

**CREATE
LASTING
IMPACT**

Rotary
Rowville Lysterfield



NEWSLETTER 6, JULY 28, 2026

**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 Andy Round
0421053677**



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

Alternate Thursdays at
7:30am

Contact :

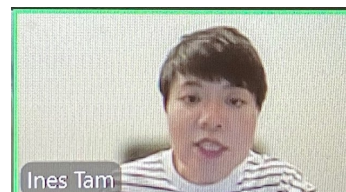
**Chair: Kevin Harrison
0419919011**

**Home Club of
DGE Murray Wilson
PDG Daryl Moran**



Guest Speaker this week: Ines Tam - a Pharmacist's Guide to Vaccination

Last night's meeting featured an excellent and timely presentation from Ines Tam, a community pharmacist who spends her days dispensing prescriptions, answering health questions, and administering vaccines. With winter illnesses circulating and many of us becoming more conscious of our health as we get older, her talk was both practical and reassuring.



Ines began by explaining why vaccination remains one of the most powerful tools in modern medicine. Vaccines train the immune system to recognise and fight dangerous pathogens before they can cause serious illness. As she put it, vaccines act like a "training camp" for our immune system which is especially important as immunity naturally weakens with age. When enough people are vaccinated, diseases struggle to spread, protecting vulnerable groups such as newborns and those with compromised immunity. Historically, widespread vaccination has pushed diseases like smallpox and polio to the brink of extinction.

Ines explained how vaccines work in simple terms. Pathogens contain antigens which are the markers our immune system recognises. Vaccines introduce weakened or inactive versions of these antigens, prompting the body to create antibodies without causing illness. Newer vaccines deliver instructions to our cells to produce the antigen themselves, allowing the immune system to learn and remember it for future protection.

Ines covered four key vaccines relevant to older adults:

Influenza: Everyone is encouraged to receive the flu vaccine annually, ideally in April or May. For those aged 65+, enhanced flu vaccines are recommended because they trigger a stronger immune response. These are funded under the National Immunisation Program, though some clinics may charge a service fee. High-dose private vaccines are also available.

Pneumococcal: Recent changes mean adults over 65 now require just one dose of the pneumococcal vaccine *Vaxneuvance*, offering protection for a decade or more. If you've previously received another pneumococcal vaccine, you should wait 12 months before receiving this one.

Shingles: Shingles is caused by the same virus that gives chickenpox, lying dormant for decades before reactivating later in life. The Shingrix vaccine, now free for over-65's, is highly effective, reducing the risk of shingles and dramatically lowering the chance of long-term nerve pain. It requires two doses, two to six months apart.

RSV: RSV can cause severe respiratory illness, particularly in newborns and older adults. The vaccine is now funded for pregnant women and adults over 75, providing at least two years of protection.

Ines also explained where vaccinations can be accessed — GP clinics, pharmacies, and specialised immunisation centres for complex cases. She demonstrated how to check your immunisation history through Medicare or MyGov, and reminded members to store prescription vaccines properly until administration.

She closed by debunking common myths: flu shots cannot give you the flu; you are never "too old" for vaccines; and feeling healthy does not mean you are fully protected. Vaccines, she said, are like insurance — you get protected before you need it.

The session ended with thoughtful questions from members, particularly around shingles, immunocompromised patients, and government funding. Ines answered each with clarity and care, leaving the room better informed and better prepared.

A warm thank-you to Ines for an excellent Zoom presentation and for helping our members stay healthy, confident and protected.

MUFFINS and SOUP ROSTER

30th July Muffins	Fiona, Heather & Bob, Anita & Rajeev
12th August Soup	Glennys, Jenny
13th August Muffins	Pete & Sue, Glennys & Howard
27th August Muffins	Fiona, Heather & Bob, Anita & Rajeev
9th September Soup	Anita, Robyn L
10th September Muffins	Pete & Sue, Glennys & Howard
24th September Muffins	Fiona, Heather & Bob, Anita & Rajeev



PROGRAM

Date	Registration	Chair	Setup and Production	Program
AUGUST - Membership and Club Development				
4th August	Jenny	Andy	Cheryl Alan	Andy - Club Update
11th August	Howard	Cheryl	Alan Bob	RYLA Experiences - Liam, Violet and Lisa
18th August	Cheryl	Marg	Bob Kevin	Vin Lucas - The Role of an AO Driver
25th August	Kevin	John P	Cheryl Alan	Sue Dymond - Markets by Disabled Sellers (TBC)
SEPTEMBER - Basic Education and Literacy				
1st September	Ian	Jeff	Alan John W	TBC

