



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 2211
11 July 2017

District Governor 2017-18: Malcolm Chiverton

Assistant Governor: Ken Mirams

THIS WEEK'S MEETING

Speaker:	District Governor Malcolm Chiverton
Topic:	Governor's Official Club Visit
Chairman:	Paul Taranto
Desk & Regalia:	Don Van, David Brunt
Fellowship:	Brian Foley
Bulletin notes:	Carol Quayle



RI theme 2017-18

Message from President Paul Taranto

Hello I trust everyone has had good week and has found a way each day to make a difference.

Last week's presentation on "Wheelchairs for Kids" was wonderful and a true illustration of how one person with one idea and one club can make a difference. A member of the Surfers Sunrise Rotary Club came up with the idea of design and constructing a low-cost wheelchair for children that could only get around by pulling themselves along on the ground. The Rotary Club of Scarborough picked up the idea and turned it into a project. This project has made a difference to the lives of the 37,252 individuals and their families who have received a wheelchair.

Many of you would know the "Star Fish" story. A man comes across a boy throwing a starfish back into the ocean. The man then challenges the boy that throwing one of the many thousands of star fish back into the ocean will not make much of a difference. The boy responds by bending down and picking up another star fish and throwing it as far as he can into the ocean. The boy then turns, smiles and says "it made a difference to that one!" The \$2 that we put into the tray each week is making a difference for one person somewhere in this world.

This week we have District Governor Malcolm Chiverton visit us. We will hear what his plans and goals are for 2017/2018 along with how these reflect Rotary President's Ian Riseley theme for 2017/2018. A few weeks back I shared with Club members some of the goals I had set for the Club this year. As a reminder I summarize a few of these below:

- Increase membership
- Sponsor the formation of an Interact Club with one or more local schools.
- Develop at least one project funded by a global or district grant
- Increase the profile of the Club in the local community.
- Maintain the Club's support of youth programs and RYLA.
- Hold another successful Gnome and Fairy festival.

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

Yours in Rotary

Paul

Club Meeting No 2210 – 4 July at Woodlands Golf Club, Mordialloc.

Attendance: 17 members, 2 visiting Rotarians, 3 guests.

Apology: Don Butler, Carol Quayle, George Aivatoglou, Cliff Riley, Barry Donaldson

Visiting Rotarians: Russell Hayes (RC Wandin), Peter Klaaysen (RC Casey) guest speakers

Guests: Ernie and Trina Williams, Andrew Gibson (guest of Jack Pyziakos)

President's Announcements

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

- Thanks to Jack Pyziakos and all members and friends who helped at the Bunnings sausage sizzle on Sunday 25 June. The day raised \$2371.
- Paul distributed copies of a recent article on the future of oil. It makes very interesting reading pointing out the likely short-term conflict of supply shortfall and peak demand, followed by longer term decline with the rise of alternative energy, economic and geo-political factors.
- Paul then related a recent radio story about two mothers, one Australian and the other North Korean, whose sons had fought on opposing sides in the Korean War of the early 1950s. The Australian soldier died in the war. The mothers met some years later and subsequently became friends as eventually did both families. Paul used this to illustrate the power of one.
- Len Dawson gave an example of his nephew in UK who recently did a gruelling climb up three peaks.

Chairman for the evening was *Sylvio Tang*

Committee and Member announcements

Jack Pyziakos reminded of the next Bunnings sausage sizzle to be held on Sunday 22 July. It is likely that we will be sharing the work with St Bede's College.

Brian Foley spoke on the following matters:

- A briefing session held last Friday, 7 July, for members and host families involved in the youth exchange program.
- A meeting held earlier that day with the manager of Mordialloc Neighbourhood House on possible collaboration on community projects.
- The ABC television show "*Landline*" broadcast on 2 July included a segment on the work of FareShare. The broadcast is available on "I-View" for a few weeks. Note that *Landline* has a running time of one hour and the FareShare item is in the second half of the show.

Damian West's "Musings" article is at the back of this week's bulletin

Sergeant-at-Arms

Our newly appointed sergeant Cliff was an apology so the experienced Jack Pyziakos assumed the role. Jack had plenty to work on this week, viz:

US Independence Day

The Australian (male) cricket team is out of work
Jack's "Greek cousin" Nick lost early at Wimbledon.

