

# Rotary

## Rowville Lysterfield



### Surviving Polio—Lee Baker

A different aspect of the campaign to end polio was provided by the speaker tonight, Lee Baker, who shared her experience as a polio survivor.

Lee began with information regarding the 3 types of poliomyelitis that can occur: abortive, which is a flu-like illness which is not very severe, non-paralytic, which is 1—5% of all cases and has symptoms such as light sensitivity and neck stiffness and paralytic polio, which is severe and debilitating and about 0.1—2% of polio cases. Polio is caused by a virus which enters the bloodstream via the gastrointestinal tract. The virus makes its way to the spinal cord; the part of the spine affected determines which muscles are impacted.

Lee was diagnosed with polio in 1956 at age 3 when she was unable to stand up; the diagnosis was quickly confirmed by a specialist. Her proactive parents instituted a strict regime of barrier nursing to isolate Lee's sister from her, to prevent her also catching the disease. In addition, no one else was allowed to enter the house for six weeks; after six weeks the only visitor allowed was Lee's grandmother, over the next six months.

The initial recommended treatment was to immobilize the affected limb. This was followed by activities to stimulate the limb, keeping it warm and exercising it as much as possible. Lee swam, went to a gym and eventually at age 10 had surgery to deal with some of the difficulties that followed from wastage of the calf muscle.

While she grew up a sensitive child, aware that she was 'different', the wise advice from her father was "Everyone has something wrong; yours is just on the outside".

Lee attended a seminar on 'Polio in the Year 2000' and became more aware than ever that her level of disability was much less than many people who were very disabled,

many of whom were in wheel-chairs.



#### Meeting Details

##### Where:

Tosaria's Café  
60 Henderson Rd  
Rowville

##### When:

Tuesday, 6.30 pm  
for 7.00 pm start

**Meetings are  
hybrid unless  
indicated other-  
wise**

**Visitors are  
warmly welcomed**

*For information  
contact:*

Kevin Harrison  
0419 919 011

**Meeting Zoom link  
[here](#)**



**Home Club of  
IPDG Dr Daryl Moran**

Lee Baker

**'Thanks to  
Rotary for the  
polio  
vaccination  
program to  
prevent this  
disease  
affecting  
others'**

Lee stressed that she has lived a very full and fortunate life. She has married, had a career as a pharmacist, had children and enjoyed activities such as swimming. She is very determined and follows some further wise advice from her parents: 'Let nothing hold you back'.

In recent years, however, Lee has started to experience symptoms of post polio. These symptoms show up 30–40 years after the virus first strikes and some sufferers are unaware that they had been infected by the polio virus many years before.

The symptoms of post polio syndrome are muscle and joint weakness and pain. There is a loss of more muscle as the limbs that were not affected initially have been compensating over many years and start to show the effects of this load. Breathing and swallowing problems can also follow, with sleep disorders and decreased tolerance of cold. And there is severe exhaustion. As the research shows that if the initial case was mild, post polio will also be mild, Lee is hopeful that the effects will not become much worse for her.

Our grateful thanks to Lee for sharing her story and highlighting the impact of this disease, even so many years after the initial infection.



## Club news—please read carefully and take note where action is required.

1. The Art Show is coming up this week. Well done to Rajeev for all the work that has been completed. More help is still required to fill the roster, but thank you to everyone who has put their name down to date. Remember to book a ticket for Opening Night, which should be a great social night. There is a link to the booking site in the program on page 9.
2. No Club meeting next Tuesday, but the 1812 Theatre Night is on Wednesday 16th. See details on page 5. Please ensure that tickets that have been requested are paid for ASAP.
3. Selling of Christmas trees will start in December at two sites. Carol will circulate an email soon asking for people to nominate a time when they can help out on the roster. This is an excellent money earner but needs the participation of as many members of the Club as possible.
4. RAWCS has opened an appeal for Flood Relief in Victoria. Recipients will receive \$500 credit cards. The Club can donate, or individuals may choose to donate.
5. This year, instead of providing hampers for Foothills, the Club will be supporting Tamminya House in several ways, plus Gayle Dye's Community Share Space. Members are asked to bring a contribution for a hamper that will be prepared for Tamminya House, which they will raffle. Please bring contributions to the next meeting on November 22nd. Suitable contributions are non-perishable food stuffs and Christmas-style treats.
6. Thank you to all Club members who are getting into the habit of collecting items for recycling. Tonight there were bags of tablet blister packs, corks, coins, soaps and shampoos and shoes for recycling. Great effort—keep it up!
7. **Let's all wear our 'We Love You Ken' badges to the DG visit meeting on November 22nd.**
8. Check out the District Governor's magazine 'Imagine Your Passion' that was emailed this week, for the article on our SHEBA project.