UPCOMING CLUB DATES FOR YOUR DIARY

MON 17th AUG - Primary Schools Speech Competition - Rowville Secondary College Performing Arts Centre, Humphries Way, Rowville

SUN 30th AUG - Colour Notes Choir Concert - Knox Community Arts Centre, Mountain Hwy Bayswater
Tickets \$20

FRI 18th SEP - Business Breakfast - Churchill-Waverley Golf and Bowls Club, Bergins Rd, Rowville 06:45am-8:30am

SAT 24th OCT - SHEBA Fundraising Dinner - Mulgrave Community Centre, 355 Wellington Rd, Mulgrave, 6pm

WED 4th NOV - District Final of the Primary Schools Speech Competition - Doncaster Secondary College, Performing Arts Centre, 123 Church Rd Doncaster(6:40pm for a 7pm start)





Makers and Bakers Market at the Rowville Community Centre, Fulham Road Rowville.

SUNDAY
2nd August
9am—2pm

[DoFoodSafely](#)

Please have a look and see if you are able to put in a couple of hours at our next market.

<https://docs.google.com/spreadsheets/d/16QvHXSGDYayD5DYgq0mZkKUC-rNe3MLA/edit?usp=sharing&ouid=108019844417789794781&rtpof=true&sd=true>

Member Acknowledgement - Captain Marvel



Jenny acknowledged “a marvel in our midst”.....none other than Alan! He is a man of many talents and he has just proven himself again by coming up with a solution to having to hire lighting for the Art Show at quite a significant cost.

Alan put his thinking cap on and got quite creative. He bought all the components he needed and has put together 75 lights that will be so easy to put up compared to the old ones. The money spent will be recouped over one and a half Art Shows of not having to hire them.

Well done, Alan!



ENVIRONMENT NEWS



Mary gave a short presentation about the recycling of blister packs which contain medications. Members were involved with this sometime ago but it is timely to be reminded and encouraged to be part of this great initiative again aimed at recycling usable materials and reducing landfill.

All we have to do is collect these during the week and bring along to the meeting where Mary will have a container. She will then take them to a local pharmacy in Stud Park that collects them on behalf of Pharmacycle.

The empty packs go through a shredding process, and then are fed into a separation machine, which breaks down the packs, separating the aluminium from the plastic. The separated materials re-enter the economy as valuable raw materials, which are then used in the creation of new products.

The recovered aluminium is sent to a plant in the Hunter Valley where it is reprocessed into deoxidant pucks that are utilized in the steelmaking process. The plastic is transported to a fencing business in Port Arlington, where the reclaimed plastics are transformed into durable and versatile products such as PVC decking and fencing. So together, these materials are given a second life, reducing waste and contributing to a more sustainable planet.

It is such an easy thing that we can do to make a real difference to the environment. Over time, we may well be shocked by just how many blister packs we have recycled!

Member News Snippets.....

MEMBER BIRTHDAYS AUGUST

1st - Ratnakar

2nd - Bob



- Jeff is heading off to Vietnam next week for a couple of weeks and John and Kath are off to Bali. Enjoy!

- Last night, the value of Zoom Meetings was proven yet again, with our member Norm, Zooming in from Nauru after visiting both Fiji and Kiribati on this trip, taking his total of Commonwealth countries visited to 18 out of 52! Norm loved Kiribati where the people live a very simple but happy life noting that 95% of the homes have an ocean view.

Kiribati is unique as it sits in all 4 hemispheres. Its economy relies on Tuna fishing and Copra (coconut product). Norm rubbed shoulders with VIPs including the current President who was on his flight and the guesthouse he stayed in was owned by the former Vice President's wife. He was also present at Government House during the swearing in of the new Australian Ambassador. An interesting and very different holiday.



Christmas in July at Viv's Recare



Sharon and Andy attended the Viv's Recare Christmas in July Lunch last week.

A great time was had by all who attended and a great sense of community.



