



The Weekly Bulletin of the

Rotary Club of Essendon North

Wednesday, May 14th, 2014 (Editor: grant@grantmaggs.com.au)



This Week: May 14th:

Shane Edwards, "Sleep Help"

Chair: Coral Thompson

Shane Edwards, Sleep Scientist and Clinical Educator, BHSc.: Completed a Bachelor of Health Science (Majored in Anatomy and Physiology) at La Trobe University. He is currently studying postgraduate certificate in Adult Sleep Science at the University of WA. He has been with Sleep Services Australia for about five years working with people with a range of sleeping disorders.

Sleep Services Australia, National Provider of Home-based Sleep Studies offers:

- On-site training for our external Sleep Study Centres
- Clinical and Educational presentations to Medical, Specialist, Community and Sports Centres

Sleep disorders can prevent some people from enjoying a good night's sleep. Some Sleep disorders are serious enough to interfere with normal physical, mental and emotional performance.

Sleep disorders include a range of issues from bruxism (teeth grinding) to insomnia, jet lag, narcolepsy, sleep apnoea, snoring, restless legs syndrome and sleepwalking.

The more severe sleep disorders, such as Sleep Apnoea, Insomnia, Narcolepsy, may require therapies such as medication, Provent, dental appliances, CPAP or surgery.

Birthdays and Anniversaries

Happy Birthday to Terri Mott: May 13th, Marie Daffey: May 18th



Part 2: Beyond the Dragon's Lair

Rhys Maggs

On our first night out from Jakarta the cruise experienced it's first problem. Our first port of call was to be Bandanira but shortly after departure we were informed that a nearby volcano was erupting and that the Indonesian authorities were evacuating the township. New plans were hastily drawn up and an alternative destination was located, a small island with great snorkelling.

We slowly worked our way eastwards, following the north coast of Java and then tracking south between Bali and Lombok until we arrived at Rinca Island, one of only 3 Islands on which can be found the Komodo Dragons, the world's largest lizard. We were fortunate enough to see quite a few, the largest of which was about 3 metres long, although they grow to more than 5 metres long. We were accompanied by a ranger throughout who was only equipped with a 2 metre long forked stick to keep them at bay - apparently once they are pinned behind the head they become quite docile! At other times, especially when hungry they can be extremely aggressive and hunt deer, cattle and water buffalo as their prey. Their method of killing their quarry is unique. Their saliva contains more than 50 potent bacteria, most quite quick acting. All they need to do is bite their victim and then wait for the bacteria to do what bacterium do, often very quickly.

The Dragons lay eggs, of course, which they bury in vast mounds of earth and vegetation. The mounds are about 30 metres across and 8 to 10 metres high. There are about 15 apparent entrances to where the eggs are incubating, only one being the correct one. After laying the eggs the Dragons take up protective watch in the jungle and supplement their diet by picking off predators.

Philippines Typhoon Haiyan: Six Months On

Philippines Information Agency: Tuesday 6th of May 2014

MANILA, May 6 (PIA) – Six months after Typhoon Haiyan (Yolanda) devastated the Visayas region, millions remain in a precarious situation. The International Red Cross and Red Crescent Movement, one of the few organisations to deliver humanitarian assistance across all affected islands, has now launched an ambitious plan geared towards supporting the long-term recovery of survivors.

Around 16 million people were affected by Typhoon Haiyan, with thousands losing family members, homes and incomes. While the greatest intensity of need is in the eastern Visayas, people in other more remote areas also need help. The Red Cross and Red Crescent Movement recovery plan pledges to help 775,000 of the most vulnerable people to recover and improve their resilience to future disasters.

“Affected communities have shown remarkable strength and many are on the road to recovery. However, high levels of pre-existing poverty are holding people back and in some areas basic services have not been re-established”, says Richard Gordon, chairman of the Philippine Red Cross. “Our recovery work will focus on restoring shelter, livelihoods and access to health care, to help affected communities overcome the hardships of the past six months and become self-reliant again.”

Since the disaster struck, the Philippine Red Cross, together with the International Federation of Red Cross and Red Crescent Societies (IFRC), the International Committee of the Red Cross (ICRC) and over 50 national societies from around the world have between them distributed emergency relief, including food, shelter items and cash, to more than one million people. Thousands more received medical attention from Red Cross emergency facilities.

The recovery plan, amounting to 320 million Swiss Francs will run over the next three years. As well as helping survivors to rebuild their lives, it will enhance the Philippine Red Cross’ capacity to respond to future disasters through targeted skills training for volunteers and strengthening expertise in disaster management and disaster risk reduction.

Our club gave \$1000 towards this cause when Bert Mom gave us a presentation on his club’s project. In the light of the magnitude of the disaster and the extremely slow progress that is being made towards recovery I hope that the Board will consider a further donation towards RC Brimbank Central’s Bayas Island project.

Peter Taylor: International Chairman



2014 Global

MS Dinner

Kiss MS Goodbye

- Wednesday May 21, 2014, 7.00 for 7.30pm start
- Fredricks 980 Mt Alexander Rd Essendon North
- \$45pp includes 2 Course Dinner, Tea or Coffee. Drinks at Bar Prices. Complimentary Glass of Champagne on arrival. (Please notify special dietary requirements when booking.)

Fabulous speakers, entertainment, auction, “Door Prize” and raffle . Guest speakers:

- Florey Institute of Neuroscience & Mental Health - Speaker PhD Student Gerry Ma
- MS Ambassador –Speaker Carole Cooke

Wear Something Red!

RSVP May 16th, 2014 to Barry Coleman, bgdcoleman@optusnet.com.au, or 0427 852 062, or enquiries@fredricksrestaurant.com.au, Tel. 9379 3247

Funds raised go to MSA projects, MSRA and MSIF.



Last Week: Coral cuddles up to former Richmond champ, Gareth Andrews.

Coming Soon...

- May 21st: MS Annual Dinner
- May 28th: Pete Jensen "Dealing With Depression- An Alternative View", Chair: David Ursic
- June 4th: Desiree Du Sart (Head of Molecular Genetics) and Melissa Chow (Medical Scientist), "International Training in FSHD Diagnostics" (funded by our club) ", Chair: Les Jones

The logo for Bendigo Bank, featuring a yellow circular icon with a stylized 'B' and the text 'Bendigo Bank' in white on a red background.

We gratefully acknowledge sponsorship by the Strathmore Community Branch of the Bendigo Bank.

Rotary Club of Essendon North meets every Wednesday at 6.00pm for 6.30pm at Fredricks, Mt. Alexander Road, Essendon. www.home.vicnet.net.au/~rcessnth/

Contact Rotary Club of Essendon North: Membership Director, David Ursic (9374 1255) or President, David Pagliaro (0419 469 182).