



# ROTARY CLUB OF BOX HILL



Website  
[www.boxhillrotary.com.au](http://www.boxhillrotary.com.au)

Email  
[info@boxhillrotary.com.au](mailto:info@boxhillrotary.com.au)

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## **PRESIDENT'S MESSAGE**

Last Thursday morning I attended another Cluster Presidents' Meeting. This meeting was a significant one in that the Rotary Clubs within the City of Whitehorse agreed to be proactive and intentional in presenting a 'united Rotary front' to the local community.

When it comes to Marketing & PR, the Whitehorse Clubs have decided to work together to better promote and professionally publicize our valuable Rotary service programmes and the benefits of Rotary membership.

Local community events, such as the Whitehorse Spring Festival (in October) and the Box Hill Volunteers Expo (scheduled for this coming May), are most worthwhile opportunities to spread the Rotary message of "Service Above Self". Assistant Governor Phil Wall will facilitate an inaugural meeting of club marketing and PR representatives that will ultimately coordinate an ongoing Rotary presence at these local community events into the future.

In addition, I raised *(together with President Tony De Fazio, RC Box Hill Central)* a general discussion topic highlighting a real need for our Cluster Rotary Clubs to work more closely with Council and have a more coordinated approach to assist us to identify possible local projects that might require our support. This thought came about as a result of a meeting that PE Joe Mardjetko and I had with the Community Development Manager at the City of Whitehorse prior to Christmas as we were seeking to identify local community projects for inclusion in our club's five year plan.

Hence, it was unanimously agreed that Presidents and Presidents-elect will meet in the near future with council staff for a Whitehorse Community Needs Analysis forum, which we trust will be instrumental in connecting us with our local community needs.

Be encouraged... UNITED WE STAND within the City of Whitehorse.

Have a great week in Rotary!

*Tim Lynn*

PRESIDENT

## Rotary Invocation

For Good Food, good fellowship, and the opportunity of Service through Rotary, we thank you O Lord.

Amen

### LAST MEETING

The meeting was started by Clem Joyce with the Rotary Grace and Toast.

President Tim Lynn welcomed members to the meeting. He also welcomed guests Dianne Allen and Chandrika (both are guests and neighbours of Joe and Melissa Mardjetko), and Andrew Wu and Mrs Wu (guests of Charlie Xu). Tim also welcomed partners Lisa Li and Madeleine Smith.

Tim then handed the conduct of the meeting to Chairperson for the evening, Timothy Winter, who called for announcements.

### SECRETARY – MICK MATTHEWS

Secretary Mick Matthews announced make ups.

Mick also reminded Board Members that there will be a Board Meeting on Tuesday 14<sup>th</sup> February at his home. Mick requested that all committee reports be submitted to him by 10<sup>th</sup> February.

### D9810 Rotary Foundation Annual Dinner

Mick promoted the D9810 Rotary Foundation Annual Dinner to be held on Thursday 23 February at Woodlands Golf Club, Mordialloc.

**(See the flyer later in the bulletin for details)**

Mick also promoted the following upcoming event:

### AUSTRALIAN ROTARY HEALTH D9810 NORTHERN REGION CLUSTER DINNER

Date: Wednesday 29<sup>th</sup> February  
(to replace the normal club  
meeting on Tuesday 28<sup>th</sup> February)

Time: 6.00 PM for 6.30 PM

Venue: Casavini Restaurant  
5 Mitchell Street  
DONCASTER EAST

Cost: \$30 per person (Drinks at bar prices)

RSVP: Registration is required by  
Wednesday 22<sup>nd</sup> February  
(A sheet will be circulated at our  
meetings)

### OP SHOP – CLEM JOYCE

Clem said that there had been no power to the Op Shop on Monday 30<sup>th</sup> January between 5 AM and 2 PM due to an insulator failure and associated fire in the area. The rear air conditioner in the Op Shop had been damaged as a result.

Due to two regular volunteers being away for a period, Clem requires volunteers for the following shifts at the Op Shop

- Saturday 4<sup>th</sup> and Saturday 11<sup>th</sup> February  
9.30 am to 12.30 pm
- Fridays 1pm to 4pm from 17<sup>th</sup> February  
for 6 to 8 weeks

Please let Clem know if you can help.

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### SPEAKER – PETER CUMMINS TOPIC – STROKE FOUNDATION

Our own Peter Cummins was the speaker this week. Peter is a Volunteer Stroke Safe Ambassador for the Stroke Foundation. This is a role he took on after his wife Margaret suffered a stroke about seven years ago.

