

**CREATE
LASTING
IMPACT**



NEWSLETTER 11, SEPTEMBER 1, 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



FALLS PREVENTION—Staying, strong, steady & independent

Our guest speakers this week, Ryan Newman and Sean Miller, brought the perspective of a physiotherapist and exercise physiologist to an issue that will become increasingly pertinent to us all as we age: how to prevent falls.

Ryan stressed that falls are not an inevitable part of aging. We are all aware that young children can sit on the floor easily and get up just as easily. As we settle into a more sedentary lifestyle, our mobility diminishes but if we are proactive, there are things we can do that improves balance, builds strength, gives confidence and prolongs independence. We all need to be able to comfortably get out of a chair, to walk confidently and avoid falls. The goal as we age should not be to stop moving but to move more confidently and safely.

Addressing the risk of falls matters as they are one of the most frequent reasons that older adults lose confidence and independence, plus suffer pain and have reduced activity. A fall, or even a stumble when you don't hit the ground, is a signal to look for the cause of the fall.

The reasons for a fall could be:

- ◆ Balance and gait—unsteady walking or slower reactions
- ◆ Strength—weak legs or trouble getting up
- ◆ Health—pain, dizziness or illness
- ◆ Medication—sedation or low blood pressure
- ◆ Vision and feet—poor vision or unsafe shoes
- ◆ Environment—poor lighting or trip hazards.



Ryan and Sean

Sean, as an Exercise Physiologist, outlined that simple, regular exercise is one of the best ways to reduce falls risk. He made three key points:

1. To challenge balance. Practise standing, stepping, turning and reaching with the right level of support.
2. Build leg strength. Strong legs help with getting up, climbing steps, catching balance and moving well.
3. Keep it regular. Benefits come from doing exercises often and progressing it over time.

Sean stressed the need to be aware of the base of support formed by the area between and around your feet. While your centre of gravity is above the base of support, you are stable. If the centre of gravity moves outside this area, you are much less stable.

We finished the session by practising a few exercises—see page 3 for more details.

Saturday Coffee Catchup



Sat September 12th, 10 am at Tosaria Restaurant
Come along for a coffee and a casual chat, and breakfast if
you want

MUFFINS and SOUP ROSTER

9th September Soup	Anita, Robyn L
10th September Muffins	Pete & Sue, Glennys & Howard
24th September Muffins	Fiona, Heather & Bob, Anita & Rajeev
7th October Soup	Glennys, Jenny
8th October Muffins	Corinne, Pete & Sue, Glennys & Howard
22nd October Muffins	Fiona, Heather & Bob, Anita & Rajeev



PROGRAM

Date	Registration	Chair	Setup and Production	Program
SEPTEMBER - Basic Education and Literacy				
8th September	Norm	Andy	Kevin Cheryl	Pres Andy - <i>Club Update</i>
15th September	Mary	Jenny	Cheryl Alan	Helen Comport— <i>Quilts of Valour</i>
22nd September	Robyn W	Norm	Alan Kevin	TBC
29th September	Club Social Night			

UPCOMING CLUB DATES FOR YOUR DIARY

SAT 12th SEPT—Coffee Catchup—Tosaria Restaurant 10 am

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

SAT 26th SEPT—BBQ at Wellington Village

THURS 8th OCT—Knox Business Awards Presentation

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)

FRI 6th NOV— 52nd Knox Art Show Opening Night—Churchill Waverley Golf and Bowls Club, Bergins Rd, Rowville

SAT 7th NOV—SUN 8th NOV - 52nd Knox Art Show

FRI 20th NOV - Golf Day - Churchill-Waverley Golf and Bowls Club, Bergins Rd, Rowville (more details soon)



BUSINESS BREAKFAST #22

Rotary
Rowville-Lysterfield

BUSINESS BREAKFAST

AUSTRALIA'S DRONES

18 SEPTEMBER
FRIDAY

6.45 - 8.30
AM AM

\$65
PER HEAD

Churchill-Waverley Golf & Bowls Club, 82 Bergins Road, Rowville

MEET OUR SPEAKER

GREG TYRELL
EXECUTIVE DIRECTOR
AUSTRALIAN ASSOCIATION FOR UNCREWED SYSTEMS (AAUS)

AAUS is our nation's largest peak industry advocacy body for uncrewed systems, including drones and advanced air mobility across all Australian land, sea and air domains.

CFA

VISIT OUR CLUB WEBSITE
ROWVILLEROTARY.COM.AU

MORE INFORMATION CALL US
0404 069 751

SCAN TO BOOK

BOOKINGS CLOSE 11 SEPTEMBER

Why Attend BB#22 on 18 September?

