

NEWSLETTER

No 35 2015-16

Tosaria Café – 60 Henderson Rd Rowville

6:30 for 7:00pm start

Visitors are most welcome. Please contact

Kevin Harrison 0419 919 011

Murray Wilson 0402 088 999

EDITOR'S NOTE

President's Notes

Peter Cummins from the Rotary Club of Box Hill spoke to us about the Stroke Foundation. The statistics he presented made all of us take notice and I am sure each member present made a small adjustment to their lifestyle as a result of Peter's talk.

The key message from the Stroke Foundation is FAST:

FACE – Is there any distortion of the face?

ARMS – Can BOTH arms be lifted above the head?

SPEECH – Is the speech distorted or does the person not understand you?

TIME – Ring 000 immediately. Time is critical as the symptoms of stroke can be mitigated if the person receives treatment within 4.5 hours

Regards
Kevin Harrison

WEEKLY PROGRAMME

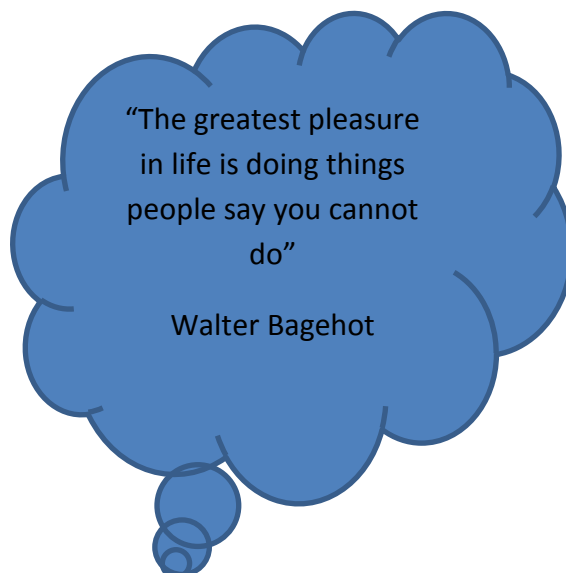
Date	Activity	Board Meeting
14 th June	Member behind the badge	
21 st June	TBA	
28 th June	CHANGEOVER NIGHT – PARTNERS MOST WELCOME	

ROSTER

Please check the roster below and make any necessary swaps with members to ensure all positions are filled EVERY WEEK.
Notify any changes to Jeff Somers

<i>Date</i>	<i>Registration</i>	<i>Chair, Raffle & Thanks</i>	<i>Director of Fun</i>	<i>Board Meeting</i>
<i>14th June</i>	<i>Colin</i>	<i>Neil</i>	<i>Ian</i>	<i>Yes</i>
<i>21st June</i>	<i>Jeff</i>	<i>Steve / Lisa</i>	<i>Jeff</i>	
<i>28th June</i>	<i>CHANGE OVER NIGHT Numbers to Heather by 14th June</i>			

Thought for the week



WHERE YOU CAN FIND OUT MORE ABOUT US AND ROTARY INTERNATIONAL

www.rowvillerotary.com.au

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Rotary District 9810

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

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

Rotary International

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

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Jeff Somers
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