



The Mordialloc Bulletin

News and Views of the
Rotary Club of Mordialloc

Rotary Club of Mordialloc Inc.
Reg No A0011994G
PO Box 289, Mentone Vic 3194
E-mail: info@mordiallocrotary.org.au
Website: <http://mordiallocrotary.org.au>

Club meets at Woodlands Golf Club
109 White Street Mordialloc
Melways Map 87 H 11
Tuesday 6.00 pm for 6.30 pm

Meeting 2197
21 March 2017

District Governor 2016-17: Carol Lawton

Assistant Governor: Ken Mirams

THIS WEEK'S MEETING

Speaker: Glen Tippett
Topic: Australian Rotary Health
Chairman: Jeff Needham
Desk & Regalia: Don Butler, Kelly Banks
Fellowship: Cliff Riley
Bulletin notes: Brian Foley



RI theme 2016-17

Message from President David

Dear Fellow Rotarians,

By the time you read this our Gnome and Fairy Festival will be over for another year. I have been so impressed with the work of our Project Committee over the past year. Tonight we are able to present a cheque to the Australian Rotary Health Foundation for \$3600 from our recent Festival of Wheels. A similar amount went to the Sandringham Hospital from The Rotary Club of Hampton who worked with us for that event. Those of us who have been in the fundraising area know how much work goes into making these amounts. Thank you to everyone involved.

At our Board Meeting last week, we agreed to accept the new membership application forms supplied by our District Committee. A lot of work has gone into this exercise, and I have asked our District Governor Carol to pass on our appreciation to the committee.

Our Club Constitution has been updated to include the most recent changes from Rotary International. We will have a special meeting to formally adopt the constitution and finalise our AGM on 2 May. Feel free if you wish to talk to Brian Foley or Jeff Needham about the contents of the documents. I am glad that we have people in the club who are happy to work through these procedures.

The area of Mental Health has been in the forefront of the media recently with much written about the health of various public figures. It is a good reminder for us each as we support the information session "Mental Health/Positive Wellbeing" offered by the Bentmoor Men's Shed next Thursday evening. Mental Health is one of the greatest issues of modern day society and affects so many people. The information we have will be of benefit to ourselves, our families and to the wider community. As we support projects like this we are also putting into place the Rotary theme for the year, *Rotary Serving Humanity*

Yours in Rotary

David

Club Meeting No 2196 – 14 March at Woodlands Golf Club, Mordialloc.

Attendance: 18 members, 5 guest

Apologies: Kay Gordon

Guests: Christine Rees (guest speaker), Helen Brunt, Helen Foley, Margaret Aivatoglou, Dianne Taranto, Lisa (Heart Foundation), Tim Fitton

Sickness: Brian Schauer and Damian West are still unwell.

President's Announcements

President David opened the meeting, welcomed all present and commented on the following coming events:

- This week's board meeting would consider a revised membership application form prepared by District to cover current legislation and needs
- The Gnome & Fairy Festival is on this Sunday 19 March
- The Mental Health Awareness Night being run by Bentmoor Men's Shed is at Bentleigh Secondary College this Thursday 23 March. Sausage sizzle at 5.45 pm to precede 6.30 pm start for the forum

Brian Foley chaired the remainder of the meeting.

Director and members announcements

The main report was the final briefing for this weekend's Gnome and Fairy Festival lead by *Jack Cooper*. Other members of the projects committee assisted. There has been a change of routine this year, compared with previous years. Some activities that club members had previously managed on the day, e.g., jumping castle and animal farm, will now be run by others. The major physical activity for members will be the setting up of tents and other equipment, direction of stallholders, traffic etc, between 7.30 and 9.30 am and packing up at the end of the festival around 4 pm. The two Entry gates will need to be staffed from 9.30 am to the end of the festival.

Several members were asked to assist Jack with marking out the site at 1 pm on Friday afternoon.

Jack Pyziakos reported that the Bunnings sausage sizzle on Labour Day made just over \$1900 profit.