The Stroke Foundation is a not-for-profit organisation that works to reduce the impact of stroke on the community. It educates the public about the risk factors and signs of stroke, and promotes a healthy lifestyle. It also works to improve the support for stroke sufferers, and promotes research into stroke.

Stroke is the second greatest killer after heart attacks, and is the leading cause of disability. An important message is that most strokes are preventable.

Key points from Peter's talk included the following:

- A stroke is when the supply of blood to the brain is suddenly disrupted. This can occur due to a blood clot or due to a breakage of an artery causing bleeding in the brain.
- A mini-stroke (TIA) has the same symptoms as a stroke, except that they dissipate within 24 hours. A TIA does require medical attention.

- If a person suffers a stroke, the patient must be brought to hospital (usually by ambulance) as quickly as possible. There is only a four hour window in which to diagnose the type of stroke and administer the correct drugs and other treatment, if recovery without serious permanent effects is to be attained.
- The **FAST** test is an easy way to remember and recognise the signs of stroke or TIA:

**Face** – check their face. Has their mouth dropped?

**Arms** – can they lift both arms?

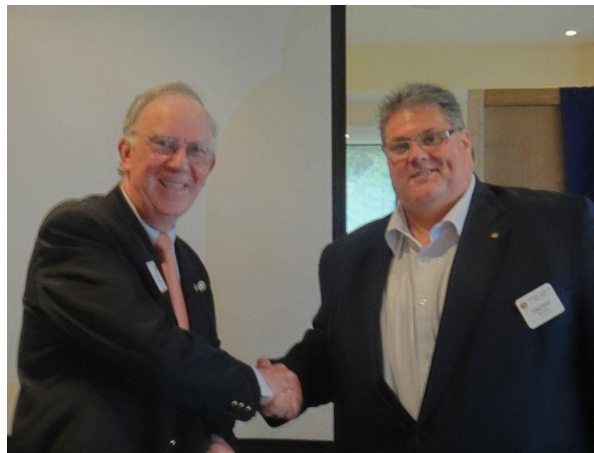
**Speech** – is their speech slurred? Do they understand you?

**Time** is critical – if you see any of these signs, call 000 now!

- The long term effects of a stroke are many:
  - Strokes impact on family, friends, sporting prowess.
  - Strokes affect relationships, family finances, etc.
  - Strokes cause physical disability, impaired eye sight, difficulty speaking and understanding, sensation impairment, and fatigue.
  - Strokes cause emotional and psychological effects, including difficulty remembering, mood swings, lack of confidence, personality changes, etc.
- The risk factors for stroke are basically the same as those for heart attack and diabetes:
  - High blood pressure
  - Smoking
  - High cholesterol
  - Diabetes
  - Overweight/obesity
  - Poor diet
  - Inactivity

- **The Stroke Foundation has a Free Info Line 1800 787 653, and a web site [www.strokefoundation.com.au](http://www.strokefoundation.com.au).**

Peter distributed a Stroke Foundation booklet to members and guests, which provides important information on understanding and preventing stroke.



**Timothy thanks Peter for his informative presentation**

#### **SERGEANT'S SESSION – GEOFF ILES**

Sergeant Geoff Iles then conducted another entertaining sergeant's session, including a fines session, "stones raffle", joke of the day and thought of the day.

### **IMPORTANT EVENTS FOR YOUR DIARY**

**Australian Rotary Health D9810 Northern Cluster Dinner  
Casavini Restaurant, 5 Mitchell Street, DONCASTER EAST  
(to replace the normal club meeting on Tuesday 28th February)**

**Wednesday 29th February**

**2012 District Conference at Peninsula on Central Pier,  
Melbourne Docklands  
(A COPY OF THE REGISTRATION FORM IS INCLUDED IN THIS BULLETIN)**

**Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> April.**

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**ATTENDANCE**

Total Attendance: 36

Members: 30

Partners: 2 – Lisa Li, Madeleine Smith

Visitors: 4– Dianne Allen, Chandrika, Andrew Wu, Mrs Wu.