SAVE THE DATE

BUSINESS BREAKFAST 18TH SEPTEMBER, 2026

GUEST SPEAKER, Greg Tyrell

Executive Director, Australian Association For Uncrewed Systems (AAUS)

Churchill Waverley golf and Bowls Club

Daryl is hosting a Zoom meeting next Sunday afternoon at 5pm with the Business Breakfast Team. If you would like to join in, please do so on the Club Zoom Link and you will be more than welcome.

DISTRICT 9815 CONFERENCE 12-14 MARCH, 2027



EARLYBIRD TICKETS ON SALE FROM 1ST AUGUST AT A REDUCED PRICE OF \$295 PP (until 31/12/26)

- a great array of Friday activities to choose from - High Tea, Winery Tours, Golf, Pickleball
- Accommodation starts from \$275—use this code in the Block Code Field -

2703ROTARY_001

Weekend at a Glance	
	Thursday 11 March PM Registration desk opens.
	Friday 12 March Friday activities, VIP drinks for Past District Governors, Rotary Uncorked or Club dinners.
	Saturday 13 March First Timers Breakfast, Conference sessions, Expo, Alumni luncheon, Showtime Gala Night.
	Sunday 14 March Foundation Breakfast, Conference sessions, finish with lunch.

Bunnings BBQs

NEXT BUNNINGS BBQ FRIDAY 21st August

<https://docs.google.com/spreadsheets/d/17MgWI6b0-pgyBCOxnsxee5WVuqVP-IpCgW9HpQbmfdI/edit?gid=1103626758#gid=1103626758>

KNOX BUSINESS AWARDS

NOMINATIONS CLOSE ON THIS FRIDAY - 31ST JULY

If you haven't gotten around to nominating a local business, please do so as soon as possible, as the judging phase begins on 1st August.



<https://knoxbusinessawards.com.au/>

Let's support our members....

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FIONA JOHNS
Director

SMFEe SEE ME FOR EVERYTHING EDUCATIONAL
Cheryl Harrison
Educational Consultancy and Support

- Education consultant advocate,
- Highly experienced special education teacher,
- Supporting neurodivergent and additional needs students,
- Trained in systematic synthetic phonics



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SMSF Audits & NFP,
Club & Associations Reviews & Audits

Awesum Financial Services Pty Ltd Tas Awesum SMSF Audits
ABN: 69 613 396 071



Meeting timetable for the rest of the 2026:

July	2, 16, 30
August	13, 27
September	10, 24
October	8, 22
November	5, 19
December	3 (finish for the year)

Come and join us at Tosaria's @ 7:30 AM and expand your business and also make a difference through **Rotary**

The Knox Business Network Satellite club of the Rotary Club of Rowville- Lysterfield.
www.knoxbusinessnetwork.com.au
Email: knoxbusinessnetwork@gmail.com
President: Kevin Harrison 0419 91 90 11
Secretary: Dominic Scuteri
Treasurer: Neil White
Vice President: Fiona Johns

Proudly involved with the Knox Business Awards



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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>

2026-2027 BOARD MEMBERS

<i>President</i>	Andy Round	<i>Secretary</i>	Heather Morris
<i>Vice President</i>	Alan Lunghusen	<i>Treasurer</i>	Neil White
<i>President Elect</i>	Marg Vesey	<i>Immediate Past President</i>	Bob Morris
<i>President Nominee</i>			

2026-2027 SERVICE CHAIRS and OTHER ROLES

Community Service Chair	Sharon Ferdinands	Program Committee	Marg Vesey Heather Morris
Youth Service Chair	Cheryl Harrison	Facebook	
International Service Chair	Alan Lunghusen	Website	Andy Round
Environment Chair	Gary Forrest	Newsletter	Corinne Baillie
Vocational Chair	John Williams	Rowville Secondary College Council Rep	Rajeev Wadhwa
Foundation	Neil White	On-to-Conference	Jeff Somers
		Rowville Lysterfield	Jenny Moran
		Community News	
Membership	Kevin Harrison	Social Convenor	Kaye Sharman
Club Protection Officer	Daryl Moran	Muffin and Soup Roster	Glennys Hocking
Makers and Bakers	Bob Morris	Art Show Chair	Jenny Moran
Market		Girls' Night Out Chair	Jenny Moran
BBQ Coordinators	Ian Vesey	Knox Business Awards	John Williams
	Marg Vesey		
War Memorial Project Chair	Daryl Moran		