Brian Foley advised that he had heard from Kathy McGuire who the club sponsored as an Ambassadorial Scholar in 1995-96 for post graduate studies in music. Kathy is now back living in Australia after 20 years in USA as a musician and conductor. She will be invited to speak at the club later in the year.

The Foundation raffle raised \$34. President David and Jack Cooper were winners.

Sergeant at Arms

Sergeant Jack Pyziakos ran the sergeant's session with the usual quiz and footy fines. Tottenham won, Storm won and St George lost so the usual suspects had to pay. Everyone paid for the Aussies poor performance in the Second Cricket Test in India.

Guest Speaker: Christine Rees "Active Living for a Healthy Heart"

Christine worked as a nurse, a schoolteacher and later in the building industry. In retirement, she is a volunteer for The Heart Foundation and speaks to various groups on various aspects of heart disease and care as well as measures to reduce the likelihood of having a heart attack.

In approaching the topic of healthy living for a healthy heart, Christine pointed out that these measures also can be beneficial in preventing, or slowing, the onset of other diseases such as osteo-arthritis, diabetes, high cholesterol, Alzheimer's and others. The key points to consider in having a healthy heart are:

The heart is a vital organ, a muscle that pumps blood to all parts of the body.

The body has a network of blood vessels that carry the blood around the body

There is no single thing that causes heart disease but there are risk factors that increase the risk, and can be modified. These include:

- Smoking – both active and passive through being exposed to second-hand smoke.
- High Cholesterol
- High blood pressure
- Being physically inactive
- Being overweight
- Having depression, socially isolated and with a lack of quality social support

There are some other risk factors that cannot be changed such as age, being male, being a Aboriginal or Torres Strait Islander and having a family history of heart disease

The best ways to reduce the risk of heart disease are:

- To reduce or remove the modifiable risk factors
- Take any medicines prescribed by your doctor

It is not too late to start having a healthy lifestyle and Christine suggested the following tips:

- The aim should be for 150 minutes exercise per week – ideally 5 days x 30 minutes
- Make a start straight away
- Set small goals
- Use reminders
- Plan a regular time
- Get into a routine
- Undertake the exercise with friends.

Christine also suggested some barriers, or excuses, to having an exercise routine. These include that it is too hard or too tiring, lack of time, poor weather or arthritis. In reality all these factors can be overcome.

Christine's talk gave rise to a range of questions

Don Butler proposed the thanks

Other Announcements

Apologies for non- attendance

Apologies for meeting absences should be directed to **David Brunt** by **telephone or text** to 0418526140 **no later than 2.00 pm on Monday**. Names of any guests can also be advised at this time.

Wheelchairs for Kids

Please remember to put \$2 in the box on each table each week to go to the "Wheelchairs for Kids" program. Every \$150 contributed gives one child the freedom of mobility and also liberates a carer.

Mordialloc Theatre Company
Thursday 27 April
 8.00 pm

Shirley Burke Theatre
 Parkers Road Parkdale

"The One Day of the Year"
 A play by Alan Seymour

This play explores the universal theme of father-son conflict against the beery haze and the heady, nostalgic sentimentality of Anzac Day

Tickets: \$25. Contact Kathy Pyziakos
 95841465 jackpyziakos@optusnet.com.au

Rotary Club of Mordialloc
Notice of Special General Meeting

Tuesday 2 May 2017 at 6.30 pm
 Woodlands Golf Club, 109 White Street, Mordialloc

The purpose of the special meeting is to consider and vote on recommended changes to the club Rules and By-Laws as a result of changes made by Rotary International at the 2016 Council on Legislation.

Copies of the proposed changes are available from Jeff Needham or Brian Foley

At the conclusion of the Special General Meeting, the adjourned 2016 Annual General Meeting will be resumed to conclude outstanding business

Carol Quayle
 Secretary

SUMMARY OF COMING EVENTS

Please note the following dates and events in your diary. It is important that all members support the club in these activities.

