



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 2214
1 August
2017

District Governor 2017-18: Malcolm Chiverton

Assistant Governor: Ken Mirams

THIS WEEK'S MEETING

Speaker: Mark Pearman
 Topic: Current trends in real estate
 Chairman: Len Dawson
 Desk & Regalia: Don Butler, Rob Goode
 Fellowship: Sylvio Tang
 Bulletin notes: Kelly Banks



RI theme 2017-18

Message from President Paul Taranto

Welcome everyone to our fifth meeting for 2017/2018. Last week was filled for me with entertaining international visitors, a trip to Sydney to see GWS play Fremantle, progressing preparations for the NYSF District interviews and a return to work. Hopefully somewhere in all that I managed to make a difference each day. Our speaker last week Geoff Arnold and his talk to us on the Mordialloc Amateur Theatre Group certainly demonstrated to us how one individual and one group can make a difference in our local community one play at a time. I certainly look forward to seeing more of their productions in the months and years ahead in the company of other Club members.

With both Jack Pyziakos and David Blunt away for the meeting on 1 and 8 August, please let me know by the Monday lunchtime (MOB:0402086249) if you will not be attending or if you will be bringing guests. Thank you in anticipation.

This week is another busy one for Mordialloc Rotary. On Saturday the club welcomed our incoming exchange student Sarah Wich and all going well she will be at this week's club meeting. Sarah, Brian Foley and my wife Dianne will go with Sarah to Kilbreda College on Monday to start the enrolment process for Sarah and starting her school experience here in Australia.

I remind Club members to keep Sarah in mind when they are planning outings and activities and consider if they might be of interest to Sarah. Of course Club members will need a Working With Children Check card if they intend to invite Sarah to accompany them on such activities.

I will be attending a District meeting this Friday (4 August) for all the District Club Presidents. I will brief members on what came up at the meeting next week. On Saturday 5 August I will be coordinating the District interviews to select the students to attend the 2018 NYSF programs to be held in Canberra and Brisbane. This involves 36 students and four interview panels each comprised of five members. I shall be looking forward to a red wine and a night in after this is all done.

The next District seminar is coming up on Friday 11 August at Box Hill Town Hall. This will be covering what the Rotary Foundation is doing and how we can access Foundation grants for our projects. I commend it to all club members.

Please remember Kay Gordon and her grand-daughter Clodagh in your thoughts and prayers.

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President's message (cont)

A plug for my son Dominic. His latest exhibition opens this Wednesday 2 August (6 to 9 pm) at the *No Vacancy* Gallery 34-40 Jane Bell Lane in the city (off Lonsdale Street). He has produced 37 pieces of Art for exhibition and sale.

Some of you may have heard of Carol Fox. She spoke at a district conference held in Melbourne a few years back. I receive her regular newsletter. The latest edition has a couple of pertinent quotes around our themes for this year. I share them below:

"Success is something anyone can touch, but you can't touch what you don't reach for." Steve Pyatte.

Way back in 500BC, the Chinese philosopher Confucius said, **"The journey of a thousand miles begins with one step."** So take that one step.

What's one thing you can do today, right now, to reach for what you want in life?

I thank all club members for what they do each day in **Making a Difference.**

Yours in Rotary

Paul

Club Meeting No 2213 – 24 July at Woodlands Golf Club, Mordialloc.

Attendance: 13 members, 2 guests

Apology: George Aivatoglou, Sylvio Tang, Jack Pyziakos, Jill Brear, Carol Quayle, Kay Gordon, Graeme Bruce

Make-Ups: Membership Seminar (Kelly Banks, Kay Gordon, Len Dawson, Paul Taranto) plus sausage sizzle workers

Travellers: Jack and Glenyse are currently in North America while Jack Pyziakos and Kay Gordon are about to travel.

