



9th MAY 2017

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GUEST SPEAKER 9th MAY

Steven Wells - Austin Health Gardens and Grounds Project Officer

"From Humble Beginnings - Sensory Gardens as Recognised Therapy."

Horticultural therapy might at first seem a radical idea but is actually an old concept, harking back to the Victorian era and beyond, when the healing influence of nature was more commonly recognised through the creation of hospital gardens. The idea has been rekindled in Steven's role as gardens and grounds project officer improving the therapeutic hospital environment of Austin Health.

The project was established in 2010 and has developed 20 garden projects to date, funded from donations, bequests and non-operational funds. At the Royal Talbot Rehabilitation Centre, Steven's horticultural therapy involves working with patients with acquired brain injuries, spinal cord injuries and strokes. Using gardening activities like potting and propagation patients are helped with their rehabilitation goals. Horticultural therapy is one of a suite of creative therapies offered by Austin Health.



Steven has successfully combined his nursing and horticulture careers to be working as a nurse, a horticultural therapist and the gardens and grounds project officer. He studied horticulture at The University of Melbourne's Burnley campus and is the 2012 ABC Gardening Australia 'Gardener of the Year'. In 2015 he was awarded a Churchill Fellowship to travel overseas and research the development, use and management of therapeutic gardens in healthcare settings. Having grown up on a market garden and orange orchard he has 'green blood' and is a keen gardener. He is passionate about sharing the benefits of gardening, horticultural therapy and people-plant connections.

UPDATE ON NONH

New members might not know Nonh's story. Roy Garrett will present a brief summary at our next morning meeting.

In the meantime, the situation is that Nonh's surgery late last year seemed to go well, but complications arose while he was still in recovery in Phnom Penh requiring him to have a second procedure and stay longer in 'PP', and incidentally the purchase of new return flight tickets.

With his dad, Bounsy, he returned to his village in Laos early this year essentially well but still with some issues and our project is not complete. The photo shows Nonh smiling - but it also shows his gunky eyes caused by tear duct blockage, possibly related to the surgery.

So now we need to send him back to Phnom Penh for post-op checks plus attention to the tear ducts. The team of French doctors who did the surgery will be back in 'PP' in June and we (Central Melbourne Rotary) are now looking to raise more funds to send Nonh and Bounsy there for this important follow up attention.



Nonh, post op, happily back in his village.



Some members of our team crossing the river

Meeting Responsibilities

Chair
LAPINA, Michael

Greeter
KING, Anne

Reporter
PARK, Darren

Photographer
THORNTON, Roger

Door
TASSELL, Barrie

Project Report - Profile
HOGAN, Gerard

Bulletin Editor
JONES, David

Upcoming Events

THREE DECADES YOUNG - THE 30th ANNIVERSARY

RACV CLUB
May 07, 2017
12:00 PM - 3:30 PM

DIK Working Bee
Woolshed 40
May 13, 2017
9:00 AM - 1:00 PM

Cafe International
International House
May 13, 2017
6:30 PM - 10:30 PM

Board Meeting
RACV City Club
May 17, 2017
5:30 PM - 7:00 PM

Wine and Spirit Auction
Victoria Tower
May 20, 2017
7:30 PM - 10:30 PM

District Training Assembly
May 21, 2017
8:30 AM - 2:00 PM

Echuca Moama Steam Rally
Rotary Park
Jun 10, 2017 - Jun 11, 2017

Board Meeting
RACV City Club
Jun 21, 2017
5:30 PM - 7:00 PM

District Changeover Lunch
RACV City Club
Jun 25, 2017
11:30 AM - 3:00 PM

to Nonh's isolated village in Nth Laos. [March 2016]

Donations In Kind - WORKING BEE

WORKING BEE

DONATIONS IN KIND

SATURDAY 13th MAY
9am to 1pm

**Woolshed #40, 400 Somerville Road,
West Footscray.**

FRIENDS AND FAMILY WELCOME - 'LOW IMPACT' WORKING BEE.

