

# Rotary Club of Fern Tree Gully Inc.

Vol 55 Issue No 32

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DISTRICT 9810 VICTORIA AUSTRALIA  
CHARTERED: 16<sup>th</sup> May, 1963  
Postal Address: P. O. Box 164 FERNTREE  
GULLY, VIC 3156  
Website: [www.fernreegullyrotary.org.au](http://www.fernreegullyrotary.org.au)  
Facebook: [/www.facebook.com/fernreegullyrotary1](https://www.facebook.com/fernreegullyrotary1)

15th March, 2018



President, Rotary International

**IAN RISELEY & Juliet**  
Rotary Club of Sandringham  
Victoria, Australia



District Governor, Dist. 9810 –

**MALCOLM CHIVERTON & Karen**  
Rotary Club of Box Hill Central

President,

**CHRISTINE ANDERSON & Allan**  
Rotary Club of Fern Tree Gully

Benefactor,

**IVAN GIGOVIC,**  
Vale: August 2003  
Rotary Club of Fern Tree Gully



## WEEKLY BULLETIN



Pictured above: Yang Xu with Rob Hurst

## WELLNESS & LONGEVITY

We were urged to follow Yang's four principals of life. Sounds easy to do but it certainly would take some dedication!

Great presentation—thanks Yang.

*(See page 3 for further details)*

# UPCOMING MEETING RESPONSIBILITIES

<b>Date &amp; Time:</b>	Thursday 15th Mar [6.30 for 7.00]	Thursday 22nd Mar 6.30 for 7.00]	Thursday 29th Mar [6.0 for 7.00]	Wednesday 4th April [6.30 for 7.00]
<b>Venue:</b>	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club
<b>Program:</b>	Committee Meetings Group A	World Cruise of the Orion	Spectrum	Annual Taveuni Eye Project in Fiji.
<b>Speaker:</b>	N/A	John Liddell	Kate Johnson	Peter Malden
<b>Chair:</b>	Ray H	Fran M	Paul McA	Mike S
<b>Rotary Toast</b>	Paul McA	Mike S	Graham F	Rob H
<b>Cashier:</b>	John F	Rod B	Fran M	Allan T
<b>Scribe:</b>	No Scribe	Paul W	Rob H	John F
<b>Rotary Knowledge</b>	Ray H			
<b>Topic:</b>	Ambassadorial Scholarships			
<b>Sergeant-At-Arms:</b>	Allan T	Allan T	Ray H	Ray H
<b>Partners' Night</b>	No	No	No	No

<i>Birthdays:</i>	None
<i>Wedding Anniversaries:</i>	18th—Mar & Rob Hurst—'67
<i>Induction to RC of Fern Tree Gully</i>	15th—Paul McAloney—'99



## CHRISTINE'S CHATTERBOX

What interesting, positive, life changing principal's our guest speaker Yang Xu, demonstrated in his presentation on Wellness and Longevity. Gives us all food for thought, living your best life; also the lifestyle and longevity lessons of the people of Ikaria, the world Blue Zones where the average age at death is far greater than the rest of the world. Yang certainly had a very captive and interactive audience, great that we could share the evening with Yang's parents, Ling and Ken and our partners, Jill Marg and Wendy.

Another busy Rotary week, sausage sizzling, chilling out listening to the Jazz Band, spending an afternoon with Rotary International President Ian Risely, and Juliet Risely, at Government House.

The big event of this week in our Fund Raising effort to raise funds to help eradicate Trachoma. I have seen our posters in many shops all around Ferntree and Upper Gully. Please invite your friends and neighbours to come along; Dutch Auctions are a lot of fun and laughs; we all need to support Ray and our club. Ray has been working tirelessly for many months to get this all together.

This Thursday is our BUZZ monthly meeting where group A committee's get together. Great ideas will follow.

See you all Thursday

Have a great week

Yours in Rotary  
**Christine Anderson**  
 President 2017-2018



# "THE WEEK THAT WAS"

Thursday, 8th March 2018

The Meeting Opened at 7.00pm with **President Christine** welcoming members and partners Margaret, Wendy and Jill.

- Christine also welcomed our guest speaker Yang Xu. Yang brought his parents Ken and Ling along to see how the club operates.
- Christine went on to remind us that it was World International Women's Day and advised us that her Mum had been in The Suffragettes in 1918 advocating for equal rights in Political, Social and many other areas.
- She also gave a brief account of the many fabulous speakers at the recent District Conference at the Ulumbarra Theatre in Bendigo. The theatre is located in the refurbished Sandhurst Gaol which still contains many of the original features including some tiny cells.

