



The 5 O'clock Wave

January 27th 2015

Board of Directors 2014-15

President: Natalie Walsh
0400988192

Vice President: Lauren Slater
0457230615

Secretary: Lauren Slater
0457230615

Club Admin: Amanda Tilyard

Service Director: Jenny Lovekin

Membership: Geraldine Rurenga

Foundation: Ron Walter

Public Relations: Nick Shepherd
and Andre Van Mosseveld

Rotary District 9700

New South Wales

Australia

Meetings:

Tuesday 6.15

Wagga R.S.L Club,

Dobbs St

www.murrumbidgeerotary.com

or

<http://www.facebook.com/murrumbidgeerotaryclub>

Home is Where the heart is.

PLINY the ELDER

Coming Soon

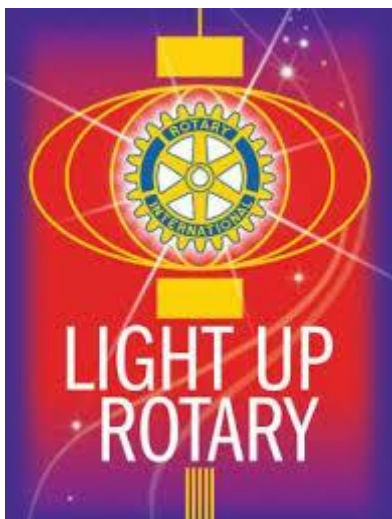
February 13 – Spooky Trivia and Games night

March 6 – Twilight by the Lagoon

March 21/22 – District Conference Cowra

April 13 – 18 – RYLA

**REMINDER: TRIVIA NIGHT
IS ON THIS FRIDAY. PLEASE
LET US KNOW ASAP IF YOU
CAN HELP OUT ON THE
NIGHT AND WHAT PRIZES
YOU HAVE MANAGED TO
SECURE.**



ROTARY FACT by Catherin Conroy

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement".

Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association".

A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the centre of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.

POLIO PLUS MOVIE NIGHT – Graeme Callandar

I'm pleased and excited to announce that we have secured a top movie as a premier on Thursday 26th February 2015. It is a sequel: **"The Second Best Exotic Marigold Hotel"** with the same fabulous cast as the first movie but includes David Strathairn and Richard Gere as well.

You can see a trailer by clicking on the following link: <http://youtu.be/GrlkaGUUtK8>

With the first "Marigold Hotel" movie, we sold out the 300 seat theatre and regrettably some people were sitting in the front row. This won't happen again! As a precaution, I've booked 2 theatres, to run simultaneously, and I would like to think we can get enough patrons to comfortably fill them both. That will be approximately 400. I am keen to have this movie opened to as many members of the public as possible. It's an excellent way for people to find out about Rotary and in particular our Polio Plus Project and who knows, you may get a member or two out of it. Plus it spreads the contribution as well. The first movie was a huge success and was received so well that I can see no reason why we can't reach a goal of 400 patrons. This would mean a contribution of some \$4,000 to Polio Plus, a great result for having a good night out.

If you have told Lauren you wanted tickets and have not paid the money yet please do ASAP.

DISTRICT CONFERENCE:

The Cowra Rotary Club Inc. cordially invites you to attend the Annual Conference to be held in Cowra from Friday March 20th to Sunday March 22nd, 2015.

Cowra is centrally located in District 9700, with a fascinating history from the days of steam trains to the largest Prisoner Of War breakout in modern military history. Join us at the conference, experience the Cowra Peace Bell and on Sunday explore the tranquil Japanese Garden or the WW2 POW camp.

The Conference will be held in the Cowra Civic Centre with Friday Night College of Governor's Dinner at the Quarry Restaurant, Saturday night dinner at the Cowra Services Club and Sunday Lunch at the Cowra Japanese Gardens.

Details and timings for the Conference are as follows:

- Friday Night: **College of Governor's Dinner** at 6.30pm for 7.00pm at the Quarry Restaurant (Boorowa Road - 5 km out of town on right hand side). Booking Required.
- Saturday: **Registration** from 9:00am to 10:00am at the Cowra Civic Centre (Darling St). (No Charge).
- Saturday: **Plenary 1** from 10.15am to 12.30pm at the Cowra Civic Centre. (No Charge).
- Saturday: **Lunch** 12:30pm to 1:15pm at Cowra Civic Centre (Darling Street). This will be a 'Pay as you go' event.
- Saturday: **Plenary 2** from 1.15pm to 4.30pm at the Cowra Civic Centre. (No Charge).
- Saturday: **Evening Dinner** at 6:30pm for 7:00pm at the Cowra Services Club (Brisbane St.) Booking Required. '**A touch of Hawaii**' is the evening theme. Cost \$50 for EarlyBirds or \$55 after 20 Feb.
- Sunday: **Plenary 3** from 9.00am to 12.30pm at the Cowra Civic Centre. (No Charge).
- Sunday: **Farewell Lunch** at 1:00pm at the Japanese Gardens (Binni Creek Road - 1 km from town on right hand side) Includes access to the Gardens. Booking Required. \$17.50 for Early Birds or \$20.00 if you book after 20 Feb.

Attendees will need to book for the Conference, the Friday Night Dinner, the Saturday Evening Dinner and the Sunday Lunch. There is an Early Bird discount to encourage early bookings. **Please note that we are trying to keep Conference costs to a minimum.** As a result, we are taking payments by DIRECT DEPOSIT or by CHEQUE and we have not established costly Credit Card payment facilities.

Bookings can be made on the district website.

