



**Rotary meets
weekly at
Tosaria's Café
60 Henderson Rd
Rowville**

Tuesday 6.30 pm for 7.00 pm
start

Meetings are hybrid unless
indicated otherwise

[Zoom meeting link](#)

Visitors are warmly welcome

Contact :

President Jenny Moran
0404893870

Toni Arfaras - The Stroke Foundation

At the age of 46, Toni experienced her first stroke whilst down at her family's holiday house. She had a sensation of falling to the side and felt as if her head was too big for her neck. She also had a feeling of being above herself and looking down. Although she didn't feel right, she put it down to needing a neck adjustment from her Osteopath and with help from her husband, got back into bed.

Toni just wanted to sleep and this continued for a couple of days with the feeling that her head was too big for her neck continuing over this time. She drove home 2 days later and headed to the Osteopath who did a range of neurological tests which Toni passed. But the Osteo did say if things got worse or if she didn't improve, to get down to the hospital to see about it.

Another 2 days passed with Toni just wanting to sleep before her husband, Nick, suggested they go to the ED but Toni refused on the basis that "it wasn't an emergency". The following day (Day 6) Toni went to the GP, who did the same neurological tests that the Osteo had done a few days prior. But Toni had developed some weakness and loss of sensation on her left side. Toni left the GP with a referral for an MRI and a CT scan querying MS. When she returned to the GP the day after she was told that she had had a stroke. This was exactly a week since she had felt the first symptom.

Since then Toni has had 3 TIAs (Transient Ischaemic Attacks) or Mini Strokes. She is now a volunteer with the Stroke Foundation which is a national charity that works to prevent strokes, save lives and enhance recovery. However, 80% of their funds come from donations with very limited government support.

Talking about stroke can be confronting whether it's you or someone close to you who has had a stroke. It's important to talk about it with family or friends or to call the StrokeLine 1800787653 for information and support. Stroke doesn't just impact the victim, it impacts everyone around them.

445,000 Australians have had a stroke and this figure keeps rising with 65% of these living with ongoing disability. In the last 2 years the stroke rate has risen from 1 every 19 minutes, to 1 every 11 minutes in Australia. It kills more women than breast cancer and more men than prostate cancer. 27,000 Australians experienced strokes for the first time in 2020 and it is one of the leading causes of death and disability. Each year more people are experiencing and surviving stroke but many are left with disabilities, often not immediately obvious. Stroke does not discriminate and affects babies through to the elderly, with 25% affecting 18-65 year olds. 600 childhood strokes include babies having a stroke in utero.

A stroke attacks the brain and happens when the blood supply is interrupted and this starts killing brain cells at a rate of 1.9 million per minute. Brain matter the size of a pea being destroyed every 12 minutes. There are 2 types, Ischaemic where a blood clot or plaque blocks an artery or Haemorrhagic which causes a bleed when an artery breaks or bursts. A TIA occurs when there is a temporary blockage of blood flow and usually lasts less than 24 hours with no lasting effects. However, a TIA is usually a warning of a future stroke and it is important to get to a doctor. The quickest way to be seen by a doctor in an ED is to call an Ambulance. If you get to the hospital by your own means, you will have to go through a triage process which may not pick up the signs of stroke and could mean sitting for hours before being seen. (Continued p.3....)



**Satellite Club meets
at Tosaria's Café**

Alternate Thursdays at 7:30am

Contact :

President Kevin Harrison
0419919011

**Home Club of
PDG Daryl Moran**



ROSTERS—Foothills muffins



20 February Muffins	Kaye, Jenny, Corinne, Heather & Bob
06 March Muffins	Marg, Fiona, Pete & Sue, Anita & Rajeev
20 March Muffins	Kaye, Jenny, Corinne, Heather & Bob
27 March Muffins	Marg, Fiona, Pete & Sue, Anita & Rajeev

PROGRAM

Date	Registration	Chair	Setup and Production	Program
FEBRUARY - Peace Building and Conflict Prevention				
18th February	Carol	Stephen	John Ian	Anton Hockey - RYDA
25th February	5th Tuesday No Meeting - Social Night (see right)			
MARCH - Water, Sanitation and Hygiene				
4th March	Stephen	Kate	Ian Daryl	Martin Roche - All About Shipping
11th March	Kaye	TBC	Daryl Alan	Rotary Information Night
18th March	Marg	Carol	Alan Bob	Janette Etherington - Interplast
25th March	Heather	Bob	Ian John	Jade Mainwaring - Knox Council Grants and Grants Processes
APRIL - Environment				
01st April	Kaye	Marg	John Kevin	Shia Smart– Simple Steps Members– Conference Reports

President Elect Bob, announced that he and Heather have been doing some preliminary work around the possibility of our club running a monthly Sunday Market. This has involved quite a bit of discussion with Knox City Council and the Rowville Community Centre and others to see if this would be viable. The next step was getting a show of hands at the meeting from members who would be prepared to support this and be part of the team required if the plan comes to fruition. If you would like to know more, lend your support or have any suggestions, please contact Bob.

