



Chairwoman Enid and speaker Heather Hill share a moment.  
Heather is a Dance movement therapist and also works with people with dementia.  
An interesting project—well worth supporting. Great work Heather!



Rotary's early emblem was a simple wagon wheel (in motion with dust). It was designed in 1905 by Montague M. Bear, a member of the Rotary Club of Chicago who was an engraver. He designed the emblem to represent both civilization and movement. Most of the early Rotary clubs adopted the wheel in one form or another.

The present emblem, 24 cogs and six spokes, was adopted in 1924. A keyway was added to signify usefulness. An official description of the emblem was adopted at the 1929 International Convention.

# Rotary Club of Fern Tree Gully Inc.

Volume 50 No. 33

25th March, 2013

INCORPORATED REG. No. A0023463V  
DISTRICT 9810 VICTORIA AUSTRALIA

CHARTERED: 16<sup>th</sup> May, 1963

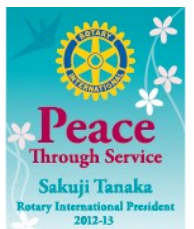
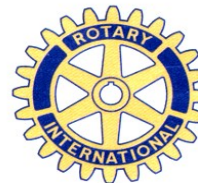
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## WEEKLY BULLETIN

ROTARY CLUB OF FERN TREE GULLY  
50TH ANNIVERSARY  
2013

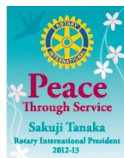
President, Rotary International - **SAKUJI TANAKA & Kyoko,**  
**Rotary Club of Yashio, Saitama, Japan**  
District Governor, Dist. 9810 – **BRIAN MARTIN & Sue,**  
**Rotary Club of Box Hill Central**

President, Rotary Club of Fern Tree Gully – **GRAEME ASPINALL**  
Benefactor, Rotary Club of Fern Tree Gully – **IVAN GIGOVIC, Vale: August 2003**





## THE ROTARY CLUB OF FERN TREE GULLY INC., 2012-2013



### The Board

<b>PRESIDENT</b>	-	<b>Graeme Aspinall</b>
<b>PRESIDENT ELECT</b>	-	<b>Phil Walters</b>
<b>SECRETARY</b>	-	<b>John Flemming</b>
<b>TREASURER</b>	-	<b>Enid Hughes</b>
<b>PAST PRESIDENT</b>	-	<b>Enid Hughes</b>
<b>COMMUNITY</b>	-	<b>Julie Goodchild</b>
<b>VOCATIONAL</b>	-	<b>Phil Walters</b>
<b>INTERNATIONAL</b>	-	<b>Paul McAloney</b>
<b>NEW GENERATIONS</b>	-	<b>Greg Downes</b>

### Office Bearers

<b>FOUNDATION</b>	-	<b>Robert Dawson</b>
<b>MEMBERSHIP &amp; MARKETING</b>		<b>Graeme Aspinall</b>
<b>FELLOWSHIP</b>	-	<b>Fran Mandergheddes</b>
<b>PROGRAM</b>	-	<b>Mike Spark</b>
<b>BULLETIN EDITOR</b>	-	<b>Enid Hughes</b>
<b>Aus. Rotary Health</b>	-	<b>Graham Faulkner</b>

## THE FOUR-WAY TEST

Of the things we think, say or do :-

- Is it the **TRUTH**?
- Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned?



## Excerpt from Heather Hill's Description of Dance :

Dance-movement therapy as a formal profession began in the United States in the 1940s, when professional dancers were invited by psychiatrists to work with groups of returned servicemen recovering from war trauma and other patients in psychiatric hospitals. In the 1960s the American Dance Therapy Association was formed. In Australia, dance-movement therapy grew out of dance in education and creative dance and the early Australian pioneers were already working in the 60s. The Dance-movement therapy Association of Australia was formed in 1994.

"Dance-Movement therapy combines the creative process and the study of human movement into a holistic approach that draws upon the elements inherent in dance" (DTAA). In writing about dance-movement therapy, it is inevitable that one must start with answering the question "what is it?" People outside the profession may hazard the guess that it is therapy for dancers; many others simply stumble over the word "dance" and get no further. Indeed, because of preconceptions about the nature of dance, many dance therapists have chosen to use the word dance-movement in order to more clearly delineate their profession. So how best to explain dance-movement therapy? And how can we connect dance/movement with therapy? Well, in the first place, it is necessary to understand "dance" in a way which is much broader than normally recognised in our society. As a society – Western 21st Century urbanised – we tend to think of dance as a technical form, mainly for performers with young, lithe bodies, or in a social context for people who "can dance". In our culture people are divided into dancers and non-dancers. Yet, other historical eras, everyone was a dancer. While one might ask "what do you dance?" it would be nonsensical to ask "can you dance", as non-

sensical as asking "are you breathing?" If you're human, you dance. As one writer (J.L. Hanna) says, "To dance is human". Historically and even in many cultures today (eg Africa) Dance is part of being human. People dance to express their joy, their grief, to educate and socialise the young into the life of the community, to bring people together, to connect. Dance is a human expression of expression and communication.

