

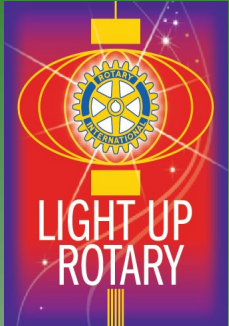
# Rotary Club of Fern Tree Gully Inc.



Vol. 52 No 29

6th April 2015

## WEEKLY BULLETIN



President, Rotary International

—

**GARY C.K. HUANG**

**Rotary Club of Taipei,  
Taiwan**

District Governor, Dist. 9810 —

**TONY MONLEY & Kathy**

**Rotary Club of Templestowe**

President,

**MIKE SPARK & Wendy**

**Rotary Club of Fern Tree Gully**

Benefactor,

**IVAN GIGOVIC,**

Vale: August 2003

**Rotary Club of Fern Tree Gully**



### JACQUIE CHAPLIN (with "Elphie")



Jacquie gave members a very insightful view of what it's like to suffer from Clinical Depression and Bi-polar, how to recognise the signs and how she and her family deal with it.

Really interesting presentation Jacqui—thank you.

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INCORPORATED REG. No. A0023463V

DISTRICT 9810

VICTORIA

AUSTRALIA

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

Postal Address: P. O. Box 164 FERNTREE GULLY, VIC 3156

Website: [www.ferntreegullyrotary.org.au](http://www.ferntreegullyrotary.org.au)

# UPCOMING MEETING RESPONSIBILITIES

Date & Time:	Monday 30th Mar [6.30 for 7.00]	Monday 6th Apr [6.30 for 7.00]	Monday 13th April [6.30 for 7.00]	Monday 20th April [6.30 for 7.00]	Monday 27th April [6.30 for 7.00]
Venue:	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club
Program:	Clinical Depression	Easter	Committee Meeting	South African Trip	YEP - A Year in Austria
Speaker:	Jacqui Chaplin	Monday	N/A	Nicole Pennings	Rhiannon Ives
Committee Subject	N/A		TBA	N/A	N/A
Chair:	Phil W	NO	Paul McA	Paul W	Christine A
Cashiers:	Fran M		Paul W	Virginia R	Graeme A
Rotary Toast	Virginia R	MEETING	Graham F	Paul McA	Enid H
Rotary Knowledge	Phil W Avenues of Service		N/A	N/A	Paul W RYLA
Sergeant-At-Arms:	Bob H		Rob D	Rob D	Rob D
Scribe:	Paul W		Christine A	Bob H	Paul McA

<i>Birthdays:</i>	8th April—Fran Mandergeddes
<i>Wedding Anniversaries:</i>	8th April—Anne & John Flemming
<i>Induction to RC of Fern Tree Gully</i>	5th April—Christine Anderson—'14

## "MIKE'S MUSINGS...."

Hi, all!

The scheduled Easter Thursday meeting to review our Cluster efforts for the Knox Festival was cancelled at the last minute – so maybe we'll have better luck next week!

Last week's meeting had a dynamic speaker tell us about the highs and lows of clinical depression. Jacqui Chaplin informed the club members and guest Kay about her personal journey, entertained us, and gave us hints so we can be more aware about the problem, and help out others who may be in need.

Many thanks to Graeme and John for doing the mid-week Bunnings sizzles and for organizing the Easter Sunday one – thanks to the members who did all the shifts to feed all the DIYers, and the ones who will do the mid-week ones this week.

We trialed eating and meeting in part of the main room for last week's meeting. We can reverse the table setting so that everyone can see the screen – apart from that, it seemed to go well. We'll see how it works again next Monday – any comments can come to me, please.

Keep well, and happy! TTFN from Mike.



*Mike Spark  
President*

# ***HAPPY EASTER EVERYONE***



**All I need to know**

**I learned from the Easter Bunny!**

Don't put all your eggs in one basket.

Everyone needs a friend who is all ears.

**There's no such thing as too much candy.**

All work and no play can make you a basket case.

Everyone is entitled to a bad hare day.

**Let happy thoughts multiply like rabbits.**

**Keep your paws off of other people's jelly beans.**

Good things come in small, sugar coated packages.

**The grass is always greener in someone else's basket.**

To show your true colours, you have to come out of the shell.

The best things in life are still sweet and gooey.

**May the joy of the season fill your heart.**

**AND MAY GOD BLESS YOU!**

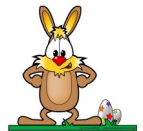
Happy Easter!





# "THE WEEK THAT WAS"

Monday, 30th March 2015



The meeting opened at 7.08pm with Pres Mike welcomed Jacqui Chaplin and all members.

## Presidents Announcements:

- Reminded members there will be no meeting next week as it's Easter.
- The recent cluster meeting reviewed the Knox Festival but ran out of time and will need to meet again this Thursday.
- Thanked everyone who helped with the Relay-for-Life barbeque.

**Chairman:** Graeme Aspinall

## Chairman's Reports:

**Secretary:** John Flemming

- Read the incoming mail
- Outgoing mail—Karyn Orpen re subsidy for our Apprenticeship Award

**Apologies:** Rob Dawson, Virginia Rutledge, Christine Anderson, Phil Walters

**Treasurer:** Enid Hughes

No Report

**Vocational:** Phil Walters

No report

**Community:** Graeme Aspinall

- Relay for Life BBQ did not match last year as RFL was not as successful; 20 clubs did not register this year. However, the club still made \$600.
- Reminded members we have the Bunnings Sausage Sizzles coming up this weeks (Tuesday, Sunday, and Tuesday, Thursday next week) See bulletin for details.

