



ROTARY CLUB of CLAYTON Inc.

District 9810 Victoria, Australia

Weekly Bulletin 2010-2011

Meets every Monday from 6:30pm at L'unico Restaurant
319 Clayton Road, Clayton (Melways 79C2)
(No meeting on public holidays)



30th August 2010

Volume 45, Number 9

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Upcoming Club Program

Date	Speaker	Chairperson	Desk	Visitors
30 th August	Movie Night at Pinewood Cinemas.	Glenys Pattison		
6 th September	Marc Billing. Team Leader of EACH in Clayton	Lesley Zuccaro	Ed Allchin	John Barnes
13 th September	President of Probus Women's Housing	Ed Allchin	John Barnes	Jon Breisch

Presidents Report

On Friday night and John Barnes attended the District Membership Seminar. What happened? Well I got a lot of useful handouts, it seems other clubs have varied ideas but the way we have been running seemed to be a hit on my table at least, Partnerships were highly thought of and that is the way I see for our future. Only two clubs in our cluster bothered to attend, not good, especially given the size of most.

We will be addressing membership regularly during the year that is a promise! The good news is we have quite a few membership proposal cards in so keep it up. Glenys is doing a great job on programme, last week had the club the quietest ever and was a real experience and helped me understand something I had no real concept of. Our minds are marvellous things and that is what hypnosis works on.

Monday is a theatre night at Pinewood Cinema so don't go to L'Unico or you will be very lonely.

Bill Sides

Rotary Four Way Test

"Of the things we think, say or do:

1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?"

Last Meeting & Notes

Last Meeting (23/08):

This week our Guest Speaker was Janine Com from Wholly Hearing. Janine is a Clinical Hypnotherapist, Intuitive Healer & Counsellor and Civil Marriage Celebrant.

Janine started off her presentation by performing some Hypnotherapy exercises to get everybody in the spirit, which even had some people thinking that they were floating off to some luxurious locations, hearing voices and also music. Janine informed us that about 700 thoughts come through the mind every minute.

Hypnotherapy is often applied in order to modify a subject's behaviour, emotional content, and attitudes, as well as a wide range of conditions including dysfunctional habits, anxiety, stress-related illness, pain management, and personal development.

What does a Hypnotherapist do?

The old image of a man with a beard dangling a watch or a crystal in front of your eyes and taking control of your mind is just a myth made up for comic books, movies and TV.

Being hypnotised feels just like being very relaxed. Modern hypnotherapists will simply assist you to become so deeply relaxed that, with a little guidance, you can begin to make the changes you want to make to your automatic behaviours and/or emotional reactions so they become positive for you instead of negative.

Clinical Hypnotherapy can assist you to come into conscious awareness of your sub-conscious beliefs and desires and thus enables you to begin to understand and redress any imbalance between the two, resulting in reduced feelings of stress and anxiety and increased feelings of calmness and positive energy.

Clinical Hypnotherapy has been used widely and successfully for many years in Australia and overseas for the relief of a number of problems and conditions.

Benefits of Hypnotherapy

Well known in the community as being effective for giving up smoking and for weight management, Clinical Hypnotherapy is also powerful in many areas of life in which people experience symptoms of pain, stress, anxiety and tension – some examples are listed below:

- Pain management
- Stop smoking
- Fears and phobias
- Stress management
- Improved memory
- Gambling addiction
- Sporting performance
- Academic performance
- Exam nerves
- Sexual problems
- Performance anxiety
- Gaining self-confidence
- Improving motivation
- Overcoming grief

THE OBJECT OF ROTARY

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

- Overcoming insomnia
- Pre-menstrual tension
- Nail biting
- Bed wetting

Gaining permanent, positive outcomes from Clinical Hypnotherapy can take anywhere from one or two sessions to many weeks of therapy depending upon the complexity of the problem and the nature of the underlying subconscious beliefs that are causing or contributing to the problem.

Meeting Notes:

- Bill Sides reminded us that August is Rotary Membership month.
- On September 20th we will have the District Governor visiting our club. This meeting will be held in the Panorama Room at the Mulgrave Country Club and the cost on the night will be \$30 which includes a buffet meal.
- Bill Sides gave an update on the progress of the Interact Club which we are hoping to start at Westall Secondary College soon. He is currently in talks with Craig Browne and the both of them will be visiting a local Interact Club.
- Ralph Zuccaro informed us that the July attendance for our club was 81%.
- Ralph Zuccaro gave an update on the progress of Heather Fricke and also advised the members that flowers have been sent on the clubs behalf. Ralph & Lesley will be sending a short e-mail after discussion with Warren on Heathers condition and Hospital details to all the club members.
- Ralph Zuccaro also informed the club that PP Ken Smales father had passed away recently and he had sent a card to the family on behalf of the club.
- Glenys Pattison gave us a reminder about the Movie Night at Pinewood for the 30th August. Please let Glenys know by Friday 27th August if you are interested in attending. The movie will be Knight & Day starring Tom Cruise & Cameron Diaz.