The Storm won

The Tour de France

In AFL Geelong drew with Melbourne

A Queensland boxer (Geoff Horn) won the world title.

Jack then ran a short quiz that tested our knowledge of certain words. Who knew that:

Fois de Gras literally means "fatty liver". Or that

A *Warrigal* is a wild Australian dog, alias a dingo.

Guest speakers- Russell Hayes and Peter Klaaysen – "Wheelchairs for Kids"

Russell Hayes is a member of the Rotary Club of Wandin and is the District 9810 coordinator for Wheelchairs for Kids. *Peter Klaaysen* was the district coordinator for several years and is still involved in promoting this project since relocating to a club in District 9820.

Russell began by thanking Rotary Club of Mordialloc for its support of the Wheelchairs for Kids over many years. Peter highlighted the work of our former member Maureen McDonald who was instrumental in introducing a fundraising event known as the "wheelathon" to primary and secondary schools in our area. The Wheelathon had students riding in a wheelchair in competition with others often in a race around the school oval. This brought the reality and difficulty of living in a wheelchair directly to students. Funds were raised through sponsorship by parents and the students themselves. A wheelathon held at Mentone Grammar School in 2012 raised over \$9,000 while other events at primary schools raised smaller but still significant amounts.

The wheelchairs are manufactured by retired volunteers at a purpose-built factory in the northern suburbs of Perth WA. The finished wheelchairs are shipped overseas in kit form to many developing countries where they are distributed to disabled children many of them in remote and poor villages. Current production rate is approximately 3350 per year with a total to date of 37,500 since commencement about 15 years ago.

Russell then showed two short videos, one of these of a wheelathon event in progress at a Melbourne school and the other of a television feature on the project showing the Perth workshop and then following the founder, Brother Olly Pickett visiting Vanuatu and meeting the recipient of a wheelchair and her family.

In recent years, the club has not been involved with a wheelathon but has raised funds through member donations at each week's meeting. At the end of the meeting, Russell was presented with a cheque for \$1750 being the total of our donations in 2016-17.

Glenyse Cooper proposed the thanks to the speakers.

District Governor Malcolm Chiverton and Karen

Malcolm first came into contact with Rotary when members of Rotary Club of Box Hill Central were door knocking for members in 1995. Malcolm was managing a local real estate agents office in Box Hill.

During his 20 years of membership Malcolm has undertaken many roles within the club including President in 2002-03. He also served at District level as an Assistant Governor, Rotary/Rotaract Chair, Membership and Club Visioning Committees and Secretary for the Adelaide District Conference in 2011.

In his business life Malcolm is a real estate agent. He started selling country properties from Balwyn in 1971 after moving from Sydney. In 1978 he transferred to selling residential property in the eastern suburbs of Melbourne. In 1986 he was awarded the diploma of Associate of The Real Estate of Australia and served as secretary for his local REIV branch.

When his children attended school he served on the School Council and Fathers Association and baseball club committees. His enthusiasm for the game saw him serve in many positions on the committee including the secretary for 7 years and chairman for 4 years. In 2007 he was awarded Life Membership of the club.

Malcolm and Karen met when Malcolm sold Karen's mother a home in Blackburn South. Karen was then working in the banking industry but when their children were starting school Karen decided to work from home, surrounding herself with little people while working in family day care for 12 years. She then followed Malcolm into the real estate industry, where she lists and sells properties in the outer eastern suburbs.

Karen has been a staunch supporter of Malcolm's Rotary activities along with their adult son and daughter.

Malcolm and Karen are looking forward with enthusiasm to serving the District and making a difference in their Rotary journey.



Malcolm and Karen

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 July	District Governor's Official Club Visit
22 July (Sat)	Bunnings Mentone sausage sizzle 8.00 am to 4.00 pm
14 October (Sat)	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 (Details to be confirmed)

Members on Leave

Jack and Glenyse Cooper – 5 July to 6 August
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 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. **Note this contact will change in the next few weeks**

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

Correction to Last Week's Bulletin

Last week's club bulletin reported on the annual club changeover night held on 27 June. In the list of Paul Harris Fellow pins and sapphires presented on that night, it was not reported that Bob Travers also received a Paul Harris sapphire pin in recognition of his great work undertaken in the youth portfolio over many years.