DISTRICT CONFERENCE

District Conference is coming up quickly on 28th-30th March in Bendigo. If you would like to go and be part of the very large group from our club please book now. If past Conferences are anything to go by, it should be lots of fun! Cost is frozen at \$345 until 14th March.

<https://rotary9815.org.au/sitepage/district-conference-2025/conference-home-page>

Last meeting's speaker cont'd.....

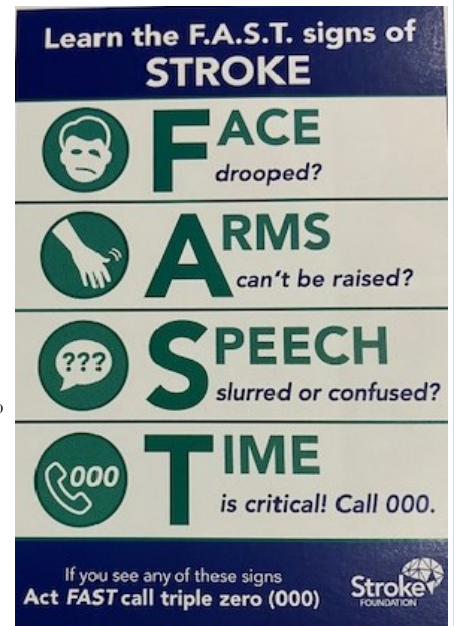
It is important that everyone knows the **F.A.S.T.** signs of stroke.

Face, Arms, Speech, Time. Are there signs of droop on the face? This could be just the corner of the mouth or eye. Raising the arms and holding them up is important. Which part of the arm drops down? Both arms need to be assessed. Ask the person a question that they know the answer to and if the response is incorrect, there is something neurological happening. Listen for slurred or confused response or change in the pace or sound of the speech. Any of these signs call 000 as time is critical.

The **FAST** signs show in up in 80% of cases but other things to look for are weakness, numbness or paralysis in the face arm/s or leg/s, dizziness, loss of balance or unexplained fall, sudden blurred or decreased vision, difficulty swallowing and severe headache.

But how can we prevent strokes? There are some things which can't be changed e.g. getting older, being male, family history, genetics and previous stroke/TIA. However, 80% of strokes are preventable. Reduce your risk by using these simple steps:

1. Make time for a health check:: BP, cholesterol, diabetes and check for irregular pulse
2. Eat well : balance your diet, cut out salt, swap sugar, eat fresh/less processed food, check labels for hidden salt and sugar
3. Stay active : 30 minutes of exercise every day, find ways to move
4. Avoid alcohol
5. Be smoke free : this actually lowers blood pressure very quickly



Toni finished by encouraging us to Learn More, Take Action and Prevent Stroke by signing up to Love Your Brain, a digital health platform for preventing stroke run by Monash University, the University of Tasmania and the Stroke Foundation. For more information click on the link. There are only 4 criteria to join : aged over 45, no history of stroke or major heart event, access to the internet and a smartphone.

<https://redcap.helix.monash.edu/surveys/?s=PCFW8MJYR7MHCT7T>

We thank Toni for her very informative talk which may, potentially, save someone's life.

- President Jenny announced that the club would be making a donation of \$300 to the Stroke Foundation. If you would like to make a personal donation please use the link.

<https://strokefoundation.org.au/>



UPCOMING DATES FOR YOUR DIARY

SAT 15th FEBRUARY - COFFEE CATCH UP 9:30am - Tosaria's

SAT 22nd FEBRUARY - WELLINGTON VILLAGE COMMUNITY DAY BBQ - Rowville

WED 19th FEBRUARY - 1812 THEATRE Free Night to see Spider's Web - Rose Ave, Ferntree Gully

TUES 25th FEBRUARY - SOCIAL NIGHT - MINI GOLF - Morack Golf Club

SUN 2nd MARCH - CLEAN UP AUSTRALIA DAY- TBC

TUES 11th MARCH- ROTARY INFORMATION NIGHT - Tosaria Restaurant, Rowville

SAT 15th March - HOLLAND FESTIVAL - Caribbean Gardens, Scoresby

FRI - SUN 28th-30th MARCH - DISTRICT 9815 CONFERENCE , Red Arena, Bendigo



Social Activities for February

WEDNESDAY 19th FEBRUARY - 1812 THEATRE NIGHT

A Theatre Night has been organised by our Social Convenor, Kaye, at the 1812 Theatre production of Agatha Christie's "Spider's Web". Always a great night, this one is special, at no cost to us.

Dinner before the show is at our usual venue, The Royal Hotel, Upper Ferntree Gully at 6pm and meet in the foyer at the 1812 at 7:45pm for an 8pm show. Please fill out the attendance sheet at a meeting or let Kaye know if you wish to come but won't be at a meeting before.

