



# The Mordialloc Bulletin

News and Views of the Rotary Club of Mordialloc

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

Meeting No 2366  
27 October 2020

District Governor 2020-21: Alma Reynolds

Assistant Governor: Heather Chisholm

### THIS WEEK'S MEETING Electronic Meeting using "Zoom"

Date: 27 October  
Speaker: Andrew Webb  
Topic: Country Fire Authority  
Chairman: Ernie Williams  
Bulletin notes: Brian Foley



Rotary Opens Opportunities  
RI theme 2020-21

Most Rotary activities are cancelled or on hold until further notice due to the Coronavirus. However, we are holding board and club meetings in this period using Zoom.

### Message from President Paul Taranto

Hello everyone and welcome to latest meeting. Well, the AFL Grand Final has been played and won. Congratulations to all the Richmond supporters and I am sure Rob Goode would have had a wide smile on his face if he were still with us today.

The story of the Richmond Football Club in recent times is a captivating one. You have all probably heard that ten years ago Brendan Gale the CEO of Richmond FC set three goals: to clear the club debt, to achieve a membership of 100,000 people and win three premierships by 2020. Well the club has achieved all those. An important component of the RFC story is the contribution made by an Australian life coach Ben Crowe. Ben worked with Damien Hardwick and Trent Cotchin back in 2016 when Richmond were always just outside the eight and all the talk was when was Damien going to get the chop. Ben helped Damien and Trent to answer the question "Why or Purpose" and "Who or Self-Awareness" in relation to themselves. The result was premierships in 2017, 2019 and 2020. However the more important result for Ben Crowe is that Damien and Trent are now connecting as people not just as coach and captain. Ben Crowe by the way has worked with Ash Barty as well.

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### SUMMARY OF COMING EVENTS

3 Nov (Tues)	No Meeting – Melbourne Cup Day
10 Nov (Tues)	Peter Ratcliff – Mordialloc & Dist. Historical Society
10 Nov (Tues)	Talk by PRIP Ian Riseley 7.30 pm start on Zoom
17 Nov (Tues)	Club committees
23 Nov (Mon)	Board meeting
24 Nov (Tues)	Club AGM Peter Sindrey – East Gippsland Bushfire Recovery

All meetings to be by Zoom video link until further notice  
Club meetings each Tuesday at 6.15 for 6.30 pm  
Board and any other meetings, as decided by the board.

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If club members would like to know more about Ben Crowe and his take on life, there was a great article in the Herald Sun on September 20, 2020, you also can visit his website <https://www.mojocrowe.com/>.

And also on football, what a great result in the NRL when Melbourne Storm won the premiership against Penrith on Sunday evening. No doubt Jack Pyziakos and all Storm followers are delighted with the outcome. It has been a great effort for both the AFL and NRL to conclude their seasons successfully despite the lockdown disruptions.

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We also need to acknowledge the support provided by the Queensland Government, in particular, and other States also in providing facilities to allow football and some other national sports to continue in 2020.

Two weeks ago we had our District Governor, Alma Reynolds, visit our club and see all that we as a club and as individuals do. I received a lovely card from Alma thanking us for taking the time to meet with her and the warm welcome extended to her and her husband Greg King. I would like to share the following extracts from Alma's message with members.

*"The Rotary Club of Mordialloc is not a large club but it is certainly very active with an impressive roster of local and international projects"*

*"The club's local projects are providing a great service to the community"*

*"I know the Rotary Club of Mordialloc has a good appreciation of the importance of public image and will keep up its endeavours in this area."*

*"The club's involvement in the End Trachoma Now project is also laudable and a great example of a practical project."*

Several members have contacted me and expressed their appreciation of what Alma had to say during her visit and their support of how she sees Rotary operating in today's world.

Speaking of purpose and Rotary, Saturday 24 October was also notable for being World Polio Day. This is one virus that humankind is about to put completely away. As members heard the Board, at its last meeting, approved a contribution to the End Polio Now campaign of \$1500. All club members can be pleased and proud of the club's support of this Rotary project.

Given the underlying theme of purpose in this week's message, this week's quote comes from the American philosopher and essayist Ralph Waldo Emerson.

*"The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well."* - Ralph Waldo Emerson (1803-1882)

Cheers Paul

*"Rotary Opens Opportunities" (to achieve one's life purpose)*

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### **Club Meeting No 2365 – 20 October – Zoom Video**

**Attendance:** 19 members, 3 guests

**Apology:** Don Van

**Guests:** Dean Beattie (speaker), Margaret Aivatoglou, Jess Taranto

President *Paul* welcomed all members and guests and announced the following:

- 24 October is World Polio Day
- On Tuesday 10 November, PIRP Ian Riseley is speaking at RC Sandringham. Details on page 3.

David Brunt chaired the remainder of the meeting.

### **Reports and Members' Announcements**

Secretary *Trina* spoke on the following:

- An extra board meeting on the following evening to discuss project funding and related matters.
- The club Annual General Meeting will be held on Tuesday 24 November
- A letter of thanks has been received from the Salvation Army for our donation for backpack beds

Treasurer *Graeme* advised that after recent payments, total club funds amount to some \$61,000.