This brings us to a fundamental tenet of our belief system as dance-movement therapists, namely that we are all embodied persons, that is, that we live and function through our bodies.

The body affects mind and feeling, and mind and feeling affect the body: they are integrally connected. This goes against much traditional Western thinking with its separation of mind and body, although recent neuroscientific research is tending to support an integrated view of mind/body (which we dance-movement therapists knew all along!). For the dance-movement therapist then, in working with a person's body, s/he is working with the whole person - mind, body, feeling. Dance involves movement, but is not only movement. It goes beyond the functional to the aesthetic. And by the aesthetic, I mean it is movement done with feeling and with involvement in the movement, and it is done for the sheer pleasure of doing it rather than to achieve a functional goal.





## RELAY FOR LIFE

Rotary Fern Tree Gully once again did their bit for Relay for Life. John F and Graeme A did a stirring job of cooking sausages, and hamburgers on Saturday night. 6.00 a.m. Sunday morning found them cooking eggs and bacon in addition to more hamburgers and sausages. Well done guys—and thank you to Virginia, Fran, Paul W and Enid for their magnificent efforts too!



Below: *Our favourite State Politician and long time supporter of our club —Nick Wakeling did his bit, leading his whole team. Well done Nick!*



## UPCOMING MEETING RESPONSIBILITIES

Date & Time:	Monday 25th Mar [6:30 for 7:00]	Monday 1st April	Monday 8th April	Monday 18th Mar [6.30 for 7:00]
Venue:	Knox Tavern		Knox Tavern	Knox Tavern
Program:	ABCD Dreams	EASTER	Committee Meeting	Dance Family
Speaker:	Ken Wall	MONDAY	N/A	Heather Hill
Committee Subject	N/A		TBA	N/A
Chairman:	Fran M		Phil W	Enid H
Cashiers:	Greg D & Graham F	NO	Julie G & Bob H	Stuart V & Rob D
Grace & Toast:	Mike S	MEETING	Graeme A	Angela L
Rotary Knowledge			Julie G - MUNA	Phil Walters Rotary Direct
Sergeant-At-Arms:	Paul W		Paul W	Paul W
Scribe:	Phil W		Virginia R	Julie G



<i>Birthdays:</i>	29th—Marg. Hurst
<i>Wedding Anniversaries:</i>	None
<i>Induction to R.C. of F.T.G</i>	None

## MINUTES OF MEETING: Monday, 18th March, 2013

The meeting opened at 7.00 p.m. with President Graeme welcoming all members, guests.

### President Graeme announced:

- Commented on the recent record run of high temperatures, making things difficult for people.
- Reported that the District Conference was well organised—ran to time—speakers weren't overwhelming but quite interesting—was a good weekend.
  - Foundation giving was \$199 per head for District 9810 making us 19th out of 500 in the world
  - Cost of Rotary
  - Membership is static
  - Next year's conference will be held in Bendigo—21-24th March.
- Relay for Life—next weekend. Need to set up at 2.00 p.m. on Saturday. Asked for volunteers
- Presented Rob Dawson with a cheque for winning the skill draw last week.

### Chairman : Enid Hughes

Called for reports.

### Acting Secretary: John Flemming

- Distributed incoming mail
- Announced that Knox Council now require more paperwork connected with their sponsorship of the Peter Wylie Award.

**Apologies:** Fred Mason, Greg Downes, Bob Hurst

**Make-Ups:** Graeme Aspinall, Enid Hughes, Julie Goodchild

### Treasurer: Enid Hughes

No financial report

### Vocational: Phil Walters

No report

### Community: Julie Goodchild

No report

### International: Paul McAloney

No report.

Enid advised we now have the names of the 4 children we are sponsoring at the school. Passed around folders containing photos and info on each child.

### New Generations: Greg Downes

Absent—No report

Julie reported on our efforts to involve Mater Christi College in MUNA. Our team

schooling you have you have to pay for in Denmark.

