



From the President Tania Aisbett

A very noisy meeting this past Wednesday as Rotarians gathered within their teams to review the past year's projects, revising ongoing projects and most importantly highlight the opportunity for new ideas for the coming year.

The **Youth and Vocation Committee** continues with its many projects including RYLA, RYPEN, and the Bert Healey Award for Christian brothers and Ashwood. Both a girl and boy are to be nominated for the Lord and Lady Sommer's camp. There is interest in forming a relationship with the Lighthouse Foundation to help with someone's career. The Y&V team are looking to return to Holmesglen to sponsor an apprentice.

Roy Bridges made the team aware in the past we have sponsored a building apprentice to go along on one of the international volunteer trips to put their skills to use. In the past two young apprentices went on to stay six extra months working in the village they attended.

International Committee has closed its Fiji Vets project. Our ongoing projects include Cambodia, Vanuatu with Progress Pikinini, and the delivery of maternity care bags to the Philippines. The Timor Leste consortium work is ongoing and we will seek more information about further work there. A new project was highlighted to Tonga to rebuild the school and teachers house that was destroyed by a hurricane last year.

Community Committee: On the back of their very successful day at Ashwood High providing year 10 students with Mock Interview practice the Community team will continue with the wonderful Busy Feet Program. (Please see page 4 for a look at the article in the Stonnington Boroondara Kids "things to do & places to go for families" Magazine).

We will continue to sponsor Currajong School, and the many Rotarian at Work Projects such as the

recent Tree Planting Day as well as at the Avalon Centre, Craig Family Centre and Currajong School.

Fundraising Committee: Lots of fundraising options and a potential member is very interested in organising a raffle for us. Watch this space for what comes next. BBQ's continue monthly with Bunnings plus Henley Regatta and MS Fun Run. Our annual Family Fun Day in March is to be discussed and confirmed with council. Craft markets continue every quarter and plans to continue next year are confirmed. Christmas Trees, the Entertainment Book and Rotary Cakes also continue. We plan to continue our involvement with the Cambodia Gala Dinner, and will develop a proposal for another event during the year.

The Market

A great day despite the inclement weather and the cold wet start. The weeks of preparation by Tracey to organise as many high quality stalls as possible certainly paid dividends with a great selection of new vendors and familiar faces.

The other feature was the wonderful promotion on social media, particularly Instagram and Facebook, as well as other channels. Much of this work was done by Sam Dehmel who spent the whole day with us at Phoenix Park. Thanks Sam!

We were joined by many members but also friends who came to help. Amy, Belinda and Chris deserve special mention as does Chris H.

We anticipate the August Market will have raised \$2,800 for our future projects. Some costs still to tally.



Wednesday 14th August

I'm a registered organ donor

Speaker: Nina Seng - Monash Health

Donate Life: We want to inspire all Australians to make a real difference to the lives of others by registering and telling their family they want to be a donor.

So every year we run DonateLife Week! A national awareness week dedicated to promoting organ and tissue donation.

Welcome: Ros & Richard

Sergeant: Kathryn

Chair: Sandi

Wednesday 21st August

Transurban



Speakers: Jala Shekho & Andrew Stephens

The West Gate Tunnel Project will deliver a vital alternative to the West Gate Bridge, providing a much needed second river crossing, quicker and safer journeys and remove thousands of trucks from residential streets.

Welcome: Rosemary & Alick

Sergeant: Richard

Chair: Frank

Board Meeting

Wednesday 28th August
Social Night

Social Night
out with Rotary
Chadstone/East Malvern

Date:	Wednesday, 28 th August
Time:	6.30pm
Venue:	Tom Pockett Cellars, 155 Burke Rd, Glen Iris, 3146
Food:	Order any & all that takes your fancy



RSVP – Yes to Lyle

Bunnings BBQ
Saturday 24th Aug from 9am – 4pm.

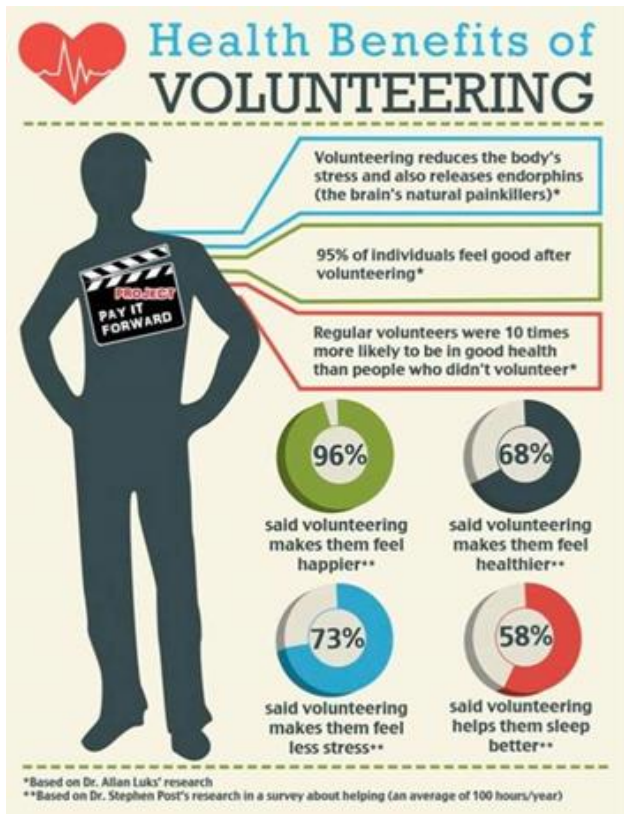
We're back at Bunnings for our monthly Fundraising BBQ.

