



Rotary

Club of Fern Tree Gully



Chartered May 16th 1963

Weekly Bulletin

Vol 63 No 44 27th June 2024

President
2023 - 2024
Gary Braddock

District Governor
2023 - 2024
Ian Ballantyne
Bentleigh Moorabbin Central
Rotary Club

Meeting Details:
Weekly Thursday Evenings
6.00pm for 6.30pm

Venue:
Ferntree Gully Bowls Club Glenfern Rd
Ferntree Gully

Diary Dates

27th June Club Chang Over
29th June District Chang over
2nd July Board Meeting
4th July Presentation of Club Budgets
11th July Guest Speaker
18th Team Meetings

www.ferntreegullyrotary.org.au



Presidents Message

No Presidents Message this week
as Gary is in hospital.
We wish him a speedy recover .

FOUNDATION MOMENTS

Quick insights into your charity — The Rotary Foundation

WHAT IS THE ROTARY FOUNDATION'S ENDOWMENT FUND?

Gifts to the Endowment ensure that Rotary members will have the resources they need to design and implement sustainable projects forever.

Donations to the Endowment can be made as an outright gift or a planned gift, such as a bequest in your will. Currently, Rotary's Endowment totals US\$756.0 million and has further commitments of \$973.8 million.

Contributions to this fund are invested for the future. Only current earnings from the investments are used to support Foundation programs year after year.



This approach means that people's generosity does good in the world in perpetuity.

< Visit my.rotary.org/donate

The
Rotary
Foundation



Club Board 2023 - 2024

President	Gary Braddock
Secretary	Graeme Harrison
Treasurer	Brian Mandergeddes
Community	Christine Anderson
Youth	Paul Wilson
International	Martin Howard
Fundraising	Graeme Aspnall

SERVICE ABOVE SELF

THE OBJECTS OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and , in particular, to encourage and foster:

First The development of acquaintance as an opportunity for service.

Second 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.

Third The application of the ideal of service in each Rotarian's personal, business, and community life.

Fourth The advancement of the international understanding goodwill, through a world fellowship of business and professional persons united in the ideal of service.

THE 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?



The Rotarian Minute
100 Rotarian Quotes
#48



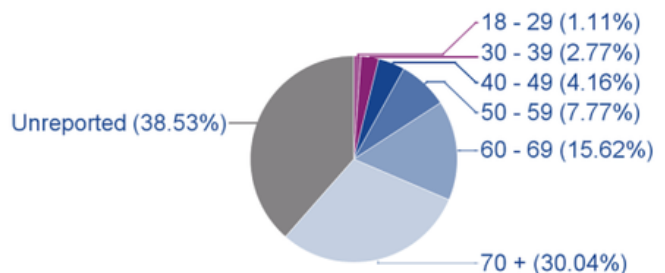
"Rotary is not just an organization; it's a global force for positive change."

Gary HUANG
Rotary International's
2014/2015 President

Zone 8	1-Jul-2023	31-May-2024	Net Change from 1-Jul-2023 to 31-May-2024	Net Change from 31-May-2023 to 31-May-2024
Rotary Clubs	1,232	1,219	(13)	(35)
Rotarians	28,891	28,677	(214)	(1,618)
Rotaract Clubs	76	66	(10)	(13)
Rotaractors	1,018	920	(98)	(171)

Zone 8 Membership as at May 31st 2024

ROTARIAN AGE DISTRIBUTION AS OF 31-MAY-2024



FELLOWSHIP MONTH

A friend is someone who understands your past, believes in your future, and accepts you just the way you are



The Week That Was



In the absence of president Garry (in hospital) , past president Fran opened the meeting at 6.34pm. She welcomed attendees and introduced the speaker Hamish Reid. Apologies for the evening were-Garry Braddock,Rob Hurst and Allan Tierney. Fran passed the floor to Hamish who said that he was a muscular skeletal acupuncturist and had been practising for 26 years. He said that his practice ,Rehealth Integrated Medicines also included chiropractic and naturopathic services and that in addition to practising he lectures to practitioners. As background to his life he explained that he had come from England (where his father was a county cricketer to Australia for his father to play and coach cricket here.

Hamish then spoke about the treatment of back pain in particular ,the various ways back injuries can occur and the variety of such injuries including disc issues ,sciatica ,and muscular problems caused by sudden movement ,diet ,repetitive action,poor posture, lack of proper blood flow and quality of blood. He said that in most cases stress had to be addressed.

Hamish then spoke of the various organs associated with the blood (kidneys, spleen and heart also the muscles and nerves he deals with in particular the psoas muscle and the sciatic nerve. He emphasised that heat treatment was very good for muscular and back pain. Referring to foods ,Hamish recommended the use of turmeric and ginger.

Hamish had brought some of his “Tools of Trade” spoke of their us After answering quite a number of questions from members Hamish was thanked bi Brian Mandergeddes for what had been an extremely interesting talk.

Fran then called for reports. Brian (Treasurer) reminded members that dinner fees for changeover night had to be paid prior to the night and he said that he was finalising budgets for 2024/2025

Christine called for board members reports to be submitted to her as soon as possible to facilitate completion of the annual report.

John read a letter of thanks received from the Principal Fairhills Primary School with accompanying photographs of garden beds built using the money which the club had donated to the school. John also brought to the club ’s attention from the Local Member that each primary school student would receive \$400 towards the purchase of uniforms, this he said would mean that the club would not need to subsidise uniforms as had been previously determined.

Rosie indicated that cans of soup were required for the Salvo pantry and Fran said that socks and jocks were also require with winter now here.

Fran closed the meeting at 7.30pm.

Scribe : John Flemming

Club Speaker Program

Date	Speaker	Topic	Vote of Thanks	Scribe
June 27th		Club Changover		
July 4th		Club Budgets		
July 11th	Kath Ronan	Operation Cleft Palate		
August 1st	Theodora Niakolas	Special Olympics Aust		
August 15th	Julie Kelly	Underneath My Umbrella		

Foothills Slice & soup Roster for 2024

3.7.2024	17.7.2024	31.7.2024
Soup	Slice	Soup
30min Frozen Pea Soup	East Chocolate Slice	Easy Curry Carrot Soup