Welcome Back: Don Van returned in good form after a stay in hospital for hip surgery

President's Announcements

President Paul opened the meeting, welcomed members and visitors and announced the following:

- Kay Gordon has received news that her 16 months-old granddaughter, Clodagh, has been diagnosed with leukemia in Ireland and has been admitted to hospital for treatment. Kay has brought forward her trip to Ireland and left on Saturday and will be away for about two months
- Corrections for the district directory have been completed by Secretary Carol

- Despite the poor weather conditions, the Bunnings sausage sizzle on 22 July raised \$2,222. Thanks to all who assisted.
- Travel agent and club sponsor Destination HQ has just won an award as best Australian travel agent and Stuart Ingram was best travel manager. See email from HG later in this bulletin
- A district vocational seminar will be held on Friday 27 October in Glen Waverley
- Paul explained that he was unavailable for the sausage sizzle as he was being interviewed with grandson Tim by Fox Footy "Rising Stars" for broadcast on 1 September
- Paul asked Len to comment on the membership seminar. Len said that there were reports of some clubs increasing membership and others decreasing. It seems that those doing best are very active in the use of social media.

Brian Foley chaired the remainder of the meeting

Committee and Member announcements

Secretary *Carol* is distributing club handbooks

Paul suggested that with Kay's extended absence it is possible that the packing day for the Birthing Kits project may be delayed. He will consult with Cheltenham Rotary. Paul also advised that the NYSF interviews will be held on Saturday 5 August. There are four teams who will interview 36 students with 27 places available.

Brian Foley advised that outgoing exchange student Nicola Brooks will be going to France her preferred destination. Incoming student Sarah Wich will arrive on 29 July. Update: Sarah arrived safely and on time.

Len Dawson said that the Project Committee is preparing for next year's Gnome and Fairy Festival. A suitable flyer is being prepared. The club's Facebook page is to be activated and Trina will assist with this.

The weekly raffle for Australian Rotary Health raised \$31. The winners were Brian Foley and Jeff Needham.

Sergeant-at-Arms

Sergeant *Cliff Riley* ran a short but effective session. Footy losers had to pay. Other sporting fines involved the Tour de France, the Australian Women's Cricket team losing, Bernard Tomic and Tim Taranto's availability (Paul paid).

Guest speaker: Geoff Arnold "Mordialloc Theatre Company"

The Mordialloc Theatre Company has been running for 75 years. It was formed by a number of emigrants from England who had background in repertory theatre.

Geoff joined the company as a teenager and has been involved for almost 50 years. Over the years he has undertaken almost every onstage and offstage role. He is currently production manager and responsible for marketing.

Geoff explained in detail the production process. A balanced program of four shows per year is agreed and then advertised widely through various drama groups. Actors seeking parts are invited to interview "cold reading" their parts from scripts made available beforehand.

The production coordinator prepares a cardboard model of the set and, once agreed, construction can proceed. Various props are borrowed or purchased via e-bay. Similarly costumes are made, borrowed or hired.

The company no longer has exclusive rights to the Shirley Burke Hall and can only afford to hire it for five weeks per show (two weeks rehearsal and set up, three weeks for show). However the company is able to use a scout hall in Cheltenham for rehearsals at other times. The hire cost of the theatre is \$9000 for a five weeks per show, plus script royalty, \$1K to \$2.5 K, other costs \$3000. This is generally covered by 85% attendance in the 170 seat theatre over three weeks of a show.

Len Dawson proposed the thanks

Thank You email received from Destination HQ - 23 July

We did it!!! Last night at the National Travel Industry Awards your very own Stuart claimed the title of Best Travel Agency Manager Of the Year!

From the whole team at Destination HQ we would like to take this opportunity to say THANK YOU for all your votes and your continuous support. We were so proud to be nominated this year in three different categories:

Best Travel Agency Australia

Best Travel Manager Australia

People's Choice Award: Most Popular Travel Agency in Australia Just to be nominated is an incredible honour, and it's all made possible thanks to your feedback and support. One last time - from a very appreciative team - THANK YOU!

Welcome Sarah



The Steele family greeting Sarah at Tullamarine, 29 July
 L to R: Felicity, Victoria, Sheridan, Sarah, Ally

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.