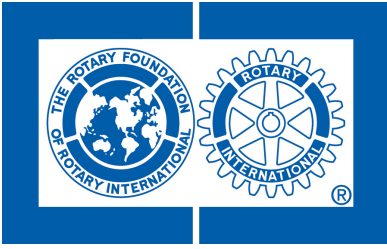
Apologies: 10 – Rob Bishop, Sue Bishop, John Booth, Alison Booth, Colin Johnson, Ron Khor, Vincent Li, Ray McLeod-Dryden, Robyn Smith, Geoff Weeks.

Leave of Absence:

Make ups: Bruce McKenzie (5), George McLean, Lloyd Cranwell

**Weekly raffle winner:** Bruce McKenzie

If members have items of interest they would like to contribute to the bulletin, please email to Bulletin Editor Rob Fenton by Friday for inclusion in the following week's bulletin.



# The Rotary Club of MORDIALLOC



You are invited to attend

## D9810 Rotary Foundation Annual Dinner

Woodlands Golf Club, White St. Mordialloc

**Guest Speaker - Ian Riseley**  
**Rotary Foundation Trustee**

Two course dinner (drinks @ bar prices)

We hope you can join us to make up tables of 10.

**\$50 per person.**

Proceeds will support Rotary Foundation aid, education and cultural projects in Australia and overseas

Thursday 23rd February, 2012

Starting 6.30 for 7.00pm start, concluding by 9.00pm

**A table of 10 from a single club will provide that club with sufficient credits to recognise a Rotarian or member of the community as a Paul Harris Fellow. Clubs might consider subsidising their bookings by \$20 each. In this way, a table of 10 would cost a club \$200, but would provide 1000 PHF credits.**

*RSVP to Graeme Bruce by Thurs 16/02/12  
gekbruce1@bigpond.com  
phone: 0438737144  
Please bring your club name badge*

Payment by cheque or EFT details below:  
Rotary Club of Mordialloc Inc,  
Bank: Bendigo Parkdale Branch  
BSB: 633 108 Acct No: 1421 66545



**Ample free parking at Woodlands GC**

**Reach Within to Embrace Humanity**

## Open Gardens Australia – Australian Rotary Health fund raising project



To kick off our fundraising this year, we have some exciting news for any gardening enthusiasts, or for anyone who ever wondered what went on behind their neighbours' fence

Rob (& Val) Henry of the Rotary Club of Boronia will for first time have their garden featured as part of the ABC's "Open Gardens Australia".



Open Gardens Australia is a not for profit organisation that opens private gardens to wider communities around the country. Attracting over 275, 000 Australians each year, the event is aimed at promoting the enjoyment, knowledge, and benefits of gardens and gardening in the Australian community and to build strong public support for the development of gardens across the nation.

**The balance of the proceeds (after costs) of each event are given to a charity elected by the owner of the garden. In this case, Rob and Val have kindly nominated Australian Rotary Health as their chosen charity.**

**As a result, Australian Rotary Health is encouraging all Rotarians in neighbouring areas to show their support for both the Henry's and Australian Rotary Health by attending their open Garden event.**

The garden of Rob and Val Henry is located near the Miller Homestead at:

**3 Eugenia Court, Boronia, Vic**

**Melways Ref 65- E6**

**Open Dates: Saturday 11th and Sunday 12th February**

**Time: 10:00am to 4:30pm**

**\$6.00 admission fee for adults**

[http://www.opengarden.org.au/regions/vic\\_calendar.html](http://www.opengarden.org.au/regions/vic_calendar.html)

The Rotary Club of Boronia will man the gate on these days and of proceeds will be donated to Australian Rotary Health for grants in mental health research.

The Inner Wheel Club of Boronia will also be present selling morning/afternoon teas with all the proceeds of which to be donated to an Inner Wheel charity.

If you would like any further information, please don't hesitate to contact us. For more information about Open Gardens Australia, please visit. <http://www.opengarden.org.au/aboutus.html#q1>



# District 9810 Conference 2012

## 21 April – 22 April 2012

Peninsula Conference Centre, Central Pier, Docklands, Melbourne

Hosted by the District Conference Committee and the Rotary Club of Hampton

Rotary District Conference ABN 95 599 656 854

Registrations close 23 February 2012.

Register by Friday, 16 December 2011 for a chance to win the Earlybird Prize! See website for details.



### Registration Form

See [www.9810conference.org.au](http://www.9810conference.org.au) for online registrations

**Your Registration Fee includes:** All conference plenary sessions, Saturday & Sunday lunches and the Saturday Conference Gala Dinner at The National Gallery of Victoria.