For further information, contact Frank.



WINE AND SPIRIT AUCTION - 'BYFF'

Please contact Peter ASAP

WINE & SPIRIT AUCTION

Come along and enjoy a fun evening raising funds for our School Building Project in Laos

Saturday 20th May 2017
7.30pm for 8pm

Victoria Tower
285/100 Kavanagh Street, Southbank
(Unlimited parking over the road for \$9.00)

\$40 per person includes
Savoury finger food, cheeses, fruit, wine and beer
Entertainment
Plus, the finest of company

BOOKINGS PLEASE RSVP by 12th May
Peter Duras 0413 599 121 or peter.duras@bigpond.com

ALL WELCOME, BRING YOUR FRIENDS AND FAMILY

GUEST SPEAKERS PRESENTATION 2nd MAY

Posted by Sarah OVERTON

Dr Lesley Cheng

"Is Early Detection of Alzheimer's Disease Imminent?"

Dr. Cheng is a post-doctoral fellow in the Department of Biochemistry & Genetics at LaTrobe University's Institute for Molecular Science. Her research focuses on developing an early detection and diagnostic test for Alzheimer's Disease and other neurodegenerative diseases.

Dr. Cheng's fascinating lecture provided a brief overview of Alzheimer's, a pathological disease that causes neurons in the brain to die. Of some 417,000 Australians - mostly elderly - experiencing dementia, upwards of 70% have Alzheimer's, and incidence of the disease is projected to grow as our population ages and grows. The annual cost of dementia in our population is \$14.7 billion. While there is currently no cure for Alzheimer's, medication and lifestyle adjustments can retard damage caused by the disease. The problem



Speakers

May 09, 2017

[Steven Wells](#)

From humble beginnings – sensory gardens as recognised therapy

May 16, 2017

[Millie Swann](#)

It's all about you. Money, business, life can be easy.

[View entire list](#)



is that clinical diagnosis, and therefore medication, usually occurs after symptoms begin to appear in patients. Neuron death is impossible to reverse.

Current methods to diagnose Alzheimer's, PET scans and CST testing, are expensive and invasive, so Dr. Cheng and her team have focused on the potential to diagnose the disease using blood tests. Using a longitudinal research cohort of aging Australians organised through the Australian Imaging, Biomarkers, and Lifestyle Flagship Study, the researchers have been able to retroactively examine old blood samples from individuals who have presented with Alzheimer's in later life. Investigation has focused on RNA strands in exosomes secreted from blood cells. Using cutting-edge sequencing techniques, the team has identified an Alzheimer's-specific "signature" to help identify the disease in the blood, long before it manifests in symptoms of dementia. This methodology has resulted in 86% accuracy diagnosing very early-stage Alzheimer's.



Through the work of Dr. Cheng and her colleagues at LaTrobe, we are moving closer to early, non-invasive, and accurate diagnosis of Alzheimer's and other neurodegenerative diseases. This will enable early intervention with medication and lifestyle adjustments which can slow the progression of dementia.

The lab at LaTrobe University is also investigating the potential for extracellular vesicles such as exosomes and microvesicles as vehicles for delivering medication and specific proteins directly to cells. Over time, this research may unlock avenues to heal the effects of neurodegenerative disease.

STAMP OUT TRACHOMA BY 2021

Posted by Tony THOMAS

Rotary's 2017-18 International President, Australia's Ian Riseley, wants a Trachoma-free Australia by 2021, Rotary's 100th year in Australia.

Easy fund raising, can you help?

A great example of support for Rotary's "End Trachoma in Australia by 2021" campaign comes from Carrol Farmer of Glen Waverley RC and what she calls her "Philatelic Garbology".

Each year Carrol raises about \$7000 by selling bulk used stamps to dealers. At 80, she's now raised \$103,000 since 1990. Her 2017-18 proceeds will go to the end-trachoma drive launched by incoming RI President Ian Riseley.