Anyway, I met Maria and her Boyfriend Jennik. (Yennik). She was so nice. We had a big family lunch with home made Danish bread.

After lunch my host mum told me it was probably smart to go and have a nap for a while, After a quick phone call home to tell the folks I was alive I went and tried out my new bed and woke up a few hours later to the smell of Mexican food, when I walked into the kitchen my host brother and mum were preparing it, Mexican food is my host brothers favourite.

The first thing they did was walk to the door in the dining room and open it and reached out and got a bottle of coke, which was completely frozen out of the snow. It was strange to comprehend, but it was also funny for me. We ate dinner and had a few 'Skål!' moments, which always seem to happen when I have my mouth full of food.

I had my first rotary meeting at 12pm on the Monday after I arrived. It was good, I got up and made a short presentation of myself, just my name and where I am from, in English of course. Then straight after that I had a meeting at school. Did I mention we rode everywhere, rotary organised for me to have a bike, which is awesome!

I rode to my new school is -4.c and had a meeting with the counsellors who take care of the exchange students, there I met Kate again and another Brazilian boy called Jose, who had arrived in Denmark that day!

On Tuesday I went to get my visa paperwork sorted out, which you know about.

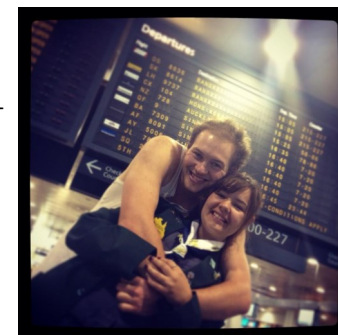
On Wednesday it was my first day of school. Some of the girls in my class got my number from the school and called me because one of my classes cancelled. So I didn't have to be at school until 9.50 on my first day. They asked me to meet them about 10 minutes earlier at school so they could give me a tour. I met Katarina and Emma, who would be my two 'tutors' from my class, which here you stay in the same class/group of people for all your classes, except language and art/music.

I met my class a few minutes later and the first class I had was Danish, but the good thing was I could have my laptop open, so I wasn't as bored.

The Next few weeks at school flew by as I got use to my routine on sleeping./eating/ school/eating/sleeping.



The Second Friday I was in Denmark my gymnasium threw a big year party (årfest) where you pay 70kr and they have live music and a dancefloor. It was very strange to turn up to school on Friday morning to find a truck delivering beer....





## NEWS FROM OUR YOUTH EXCHANGE STUDENT KATE CAMPBELL....

### January

I arrived in Denmark on January 19th at 6.35am. The first thing we did was say goodbye to all the kids who were meeting their host families in Copenhagen, then the rest of the girls had to go outside and catch a bus to the domestic terminal. It was about -5 out and snowing, It was the first time most of us had seen snow. We all huddled together as none of us really had jackets. We all looked to the right and were caught off guard when the bus arrived from the left, and that's when we realised they drive on the other side of the road..

We all made it to the domestic terminal alive and as we waited for our plan we struck up conversation with a few Danish people, apparently its not normal here to start talking to the next person in line here, and they find it very strange. We all got hot chocolates which really helped with the fact we had been traveling for so long. 4 Girls were going to Ålborg and 10 Girls (including me) were going to Billund.

The girls going to Billund left first. We walked out side to get out our plane, which to my surprise was a turbo prop....



When we got on the tiny plan I found another girl called Kate (Kathleen) who was going to the same town as me and the same school. Which was exciting! A girl called Mel, who I had sat next to from Melbourne to Copenhagen became my best friend and she sat with us too. The Flight to Billund too less than an hour, we basically went up.....then down... we all arrived very nervous. As we waited for our bags we could see through the windows all our host families waiting

for us with Danish flags. After we were sure everyone had their bags and was ready to meet their new families we took a quick group photo and walked through the doors to meet them.

Waiting for me at the airport was my host dad, Frits , host mum, Charlotte, and host Brother, Frederik who is 17. ( I also have a host sister, Maria, who is 19 but she was at home) Charlotte came and gave me a big hug and said welcome, followed by Frederik then Frits. Frederik looked very excited to meet me, they all did. Although I must have been a tad strange to them, I was so tired and felt like I hadn't showered in about 3 days. Frederik took my bags and we headed to the car for the long journey home (its was only an hour and a half, but in Denmark that is basically half way across the country)

When we got home I met my host sister Maria, who doesn't live with us here, she attends a højskole, The English translation is high school, but that's not what it is, it more like a tafe that you go and live at and do courses, but you dont get a diploma, its the only type of



is now being sponsored by Boronia RC.

