



THE SWAN



Reg No: 17973U

Official Publication of the Rotary Club of Melbourne South Inc

Issue 2698 31st. Oct. 2008



From President Trevor.



Trevor's 'thought for the week'

'The biggest adventure you can ever take is to live the life of your dreams.'

I am very mindful of the fuzzy feeling we get when we recollect we've funded "x" shelter boxes for a region hit by a natural disaster or provided "y" Christmas hampers for the disadvantaged in our local community or funded "z" youths to MUNA or RYPEN or RYLA. But I am always brought back to earth by the reality of raising funds for these very worthwhile causes.

This was again the situation last Sunday when half a dozen of our members really "put in" to raise more funds selling shoes donated to us by Robyn Buccheri's family. David Graham and Terry Bolden made themselves and their 4-wheel drive vehicles available (I wonder whether or not there was a threat of ex-communication by John Weston) to transport shoes from John's office block to Club Tivoli at a time that would allow for set-up before 10.00 am. John was on the road at about 7.00 am and Kathleen and I arrived on site at about 9.00 to find things already in reasonable shape.

Club Tivoli had about 90 stalls in place and we were donated 3 stalls in a prime position to take advantage of close to 1000 people passing through. Sue Foley arrived with two of her friends and, between the three, easily took out the prize for the highest number of shoes purchased. Joan Daniels and Graham Lockwood then arrived and provided welcome support.

And following David's and Terry's early morning contribution they were back on the job again at about 3.00 pm to return unsold stock to John's premises, all-in-all, a 10 – 12 hour day for Club fund-raising. And John was on his feet for the total period!

We did realize about \$1300 but it caused me to stop and think about its relativity to the extent of our funding of water wells in Cambodia, to our contribution to Rotary Foundation, and to other numerous projects. However, the difficulty we have in fund-raising must not curtail expenditure on projects; rather it must spur us on to greater efforts and to increased support of those fund-raising projects we have in place.

GUEST SPEAKERS

LAST WEEK

Elise McCune

Writing & the Heart Foundation

THIS WEEK

Michaela Newell

The Animal Re-homing Service

NEXT WEEK:

.Joe Bagnara & Greg Rodsted

Cambodia project

Luncheon Host for this week

Alex Tseberg

Luncheon Host for the 7th November

Ken White

Luncheon Host for the 14th November

Ching Wong

If unable to carry out the duties of host, please arrange a replacement

Club Nominations

The **Annual General Meeting of the Rotary Club of Melbourne South** Inc is scheduled for Friday 14th November, 2008. Nominations are called for the following functions for the Rotary year 2009/2010:

- President Nominee
- Vice President
- Secretary
- Treasurer

And for the period 2009/2011:

- Directors, (three).

Nominations for all positions close at 2.00 pm on Friday 7th November 2008 and must be delivered no later than that time to the Club Secretary, Bill Kontos. Nomination forms are available from the Secretary and must be completed in full in order to be valid.

Trevor Harris

Notices

Please correct your Rotary Club of Melbourne South Directory as follows:

In the Club Calendar on p 15, delete the information for both March 20 and April 10 and replace with:

- March 20 Luncheon meeting
- April 10 Good Friday – no meeting

Trevor
Trevor Harris

Announcing the RCMS Christmas Shop

Coming soon to add to the excitement of our Friday Luncheon

**Succulent Christmas cakes
Plus this year
Christmas puddings and Shortbread biscuits.**

PLUS

**Christmas cards
Buckles and belts
Desktop calculators.**

Start saving your pennies...Opening date to be advised.

Home deliveries by exclusive limousine a speciality

Launch of 'Eyes Wide Open'

The Clubs newly officially sponsored "Eyes Open Project" is off to a flying start. As you are all aware this project has many aspects...

International awareness by visiting RI projects throughout Asia, Oceania and Australia's Northern Territory

Youth awareness by sponsorship of young people to join the tours

Community awareness and thus new members through its promotion to those outside Rotary.

To support the values of Rotary

To educate participants as to the struggles of people living in developing regions and inspire them to contribute to solutions towards a better world.

The Pilot trip to Vietnam and Cambodia is about to be booked for late December

Arrangements are in the process of being made to visit Rotary projects in both countries including...

Angkor Children's Hospital,
Angkor-Siem Reap SOS Children's Village
Sunrise Children's Village in Phnom Penh
Future Light orphanage in Cambodia
Ho Chi Minh ICU Children's Cancer Ward
SOS Children's village in Ben Tre
Son Hieu School in Dong Ha

The Participants will be

Lena Condos

Sue Foley

Plus a Film cameraman

Plus 16 year young lady guest

Plus Michael Hick, GSE alumni.