*Di Taranto* reported on the following:

- Face mask sales are continuing.
- The Emerge sensory garden project is coming along. A worm farm was requested and has been supplied.
- The hygiene packs project is getting bigger. The number of students involved is now well over 200 so extra help is needed.
- Mordialloc Secondary College has accepted our donation for their awards night. Other three schools to be followed up.

*Brian* (International) spoke of the Ian Riseley talk on Tuesday 10 November. This commences at 7.30 pm and will follow immediately after our club meeting.

In relation to the Emerge project, Brian said that there is the possibility of the District Grant for this project, either later this year or next Rotary year.

*David* (Community) thanked members who have provided goods for the emergency care packages. More will be required.

Kay reminded of the fundraising walk for Parkinsons Victoria that continues to the end of October.

*Ernie* (*Projects*) announced that the Bendigo Bank has agreed to contribute \$2000 to the next Gnome & Fairy festival planned for Sunday 14 March 2021. The next committee meeting will be on Wednesday 28 October

Kathy mentioned that BUPA also had some community grants available and details are on the BUPA website.

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### **Guest Speaker – Dean Beattie – Men's Health Issues**

Dean works in the health and well-being industry with both individuals and corporate organisations. He brings new approaches to old problems particularly for men, using his personal background and experience.

Dean was raised in a middle-class family in country Victoria and by age 28 realised that he had a serious depression problem due to substance abuse particularly binge drinking. He sought help and became involved in the Alcoholics Anonymous program. His recovery was slow and progressive using positive psychology and physical support one day at a time.

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Dean Beattie (cont)

He then pointed out that mental health problems among men are major factors in the fact that suicide rates among men in Australia are up to three times higher than for women. Also attitudes are changing for the better as more is known about depression. It is good to see some footballers being open about their problems and being prepared to take time off to address the issue. 20 years ago that approach would have been considered weak by many in the community.

Dean uses a SUPPORT ME approach to address men's mental health problems, the main elements being:

**Support Network** – get connected through social groups, family, workmates and sporting clubs.

**Understand Yourself** – understand your trigger points and reactions, do not let small things add up.

**Positive** – do the things that you love and engage you

**Psychology** – don't have grudges or resentments - forgive and live and let live

**Optimism** – do be positive in outlook. Don't hold on to unfounded fears.

**Real Foods** – do understand the relationship between food and thinking - do eat fresh based fruit and vegetables – don't; eat too much processed food and sugar.

**Talk** – do reach out and talk with family and friends – don't try to do it all yourself.

**Mindfulness and Meditation** – do be present in the tasks you do and develop a simple meditation process.

**Exercise** – do any movement that brings joy, weight training, yoga, swimming hiking etc.

More information are resources are given in the document sent to members after last week's meeting.

Dean then responded to questions including:

Mental health problems in the military. Could the Australian Army utilise this program? Answer: Yes.

Are there any changes in the drinking culture in Australia? Answer: It will be a long slow process. Binge drinking is prevalent such as during the Spring racing season. While most people can handle it, 8 to 10% have a problem

Problems of sleep deprivation due to shift work? Answer: Agreed there is a problem.

Drinking after work every day? Answer: Yes, there is a problem. Women are drinking more than in the past.

David Brunt thanked Dean for his presentation.  
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#### **.Other Announcements**

#### **Rotary Club of Mordialloc Annual General Meeting**

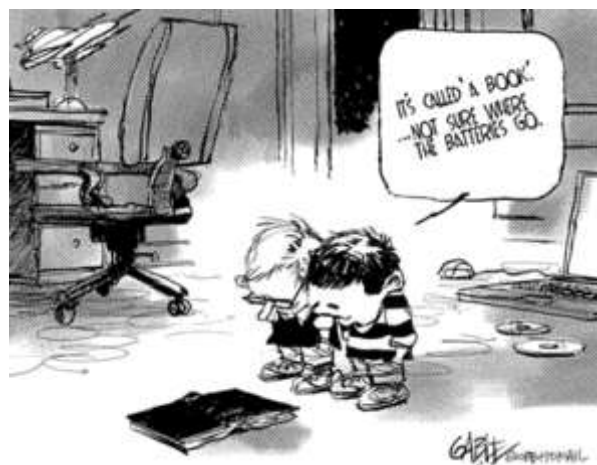
Date: 24 November 2020, Time: 6.30 pm

Meeting to be held on Zoom

#### **Business:**

- Confirmation of minutes of 2019 AGM
- Presentation of financial report for 2019-20
- Receive report of nominating committee and elect club officers for 2021-2022
- Other business.

Trina Williams  
Secretary  
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#### **Address to D9810 by Past RI President and The Rotary Foundation Trustee Ian Riseley Tuesday 10 November at 7.30pm**

PRIP Ian, a charter member of Rotary Sandringham, is only the 5th Australian (and 3rd Victorian) to be RI President and we are greatly honoured to have Ian address Rotarians in D9810 on current and emerging issues impacting on all of us as Rotarians; as well as shaping the future of our Clubs, our District and our Region. Ian will also launch Centurion week. This Zoom event will be hosted by Rotary Sandringham and is open to all Rotarians in the District.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZ0lfumvrjkuHt1qfuGQYqNNqIHCO3MfogvO>

After registering, you will receive a confirmation email containing information about joining the meeting.

David Alexander  
D9810 Foundation Chair, District 9810