## IMAGINE ROTARY

On Monday November 7, a group of our Club members enjoyed a wonderful dinner with a very special visitor. These Club members were the Host Parents of former Rotary Exchange Student Kiara Retzek, who arrived in Melbourne with her partner Florian (Flo) for a 2 week visit to Australia.

Kiara has visited our Club several times by zoom over the last few years but it was a real delight to see her in person. Her Exchange year was 2013-2014 and she turned 16 during the year. All who came in contact with her were unanimous in their praise of the way she embraced the exchange experience. She mixed easily with everyone, was appreciative of all the opportunities offered such as attending the Rotary International Convention in Sydney, and joined in with family and Club events enthusiastically.

Kiara has now finished her study, having completed a Masters in Business and is living and working in Oldstadt, Germany. Her partner, Flo, runs a cocktail bar in Olstadt and he was keen to experience some of the bars in Melbourne.



It was wonderful to see Kiara as a happy and accomplished 25 year old. It was also a delight to meet Flo who was charming and friendly.

There is no doubt that Kiara was an example of a successful Rotary Youth Exchange!

Flo and Kiara



### Rotary theme for each month

**July**— New leadership

**August**— Membership and New Club Development

**September**— Basic Education and Literacy

**October**— Economic and Community Development

**November**— Rotary Foundation

**December**— Disease Prevention and treatment

**January**— Vocational Services

**February**— Peace building and Conflict resolution

**March**— Water, Sanitation and Hygiene

**April**— Maternal & Child Health

**May**— Youth Service

**June**— Rotary Fellowships

The proud host parents



# DG Partner 2021-2022 Project Finale



- Hear from visiting Rotarian and team leader of Fiji West, **Millie**

**Wata-Marshall**

- Take part in a working bee cutting out PUL for the Fiji West team
- Enjoy a light supper and a chat



## Growing '*Days For Girls*' in Fiji

Wednesday November 23rd at 7.00 pm

Mt Waverley Community Centre

47 Miller Cres, Mt Waverley

+ + + +  
+ + + +  
+ + + +  
+ + + +

7.00 pm - 10.00 pm

Calendars will be for sale that support Maternal Health projects in the Pacific region

TRYBOOKING (for catering)

[Click here for link](#)

**Further information:**  
**Jenny Moran**  
**0404 893870**



**Rotary**  
**D9810**





**IMAGINE  
ROTARY**

### Sweet treats— Upwey Baptist Church between 9-11 am

|               |  |
|---------------|--|
| November 10th | Pam, Corinne, Olivia and Tahlia, <b>volunteer needed</b> |
| November 24th | Marg, Fiona, Jenny, Anita                                |
| December 8th  | Heather, Pam, Corinne, Olivia and Tahlia                 |

### Soup—FTG Guide Hall between 2—4 pm

|               |                                |
|---------------|--------------------------------|
| November 16th | Marg, Jenny, Kate, Heather/Bob |
|---------------|--------------------------------|

### Bunnings BBQ

See the email from Corinne for helpers on the next BBQ.

### BUNNINGS BBQ DATES

**November 18th**

**December 16th**

## 1812 Fundraising Theatre Night

Another fundraising Theatre Night has been organised at 1812 Theatre, Rose St, Upper Ferntree Gully, on

**Wednesday November 16th  
'The Woman in Black' at 8 pm**

To see



Tickets are \$25 each and all ticket proceeds will go to the Club, to help fund our projects. Tickets are limited so ask your friends and family now, so that you don't miss out.

Tickets can be purchased by a direct deposit into the Club account. Please ensure you provide a reference with your name and 'Theatre night' with your deposit. Also email Kaye Sharman at [kayesharman@bigpond.com](mailto:kayesharman@bigpond.com) to confirm your seats.

#### Bank details:

Name: Rotary Club of Rowville Lysterfield  
BSB : 633 000  
Acc number : 189618571



*'A ghost story like no other, a lawyer obsessed with a terrible curse he believes haunts him and his family, hires a young actor to help unburden the memory of The Woman in Black. A young solicitor is sent to settle a deceased estate and begins to experience strange occurrences. While the locals remain mysteriously silent, he continues to investigate until The Woman in Black reveals herself to him and her chilling purpose.'*

*Combining some of the oldest theatrical techniques with modern cinematic stylings, this incredible production relies on hints, atmosphere, glimpses and suggestions, heard and sometimes only half seen. One of the most effective spine-chillers you will ever experience.'*

Dinner at the Royal Hotel, Upper Ferntree Gully, before the show, for those interested at 6 pm



- Birthday greetings this week to **Corinne and Murray**, who both celebrate on November 9th. Wishing you both a happy day and a special celebration.
- Well done to **Kate**, who was Guest Speaker at Boronia Rotary Club two weeks ago, speaking on the food myths and fallacies. Great for our members to be out and about, sharing their knowledge and expertise.
- A big pat on the back for **Beryl**, at Peppertree Hill Retirement Village. Beryl has now completed 300 Santa Sacks for Backpacks 4 Vic Kids, is working on palliative care blankets and has galvanised all the residents at Peppertree Hill to collect the various recyclable items that have been mentioned in the newsletter. **Ian** has been tasked with collecting bags and bags of these items from Beryl for us to recycle.
- Our commiserations to **Pete** who has suffered severe concussion after a fall. Our thoughts are with him and we wish him a speedy recovery.
- **Heather** and **Bob** are in Canberra where they await the arrival of the next grandchild, a very precious gift being given to the family by a wonderful surrogate mother called Sarah. An amazing heart warming story which Heather is happy to share.