11 Aug (Fri)	District 9810 Rotary Foundation Seminar. Box Hill Town Hall 7.00 pm to 9.30 pm
16 Aug (Wed)	Board meeting, Taranto house 7.30 pm
20 Sept (Wed)	Board meeting, Taranto house 7.30 pm
14 October (Sat) TBC	Packing day for Birthing Kits Project, Sand belt Hotel, Moorabbin.
2 – 4 March 2018 (Fri–Sun)	District 9810 Conference, Bendigo
18 March 2018 (Sun)	Gnome & Fairy Festival George Woods Reserve, Mordialloc

Members on Leave

- Jack and Glenyse Cooper – 5 July to 6 August
- David Brunt – 24 July to 9 August
- Jack Pyziakos – 25 July to 1 September
- Barry Donaldson – 25 July to 12 September
- Ernie Williams – 25 July to 12 August
- Kay Gordon – 1 August to 28 September

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/>

Other Announcements

Apologies for non- attendance
 Apologies for meeting absences from the meetings on 1 and 8 August should be directed to **Paul Taranto**. These can be by telephone or text to 0402086249 **no later than 1.00 pm on Monday before the meeting**. Names of any guests can also be advised at this time.

From 15 August until further notice, apologies should be advised to David Brunt on 0418526140.

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

Forthcoming Meeting Program & Rosters

Next meeting.....

Date: 8 August
Speaker: Mark Balla
Topic: We Can't Wait
Chairman: Sylvio Tang
Desk & Regalia: Rob Goode, Len Dawson
Fellowship: Jeff Needham
Bulletin notes: Jill Brear

And the next....

Date: 15 August
Speaker: Parkdale Secondary College students
Topic: Model United Nations Assembly
Chairman: Jeff Needham
Desk & Regalia: Don Butler,
Fellowship: Jill Brear
Bulletin notes: Kelly Banks

And the next....

Date: 22 August
Speaker: TBA
Topic: TBA
Chairman: TBA
Desk & Regalia: TBA
Fellowship: TBA
Bulletin notes: TBA

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

Damian's Musings

Post Traumatic Stress Disorder

"Wars that never end"

Prevalence of PSD

Community based studies reveal a lifetime prevalence for Post Traumatic Stress Disorder ranging from 1% to 14%, with variability related to methods of ascertainment and the population sampled. Studies of at-risk individuals (e.g. combat veterans, victims of volcanic eruptions or criminal violence) have yielded prevalence rates ranging from 3% to 58%.

Course

Post Traumatic Stress Disorder can occur at any age including childhood. Symptoms usually occur within the first three months after the trauma, although there may be a delay of months, or even years, before symptoms appear. Frequently, the disturbance initially meets criteria for Acute Stress disorder in the immediate aftermath of the trauma. The Symptoms of the disorder and the relative predominance of re-experiencing, avoidance, and hyper-arousal symptoms may vary over time. Duration of the symptoms varies, with complete recovery occurring within three months in about half of cases, with many others having persisting symptoms for longer than 12 months after the trauma.

The severity, duration and proximity of an individual's exposure to the traumatic event are the most important factors affecting the likelihood of developing this disorder. There is some evidence that social supports, family history, childhood experiences, personality variables, and persisting mental disorders may influence the development of Post Traumatic Stress Disorder. This disorder can develop in individuals without any predisposing conditions, particularly if the stressor is especially extreme.

Key Diagnostic Criteria

The person has been exposed to a traumatic event in which both of the following were present:

- 1) The person experienced, witnessed, or was confronted with an event or events that involved or threatened death or serious injury, or a threat to the physical integrity of self or others
- 2) The person's response involved intense fear, helplessness, or horror. Note: In children, this may be expressed instead by disorganised or agitated behaviour.

*"And can you tell me doctor, why I still can't get to sleep?
And night-times just a jungle dark and a barking M 16
And what's rash that comes and goes
Can you tell me what it means?
God help me, I was only nineteen."
(Extract from John Schumann's song *I was only nineteen*)*