**Gala Dinner Theme:** *'Into the Woods'*

**Optional Cost:** Golf Day venue and cost to be advised (refer to conference website)

Conference Registration	Number of people	Cost per person	Total
Rotarians, Partners and other Delegates		\$385	\$
Current Youth Exchange Students		\$300	\$
<b>Total Cost (inc. GST)</b>			<b>AU\$</b>

#### Option A Please charge my credit card (Visa or MasterCard only)

Please note if you are paying by credit card, the payment will appear on your credit card statement as a transaction with TryBooking.com Kew. A booking fee of 30c per delegate will apply.

Please tick:  Visa  MasterCard

Card Number:                      Expiry Date:  /  CSC No:

CSC is a 3 digit number normally found at the back of your credit card.

The CSC code helps ascertain that the customer placing the order actually possesses the credit/debit card and that the card account is legitimate.

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

#### Option B I enclose a cheque (in AU\$ only)

Please make cheques payable to **Rotary District 9810 Conference**

Complete this form and post to **Geoff Tickner, Conference Registrar, PO BOX 1084, Hampton North VIC 3188** along with your payment.

#### Cancellations and refunds policy

In the event of cancellation, full refund of registration fee will be granted up to 30 March 2012 provided that notice of cancellation is received in writing. All requests for refunds must be made in writing and addressed to Geoff Tickner, Conference Registrar, PO BOX 1084, Hampton North VIC 3188. Applications for cancellation received after this date may be refunded at a reduced rate at the discretion of the Conference Committee.

	Delegate 1	Delegate 2
Rotary Club:		
Badge First Name:		
Badge Surname:		
Is the attendee? (you may make multiple selections) Please tick:	<input type="checkbox"/> Rotarian <input type="checkbox"/> Partner <input type="checkbox"/> First Time Attendee <input type="checkbox"/> YE Student <input type="checkbox"/> GSE Member <input type="checkbox"/> Rotaractor <input type="checkbox"/> Scholar <input type="checkbox"/> Interactor <input type="checkbox"/> Rotex <input type="checkbox"/> Visitor	<input type="checkbox"/> Rotarian <input type="checkbox"/> Partner <input type="checkbox"/> First Time Attendee <input type="checkbox"/> YE Student <input type="checkbox"/> GSE Member <input type="checkbox"/> Rotaractor <input type="checkbox"/> Scholar <input type="checkbox"/> Interactor <input type="checkbox"/> Rotex <input type="checkbox"/> Visitor
Dietary Requirements? (Diabetic, Coeliac, Vegan, Vegetarian, Kosher, Halal, etc.)		
Special Requirements:		
Email:		
Phone		
Mobile		

**Note:** A list of registered delegates will be available from "On-to-Conference" coordinators in each Club

**Contact us:** If you need assistance to use this form or have already registered but wish to update your contact details, please contact:  
**Geoff Tickner, Conference Registrar, PO Box 1084, Hampton North VIC 3188**  
 Enquiries: (P) 03 9592 4854 (M) 0412 834 347 (E) geoffrey.tickner@bigpond.com



## Rotary Club of Box Hill

### **CLUB PROGRAMME**

Date	Topic	Speaker	Chair
February	World Understanding		
7 <sup>th</sup>	Man Behind the Badge	Simon Wheelton	Paul Wheelton
14 <sup>th</sup>	RYLA	Taylor Burt	Joe Mardjetko
21 <sup>st</sup>	Club Assembly		Tim Lynn
28 <sup>th</sup>	No Meeting - replaced by ARH activity		
29 <sup>th</sup>	ARH Seminar Hosted by RC Nunawading		

### **CLUB DUTY ROSTER**

Date	Cash Desk (1)	Cash Desk (2)	Greeter	Grace / Toast
February				
7 <sup>th</sup>	Geoff Weeks	Kath Binns	Bruce McKenzie	Rae Harding
14 <sup>th</sup>	Sue Bishop	Robyn Smith	George McLean	Patricia Kiang
21 <sup>st</sup>	Charlie Xu	Joshua Cheng	Ross McPhail	Robert Leach

\* **PLEASE NOTE:** If you are unable to fulfill any of the allocated duties, it is your responsibility to arrange a "swap" with another person listed.

### **BIRTHDAYS & ANNIVERSARIES**

Date	Member	Event
February		
7 <sup>th</sup>	Lisa Li	Partner's Birthday
11 <sup>th</sup>	Peta Iles	Partner's Birthday