**International:** Paul McAloney

- Received an email requesting club support for Interplast.

**Youth:** Paul Wilson

No report

**Club Service:** Paul McAloney

No report

**Fellowship:** Fran Mandergeddes.

- Need commitment ASAP from members wishing to see "Secret Bridesmaids' Business" on 12th June.

**Fines Session:** Sergeant Rob Hurst had lots to say about the recent World Cup/cricket in general. Few laughs and many groans!!

**Skill:** Paul McA drew Jack of Hearts

## PROGRAM: CLINICAL DEPRESSION—Jacqui Chaplin

Jaqui introduced herself and announced that she would be talking about both clinical depression and bi-polar—she suffers from both these conditions outlining her research and strategies for keeping depression at bay and looking at her

history of depression.

Jacqui then introduced her "elphie" (pink elephant).

## Strategies:

- Eat properly
- Cut down on alcohol
- Look after each other
- Think positive
- Slow breathing
- Volunteering
- Spirituality
- The little things
- Play and creativity

Jacqui is trying to raise awareness and acceptance for mental illness; to the same degree physical illnesses receive.

There were many questions.

Mike then dealt with the housekeeping matters and closed the meeting at 8.30 pm

Scribe: Paul Wilson

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**PLEASE NOTE—AS THERE IS NO MEETING ON MONDAY 6TH, DUE TO EASTER, THERE WILL BE NO BULLETIN ISSUED ON 13TH APRIL**

Happy Easter!

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## BUNNINGS SAUSAGE SIZZLE ROSTER

9.00—12.00 p.m.	12.00—3.00 pm
<b>Tuesday, 7th April</b>	
Graeme Aspinall John Flemming Virginia Rutledge	Graeme Aspinall John Flemming Graham Faulkner
<b>Thursday, 9th April</b>	
Graeme Aspinall John Flemming Virginia Rutledge	Graeme Aspinall Enid Hughes Mike Spark
<b>Tuesday, 30th April</b>	
Graeme Aspinall John Flemming Rob Dawson	Graeme Aspinall John Flemming Rob Dawson



## Community Kitchen Roster - 2015

Guide Hall

Underwood Rd

Ferntree Gully (Next to train station car park)

Rotary roster - every second Wednesday, 5.30pm

DATE	ROTARIAN
8th April	Enid Hughes
22nd April	Graeme Aspinall
6th May	Paul McAloney
20th May	John Flemming
3rd June	Paul Wilson
17th June	Christine Anderson
1st July	Paul McAloney
15th July	John Flemming
29th July	Graeme Aspinall
12th August	Paul Wilson
26th August	John Flemming
9th September	Paul McAloney
23rd September	Christine Anderson
7th October	Graeme Aspinall
21st October	Paul Wilson
4th November	
18th November	John Flemming
2nd December	Graeme Aspinall
16th December	Christine Anderson

Dinner provided

Contact Graeme Aspinall for more  
information

0425 432 290

## RELAY FOR LIFE

This annual event took place once again at the Knox Athletics Track. Members of RC FTG served sausages and hamburgers for dinner on Saturday and were cooking and selling egg and bacon rolls at 6.00 a.m. on Sunday! Well done guys. Unfortunately the event wasn't as well attended this year but hopefully, next year's organisers will get it back on track(!)



Why do they call it  
"beauty  
sleep"  
when you  
wake up  
looking like a troll!



# ferntree gully VOLUNTEER EXPO



Saturday May 16th

10am - 1pm

**Ferntree Gully Arts Centre**

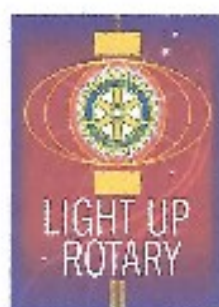
1010 Burwood Highway, Ferntree Gully  
(next to the Ferntree Gully Library).

**For more details call  
Mountain District Learning Centre 9758 7859**

*share the time – share the rewards*

Volunteer  for Knox





**ROTARY DISTRICT 9810**

**2015 Changeover Dinner**

**Invitation**



***District Governor Tony Monley and Kathy***

*together with*

***District Governor Elect David Tolstrup and Alison***

*Request the pleasure of the company of*

***All District 9810 Rotarians and Partners***

*at the 2015 District Changeover Dinner*

***Venue: Karralyka Centre, Mines Road, Ringwood  
(Melway Ref: 50A6- Entry from both Marcondah Highway  
and Mt Dandenong Road)***

***Saturday 27<sup>th</sup> June 2015  
7.00 - 7.30pm***

***RSVP via attached Registration Form by Friday 12<sup>th</sup> June 2015***

***Enquiries:***

***John van Holsteyn: Ph: 03-9758 4699***

***Email: [retryment@bigpond.com](mailto:retryment@bigpond.com)***

***Cost: \$60.00 / person***

***Drinks: At bar prices***

***Dress:***

***Ladies: After Five***

***Gentlemen: Black Tie or Jacket & Tie***