My apologies for this omission Bob.

Brian Foley – Bulletin Editor

Forthcoming Meeting Program & Rosters

Next meeting..... Partners' Night

Date: 18 July
Speaker: Selwyn Shahine
Topic: Starting an Interact club
Chairman: Jeff Needham
Desk & Regalia: Don Butler, Rob Goode
Fellowship: Sylvio Tang
Bulletin notes: Jill Brear

And the next....

Date: 25 July
Speaker: Geoff Arnold
Topic: Mordialloc Amateur Theatre Group
Chairman: Jack Pyziakos
Desk & Regalia: Don Van,
Fellowship: Kay Gordon
Bulletin notes: Carol Quayle

And the next....

Date: 1 August
Speaker: Mark Pearman
Topic: Current trends in real estate
Chairman: Jack Pyziakos
Desk & Regalia: Don Butler, Rob Goode
Fellowship: Sylvio Tang
Bulletin notes: Kelly Banks

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

<small>Beaumaris</small> 23 North Concourse 9589 3294	<small>Mentone</small> Thrift Park Shopping Centre 9584 3833
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Damian West has provided the following article that describes how a woman overcome a serious health problem using the "power of positive eating"

how i make it work...

JAYTA SZPITALAK

DISCOURAGED BY A BODY THAT SEEMED TO BE TURNING AGAINST HER, THE PSYCHOLOGIST, 36, FELL INTO A PATTERN OF POOR HEALTH. THEN SHE FOUND THE POWER OF POSITIVE EATING – AND VOWED TO HELP OTHERS DO THE SAME

as told to Louise Edwards

My health problems started when I was pregnant. I'm quite short: just 150cm tall. Which in America, where I'm from, legally earns me a handicapped parking permit.

During both of my pregnancies, my babies basically wouldn't fit, so they lay sideways. I looked enormous; more than that, I was in terrible pain. My abdominal wall separated the width of two fists, which was the largest separation my surgeon had seen. Though I had surgery to fix my abs I still *looked* pregnant, which had a significant emotional effect.

To compensate, I turned to eating and became addicted to sugar. Of course I was filling my body with chemicals, so I was overweight and had no energy. The tipping point came when I was looking at old photos from family holidays and realised I didn't look like *me* anymore.

It sounds vain, but it's not. It's about being comfortable in your skin. And I wasn't. I cringed when I saw myself, and that's not healthy. When you can't look in the mirror, you're not going to be the best possible partner, daughter, or mum.

I threw myself into getting healthy. Along the way, I discovered functional foods - which aren't just nutritious but have positive effects on both your physical and mental health. I'm a bit of a research nut, anyway, and I started looking into the antioxidant turmeric. Turns out it's effective in staving off inflammation and helps in the treatment of depression. This simple herb that



threatens no complications to a person's health is so accessible, and doesn't need to be prescribed. It was an eye-opener.

Research indicates that up to 90 per cent of the neurotransmitters created in our gut affect our mental state - hence the gut's reputation as our "second brain". And because so much turmeric is hard to digest, the solution is to ferment it. I began to use sprouted and fermented foods in my diet and my health definitely improved. I also felt more positive.

I began to recommend fermented foods to my patients. The feedback was wonderful, and I felt a responsibility to make this public. But in Australia, it was hard to find fermented turmeric or sprouted foods. I wanted those products here, which led to the launch of my company, Fermentanicals.

My desire to change myself came from a truly genuine place; because of that, I was better equipped to help others make the changes they need in their lives. ★

Jayta's advice for making a big life change

1. Avoid trying to do it all at once. Change can be overwhelming. Easing yourself in with simple tasks can be motivation enough.
2. Don't judge yourself. Focus on your wins, move on from mistakes and stay patient.
3. Shift focus from what you *can't* do to what you can. Weight loss is about eating more of the nourishing foods you already love.