"I was going to retire at \$100,000 but the stamps kept coming in to us," says Carrol, who was amazed to be honoured with a Paul Harris with three rubies from Rotary.

But the game's getting tougher because of email usage, she says. So your club can help – wherever you are in Australia - by persuading local organisations to tear off the stamps from their mail. They can mail them direct to Carrol or your club can collect them and first do some trimming and sorting to save Carrol some work.



[Read more...](#)

ANNUAL ECHUCA STEAM RALLY WORKING BEE



June 10-11th

Working Bee With Our Sister Club.

Rotary Park, Rose Street, Echuca.

Date for the diary.

Further info closer to date or have a chat with Frank

MEETING REPORT 2nd MAY

Posted by Sarah OVERTON

Chair for the day: Elias Lebbos

Guests for the morning:

- Alice Miller; Alan Crawford (partner); Suvan Ganguli; Barbara Hammon; Julie Cookson; Des Benjamin

Upcoming events:

- Please keep last week's bulletin announcements for:
 - Café Internationale
 - Wine and Spirit Auction
 - Echuca Steam Rally

Diary Dates:

- 21 May- Frank O'Brien reminded the club of District Assembly, at Tabcorp Park, 2 Ferris Road, Melton. Registrations close 8 May – please be in touch with Frank ASAP if you would like to attend and have not already confirmed.
- 13th May - Frank also invited all members to join the working bee at 'DIK' in the morning. *[More details in separate item in BULLETIN]*

Other announcements:

- Roy Garrett advised that next week he will provide a detailed update on Nonh's recovery from his surgery in Cambodia.
- Stuart Ellis is seeking potential host families for Rotary Youth Exchange Students later in the year. The students would need to be accommodated for 3 months. Any interested club members should get in touch to learn more about the commitment and

opportunity.

- o Allan Driver reported that regretfully Dick Mitchell is returning to Epworth Hospital this week.

Community Services Report:

- o Neville Taylor, chair of the Community Services Team, invited Rowan Williams to comment on last weekend's working bee at the Royal Talbot Rehabilitation Centre's Sensory Garden. Rowan reported that, as a non-gardener, he was most gratified by the impact the Rotary team had in a short time. He also noted how over successive years our Rotary working bee's had contributed significantly to the gardens success. The garden is looking in great shape to continue supporting patients with spinal cord, brain and neurological damage, as well as amputees, in their recovery process.



President's announcements:

- o President Justine advised that Des Benjamin's membership application has been accepted and endorsed by the Board. We look forward to welcoming him into the club.
- o On **11 May at 7.00am** Millie Swann is hosting a launch of her book: **"It's All About You: Breakthrough The Energetic Cycles That Keep Showing Up With 5 Foundational Steps."**
 - o Members are invited to the launch, a free breakfast at 700 Collins Street. Bookings can be made at <https://millieswann.eventbrite.com.au?discount=VIP>



Guest Speakers Presentation:

Please see separate report in this Bulletin.

Conclusion:

The meeting concluded with the drawing of the elusive 'Swindle' swindle.

Editors notes;

1. **Treasurer reports that swindle takings in past 2-3 weeks has doubled on earlier drawings of the current pool.**
2. **President is pleased to report that again we have had a full house for a regular meeting -could it be the swindle gold, or maybe hot breakfast?**



DIARY DATES

Please note these dates in your diary. Event organisers will provide more information closer to the dates.

- 13 May - Donations-In-Kind (DIK) Working Bee.
- 20 May - Wine and Spirits Auction.
- 21 May - District Training Assembly
- 31 May - District 9800 100 Year Foundation Celebration (Southbank Rotary Club)
- 10-11 June - Echuca Moama Steam Rally - Working Bee

GALLERY

The Annual Royal Talbot Working Bee









2017 DISTRICT 9800 CONFERENCE
 20 MARCH - 1 APRIL
www.rotaryconference.org.au


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