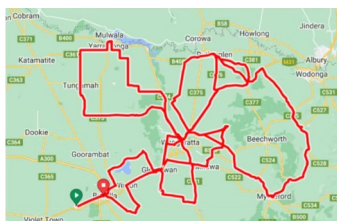


TUESDAY 25TH FEBRUARY- MINI GOLF

Tee off is at 6pm Tuesday 25th Feb at Morack Golf Course, Morack Road, Vermont South. 18 holes for \$11.50 per person and a round takes approximately 1 hour. Their restaurant & bar are open until 9pm, however dinners must be ordered by 8pm. There will be a clip board at each meeting until 18th Feb. Money is to be paid to Kaye prior so as to save time on the night. Hopefully if we can get 18 players we can have 3 teams, as a score card is for 6 per team. If you won't be at any of the club meetings before the 25th, please give Kaye a call to have your name added to the list & she'll give you the bank details to put the money into.



Rotary Ride for Medical Research



The 2025 Ride for Medical Research is celebrating its 40th anniversary this year and our own members Marg and Ian are participating yet again! To the left, is a map showing the 580km route that they will ride over 6 days from a base in Wangaratta.

Over the last 39 years participants have ridden 30,471kms and raised an incredible \$1,325,424!!!!

Australian Rotary Health is one of the largest independent funders of mental health research in Australia. They also fund a large range of broader health areas and provide scholarships for medical and nursing students from rural areas, and also Indigenous health students. ARH funds programs, that do not easily attract funding from other sources and promotes the findings to the community.

Rotary District 9815, has contributed over \$5 million since allocated grants commenced in 1985.

If you would like to support Marg and Ian with a donation and therefore ARH, please click on the link and go to Donate Now. All the best, Marg and Ian and enjoy the scenery!

<https://rotaryrideforresearch.raiselysite.com/>



Coffee catch-up morning—This Saturday 15th February, 9.30am

A chance for those who cannot make it to an evening meeting to build their connections within the Club.

All welcome – come for 10 minutes or come for an hour!



*At Tosaria's
Restaurant*

Member news snippets...

February Birthdays

15th - Carol

20th - Anita

27th - Dr. Sharif

happy
birthday



Great to see Pete at the meeting this week and looking so well. He was presented with his Rotary Service Certificate for 30 years by Bob, our Membership Chair.



Congratulations to our newest member, Jenni Marr, who has been attending meetings for quite a while now. Welcome to Rotary Jenni! We know that you will enjoy being a part of our very energetic group and look forward to working with you as we make a difference in our community and beyond.

John Poke has been a Rotarian for many years and served in a variety of roles during his time. He has now transferred to the Rotary Club of Rowville-Lysterfield. Welcome John, we know that you will enjoy working with us and sharing your wealth of knowledge.



Bunnings

NEXT BUNNINGS BBQ FRIDAY 21st FEBRUARY



Heather has published the rosters for the rest of the Rotary year in Google Sheets as "2025 Bunnings Barbeques". If you are able to help, please fill in the roster/s as soon as you can. For those members who are not able to help out on the Friday BBQs, we now have 2 Saturdays coming up. The first is on 22nd February at the Wellington Village Community Day. On the 19th April which is Easter Saturday we will be back at Bunnings. On this day Heather and Bob will only be able to do the Set Up first thing, as they are flying to Townsville for Bob's sister's 70th on Magnetic Island! Lots of spots to fill on the roster and we need a commitment from someone to do the pack up, clean up, storing of all the equipment and counting of the money (more than 1 person needed). Because it's a Saturday we really need 4 people on each time slot as the 4th person will most likely have to shop for supplies whilst the BBQ is operating. Please consider adding your name to the list.

Let's support our members....



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KEVIN HARRISON

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CONTACT DETAILS

Club website: <https://www.rowvillerotary.com.au/>

District website : <https://rotary9815.org.au>

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

2024-2025 BOARD MEMBERS AND COMMITTEE CHAIRS

President Jenny Moran

Secretary Heather Morris

Vice President Murray Wilson

Treasurer Neil White

President Elect Bob Morris

Immediate Past President Carol Constantine

2024-2025 COMMITTEE MEMBERS and OTHER ROLES

Community Service	Marg Vesey Kate Kidd Ian Vesey Ayanthi Gunatilake	Art Show Committee	Rajeev Wadhwa Carol Constantine Alan Lunghusen Gary Forrest
Youth Service	Max Williams Gary Forrest Daryl Moran Rajeev Wadhwa	Program Committee	Jeff Somers Kate Kidd Jenny Moran Corinne Baillie
International Service	Alan Lunghusen Marg Vesey Ayanthi Gunatilake Rajeev Wadhwa	Newsletter Fundraising/ Sponsorship BBQ Committee	Stephen Palamara Kaye Sharman Heather Morris Bob Morris Ian Vesey Rajeev Wadhwa
Environment	Arshad Samsudeen	Rowville Secondary	
Vocational	John Williams Stephen Palamara	College Council Rep Facebook	Stephen Palamara
Foundation	Neil White	Website	Andy Round
Membership	Bob Morris Kevin Harrison	Rowville Lysterfield Community News	Jenny Moran
Club Protection Officer	Carol Constantine	On-to-Conference	Jeff Somers
Club Protection	Anita Wadhwa	Social Convenor	Kaye Sharman
Assistant (WWCC)		Antique Fair Committee	Stephen Palamara Gary Forrest Kaye Sharman Jeff Somers