23 March (Thurs)	Bentmoor Men's Shed. Mental Health/ Positive Wellbeing, free information session. Bentleigh Secondary School 6.30 pm to 9.00 pm BBQ available for 5.30 pm
31 Mar to 2 April 2017	District 9810 Conference. "The Pier", Geelong.
18 April	No meeting at Woodlands Golf Club
18 April (Tues)	RIPE Ian Riseley guest speaker Milanos, Beach Road. Brighton Beach 6.35 pm for 7.15 pm See separate notice
21 April (Fri)	Interplast Golf Day, Woodlands Golf Club
27 April (Thurs)	Mordialloc Theatre Company production "The One Day of the Year" Shirley Burke Theatre. *.00 pm
2 May	Special General Meeting, Woodlands Golf Club
4 May (Thurs)	District 9810 Golf Day. Keysborough Golf Club. \$55 per head

Members on Leave

Russ Hellier – under review
 Carol Quayle – 16 January to 21 March
 Brian Schauer – to 30 April
 Damian West – to 30 April
 Jill Brear – 14 February to 18 April
 Paul Taranto – 6 to 28 May
 If you plan to be absent for three weeks or longer, please request leave of absence through the secretary.

Bayside Kingston Prostate Cancer Support Group

WHEN: First Monday of each month
TIME: 9.30 to 11.30am
WHERE: Mentone RSL
 Palermo Street, Mentone
 Melways Map 87 A8

Wives and Partners welcome, bookings not required
 For further information contact Bob Wilson 9589 4282

Where Other Clubs Meet

This information is available via the club website via the following link:
<http://mordiallocrotary.org.au/about-rotary/where-other-clubs-meet/>

Coin Collection for UNICEF

Please bring any spare foreign currency and place in the jar at the registration desk. Notes and coin for all countries are welcome including superseded ones.

Forthcoming Meeting Program & Rosters

Next meeting.....

Date: 28 March
Speaker: Wayne Jones
Topic: A Tribute to Weary Dunlop
Chairman: Jack Cooper
Desk & Regalia: Don Van, George Aivatoglou
Fellowship: Cliff Riley
Bulletin notes: Carol Quayle

And the next....

Date: 4 April
Speaker: Darryn Wright (Mordialloc Band)
Topic: Organising a Community Band
Chairman: Len Dawson
Desk & Regalia: Rob Goode, Don Butler
Fellowship: Kay Gordon
Bulletin notes: Kelly Banks

And the next....

Date: 11 April
Speaker: Sarah Heathcote
Topic: Rotary Action Group Against Slavery
Chairman: Kay Gordon
Desk & Regalia: Don Van, George Aivatoglou
Fellowship: Jeff Needham
Bulletin notes: Carol Quayle

TOASTS

Australia:

Please charge your glasses and assist me in toasting our Great country, Australia. (Pause) to our country: Australia.

Rotary International:

Please drink a toast to our organisation: Rotary International, (pause) Rotary International.

ROTARY INVOCATION:

For good food, for good fellowship and the opportunity for service through Rotary, We give thanks.

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Rotary Four-Way-Test

1. **Is it the TRUTH?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOODWILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all concerned?"**

SUPPORT
YOUR LOCAL
TRAVEL AGENCY
WHO SUPPORTS
OUR LOCAL CLUB

DESTINATION HQ
TRAVEL DIFFERENT TRAVEL REDEFINED

Beaumaris
23 North Concourse
9589 3294

Mentone
Thrift Park Shopping Centre
9584 3833

Join members of the Rotary Clubs of Hampton & Sandringham to hear Rotary International President Elect Ian Riseley discuss



“The answers to life, the universe and everything”

TUESDAY 18TH APRIL

MILANOS

**Beach Road, Brighton Beach
6.45pm for 7.15pm**

Cost \$45 per head

Includes glass of bubbles on arrival & 2 Course dinner

Bookings: Trybooking: <https://www.trybooking.com/PCFY>

Your name & club on the booking form

Booking closes Friday 14 April

Further information contact

Helen Wragg

hwragg@globalwisetravel.com

0418 530 800

PROCEEDS TO ROTARY FOUNDATION – “END POLIO NOW”

