

Rotary Club of Fern Tree Gully Inc.

INCORPORATED REG. NO. A0023463V
 DISTRICT 9810 VICTORIA AUSTRALIA
 CHARTERED: 16 May 1963
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21st October

WEEKLY BULLETIN

Date & Time:	Thursday 21st October [6.00 for 6.30]	Thursday 28th October [6.00 for 6.30]	Thursday 4th November [6.00 for 6.30]	Thursday 11th November [6.00 for 6.30]
Venue:	ZOOM	ZOOM	TBA	TBA
Program:	Guest Speaker		Team Meeting	Guest Speaker
Speaker:	Sharon Crean			Kevin Bridle
	Beyond Water			Community Policing
	Partners Welcome	Partners Welcome	Partners Welcome	Partners Welcome
Vote Of Thanks	Brian M			John F
Scribe:	Paul W			Mike S

21 st October	Club Annual General Meeting
24th October	World Polio Day
29 th October	Freedom Day from Lockdown



SERVE TO CHANGE LIVES



PRESIDENTS GREETINGS AND CHATTER

October's Rotary International Theme is
"Economic & Community Development"

Hello Everyone,

Well after 70 odd days of being the most locked up city in the world we have been given a bit of freedom, when after Thursday at 11.59 pm we are able to see our family members as long as they live Melbourne Metro, the excitement will really return when we can all have haircuts and do some retail therapy maybe in the coming couple of weeks.

Our guest speaker last week Lesley Thomas certainly gave us a very honest presentation when talking about her life and her book *Finding Fabulous over 60*. Overcoming trauma and addiction, weight loss that finally worked and detaching herself from a nightmare relationship. Well, what a life of ups and downs, even to some of us it makes our lives seem relatively noneventful, but our congratulations to Lesley who overcome what would appear to be impossible and be so inspirational.

A huge thank you to Fran for organising a great trivia night on Saturday just to keep us all sane, great questions and loads of fun and laughter.

This week's guest speaker will be Sharon Crean talking to us on "Beyond Water" Also, we will be having a quick visit from Murray Wilson from the Rotary Club of Rowville- Lysterfield to give a presentation on the District Conference for next March, and we also have our AGM, so a very busy evening.

Have a wonderful week
All Stay Safe Keep Laughing

Graeme and Christine



[Will be held during this week's meeting](#)

That Was The Week That Was

Lesley Thomas is living proof that you can overcome any obstacles life throws at you – and not only survive, but thrive.

*Her new book, **Finding Fabulous Over 60**, is a heartfelt story of hope as she overcomes a struggle with addictions and weight issues, and detaches from a toxic relationship.*

A series of events led her through some rock-bottom moments; she used them as a base to make major changes to her life.

For the past 25 years she has been on a challenging spiritual and personal development journey. At the age of 44 she determined to begin her "internal journey" with counsellors and psychologists, and she grabbed every self-help book she could lay her hands on.

She looked at her family life, her childhood, teenage years and early adulthood "as well as the development of my addictions and insanely obsessive compulsive behaviour".

"I knew that was not going to be easy or pretty," she writes.

It was a process – of discovery, highs and lows, and miraculous healings.

Lesley has dedicated the book to anyone struggling with a difficult relationship, who is tired of unsuccessful dieting or who is trying to overcome traumas and addictions.



The book also provides a practical approach to sobriety and the measures she put in place to lose weight, become happier, confident and healthier.

For 15 years, Lesley has worked with women in 12-step recovery and the disease of addiction.

Now at 67, she has transformed into a fit vibrant woman who hopes to help others "overcome their difficulties" and feel as alive and wonderful as she feels on the inside

MEETING OPENED AT 6.30PM

- GUEST SPEAKER LESLEY THOMAS WAS INTRODUCED BY ROB HURST. LESLEY SPOKE WITH US ABOUT OVERCOMING HER ADDICTIONS, AND SPOKE OF HER BOOK, FINDING FABULOUS OVER 60 SHE THEN TOOK QUESTIONS AT THE END OF HER TALK.
- VOTE OF THANKS WAS GIVEN TO LESLEY BY ALLAN TIERNEY.
- EACH MEMBER ADDRESSED THE CLUB ON ACTIVITIES RELATIVE TO THEIR PORTFOLIO.
- FRAN SUGGESTED A TRIVIA EVENING FOR SATURDAY.
- CHRISTINE WILL SEND INVITES VIA ZOOM.