- **PRESIDENT'S GOALS.** - To support President Andy Round's goal of providing funds and creating awareness for our local Rowville CFA, especially its Remote Piloted Aircraft Systems (RPAS)
- **A GOOD CAUSE TO SUPPORT** - All proceeds from ticket sales and raffles will go directly to the Rowville CFA
- **NETWORKING** - It gives our Rowville-Lysterfield community a chance to network with their local business owners and leaders
- **INDUSTRY INSIGHTS** - We get to learn about cutting edge industry insights, especially those involved in the defence, emergency services and transport innovation areas
- **EXPERT SPEAKER** - Our Guest Speaker **GREG TYRELL** is the Executive Director of the peak Australian body for drone technology
- **BUSINESS OPPORTUNITIES** - Uncrewed systems and drones are rapidly expanding into commercial automation, logistics and asset monitoring. An informed understanding of these applications could spark new products, and better service or operational efficiencies for traditional businesses

FALLS PREVENTION—Staying, strong, steady & independent

Sean outlined some starting points for exercises for building strength, stressing that it is important to use support for these exercises if needed.

1. Sit to stand from a chair, with control, 6-10 repetitions and use the armrests if needed.
2. Heel raises 8-12 repetitions, hold the back of a chair for support if needed.
3. Step-ups, step onto a low step and back down again.
4. Marching/walking

He also gave some ideas for building strength in the glutes, which are the strongest muscles in the body, but the laziest. These exercises included 'star' steps, pointing your toe forward, sideways and backwards, and crab walking sideways, up and down the hall in your home.

We learned that a physiotherapist looks at movement, pain, mobility and balance and helps after injury, surgery, dizziness or a recent fall. An exercise physiologist works with you through a program that builds strength, balance, exercise capacity and progresses a safe long-term program which help people keep going with confidence.

Sean and Ryan can be contacted if required at Pro-active Health in Boronia, www.pro-active.com.au. Ph. 0468 270 400

Member Snippets.....

MEMBER BIRTHDAYS SEPTEMBER

9th—Kevin Harrison

15th—Tony Harrison

18th—Daryl Moran



- ◆ Heather is in Sydney this week, helping daughter Lauryn with the school production that Lauryn has initiated at her daughters' school. A mammoth task, but sure to be a great success. In a little over a week both Heather and Bob will return to Sydney to continue their real estate research. We wish them a good outcome from that visit.
- ◆ Corinne and Les are continuing to enjoy a wonderful trip to Scandinavia, with a river cruise on the Rhine river on the itinerary in the next few days. Corinne has shared a few beautiful photos, such as this one.... Chocolate box photo!
- ◆ We know Tony has a birthday coming up on Sept 15th.... Shhh, it is one with a zero on the end!
- ◆ October is Lift the Lid on Mental Health month, which is a special focus for DG Emma this year. We will have a 'mad hat day' in that month, so get your mad hat ready!



MEMBERS OUT and ABOUT

President Andy has had a busy week representing our Club and Rotary at various events.

On Friday night, along with DG Elect Murray, Andy attended the Victorian Rotary Emergency Services Community Awards (RESCA). This program is a Rotary initiative and is a chance to recognise the courage, compassion and commitment shown by emergency service personnel across Victoria, both paid and volunteer. The winners this year, with incredibly impressive service records, were Jennifer McGuirk OAM, winning the volunteer award, and Sergeant Brendan Vann winning the Paid Employee award.

On Saturday, Andy, Cheryl, Kevin, Marg, John and Murray attended the official Opening of the new clubrooms for the Rowville Eagles soccer club. This facility is impressive and may provide a venue for a club function at a later date: as a meeting place for a new Rotaract club it would be ideal.



Last week Daryl, in his role as District Youth Chair, visited the Peninsula Rotaract Club to conduct a session on Conflict Resolution. RCL John has conducted a recent meeting of the presidents in his Community group, focussing on sharing information about their current projects.

At the Opening of the soccer club clubrooms



Environment Chair Gary is organising for our Club to be involved in the Great Spring Clean Up, organised by Clean Up Australia. More details to come shortly.

RAWCS AGM

On Sunday, Alan went to the RAWCS AGM in his role as D9815 District Chair. Rotary Australia World Community Service (RAWCS) is an arm of Rotary that delivers humanitarian, development and disaster relief projects in Australia and Internationally. Donations come from individuals and clubs all around the world, and are tax deductible. Over the years since it was created in 1966, RAWCS has delivered \$500 million in aid and completed thousands of projects. Currently there are 427 projects listed on the RAWCS website, with a number of them being in response to disasters somewhere in the world, including earthquakes in Indonesia, Venezuela and Colombia.

