



Weekly **SPOKE** club Bulletin
The Rotary Club of Burwood Inc.
 Home of the Community Chest

Vol 70
 Issue 32
 15th March 2010



Meets at: Burwood RSL, 96 Shaftesbury Rd, Burwood.....Every Monday night - 6pm for 6.15pm

Tonight's meeting: Sharon Crean – “Beyond Water”.
 Intro: **Walter Bock** Thanks: **Vas** Notes by: **Keith Weeding**

Additional meetings tonight: **Board Meeting**

Opening Thought .. Access to safe drinking water is a fundamental human need and therefore a basic right.
 Contaminated water jeopardises this

Next week Meeting **GSE Joint meeting at Concord**
 Intro: Thanks: Notes: **John Mansour**

Rotary Anniversary:
 Peter Moore (1999) 15th
 John Manchester (1974)
 17th

Happy Birthdays:
 Steve Spargo 16th
 Mohan Kamalesan. 17th
 Annie Kwong .21st

Wedding Anniversary:
 Nil on File

Last meet: 8th Mar 10
 Total Attendance
 Members:
 Raffle;
 SOA:

Rotary Grace: O Lord and giver of all good, We thank thee for our daily food, May Rotary friends and Rotary ways, Help us to serve thee all our days.

Finally the moment has come our outbound student Milly is at the airport waiting for takeoff .After weeks of uncertainty it finally came together, and I must say she looks so happy to be on her way. Fred with Patricia and Vicki were there to send her on her way.



Just a reminder that this weekend is time to catch up with fellow Rotarians from around the district at our upcoming District conference from Friday 19th-21st March at the wonderful location of Forster.

The theme is “circus. “ Sounds like lots of fun and I am sure everyone will enjoy themselves. Just remember to drive safely.

If anyone needs directions just ask Ron Lucas who I believe has directions as well as a map to help you find your way.

AT OUR MEETING

8 March 2010

Guest Speaker: Domini Stuart - Challenge & Choice **President Paul Twigg** opened the meeting at 6.21pm, welcoming Domini Stuart, our exchange student Vicki and guest Murali Rajandran

Apologies and illnesses: Colin Gray (back injury); and Michael Maher's sister has passed away.

Secretary's Report: PP Fuad: A letter regarding Shelter Box Australia received noting they are now assembling the shelter boxes here in Australia at less cost; and a letter from Dickie Brooks regarding a makeup and advising that she will be back as soon as she is able.

President Paul: He received a letter from NYSF student Eugenia with a report on what happened. He also reported on an email received from a Pakistan Rotarian, being a Past President in Islamabad. He also reported about an email doing the round to "Rotarian Friends". If received should be deleted.

PP Keith reported on the Rotary Race Day, which is on Saturday 8 May. He has paid a deposit for 50 people. Last year it was \$110 a head.



PP Fred reported that Millie leaves tomorrow, two months late, at 12.45pm. Vicki, Patricia and Fred will be at the airport to see her off. John Mansour requested that Fred remind everyone of the combined meeting on 22 March 2010 at Concord for the GSE team.

PE Jack reported that our Rotary Exchange student Ophelie was not in attendance as she has gone to the airport with a fellow Rotary exchange student, Sophia to greet Sophia's mum who is arriving tonight. It was also reported that Irene did her first Spoke this week. Congratulations.

David Kwong reminded everyone about our membership night on 29 March 2010.

Sam Helou reminded everyone about the Pride of Workmanship night on 24 May 2010. He has both hard and soft copies of nomination forms.

Irene reported that for those contributing to the Centurion program, the payments are now due.

PP David Wright thanked Keith for his help on the barbeque last Thursday for Rotaract. Apparently, Steve thought that Keith's sausages were too fatty. There was a lot of interest generated in the Shelter Box project on the day. David has received a letter from Sophie, our 1999 exchange student.

PP Peter Moore advised that the bowel scan was underway. Also we have agreed to do the passion play barbeque on Easter Saturday. The Council has guaranteed 200 rolls/sausages. Peter also asked for someone to assist in getting a speaker for our Anzac Day meeting.

PP Walter advised that the Club has improved in its make ups. One can make up on a computer and it takes about one hour. Make ups can be relied upon for two to three weeks before and after a meeting that has been missed.