## CHAIRMAN'S REPORTS.

**Secretary: Paul McAloney.** Paul advised that we had received the latest copy of the Rotarian and a letter from Puffing Billy advising that they were donating a family pass to the value of \$108.00 for our Dutch Auction.

**Apologies:** Graeme Aspinall, Gary Braddock, Allan Tierney.

**Fellowship: Fran. Mandergeddes** Fran reminded us of the ferry trip to Portarlington for Sunday April 8<sup>th</sup> but after general discussion it was decided to postpone this event to later in the year. Fran then proposed a toast to World International Women's Day which was well received by all.

## Community: Ray Hollis.

- Our Dutch Auction for March 17<sup>th</sup> is really starting to look a lot more rewarding and we now have goods on hand to the value \$6,500.00 with a couple more to collect.
- Following Fran's suggestion of providing visits to the Residents of local Nursing Homes we have had contact with 2 Nursing Homes in the area, Clovelly Cottage in Boronia and Menarock Life Sherbrooke in Upper Fern Tree Gully. Arrangements will be made with management of these two facilities in the coming weeks.
- On a lighter note it was mentioned at Conference that there were two possible meanings for PROBUS:
  - Option 1, Poor Retired Old Buggers Useless Sexually.
  - Option 2, Prostate Removed Other Bodyparts Under Suspicion.

**Our Guest Speaker:** Yang Xu spoke to us about Wellness and Longevity.

Before embarking on his latest venture Yang was proprietor of a digital marketing business and was working so hard that he was constantly stressed and depressed so he sold his equity in the business and went travelling. He travelled through Europe, USA, Iran, Africa and a number of other destinations. During his travels he discovered his new found passion and now operates World Class Health Tours. Yang's personal life and business venture now adhere to 4 Principles.

Nourishment: Yang follows mainly a Mediterranean diet based mostly on lots of natural vegetables and goat meat and cheese.

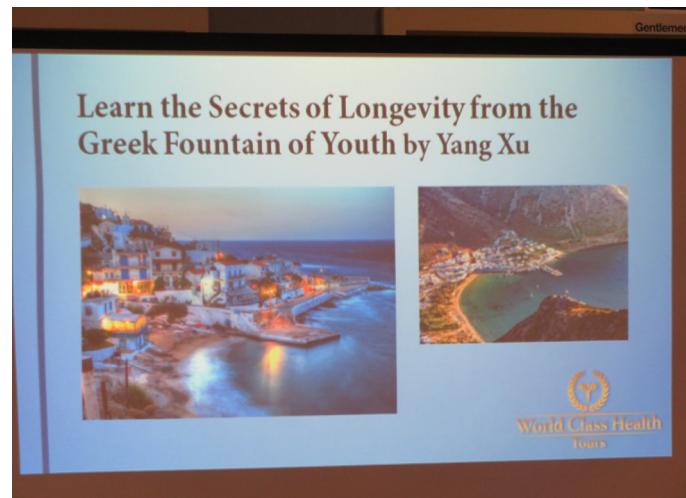
Movement: Lots of exercise and outdoor activities.

Community: Plenty of Family activities along with Community dancing and various other social events.

Purpose: Yang divides his day into blocks of time 50 Minutes work, 10 Minutes meditation, yoga or similar.

Christine then thanked Yang for his presentation and closed the meeting at 8.40pm

Scribe  
Ray Hollis



## SPEAKERS—ANTI-SLAVERY

On 12th April Robyn & Tony Stokes of RC Box Hill Central will come and speak to us on the Sungai Kolok project. Please see below for details. This is a partners' night—hopefully we'll have a full turn-out of members and partners. It's well worth our support!



### Sungai Kolok Anti Trafficking and Medical Outreach Program Southern Thailand

#### TRF Global Grant seeking funding partners

**Where:** Sungai Kolok, Southern Thailand

**What:**

- Anti-Trafficking education in 4 schools
- Health education for local children & sex workers
- Disease Prevention & Screening
  - female bar workers
  - HIV positive individuals
  - elderly women
  - substance abusers

**Why:**

- Sungai Kolok town is both a source and destination for human trafficking.
- Sungai Kolok is an area of HIV/AIDS prevalence and many are ineligible to access Government health care.

**Partner:**

[www.theriver.asia](http://www.theriver.asia) with [www.a21.org](http://www.a21.org)

#### BENEFICIARIES

P.A.

recipients of anti-trafficking & health education trainings sessions in community	600
local professionals receiving anti-trafficking & health awareness skills training	150
individuals receiving health screening through mobile van	320
individuals receiving disease prevention education through mobile van	100



**What's Needed:**

- training of local staff for anti-trafficking & health education and medical outreach
- vehicle for anti-trafficking & health education and medical outreach
- medical start up kit & supplies

**Total Cost: \$US40,262**



With contributions from Rotary Club of Manningham (\$A,6000), host RC (TBA), DDF and TRF matching, RC of Box Hill Central \$3,500, RC Wyndham \$500 - outstanding amount needed from other Rotary clubs is only \$6,500!