Apologies = Lesley Zuccaro, Richard Simmons, John Goldspink, Tom Portelli, Jim Cochrane, Jean Cochrane, Ed Allchin, Jon Breisch & Warren Fricke.

Make Ups = Lesley Zuccaro (Board meeting), Jim & Jean Cochrane (Foodbank).

Leave of Absence = None.

Visitors = Georges Ah-Tye, Roger Coburn (AG & RC of MASH) & Janine Com (Guest Speaker).

Important Club Dates

Monday 20/09/10 – District Governors Club Visit at the Mulgrave Country Club.

Sunday 10/10/10 – Social morning and picnic lunch with some tree planting along with friends of Heatherton Park and Kingston Council at Heatherton Park. Time is 10:30 am to 12:30 pm. For more details contact Bill Sides.

Special Announcements

8th September – Bill & Dianne Sides Wedding Anniversary.

District 9810 News

Business Breakfast—RC of Rowville: Guest Speaker Brian Negus

Brian Negus is General Manager Public Policy - RACV. You are invited to hear his address: "RACV—A Growing and Diverse Business".

When: Thursday, 9 September 2010

Time: 7.00am – 8.45am

Where: Baton Rouge Quality Inn
1233 Stud Road Rowville

Cost: \$50.00 per person (Full Breakfast)

RSVP: Tuesday, 31st August 2010 to
Steve Macdonald RowvilleRotary@gmail.com

Enquiries: Steve Macdonald (0418 580 651)

Post to: PO Box 2852, Rowville, Vic 3178

Brian is accountable for research and formulating policies and initiatives addressing road operational and public transport issues, road safety and road use management. All are topical areas for our neighbourhoods.

Sponsored by Rotary Club of Rowville Inc

District 9810, Victoria, Australia

PO Box 2852, Rowville, VIC 3178

Meets every Tuesday 6.30pm for 7.00pm

All monies raised will be donated to:

ROTARY POLIO PLUS Project

SAFE WATER SAVES LIVES Project

KNOX COMMUNITY HEALTH SERVICES Ltd—YOUTH

HEALTH Program

For more details and registration form go to

<http://www.rotarnet.com.au/users/9/98159/index.htm>

Rotaract Club of Monash

Club Meeting Details:

The Club meets on the 1st and 3rd Wednesday of the Month at 7:30pm
Mulgrave Neighbourhood House
36 – 42 Mackie Road, Mulgrave
(Melways 80C3)

Upcoming Events:

Rotaract Roster:

Date	Rotarian to Visit
1 st September	Dianne Sides
15 th September	Michael Ellinger

If you cannot attend on the night you are rostered, please organise a replacement to take your place.

Upcoming Events in Monash

2010 Winter Concert Series

Waverley Music Eisteddfod Showcase Concert

12 September, 2:00-4:00pm

An annual favourite, the Waverley Music Eisteddfod features the highlights of the Eisteddfod. Listen to a variety of instrumental and vocal performances to delight all audience members.

Monash Civic Centre - Atrium

293 Springvale Road, Glen Waverley

Bookings Essential, 6 September - 10 September

Phone 9518 3636 (9am - 5pm or until booked out)

Upcoming Events in Kingston

Mostly Murders tour of the Cheltenham Memorial Park

Sunday, 12 September 2010

2:00 PM - 4:00 PM

On our Mostly Murders tour, we step back in time and recall some of Melbourne's biggest murders. Hear about the husband shot dead by his wife's lover on the eve of their 25th wedding anniversary, the standover man convicted of murder who pleaded to be hanged, the exploits of The Chauffeur who was the biggest in the underworld in the 1950s, the former boxer murdered at the home of a St. Kilda prostitute, an appalling miscarriage of justice that saw a man convicted of murder for committing adultery, and more!

Cost is \$10.00 (\$5.00 for members) and includes a tour guide pamphlet and refreshments. Bookings are essential and can be made on-line

<http://www.focrc.org/tours.htm> or by ringing Vivienne on 03 5420 7671.

LOCATION: Cheltenham Memorial Park Cemetery Office, Wangara Road
CHELTENHAM VIC

CONTACT NAME: Travis M. Sellers **PHONE:** 03 5420 7671

EMAIL: info@focrc.org

WEB: <http://www.focrc.org/tours.htm>

Where other Clubs Meet

A Rotarian can attend the weekly meeting of any Rotary club around the world. This is a "make-up" and counts as attendance credit when you are not able to attend a meeting of your own club.