PP Ron Lucas advised that he has a vacant room as John Kane is now not attending the District Conference if anyone is interested.

Sergeant at Arms, PP Keith fined the non-attendees last week. Remarked repeatedly on Dolly Parton's photo being in Rotary Down-Under. Safety cameras and Ron Lucas being caught on one and unfairly maligned lawyers.

Ron Lucas introduced and welcomed our **guest speaker, Domini Stuart**, an award-winning advertising copywriter



and author and a freelancer. Born in England, she now lives in Katoomba. She spoke of her early days at university, when she was a heavy smoker, drinker and did not eat well. She explained this set up a vicious cycle where she promised to stop, was not able to, and then hated herself for not being able to. She set unrealistic goals. She then got married to a rock and roll band member after knowing him for only six weeks, and shortly thereafter became pregnant; which led to her stopping the drinking, eating and smoking habits. However, 10 years ago, she was diagnosed with breast cancer, with

the breast cancer having spread to her lymph nodes. Both her mother and grandmother had died at 49 years of age of breast cancer, and this was a turning point for her.

At the time it was very difficult being divorced and bringing up four children with ages ranging from nine to 16 years of age, where one child had health problems. She therefore had money worries, being a freelancer and had to go through nine months of treatment. The change happened with meeting a counsellor who taught her to think positively and helped her to realise what that meant.

Why do people do things that make them feel worse? One should behave in a way to make you feel better. One sets the bar so low that it is impossible to fail. You do not set yourself up for failure. She wrote her first book to share her strategies to cope with life. She also explained about another recent heartbreak for her when a policeman came to her home at 4am to tell her that her eldest son was dead. To cope, she split herself in two. One half to go on with the day-to-day life and the other half to go through the grieving process. She finished by saying that you have to:

1. Acknowledge that you have choices;
2. Decide what makes you better and what makes you worse; and
3. Make the choice that makes you feel better.

Raffle won by Tony Clark (again). It was his second win in 28 days, not years!

President Paul reminded the Directors that a Board Meeting was on next week, and the need to register for the District Conference.

He then closed the meeting at 8.10pm.

Report by: Tim O'Connor and photos by: PE Jack.

How sharp is your mind?

Look at the chart and say the COLOUR not the WORD!



How did you go not as easy as it looks?

Rotary Club of Burwood Program 2009 / 2010							
School Holiday	Rotary Month	Meetings / Speaker	Speaker		Notes	Board / Committee Meetings	Special events to remember
			Introduce	Thanking			
4 Jan	Rotary	No Meeting					
11 Jan	Awareness	Fellowship night					
18 Jan	Month	Chest tickets				Board	
25 Jan		Aust day – no meet					
1 Feb	World Understand Month	RYLA & Youth presentations	Vas	David W	Walter		
8 Feb		Club Assembly			Peter M		Pres. Meeting Fri 12th
15 Feb		Fiona Plant - Chiropractor	Peter M	Gloria	Irene	Board	
22 Feb		Nick Simone – Returning YEP – Partners night.	John M	Hamer	David W.		Harbour Cruise Sat, 27 th Feb
1 Mar	Literacy Month	Megan Etheridge – suited for work	TBA	Irene	Fred		
8 Mar		Domini Stuart – challenge & choice	Ron Le	David K	Tim		
15 Mar		Sharon Crean – Beyond water	Walter	Vas	Keith	Board	Dist Conf. 19 th to 21 st - Foster
22 Mar		GSE joint meeting at Concord			John Man.		
29 Mar		Nick Tantaró – Film Production	Colin	Mike	Colin		
5-Apr	Magazine Month	No Meeting - Easter					
12-Apr					Lloyd		
19-Apr		ANZAC day speaker			Vas	Board	
26 Apr		No Meeting - ANZAC					
3-May							
10-May							
17-May						Board	
24-May		POW					
31-May							
7 June		Giving night					
14 June	Fellowships	No Meeting – Queens b/day					
21 June	month					Board	
28 June		Changeover					

This SPOKE was edited by Jack Yuen, printed courtesy of Theo Kapeleris. Ariel and Steve Spargo post it in colour at www.rotarnet.com.au/Burwood