#### Pledging Needed \$A6,500

- 1 RC \$6,500
- 2 RCs \$3,250 each
- 3 RCs \$2,167 each

**How can you help Do Good in the World?**

David Alexander  
D9810 International Service Director  
[david.alexander9810@gmail.com](mailto:david.alexander9810@gmail.com)  
Glen Vincent  
Project Manager  
[gvincent@bigpond.net.au](mailto:gvincent@bigpond.net.au)



## FUNDRAISING

### RELAY FOR LIFE

21-22nd APRIL

Sausages / Hamburgers

Bacon & Egg Rolls

### ROSTER—CAN YOU HELP?

Please let Ray or John know if you are available to assist

SATURDAY NIGHT	SUNDAY MORNING
Ray Hollis	Ray Hollis
John Flemming	John Flemming

## FELLOWSHIP

### FELLOWSHIP LUNCH

EMMA & MARTIN'S HOME

SUNDAY, 22ND APRIL

Cost: \$20.00 per head

As is usual with Fellowship fundraising -

Funds will go towards the Club's Operating Expenses to help keep our annual fees within an acceptable limit

### FERRY TO PORTARLINGTON

#### LUNCH

This event has been postponed

until later in the year

We'll advise the date later.

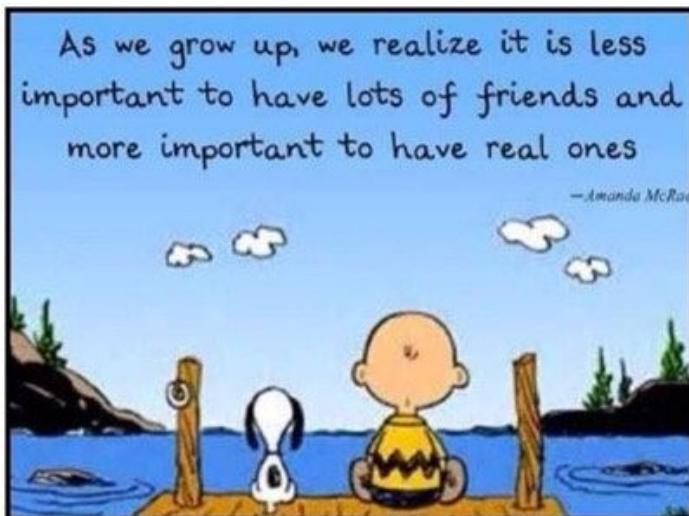
### D.I.K.

*(Donations in Kind)*  
**Footscray**

***Saturday***  
***28th April***

***Working Bee***  
***(Stack, pack, & tag)***

***Followed by lunch***  
***Venue TBA***



# COMMUNITY



## MOUNTAIN DISTRICT LEARNING CENTRE LOW LEVEL SCHOLARSHIPS

PE Ray Hollis and Treasurer Enid Hughes recently had the delightful task of handing over a cheque for \$2,000 sponsoring two students for the 2018 school year. The scholarships will assist the students to fully participate in the school curriculum with the objective of them continuing at school, and achieving an education.

Our club is proud to be able to assist in this way and we wish both students well in their studies. We look forward to hearing more of how they're progressing through the year.



Mountain district Learning  
Centre  
13 –15 The Avenue Ferntree Gully

## WORLD WATER DAY Mint Street Wetlands (off Edna Crt, Wantirna)

7.00 a.m.—10.00 a.m.  
Thursday 22nd March

Melbourne Water and Knox Council have asked us to contribute the renown Rotary Skills of Sausage Sizzling.

We will be cooking a free breakfast for the public attending including councillors etc.

As always—we're looking for assistance.  
Can you help?

So far we have:

Christine Anderson  
Ray Hollis  
Mike Spark  
Enid Hughes  
Fran Mandergeddes

We need more—please???



# COMMITTEE / BOARD REPORTS

## March 2018 Board Meeting

### PR and Marketing Report Feb. 2018

Have been a little bit slack with Facebook this month. Posted the visit by members and partners of Rotary Club of Fern Tree Gully who visited Bayswater Rotary to hear Maja relate the activities that she had been undertaking over the Christmas break.

Early this month we posted the Induction of our newest member, Mr. Rod Brown; on the same evening we also had a visit by Maja and her host parent Roger, and an informative presentation by Ruth who explained the intricacies of canine education.