Plus a guide in SEAsia being supplied by a travel company.

Plus an interpreter

Fund raising]

Fund raising to support this project is off and running, with corporate sponsorship and philanthropic support being sought, along with donations from all clubs in D9800.

One friendly club has already agreed to donate \$2,000.

Donations in Kind

So far the project has received offers for Lena in 2009 of.....

Free office space, photocopying and postage.

Free design of the EWO web page (saving \$10,000)

Free liability insurance for the year to 30/6/2009...under the RI package

Free travel insurance on the Pilot trip, this December ...under the RI package.

Conference

Planning for the major presentation by Lena at the Launceston Conference is well in hand, and which will include an audio visual presentation on the pilot trip, plus filmed interviews with the "man in the street" on their perceptions of Rotary.....

Banquet Auction to raise funds for Eyes Wide Open

Some time in February 2009....arrangements are in their infancy...more on this in due course.

Melbourne South Rotary do our bit for Stroke Awareness Week

3 days this week cuff wielding Rotarians are performing blood pressure checks on unwitting recipients in our local “beat”. On Saturday we were in Clarendon Street outside The Bendigo Bank, on Wednesday we will be outside Coles New World Supermarket, and then on Thursday back to Sue Foley’s bank.

First to be tested was a Bendigo Bank employee—Vince. He passed with flying colours—it must be a relaxing job!

Peter from the Bendigo bank was Nursing assistant to Bronwyn. Watch out Sue—he shows great flair in taking blood pressures and may be considering a career change.

We had competition from Red Cross volunteer collectors. As you can see Jeff Sturrock swapped allegiance for a short while. It was most impressive—most of the collectors were Sudanese refugees.

Ken White took great care in data collection and providing general advice and follow up pamphlets. He was also most complimentary to the women when ascertaining their demographics—always guessing at least 20 years younger than their apparent age.

Bill Baker was diligent in applying “stickers” indicating their blood pressure had been tested, to the chests of the women who had participated.

As you can see from these action shots we assumed rock star status. MP Garrett’s blood pressure was within a normal range so medical advisor Jeff Sturrock suggested the Treasury portfolio should be the next challenge for Peter.

Interestingly there were a significant number of men who refused the offer of a free blood pressure check on the grounds that it might scare them!!

And also there were some very high readings where the participant had never had a blood pressure check previously.

If we prevent one stroke through our Clubs effort during Stroke Awareness Week it will be a job well done.



Thank You

To Sue and Peter at The Bendigo Bank. Peter was absolutely sterling—he went many extra miles to make sure we had everything we needed, were fed and watered, provided most pleasant company and stayed until stumps with us—even though the bank was closed.



Our guest speaker Elise McCune gave us an insight into her life up to the present day, describing how her life has changed over the years and how through difficult times she has managed to arrive at a place where she is happy with her life.

As members and guests will be aware, Elise is the mother of Lisa McCune, a successful actor and musical theatre performer. She also has a son Brett, who has his own successful graphic design business in Perth.

She grew up with her children in Perth, and they found the suburbs of the city a safe and happy environment to raise children, and artistically nurturing.

She tried to instil in her children a solid work ethic, and good manners, and her children are healthy, well adjusted and caring people.

She has three grandchildren which she is fortunate to see on a regular basis.

The two most difficult times she faced as a younger woman, were a divorce, and some years later, open heart surgery.

When she divorced, her children were older; with Lisa living in Melbourne. She had not travelled much before the earlier marriage, and now had the opportunity to do so.

She took leave of absence from her position in the WA Museum and decided to visit England and Europe. She also had plans to fulfil the long held desire to visit Egypt.

When she first arrived in London, she met an expatriate Egyptian living in London, with whom she fell in love, travelling to Egypt to meet his family, and spent some time living there.

She returned to Australia after a while, and her Egyptian lover came to Australia for an extended visit.

During the period of her life prior to heart surgery, she had written articles for magazines, and short stories.

She had known for some years that she suffered from a congenital heart valve defect, and it became increasingly obvious that surgery had become necessary to ensure her survival.

Six years ago, after undergoing a valve replacement operation, she decided to write a book about the experiences in her life she wanted to share, in particular, the decisions faced by others contemplating open heart surgery.

The Heart Foundation of Australia launched her book, and at the time, she did a lot of counselling with people who were facing similar operations.

While here heart condition was congenital, there are many people who have heart problems, brought on by unsatisfactory lifestyle choices.

The incidence of coronary heart disease will make individuals more susceptible to ongoing heart problems brought about by the following risk factors.

