

# The Bulletin

The Official Newsletter of the Rotary Club of Rosebud-Rye Inc. District 9820

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**John Germ**  
President  
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**Judy Phelan**-pictured left with Mandy Clarke- was our presenter this week. Judy told of us of recent aspects of her personal journey since being diagnosed with Parkinson's 16 years ago---see below.

To sponsor Judy's fundraising walk, go to:  
<http://melbourne.parkinsonswalk.com.au/>

While striving to make a difference for people living with Parkinson's, my own journey has taken many turns. Though it is now sixteen years since I was diagnosed, I feel I still have a story to tell to help increase the awareness of this condition, and work towards finding a cure to help others in the future.

Since last writing, my Parkinson's symptoms have become stronger, making everyday tasks more challenging. This year, my efforts to improve my condition led me to investigate Deep Brain Stimulation (DBS). DBS is a technologically advanced treatment that is used on only a small minority of suitable candidates. It involves implanting electrodes into the brain while the patient is awake. Controlled by a battery, the electrodes suppress the abnormal signals that result in the tremors, stiffness and slowness that are so often seen in Parkinson's. Unlike medication, it can provide a constant relief that doesn't wear off over time. For patients with these motor fluctuations, it can greatly improve quality of life, reducing symptoms. A real miracle alternative!

I was fortunate enough to be one of very few people found eligible for DBS surgery. The operation was successful, and for the next two weeks my Parkinson's symptoms began to disappear. To be able to write, to move freely – it was truly miraculous.

But unfortunately, 5% of patients can subsequently develop an infection, and I was one of these unlucky ones. and the result was emergency surgery to remove the battery control device. If, however, after a few more months of aggressive antibiotic treatment, the infection clears, they should be able to reinstall the DBS device and I can return to the benefits that it provided earlier on.

As for now, all my symptoms have returned, along with a sense of frustration at how the progression of this condition now limits what I can do and achieve. But through all this, I have found comfort and inspiration in the words of Judith Durham: 'Hold on to your dream.' My dream is that, with the help of my network and the community we have formed over these last five years, we can continue to contribute to the research that may one day cure symptoms and alleviate the everyday suffering of those with Parkinson's. It is my dream that our technology continues to develop, and less invasive, more effective treatments will be discovered.

Being able to share my story and raise funds also brings me a sense of hope and purpose amidst all the challenges this illness has presented to me and my family. So I ask you to please help me hold on to my dream by supporting A Walk in the Park on Sunday 28th August, 2016, either by joining us on the walk or through your sponsorship as I aim to once again raise over \$10,000. Now more than ever your contribution means the world.



It was good to welcome back a couple of our long term absentees---**Zoe Sterling**, who with husband Phil, has just returned from an around Australia journey---**and Claire Burns**--- gradually getting back into gear following major back surgery.

**Left:** Leon Riley (Sorrento RC,), and Darren McGrath with Claire and her husband Geoff.

Meanwhile Lee and Sally are enjoying themselves in Turkey!

We currently have fifteen Work for the Dole participants who are learning the ropes and have been a great help in the Warehouse under the guidance of the wonderful long term volunteers.



Volunteers viewing the Prevent Back Injury Video



Volunteer Suzanne, a queen of tidiness, has set out to conquer the unruly back show room

**Weekly Duty Roster**

Duty	16 August	23 <sup>rd</sup> August	30 August	6 September	13 September
Cashier	Mandy Clarke	Mandy Clarke	Social evening Venue TBA	Gun Davenport	Gun Davenport
Guest Liaison	Pat Sansonetti	Pat Sansonetti		Judy Phelan	Claire Burns
Toast	Jimbo Patten	Jimbo Patten		Brian Allen	Darren McGrath
Joke	Libby Wilson	Ern Jennings		Jimbo Patten	Brian Allen
Meeting Chair	Darren McGrath	Claire Burns		Mandy Clarke	Libby Wilson
Guest Speaker	John Renowden	Sue Smeaton		Gil Muling	DG Lynne Westland
Subject	Australian Rotary Health	Angel Gowns		Vinnie's kitchen	District 9820
Joker's Wild	Pat Sansonetti	Pat Sansonetti		Heather Barton	Pat Sansonetti

Secretary: [sec.rosebudrye@bigpond.com](mailto:sec.rosebudrye@bigpond.com) Post P.O Box 167 Rosebud Vic 3939.

We meet at 6 for 6.30pm each Tuesday at the Rosebud Country Club, 207 Boneo Road, Rosebud.

Melways 170 C6 Alternative venues are used about once per month.

Please check our website for changes to our meeting venue.

Apologies and visitors. Please email the secretary or call 59866505 by noon on the day of the meeting