Unfortunately I did not take advantage the following week of posting a most interesting and educational presentation by our speaker Christine Smith from Recipe for Change/Rowville Community Kitchen. Definitely an opportunity lost.

**Enid and Ray Hughes.  
PR and Marketing.**

### VOCATION REPORT FEBRUARY 2018

- Visit to DIK changed to 28th April so that it does not clash with Relay for Life on 21st and 22nd April. Same format as last year.
- Contacted Natures Organics re possibility of doing a tour of their facility.
- Also contacted St Joseph's to see if they still have a Trades School and if they would be interested in looking at a mentoring program.
  - Yet to hear back from either.
- Contacted a relative who has his own Community Radio Program to see if he would promote upcoming Dutch Auction. He will be delighted to do that for us as well as plug Rotary in general. Need to email date and location, also who we are partnering with and the cause.
- Thinking about a bi-monthly visit to a Rehab facility in order to share time with recovering addicts. Could play pool, cards or similar. Will put this to Committee to see if there is support prior to going forward.

**Gary Braddock  
Vocational Chair**

### Rotary Club of Fern Tree Gully Youth Report as of 26/2/18

#### Interact (Ongoing)

Had first meeting with new convenor, Susan Harris. Next meeting Thursday 1 March 2018.

I am currently chasing down pins from inauguration for new office bearers this year.

Agreed we should get Christine to present new members with their pins.

Ray will contact Stewart McCartney to try and get students from the Thailand trip to come and talk to us at next meeting.

#### Youth Exchange (Jan)

Enid suggests we try and include Maja in activities as she is our student also.

#### Rotary Junior Community Award (Feb)

I have distributed promo material to both school's teachers and a summary doc of requirements with a request to get booklet numbers to us in the next week or so if possible.

#### MUNA (May)

District "MUNA" wrote to the club outlining next year's program:

Around \$850.00 per team. To be held on 5 & 6 May 2018.

Susan is looking into their participation once digests the info I gave her at the last meeting.

#### RYLA (July)

Gary will take "ownership" of RYLA this year. Thanks Gary. If you need any assistance just holler.

There is a seminar coming up, but first we need to get a candidate.

#### MDLC

MDLC is allowed to use Low-level Scholarships money to fund.

Ray and Enid have agreed to present the cheque.

**Paul Wilson  
Youth Chair**



**Rotary Social Media Explained**

I like Rotary projects.

I'm doing a #Rotary project.

Here's a photo of the project.

Watch a video of our project.

My skills include Rotary projects.

Here's the recipe for our project.

Call me about the project.

Search for our Rotary project

I'm blogging about the project.

@RotarianEvanBurrell

# IMPORTANT DATES TO DIARISE.....

2018	Program.	Speaker
March	is Water & Sanitation month	
15-Mar	<b>Committees' Meeting</b>	Group A
22-Mar	World Cruise of the Orion	John Liddell
29-Mar	Spectrum	Kate Johnson
April	is Maternal & Child Health month	
4-Apr—WED		
12-Apr	Sungai Kolok - Rotarians Against Slavery	Robyn & Tony Stokes
13-Apr	Bunnings Sausage Sizzle	
19-Apr		
22-Apr	Relay For Life—Sausage Sizzle	
22-Apr	Fellowship Lunch	Emma & Martin's Home
26-Apr	<b>Committees' Meeting</b>	Group B
28-Apr	DIK—West Footscray (Lunch in Williamstown?)	
May	is Youth Services month	
3-May		
10-May		
11-May	Bunnings Sausage Sizzle	
17-May		
24-May	<b>Committees' Meeting</b>	Group A
31-May		
June	is Rotary Fellowship month	
7-Jun		
8-Jun	Bunnings Sausage Sizzle	
10-Jun	Jazz At The Royal	Upper FTG
14-Jun		
21-Jun		
28-Jun	<b>Committees' Meeting</b>	Group B
30-Jun	Bunnings Sausage Sizzle	
<b>Sun 8th July</b>	<b>Changeover</b>	Christine to Ray
<b>Goodbye Christine, WELCOME RAY</b>		

## Legend:

<span style="background-color: #800080; display: inline-block; width: 15px; height: 15px;"></span>	Partners' Night
<span style="background-color: #F0E68C; display: inline-block; width: 15px; height: 15px;"></span>	Fundraising Event
<span style="background-color: #80C0FF; display: inline-block; width: 15px; height: 15px;"></span>	Community Event
<span style="background-color: #BDB76B; display: inline-block; width: 15px; height: 15px;"></span>	Fellowship Event
<span style="background-color: #6AA84F; display: inline-block; width: 15px; height: 15px;"></span>	Community Event



Pictured right—this year's Youth Exchange team with our own Maja second on the left.

