

Yarra Bend Rotary

BULLETIN

PRESIDENT'S MESSAGE

We are always happy to have Dr Mark Ellis as our guest speaker; he has done so many times. An ophthalmologist, Mark has made many trips to Sumba in Indonesia giving his time and skill to operate for cataracts and other eye conditions for people who would otherwise lose their sight. Last meeting Mark spoke to us about the 'ageing eye' which has the propensity for suffering cataracts and glaucoma to name just two conditions likely as we grow older. The clear message is – have your eyes checked regularly. While cataracts can be 'cured', glaucoma cannot – it can only be managed.

The Changeover season in our cluster starts with Hawthorn on 14th June, Glenferrie on the 26th June, Kew on 28th June and of course, YBR on 4th July. I will attend the Hawthorn Changeover but cannot attend the Glenferrie event and Kew is doubtful so we do need representation at all the cluster clubs events. I suppose that I should attend the YBR event as someone has to make sure Edda turns up to be President 2018/2019!

Membership will be a major focus during the next year. New approaches must be taken as the traditional methods have proven inadequate. District has established new groups to devote to the subject and we will certainly tap into their expertise and support to facilitate our membership activities. Our emphasis needs to be on finding ways for all our members to make contributions in ways that suit each person – a big task but I am sure it can be done.

Finally, PP Bob Lambert has created a Trybooking facility for our Changeover so I urge members to register their attendance as soon as possible.

Ken Maher

President

OUR TEAM

YARRA BEND EXECUTIVE

President	Ken Maher
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Secretary	Anne Brown
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Treasurer	John Pocock
President Elect	Edda Williams

CLUB AVENUES OF SERVICE

Community	Bob Lambert
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Club Service	Bill Chow
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Foundation	Matt Pollard
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International	Isabel Armer
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Vocational	David Shave
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Youth	Edda Williams
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**Our Next
Meeting
6 June 2018**

**President Ken
Maher**



Yarra Bend Rotary

Upcoming Speakers

06 June	Ken Maher – President Yarra Bend Rotary
13 June	TBC
20 June	TBC

Upcoming Events for your Diary

04 July (TBC)	Yarra Bend Changeover Dinner
29 July	Plant a Tree Fritsch Holzer Park
10 November	Garden Design Festival on 10, 11, 17, 18 November

Dinner Meeting Roster [Click here](#)

Camberwell Market Duty [Click Here](#)

Dinner Meeting – 30 May 2018



Chair: Isabel Armer

Thought: Ross Ollquist – “You’ve only got three choices in life! Give Up, Give In, or Give it all you’ve Got.”

Directors Reports: Isabel Armer. Tragic accident made know to us by Netra of BFCC; a young boy has fallen from stairs and is critically ill in hospital. \$100 in donations have already been made to support the child’s hospital costs.



Members Moment – Ross Ollquist

Ross recalled the startup of the Churchill Community Health Centre that he founded together with other Latrobe Valley residents. Ross wrote the specifications and data required for federal and state government funding for the CHC. The submission was successful and CHC was a ground breaker in rural health care programs.



Door Prize: Chair Isabel Armer presents the door prize to this week’s winner Ross Ollquist.



Guest Speaker – Dr Mark Ellis



The Ageing Eye

Mark is a renowned Melbourne ophthalmologist and a member of the Glenferrie Rotary Club. He was awarded the Member (AM) in the General Division of the Order of Australia for significant service to medicine in the field of ophthalmology, and to eye health in Indonesia and Timor-Leste on 26 January 2013.

At tonight's meeting he spoke about the three most common eyesight health problems: Cataracts; Glaucoma; Macular Degeneration;

Cataracts - Mark said Cataracts are a natural part of ageing and are a leading cause of vision loss among adults 55 and older. They can also be caused by conditions like diabetes or severe glaucoma. Symptoms include glare and sensitivity to bright light. And as the cataract worsens common

signs include blurred vision distortion or double vision in the affected eye and possible changes in the appearance of colours. Cataracts are removed and replaced with an artificial lens called an intraocular lens.

Glaucoma – A disease where the optic nerve at the back of the eye is damaged causing irreversible vision loss. The most common form of glaucoma starts with the loss of peripheral vision. Symptoms may include blurred vision. Those most at risk include people over the age of 40 who have a family history of glaucoma or may have diabetes or suffered an injury to the eye. Mark said although glaucoma usually cannot be cured, in most cases it can be successfully controlled with the proper treatment.

Glaucoma can be treated with medication, laser treatment or surgery. Early detection and treatment of this condition can prevent or delay vision loss.

Age related macular degeneration (AMD) -

Macular degeneration is an eye condition caused by changes at the back of the eye in the retina. Those most at risk of developing this disease are people with a family history of AMD; people over the age of 75 and smokers. AMD is described as either dry or wet. Dry AMD results in a gradual loss of central vision and wet AMD leads to a sudden loss of central vision.

AMD common symptoms include: A gradual or sudden decline in the ability to see objects clearly or difficulty reading - that is not improved with new glasses

Treatments are aimed at maintaining the vision for as long as possible.

Mark said a healthy diet rich in antioxidants and regular exercise is important in reducing the risk of macular degeneration and in slowing the progression of the disease. Antioxidants are very important for the eyes and are found in a wide variety of vitamins and minerals such as Omega-3 vitamin C and in dark leafy vegetables like spinach, broccoli, zinc through seafood's, vitamin E from nuts and seeds and selenium from mushrooms, oats and brown rice.



Rotary Events

2018 Chances Golf Day – Box Hill Golf Club 29th October

Following the success of last year's event we are delighted to advise that the Rotary of Club of Hawthorn will once again conduct this significant event in support of the Boroondara Cares Chances Scholarship Program.

With your support last year we were able to raise over \$5000 for this most worthy community cause and we hope to see you again this year.

We received many positive comments following last year's event and we anticipate this year we will achieve even greater success.

Following great support last year we once again invite our fellow Rotary Clubs and others to participate in sponsoring a hole and prizes.

Event Details:

Competition Format: Ambrose

Date: Monday 29th October 2018 from 11.30 a.m

Venue: Box Hill Golf Club, 202 Station Street, Box Hill

\$95.00 per person that includes a light lunch and a dinner following the event.

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Rotary
Club of Camberwell



2018 Camberwell Art Show

Gala Opening Fri 6th July
Open Sat 7th to Sun 15th July

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SWINBURNE UNIVERSITY OF TECHNOLOGY

427 Burwood Rd Hawthorn

Yarra Bend Rotary

Learn more about what we do

Would you would like to know more about Yarra Bend Rotary, please call Club Secretary Anne Brown on 0404029165 or email: anneanded@inet.net.au

You might like to join us for dinner. We meet every Wednesday over dinner at the Amora Hotel 649 Bridge Road Richmond at 6:30 p.m. for 7:00p.m.

If you would like to come along and find out more about what we do or have a particular interest in hearing one of our guest speakers, please first contact the Club Secretary to make arrangements.

Our Mailing Address is P.O.Box 241, Kew East, Victoria, 3102 or e-mail : Yarrabendrotary@gmail.com



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