### Project 'Shoe Toss' - Tread Lightly website for more information—click [here](#)



This week we started to collect shoes for Project 'Shoe Toss', which will continue through meetings in November and December.

The collected shoes will be delivered to collection boxes at Rebel Sport, a program which is run by the non-profit organisation Tread Lightly and the Australian Sporting Goods Association. The useful component of the shoes are separated and made into items such as gym mats and play ground surfacing. This is done locally by Save Our Soles. The aim is to keep some of 100 million pairs of discarded shoes out of landfill. Last year, 5 tonnes of shoes were able to be repurposed.



it is hoped that, with increased awareness of the way in which worn out shoes can be useful, all our members will continue to support this venture by dropping old shoes into the collection bins.

The types of shoes that are accepted are:

- |                               |                        |                             |
|-------------------------------|------------------------|-----------------------------|
| • Athletic lifestyle shoes    | • Thongs and slides    | • Football boots            |
| • Hiking boots                | • Leather sports shoes | • Sneakers/trainers/runners |
| • Formal leather school shoes | • gumboots             | • Golf shoes                |

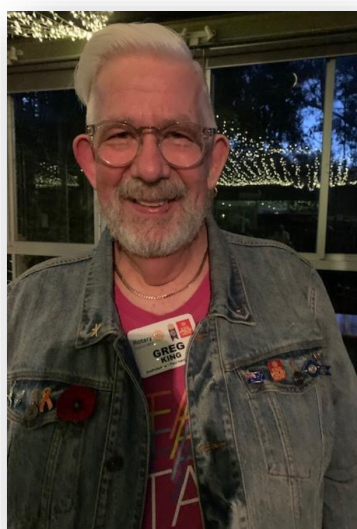


**IMAGINE  
ROTARY**

Greg King is the District End Polio Now Chair and it was very appropriate to hear from him at this week's meeting, after hearing the personal story of polio survivor, Lee Baker.

Greg outlined the origins of the End Polio Now campaign, founded by Rotary International in 1979. There are now 6 partners joining Rotary in the organisation which has become the GPEI, Global Polio Elimination Initiative, namely UNICEF, World Health Organisation, the US Centres for Disease Control, the Bill and Melinda Gates Foundation and world governments.

Polio was once endemic in 125 countries, but now over 2 billion children have been vaccinated, with 1 billion of these in the last decade. The oral vaccine has eliminated over 99% of wild polio worldwide and it is now endemic in only two countries, Pakistan and Afghanistan. Interestingly, when COVID struck, the polio support chain was able to be used to distribute COVID vaccines. This was because it was trusted locally, with a structure in place, such as access to cold storage. Last year there were only 2 cases of wild polio but this year there have been 29 cases. There are also currently 449 cases of vaccine derived polio, but with the use of a new vaccine the incidence of this type of polio will decrease. One aspect of the elimination of polio is that it is necessary for countries to keep vaccinating for 10 years after being declared free of polio, to ensure it does not recur.



Some exciting news came on October 18th, at a World Health Summit in Berlin, when a commitment of \$US2.6 billion was made to the cause of GPEI, with the hope that eradication can be completed between 2022-2026. Of these pledges, the Rotary Foundation pledged \$US150 million, Australia \$AUD44.55 million and the Bill and Melinda Gates Foundation \$1.2 billion.

It is notable that the eradication of small pox took 190 years. To be so close to eliminating polio in such a relatively short time frame is an amazing feat. Scientific opinion at this point is that it is possible that polio can be eliminated. The Berlin Summit brings this dream even closer to reality.

**A warm thanks to Greg for reminding us of the importance of supporting the End Polio Now campaign, which was also highlighted by the emotional impact of Lee's personal story.**



A visitor to this week's meeting was Gamini Swarnapala, from the Rotary Club of Kurunegala in Sri Lanka, shown here with IPDG Daryl Moran.

Gamini shared with us information about one of his Club's projects, providing books for students.



Let's support our members in their business endeavours.

