause disease in humans. The strains that are most commonly cause human disease are *pneumophila* and *longbeachae*.

What are the symptoms of Legionnaires' disease?

Symptoms are usually similar to a severe flu infection and include fever, headache (often severe), shortness of breath, muscle aches and pains, and sometimes a dry cough.

From the time of infection with *Legionella* bacteria, it takes between two and 10 days for symptoms to appear. In most cases symptoms begin after five or six days.

How do you get Legionnaires' disease?

Legionella bacteria are found naturally in the environment and thrive in warm water and warm damp places. They are commonly found in bodies of water, soil and potting mix.

People usually get Legionnaires' disease by breathing in *Legionella* bacteria in very fine droplets of water called aerosols.

Man-made water systems sometimes provide environments that let *Legionella* bacteria increase to large numbers. These man-made systems include showers, spa pools, fountains, and also cooling towers associated with air conditioning and industrial cooling processes.

The evaporative units sometimes used in home air conditioning have not been known to cause Legionnaires' disease. You cannot catch Legionnaires' disease from another person, or from drinking water contaminated by *Legionella* bacteria.

Who is at risk for Legionnaires' disease?

Most people exposed to *Legionella* bacteria do not become infected. The risk of disease increases with age, especially amongst smokers. People with long term medical conditions that weaken the body's immune system (such as cancer, lung disease, diabetes, and transplant recipients) may be at increased risk of Legionnaires' disease.

Young people, especially children, rarely get Legionnaires' disease.

How is the disease diagnosed?

For people who have symptoms there are three main tests for diagnosing Legionnaires' disease. These are sputum tests, blood tests (two tests more than four weeks apart), and a urine test. There is no value in being tested unless you are ill.

Department of Health

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Can it be treated?

Yes, most people with Legionnaires' disease need to be treated in hospital and for some, this will be in an intensive care unit. Legionnaires' disease is treated with antibiotics and the earlier that treatment is begun, the better the outcome.

Can Legionnaires' disease be prevented?

There is no vaccine currently available for the prevention of Legionnaires' disease, however, the risk of transmission can be reduced. Owners of premises that have cooling towers, public spa pools, or warm water systems (for example in hospitals) are required by law to conduct regular maintenance to reduce the risk of *Legionella* contamination and spread.

Smokers are more likely to get Legionnaires' disease and can reduce their risk by quitting.

Because *Legionella* bacteria are commonly found in soils and potting mix, gardeners should:

- Always wear a face mask and gloves when using compost and potting mix, including while opening the bag.
- Moisten the contents of potting mix bags to avoid creating dust.
- Always wash hands after handling potting mix.

For further information, please contact the Communicable Disease Prevention and Control Unit at the Department of Health on 1300 651 160.

ROSTER – NOTE RECENT CHANGES

<i>Date</i>	<i>Registration</i>	<i>Chair, Raffle & Thanks</i>	<i>Director of Fun</i>	<i>Board Meeting</i>
<i>20th October</i>	<i>Roger</i>	<i>Colin</i>	<i>Heather</i>	<i>?</i>
<i>27th October</i>	<i>Daryl</i>	<i>Murray</i>	<i>Warren</i>	
<i>3rd November</i>	<i>MELBOURNE CUP DAY –NO MEETING</i>			
<i>10th November</i>	<i>Jeff</i>	<i>Darren</i>	<i>Steven</i>	
<i>17th November</i>	<i>Carol</i>	<i>Raman</i>	<i>James</i>	<i>Yes</i>
<i>24th November</i>	<i>Neil</i>	<i>Andi</i>	<i>Gary</i>	
<i>1st December</i>	<i>Lorinne</i>	<i>Roger</i>	<i>Dee</i>	
<i>8th December</i>	<i>Warren</i>	<i>Neil</i>	<i>Ian</i>	
<i>15th December</i>	<i>CHRISTMAS PARTY</i>			
<i>22nd Dec – 5th Jan</i>	<i>NO MEETING</i>			

OUR NEXT FUNDRAISER



BAKEYOURVERYOWN GINGERBREADMEN&SHORTBREADCHRISTMASTREES!

The Rotary Club of Rowville - Lysterfield is excited to announce we have commenced our very own Billy G's Gourmet Cookie Dough Christmas Festive Fundraiser.

Enjoy baking your very own cookies such as Gingerbread Men & Shortbread biscuits and help raise much needed funds for projects in our community such as youth enrichment and beyond our shores providing life-saving water and sanitation to remote communities in developing countries.

Billy G's is an Australian family owned and operated business that provides quality ingredients for that homestyle taste that everyone enjoys. Billy G's also has a Doggie Dough for your favourite furry family members and a Gluten Free product.

- ▲ There are 10 delicious cookie flavours to choose from including a Gingerbread Man dough (with cookie cutter) and Shortbread Biscuit dough (with cookie cutter).
- ▲ The cookie dough is packed in a re-usable 1kg tub which makes 40 x 25g cookies. **33c-38c per cookie.**
- ▲ You can **REFREEZE** the cookie dough and thaw it out as you require for baking.
- ▲ You can keep the thawed cookie dough in your refrigerator for up to 4 weeks.

To order your supply of cookie dough please return email to Lisa at llahey@gmail.com or call on 0430140576 before October 14th. (Delivery date 4th November).

Thank you in advance for your support.

Lisa Lahey
0430140576

Thought for the week

I have always said I would
rather wear out than rust
to death"

Anita Roddick – The Body Shop

WHERE YOU CAN FIND OUT MORE ABOUT US AND ROTARY INTERNATIONAL

www.rowvillerotary.com.au

<https://twitter.com/#/RotaryRowLyster>

www.facebook.com/.../Rotary...Rowville-Lysterfield/171446576246



Rotary District 9810

<http://www.9810rotary.org.au/>

<https://twitter.com/rotaryd9810>

<http://www.facebook.com/pages/Rotary-District-9810/264557880313084>

Rotary International

<http://www.rotary.org.au/en/Pages/ridefault.html>

2015-16 BOARD MEMBERS		2015-16 COMMITTEE CHAIRS	
President	Kevin Harrison	Community	Alan Lunghusen
Vice-President	Darren St Ledger	Youth Services	Gary Forrest
Secretary	Murray Wilson	Foundation	James Wilson
Treasurer	Lorinne Knight	International	Neil White
President Elect	Heather Eddy	Vocational	Ian McLean
Immediate Past President	Carol Shaw	Community	Dee Khan
Director		Club	Heather Eddy
		Rowville Secondary	
		College Council Rep	Jeff Somers
		Newsletter	Jeff Somers
		Website	Alan Lunghusen
2014 - 2015 Project Leads			
Membership	Carol Shaw		
PR & Communications	Kevin Harrison		
Fundraising	Kevin Harrison		
Business Breakfast	Neil White		
Onto Conference	Heather Eddy		
Rotaract Startup	Neil White		
Cyber Forum	Alan Lunghusen		



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Ansom
Management



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- Staff Development
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- Payroll
- Industrial Relations
- Workshop Facilitation
- Documentation

Jeff Somers
B.A., B.Ed., M.Ed. Studs., T.P.T.C
Dip. Rel. Ed., M.A.C.E., A.I.M.

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