Enid reported that Kate Campbell is having trouble with her visa application and is currently on a visitors visa. The authorities are still trying to issue her with a student visa.

**Club Service: Phil Walters**

No report

Rob Dawson—advised Mountain District Hospital, Scoresby Road were giving our free flu shots on Tuesdays.

**Fellowship: Fran Mandergeddes**

Thanked Mike Spark for the info on the Jazz band, 14th April

**Rotary Knowledge: Phil Walters**

Spoke on Rotary Direct. A way to donate over the internet

**Sergeant-At-Arms: Paul Wilson—**

Played a gam—players chose Homer Simpson or George Bush as to “who said”.

**Skill:** John Flemming drew 10 Hearts. Paul McAloney won an Elvis Presley photo, Paul W won chocolate.

**PROGRAM: DANCE FAMILY—Heather Hill**

Heather has been a Dance Movement therapist since 1985, working with people with dementia as well.

The Dance Family program is a family program—parents and children with disabilities. They meet on Sunday mornings at 10.30—12.00 noon.

Many community groups came together to form a committee to devise a community program which helped families. It started as a need for respite but quickly became something which was fun and enjoyable.

Children's ages are from 4 to 20 all with varying degrees of disabilities. Parents are of different ages, backgrounds, ethnicities. Planning to make it all work was difficult. It's not about the disability but about relationships.

The group meets at Bayswater Youth Centre.

Happy Feet is a Rotary project which is similar—leaving the disability at the door and getting on with life.

Meeting closed at 8.42 p.m.

Scribe: Julie Goodchild



## PRESIDENT'S REPORT

Last weekend Julie, Enid and I and our exchange students Caroline and Damien attended District Conference at Wangaratta together with 500 other Rotarians. We all had an enjoyable weekend. The conference got underway on the Friday afternoon. DG Brian Martin performed the opening ceremony speaking about his theme "Service Through Peace".

On the Friday evening we joined with the Knox Rotary Club for a combined fellowship dinner. In addition to our own two exchange students we also hosted two more from the Cheltenham club. It was a good night.

Saturday got underway early with three plenary sessions planned for the day. We heard from a range of interesting speakers on

- Marketing and Social Media,
- Caring for Kids in an online world,
- 2013 Chelsea Flower Show design exhibition,
- Arts and therapy,
- Group Study Exchange presentation.
- ABCD (Art Building Children's Dreams) project
- The 4-2ay Speech winner—Sean Hollis, and
- Youth Exchange Presentation.

Saturday night, which is always the highlight of any conference, being the day before St. Patrick's Day, had a theme of *A Touch of Green*. Many clubs showed much imagination in their costume designs.

Very hard to get up early on Sunday morning, pack up and be out of the motel for another 9.00 a.m. start (did not quite make it!). The final session had presentations on Rotary's Future Vision and then Rotary Foundation—the benefits of Rotary's Partnering Program.

The final speaker gave a very interesting presentation on adolescent mental health and how eating disorders are a significant factor towards this growing problem.

The conference then concluded with the necessary wrap-ups and thank you's. By 1.00 p.m. we were all looking forward to our boxed lunches and the journey home.

Summing up—a well run conference with lots of fellowship and exchanges with fellow Rotarians where it will all be done again next year in Bendigo, on 21st-23rd March 2014.

Just finished a busy weekend catering at the *Relay for Life* event at the Knox Athletic Centre. Saturday evening was not as busy as last year but we had managed to recover our costs at least. Sunday saw John, Paul W and myself back by 6.15 a.m. along with Fran to cook eggs and bacon rolls for breakfast. Very busy morning—even had to buy extra eggs, bacon and bread rolls. But at the end we had sold everything. This event has grown in participating numbers since last year (its first year). The funds raised were around \$56,000 which goes towards cancer research. Our club made a donation towards this very well run community fundraiser. In addition to those already mentioned, thanks also go to Virginia and Enid for your assistance and Mike who was able to collect and return the BBQ trailer to FTG Holden.

**Graeme Aspinall**  
President



**Below:** Our Club Dinner—Caroline, Damien and Pres. Graeme



### District Conference

**Top:** Gala Dinner: Theme *A Touch of Green*—there were lots of four leaf clovers, leprechauns and Irish music!  
Julie & Mark G, Graeme, Enid, Damien and Caroline.