Scribe Garry Braddock



THE DISTRICT GOVERNOR'S FOUR CHALLENGES

I would encourage all members to join in rising to meet the **FOUR CHALLENGES** I have posed for your Presidents and Clubs.

1. **CLUB EXCELLENCE** – How are YOU making YOUR club and its activities attractive to potential members and also retaining your current Rotarians?
2. **CLUB INNOVATION** – How are YOU building a culture of innovation and willingness to take safe risks in YOUR club?
3. **ROTARY FAMILY** – How is YOUR club maintaining, nurturing and extending our Rotary 'Family?'
4. **ROTARY SUPPORT** – Is YOUR club doing all it can to support the work of Rotary in YOUR community and the wider world?

Rotary - Themes for each Month

July - New Leadership

August - Membership and New Club Development

September - Basic Education and Literacy

October – Economic and Community Development

November – Rotary Foundation

December – Disease Prevention and Treatment

January – Vocational Services

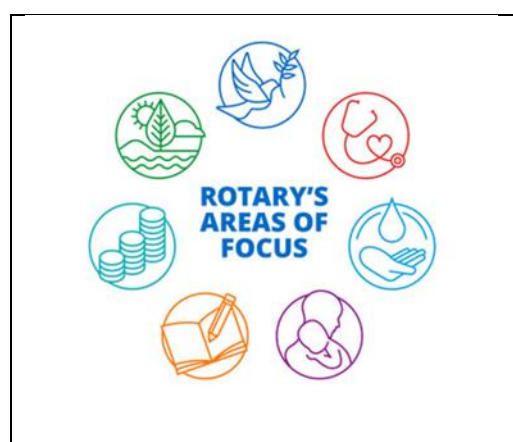
February – Peace and Conflict Prevention/Resolution

March – Water, Sanitation and Hygiene

April – Maternal and Child Health

May – Youth Service

June – Rotary Fellowships



Wednesday 3rd November 2021 - 7:30 pm

"MAINTAINING YOUR MENTAL HEALTH NOW"

Join the Rotary Club of Rowville-Lysterfield for this free online community event:

Maintaining Your Mental Health Now. The Rotary Club of Rowville-Lysterfield welcomes you to this free online community forum - "Maintaining Your Mental Health Now".

with expert guest presenters



Natalie Wild
Registered Counsellor & Counselling Supervisor



Dr. Jasmin Karanavski PhD
Rowville Psychologist & PhD Doctoral researcher

Date & time: Wednesday 3 November 2021 @ 7:30pm - 8:30pm

RSVP: <https://www.trybooking.com/BUJCV> by 2 November **Cost:** Free

The challenges and uncertainty of the past 18 months has been greatly challenging to people's mental health and wellbeing.

By reflecting on what has happened to our thinking through COVID-19 and acknowledging what we have learned from this experience, it is time to explore some significant ways that will assist our thinking as we now move into the new unknown.

Natalie Wild will discuss new beginnings and what is waiting a mentally fit and ready 'COVID-normal' might look like. **Jasmin Karanavski** will take us through some strategies to recognise and manage anxiety in ourselves and others and provide us with some practical tips to deal with anxiety.

Both our special guest presenters will also be taking your questions.

Our expert guest presenters will be here to take your questions, and provide some practical tips for helping yourself and others to manage anxiety and maintain good mental health as we come out of lockdowns post-COVID.

This is a remote event and you will be provided with a link to the meeting on Zoom, once you have registered via Trybooking.

[Register Here](#)



FOOTHILLS
COMMUNITY CARE

Soup and Slice Roster

October 27th Hedgehog Slices
November 10th 30 min Pea Soup
November 24th Fruit Slice

2020 Rotary All-Member Survey Findings



Why did new members join in 2020?

46% of new Rotarians and Rotaractors joined to serve their communities. 17% joined for friendship.

How did new members find their clubs?



87% of new Rotarians and 41% of new Rotaractors were introduced to their club by another member.

How were clubs meeting at the end of 2020?

More than 55% of Rotary and Rotaract clubs said they were meeting mostly online at the end of 2020.



Why members stayed in 2020



To serve their community



For friendship



For personal growth

More survey results will be available soon on My Rotary.

Trivia Night