(Ed. Continued over)

GUEST SPEAKER (Continued)

- Not taking prescribed medications as directed.
 - Active and passive smoking.
 - High blood pressure levels.
 - Diet high in saturated fat.
 - Poorly controlled diabetes.
 - Inadequate physical activity level.
 - Overweight.
 - Depression.
- Lack of quality social support.

Statistics:

- Heart disease kills 31 Australian women per day.
- More than 11,000 women die each year from heart disease.
- Australian women are four times more likely to die of heart disease than breast cancer.

The good news is that heart disease is largely preventable and your risk can be greatly reduced by leading a healthy lifestyle.

Elise has learned from her life that we all face adversity, and after her heart operation, she discovered at a deeper level, what this life event was teaching her. She will never worry again about things that do not matter. She will make the most of every gift and opportunity she is given, never again taking each day for granted. Most important of all, she will not wait for life changing events to initiate change in her life.

If you want to change your life you can do it today- don't wait for something to happen - The time is now!!

THIS WEEK'S SPEAKER. (Summary next week)

MICHAELA NEWELL **The Animal Rehoming** **Service**



The Animal Rehoming Service (TARS), is a Melbourne based not for profit animal rescue and rehoming service. Over 900 animals of every description have found permanent, loving homes through the service since it was established in 2000 by Michaela Newell.

TARS is a free service for people who, for various reasons, wish to find a new home for their animal. It is an alternative for owners, rather than giving the animal to friends or family, advertising them or sending them to the pound. A large proportion of pound animals are euthanased when new homes cannot be found.

TARS rehomes all types of animals, from mice to horses, though the majority are dogs and cats. The service and has been almost 100% successful to date.

In addition to its animal rehoming service, TARS provides a referral service for people who wish to discuss their animal with qualified animal behaviourists or trainers.

TARS is a registered Charity that receives no Government support, so every donation and bequest is very much appreciated and is used as efficiently as possible. Veterinary fees are the most significant expenses of TARS.

For further information or to make a Tax Deductible donation, please contact Michaela on 0409 21 31 31 or visit www.tars.org.au

**ROTARY CLUB
OF
MELBOURNE SOUTH INC**



Club Chartered
August 5 1952
54 Years of Rotary Service

Friday Meeting
12:30pm for 1:00pm
Club Tivoli
291 Dandenong Road
Windsor
Tel: 9529 5211

Correspondence
PO Box 419
South Melbourne 3205

Online
www.melbsouthrotary.com.au
Melbournesouth@rotaryd9800.org

**District Governor
District 9800
2008-2009**

Jim Studebaker
Tel: 9617 1907
Mob: 0413 304 864
Email: dq@rotarydistrict9800.org

President
Trevor Harris
Tel/Fax: 9503 0608
Mobile: 0416 139 646
Email: trevor.harris@optusnet.net.au

Secretary
Bill Kontos
Tel: 0416 258 543
Email: billkontos1@optusnet.com.au

Editors
David Graham & Bronwyn Harris
Tel: 9585 1512 Fax: 9585 3181
Email: beachroad91@bigpond.com

The Four way Test
Of the things we think say or do:
1. Is it the truth?
2. Is it fair to all involved?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

BIRTHDAYS

Members: Joe Bagnara (28th)
Partners: Nil

Membership anniversaries:
Bill Baker (30th)



STATISTICS

Club meeting: 24th October
Chair: Paul Lehmann
Guest of Members: Deborah Burgess (Sue Foley)
Guests Sandy Bennet
Guest Speaker Elise McCune
Red Hats: Paul Lehmann, Trevor Harris
Door Prize: Kath Dunbar
Attendance: 21 members
Make ups Terry Bolden

GOLF DAY RESULTS

9 members, past members, partners and friends played in Monday's Ambrose competition at Brighton Golf Course in typical Melbourne spring weather. The successful team comprised Alan Stone, Graham Symon and Bob Iversen (who played 9 holes and then decided it would be less painful to fulfill a dental appointment than to continue for the remainder of the game with his bushranger teammates !!.) The Longest Drive went to past member Mark Norton while despite a number of shots just off the green by some players the Nearest to the Pin eventually went to N.O.Body.A very enjoyable fellowship lunch followed the game where the players were joined by President Trevor, Kathleen and President-elect Bronwyn. The next game will be in the New Year at a course yet to be selected.



AND FINALLY

Christmas ideas for the person who's got everything.

1 Sick of your office coffee cup being pinched ? ..simple answer is to lock it !

2 Need to get up in the middle of the night ?...simple answer, battery powered slippers illuminate the way !