Details for all District 9810 clubs can be obtained in the district directory or website www.rotary9810.org. Details for clubs around the world are available in the RI Directory (held by the club secretary) and on the RI website (www.rotary.org)

Reminders

Please ensure that the club is aware if you will be missing a meeting. Contact **Ralph Zuccaro** on **0408 991 741 by 4 pm** on the **day of the meeting**, if you are not going to be present.

Contributions for inclusion into the Bulletin should be passed to michaele@netspace.net.au by Thursday evening of each week.

Club membership fees are now due and should be paid as soon as possible to Warren Fricke.

Please remember if you cannot perform your rostered job, it is your duty to find a replacement to take your place.

Joke of the Week

The supermodel was driving home in a flashy sports car when she was caught in a hailstorm. It was over as soon as it began. She pulled into a service station and asked the mechanic what she could do about some tiny dents.

As the dents were so small, the mechanic decided to have some fun and told her to drive home, let the car cool down and then blow into the exhaust pipe. Within minutes the dents would pop out.

Arriving home, the glamour girl soon was huffing and puffing on the exhaust pipe without effect when her yuppie partner arrived.

He wondered what was up and heard of the mechanic's advice.

The boyfriend rolled his eyes to Heaven and said he could not believe what she was doing.

"Duh," he said. "You have to wind the windows up first."

Rotary International News

Rotarians send help to Pakistan flood victims

By Ryan Hyland
Rotary International News -- 24 August 2010

Rotarians are reaching out to victims of the heavy monsoon rains in Pakistan, as the country continues to cope with its worst flooding in decades.

Major rivers have flooded valleys in about one-third of the country, claiming as many as 1,600 lives and washing away bridges, roads, and entire villages. The United Nations estimates that more than four million people have been left homeless.

"The people of Pakistan were not prepared for a disaster like this to reach this magnitude. Each day it seemed to get worse," says Shehzad Ahmed, governor of District 3272 (Afghanistan; Pakistan). "It's difficult for me to imagine how we're going to cope with this situation."

Millions of children face diarrhoea, cholera, and upper respiratory infections

Website - <http://rotarnet.com.au/users/9/98110/index.htm>



Top: Volunteers hand out food and other aid to victims of the flooding in Pakistan. Bottom: Pakistanis living on the side of the road after heavy flooding. Photos courtesy of Rotary Club of Rawalpindi Rohtas

from contaminated water and insects. Eight million people are still in urgent need of humanitarian aid. The UN predicts that the economic cost of the floods could reach billions of dollars.

"While most Rotarians in my district weren't terribly affected, we still have a moral obligation to help those who are suffering," Ahmed says. He adds that clubs in his district are collecting food, safe drinking water, and medicine.

Ahmed also formed a district disaster relief committee of past district governors, governors-elect, and governors-nominee, as well as other leaders, to oversee long-term recovery efforts.

"We've received tremendous support so far from clubs and districts all over the world," he says. "Rotarians are motivating each other and their friends to contribute generously toward this noble cause."

Relief efforts

In response to the floods, The Rotary Foundation Board of Trustees is accepting contributions to help fund Rotary projects that will support long-term disaster recovery in the affected areas.

Ahmed's district is also coordinating with ShelterBox, a grassroots disaster relief organization supported by Rotary clubs around the world, to help distribute emergency aid. ShelterBox is sending 5,000 water filtration units and 2,500 water containers to flooded areas. More than 1,900 tents and 600 ShelterBox containers have already been deployed.

The Rotary Club of Sharpstown (Houston), Texas, USA, filled two 40-foot shipping containers with relief supplies, and is coordinating with Ahmed's district and District 3271 to deliver them to Karachi, where local clubs will help distribute the goods.

Meanwhile, the Rotary Club of Multan Metropolitan, Punjab, has established five flood relief camps at local hospitals. Club members are collecting tents, household items, food, and medicine.

World Water Works, a Rotary-club sponsored relief organization that provides disaster victims with water purification tools, has sent more than 600 boxes to the southern province of Sindh.

Hugo Pike, chair of World Water Works and a member of the Rotary Club of Chelwood Bridge, Avon, England, says each box contains a water purification kit that can supply each member of a family of four with about 2 quarts of drinking water every day for a year.

"It is likely that this emergency will continue for some weeks," Pike says. "But Rotary clubs in District 1200 are ready to respond."

Syed Shahab Balkhi, governor of District 3271, says Rotary clubs can do the most good by planning for the rehabilitation of flooded areas.

"This is unprecedented flooding and has been incredibly widespread," Balkhi says. "Long-term recovery will be acute and painful. But help has been promised by every club in my district and District 3272."