GUEST SPEAKER – LYN QUIGLEY – ABBEYFIELD HOUSE

Abbeyfield Australia is a national not-for-profit community housing provider and the peak body representing 26 independent Abbeyfield Societies in towns and suburb across Australia. Abbeyfield Australia currently provides three types of affordable accommodation:

- assisted independent living for adults with mild intellectual disAbilities
- 'low care' (Hostel) aged care accommodation
- assisted independent living for those aged 55+.

What is an Abbeyfield House?

- Ten residents share a spacious purpose built house.
- The houses are integrated into the streetscape and are non-institutional in design and operation.
- Every resident has a private and comfortable bedroom sitter (with ensuite).
- A guest room is available for visiting family and friends.
- The house has a fully furnished lounge room, dining room, and laundry. Residents furnish their private bedrooms and ensuite.
- Nutritious midday and evening meals are prepared daily (weekdays) by a live-in house keeper. Breakfast provisions are also provided. (A single meal is served on Saturdays and Sundays, and provisions for provided for other meals.)
- Every Abbeyfield House has a 'live-in' professional housekeeper. The housekeeper keeps the common areas of the house spics and span, does the shopping and cooks superb meals! An Abbeyfield Housekeepers is a valued employee but their role does not include being a maid or butler to residents.
- Residents must maintain and clean their own private room / ensuite and do their own laundry.
- Residents must abide by House rules centered on respect for other residents and the house. Residents are encouraged to participate in house life and sometimes assist with minor house keeping chores.
- Every Abbeyfield house or hostel is managed by a legally incorporated Association overseen by a local community Committee of Management. It is a local solution to a local need and exists because of our wonderful Abbeyfield volunteers and much community support.
- An Abbeyfield House is designed to help people stay independent and active in their community, whilst providing some day to day living support.



What does is cost to live in an Abbeyfield House?

- The fortnightly rent in an Abbeyfield House is based on 70 per cent of the basic aged care pension/disability pension, plus federal rent assistance.

- The rent covers the majority of household expenses including meals, electricity, property maintenance, heating & cooling, rates and employment of the Housekeeper. Residents must pay for any personal items (such as clothing, toiletries, insurance of personal belongings, and laundry detergents etc. If a resident has a private telephone, then he/she also pays all costs associated with it.)

The new Abbeyfield house to be built in Wagga will be for young adults with mild physical or mental disability. In December 2012 a steering committee researched the need for this type of accommodation and facility in Wagga with a resounding need established. In July 2014, the committee secured \$1.5 million dollars which helped in securing a block of land close to shops and amenities in Stanley Street, Koorinal. The house requires another \$250 000 from the local community to furnish the house, landscaping and final touches. After this point the house is self funded. It is aimed at 20-40 year olds who are too young for nursing homes but need basic support and appropriate housing. It is a small concept but provides quality housing and gives families with disabled children an option for the future. The home will hopefully be completed in 2017, and although the concept plans are in further government funding is required for completion.

For more information on the new Abbeyfield House please contact Lyn on 0408460443 or bandlquigley@bigpond.com





SPOOKY TRIVIA and GAMES NIGHT

*To sponsor, donate or book a table contact
Natalie 0400 988 192 or Jenny 0431 359 559*

The Rotary Club of Wagga Wagga Murrumbidgee is hosting a Spooky Trivia and Games night on Friday 13 February 2015.

We will be raising funds for **Rotary Hat Day**, which is an initiative of Rotary to raise funds for **Mental Health**. Funds will specifically go towards **prevention of mental illness research**.

To make the night a success we are seeking **sponsorship** for rounds of trivia – this will provide exposure of your business. The cost to sponsor a round is \$200. This will include advertising of your business during your allocated round. You are welcome to provide pamphlets, business cards and promotional products, which will be included on each table. You can set your business banner up for the night if you wish. Your business logo will also be included on advertising pamphlets for the trivia and games night.

We are also seeking **donations** of prizes. Monetary donations will also be appreciated to purchase prizes to be given away on the night. Any balance will be donated as part of the funds raised.

Businesses that provide donations will be acknowledged at the end of the night's proceedings.

Our last Hat Day Trivia night was a lot of fun – let's work on making this one equally as entertaining.



Trivia and Games Night

Tables of 10 - \$10 per person

13 February 2015

6:30 – 7pm start

Commercial Club

Wear a Hat or Cop a fine 😊

Bring your small change to join in the fun and games on the night.

SPOOKY TRIVIA NIGHT FRIDAY FEBRUARY 13TH

The **Rotary Club of Wagga Wagga Murrumbidgee** is hosting a Spooky Trivia and Games night on Friday 13 February 2015.

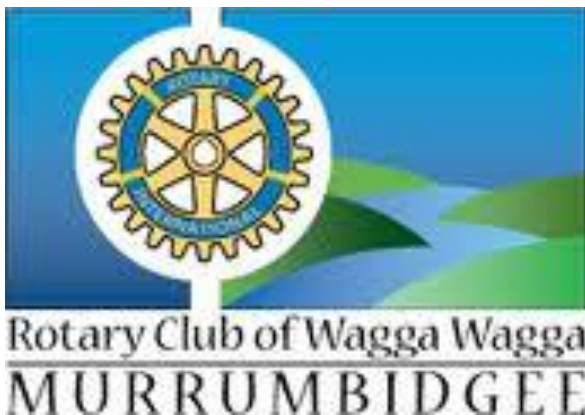
We will be raising funds for **Rotary Hat Day**, which is an initiative of Rotary to raise funds for **Mental Health**. Funds will specifically go towards **prevention of mental illness research**.

Tables of 8 - \$10 per person

6:30 – 7pm start at Commercial Club

Wear a Hat or Cop a fine

Bring your small change to join in the fun and games on the night.



*To book a table or for more information contact
Natalie 0400 988 192 or Jenny 0431 359 559*