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The corporate concierge



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| Date                                       | Registration   | Chair | Setup and production | Program   |
|--|--|-------|----------------------|---|
| November— Rotary Foundation                |  |       |                      |   |
| 11th—13th                                  | 48th Knox Art Show<br>All members are encouraged to come to the Opening Night on Friday 11th.<br>Click <a href="#">here</a> to book a ticket to Opening Night  |       |                      |   |
| 15   | No meeting due to Art Show and Theatre Night   |       |                      |   |
| 16   | Fundraising Night—1812 Theatre ‘The Woman in Black’<br>Tickets to be purchased with a deposit into the Club bank account.<br>See page 5 for details<br>Dinner at the Royal Hotel beforehand at 6 pm, for those who are interested. |       |                      |   |
| 22<br>in-person/<br>hybrid                 | Ayanthi  | Marg  | Alan<br>Ian<br>Bob   | <b>DG Ken Miller</b><br>District Governor visit<br>A special night—all members and partners are encouraged to attend. |
| 29   | 5th Tuesday—Visit to Tiny Bear Distillery, Henderson Rd, Rowville.<br>\$25 per head, to be paid at the venue, either cash or card.   |       |                      |   |
| December– Disease Prevention and Treatment |  |       |                      |   |
| 6<br>In-person/<br>hybrid                  | Jenny  | John  | Bob<br>Ian<br>Nathan | <b>Scott White</b><br>McCain’s Renewable Energy   |
| Friday<br>9                                | Christmas Party at the home of Cheryl and Kevin Harrison   |       |                      |   |

**First meeting for 2023—Tuesday January 17th—with an informal get-together.**

Website: [www.rowvillerotary.com.au](http://www.rowvillerotary.com.au)

District 9810

Facebook: <https://www.facebook.com/Rotary-Club-of-Rowville-Lysterfield-171446576246728/?ref=bookmarks>

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

## 2022-23 BOARD MEMBERS

|                                 |                   |
|---------------------------------|-------------------|
| <b>President</b>                | Kevin Harrison    |
| <b>Vice-President</b>           | Marg Vesey        |
| <b>Secretary</b>                | Heather Morris    |
| <b>Treasurer</b>                | Neil White        |
| <b>President Elect</b>          | Carol Constantine |
| <b>Immediate Past President</b> | Murray Wilson     |
| <b>Director</b>                 | Steve Macdonald   |

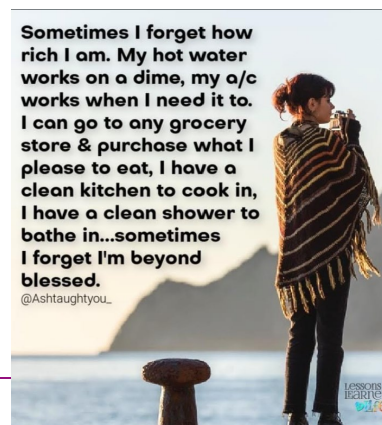
## 2022-23 COMMITTEES

|                      |  |
|----------------------|--|
| <b>Community</b>     | Marg Vesey (mentor)<br>Kate Kidd<br>Pete Batterham |
| <b>Youth Service</b> | Max Williams<br>Jeff Somers (mentor)               |
| <b>Environment</b>   | Gary Forrest<br>Ayanthi Gunatilake                 |
| <b>Foundation</b>    | Neil White (mentor)<br>Adrian Klep                 |
| <b>International</b> | Alan Lunghusen<br>(mentor)<br>Arshad Samsudeen     |
| <b>Vocational</b>    | John Williams<br>Neil Marshall                     |
| <b>Membership</b>    | Ayanthi Gunatilake<br>Gary Forrest                 |

## OTHER ROLES

|  |  |
|--|--|
| <b>Rowville Secondary College Council Rep</b>            | Rajeev Wadhwa  |
| <b>Newsletter</b>  | Jenny Moran<br>Heather Morris  |
| <b>Facebook Website</b>                                  | Kevin Harrison<br>Alan Lunghusen<br>Stephen Palamara   |
| <b>Club Protection Officer</b>                           | Adrian Klep  |
| <b>Program Committee</b>                                 | Marg Vesey<br>Jenny Moran<br>Kaye Sharman  |
| <b>On-to-Conference Art Show Committee</b>               | Heather Morris<br>Rajeev Wadhwa<br>James Wilson  |
| <b>Rowville Lysterfield Community News Correspondent</b> | Jenny Moran  |
| <b>Fundraising Committee</b>                             | Carol Constantine<br>Adrian Klep<br>Bob Morris<br>Stephen Palamara<br>Arshad Samsudeen<br>Kaye Sharman |

Sometimes I forget how rich I am. My hot water works on a dime, my a/c works when I need it to. I can go to any grocery store & purchase what I please to eat, I have a clean kitchen to cook in, I have a clean shower to bathe in...sometimes I forget I'm beyond blessed.  
@Ashtaughtyou...



Lessons learned  
life