A fund has been set up for the recent disaster in Nepal, **The Nepal Flooding Disaster Relief Fund**.

This project is hoping to raise \$2 million to assist recovery in that devastated region of the country; to date \$45,000 has been donated to the fund.

No doubt an item for the Board at the next meeting will be the allocation of some funds to this appeal.

DISTRICT 9815 CONFERENCE

AN INVITATION

HUNTER VALLEY
CONFERENCE 2027
 RYDGES RESORT HUNTER VALLEY
12-14 MARCH 2027

BOOKINGS OPEN
1ST AUGUST

EARLY BIRD PRICING ENDS 31 DECEMBER 2026

BOOK EARLY & SAVE

SAVE \$50	SAVE \$30	
FULL CONFERENCE EXPERIENCE EARLY BIRD \$295 After 31 Dec: \$345	CONFERENCE ONLY EARLY BIRD \$195 After 31 Dec: \$225	GALA DINNER ONLY TICKET PRICE \$140 After 31 Dec: \$140

WHY BOOK EARLY?

- Save on registration**
Keep more in your pocket with Early Bird pricing.
- Plan together**
Organise your Club group and make a weekend of it.
- More than a Conference**
Speakers, ideas, connection and Hunter Valley fun.
- A weekend to remember**
Friday adventures, Rotary Uncorked and Showtime.

TRAVEL MADE EASY

Bus transfers provided for Newcastle Airport and Friday activities

MAKE IT A CONFERENCE.
MAKE IT A HOLIDAY.

BOOK FROM 1ST AUGUST

rotary9815.org.au/page/district-conference-2027

The Rotary Club of Greater Dandenong and Endeavour Hills invites our members to join with them

On: Thursday 17th September**Time:** 5.30 pm**Venue:** Asylum Seeker Resource Centre, 205 Thomas St, Dandenong**For** a 'rice packing' night, then to join them for a meal at a local restaurant.

Bunnings BBQs, KNOX BUSINESS AWARDS & THEATRE NIGHT

NEXT BUNNINGS BBQ FRIDAY 18th September

<https://docs.google.com/spreadsheets/d/17MgWI6b0-pgyBCOxnsxee5WVUqVP-IpCgW9HpQbmfDI/edit?>


KNOX BUSINESS AWARDS

Awards presentation October 8th <https://knoxbusinessawards.com.au/>

John is looking for a caterer for this event to provide substantial nibbles. If you have any contacts, please talk to John.

An important message from Kaye.....

I have booked 20 tickets at Her Majesty's Theatre for 1pm on Sunday 4th April 2027 to see the stage production of The Castle. The cost per ticket is \$100. Those interested in going please put your name, number of tickets required plus your phone number on the list that will be at our meeting each week. Alternatively, you can phone or email me to put your name down. Payment is due to me by our first meeting in January.

Kaye 0404 056 506

kayesharman@bigpond.com

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💻 domenicoscuteri.acndirect.com

SHERATON
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Tony Harrison
0419 553 825

+39 Scoresby Rd, Bayswater Victoria, 3153
+03 9729 1588 + sales@crystalpalacelighting.com.au

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9753 2828



**KNOX CHIROPRACTIC
& WELLNESS**

14/ 603 Boronia Road

Wanrima Victoria 3152

03 9800 5350

admin@knoxchiropractic.com.au

www.knoxchiropractic.com.au



Dr. Ratnakar Vallabhaneni

Plant Biologist (Molecular Biology & Biochemistry), Agriculture
Scientist (Breeding & Biotech), PM Practitioner, IT Specialist,
Accredited RML, L&D Expert

Education | Research | Consulting
Founder | Chief Scientific Officer
greencrops@gmail.com | +61 0459 095 522



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Kevin Harrison
M:0419 91 90 11
E:kevin@smfe.com.au
FB:seemeforeverything
23/12 Henderson Road
Knoxfield 3180
Melbourne Victoria



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w. www.arkrepairs.com.au



Debra Pink (FIPA)
SMSF Auditor 100065245

M | 0407 335 856

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



CRYSTAL PALACE LIGHTING



Tony Harrison
0419 553 825

39 Scoresby Rd,
Bayswater Victoria. 3153
T: 03 9729 1588
E: sales@crystalpalacelighting.com.au
www.crystalpalacelighting.com.au



Andy Round
0421 053 677

andy.round@completecircleconsulting.com.au
completecircleconsulting.com.au

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
BBQ Coordinators	Ian Vesey	Art Show Chair	Jenny Moran
	Marg Vesey	Girls' Night Out Chair	Jenny Moran
War Memorial	Daryl Moran	Knox Business Awards	John Williams
Project Chair		Business Breakfast Chair	Daryl Moran