Tong twirlers report to Dawn & Lyle.

Also please note there are potentially more dates available where we can run BBQ's to raise money for specific projects. Please discuss with Lyle.

Save the Date:

- Sat 24th Aug Bunnings BBQ (Lyle)
- Wed 28th Aug Social Evening at Tom Pockett Cellars – 155 Burke Rd Glen Iris
- Wed 18th Sept **Stonington Cluster Meeting hosted by Malvern RC** → Tour of the Malvern Town Hall followed by dinner at Café La Via.
- Sun 22nd Sept Bunnings BBQ (Lyle)
- Tues 24th Sept District 9780 RI President Dinner, Ballarat 6.30pm
- Sun 13th Oct, 9.30am – 2.30pm **Rotary Leadership Learning & Development** at Montague School, Montague St, South Melbourne.
- Fri 18th – Sun 20th October – Vocational Weekend to Ballarat (Sandi & Louise)
- Sun 20th Oct, 9.30am – 2.30pm **Rotary Leadership Learning & Development** at Montague School, Montague St, South Melbourne.





Busy Feet allows kids with a disability to have something of their own.

Busy Feet: expanding horizons through dance

By Melissa Meehan

If you were to walk past Phoenix Park Community Centre on a Tuesday afternoon you're bound to hear a group of people having a toe-tapping good time.

And that's because every Tuesday from 4.30pm the Chadstone/East Malvern Rotary Club runs their Busy Feet program for children with an intellectual or physical disability.

Spokesman Lyle Chasemore said the program was run for children aged between six and 16 years old.

"It's really great that these kids have their own hobby - their brothers and sisters might have footy training or dance rehearsal and now these kids who otherwise wouldn't have anything of their own can come along and dance every week," he said.

"And they can have fun while moving around and being stimulated by colour and music."

The classes run for 45 minutes and are run by volunteers, who provide one-on-one support to each child taking part.

The Busy Feet program started in 2012 and provides many benefits for the



Busy Feet is all about having fun and getting moving.

children and their parents or carers.

It not only develops confidence and skills for the kids but it gives parents and carers time to relax while their children are in a safe space having fun.

"Initially they (the kids) are shy and quiet when they first join and then they burst in and say hi," Mr Chasemore said.

"Other kids are non-verbal but you can see them light up when they arrive," Mr Chasemore said being involved in

Busy Feet has provided him with great pride.

The thing that surprised him the most was being able to give parents and carers some respite.

"Parents know their kids are well looked after, and there is only one exit in and out," he said.

"So the parents can relax, have a cup of tea and have a chat.

"Respite for the parents and carers is



as important as providing something for the kids, I think."

Stonnington Council provides an in-kind grant so that the program can be held at the community centre.

Busy Feet has programs in Stonnington, Borondara, Melton, Bayside, Hobsons Bay and Bendigo.

For more information visit www.busyfeet.org.au.

Virtual reality helps pain and anxiety for sick kids

VIRTUAL reality technology could reduce the pain, anxiety and distress of children undergoing needle procedures.

A world first trial led by Monash Children's Hospital in collaboration with the Royal Children's Hospital included more than 250 children aged 4-11 who underwent intravenous cannulation or venepuncture procedures.

"The virtual reality sequence reframes

www.stonningtonborondaraokids.com.au

the scary hospital environment with a reassuring underwater adventure," paediatric research fellow at Monash Children's Hospital and lead author Dr Evelyn Chan said.

"While the needle procedure takes place, the child experiences waves washing and fish nibbling on their arms, reframing the entire experience."

Parents like Rachelle Stewart, whose

12-year-old son Kai used the VR headset for the first time during a blood test last month, are excited to see where the trial's findings will take pain management for children.

Kai, who has cystic fibrosis and requires up to 12 vials of blood to be taken twice a year, typically dreads pathology appointments and is highly distressed around needles.

"Seeing Kai totally at ease when having the procedure that would usually result in kicking and screaming was definitely a welcome change," Ms Stewart said.

The trial has been published in The Journal of Paediatrics, and researchers are now looking to expand the use of VR in other departments and hospitals.

- Melissa Meehan

WINTER 2019 5