

# Rotary Club of Fern Tree Gully Inc.

INCORPORATED REG. NO. A0023463V  
DISTRICT 9810 VICTORIA, AUSTRALIA  
CHARTERED: 16<sup>th</sup> May 1963  
Postal Address: P. O. Box 164 FERN TREE  
GULLY, VIC 3156  
Website: [www.ferntreegullyrotary.org.au](http://www.ferntreegullyrotary.org.au)  
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27th May 2021

## WEEKLY BULLETIN

Date & Time:	Thursday 27th May [Kick off at 6.30]	Sunday 30th May [11.30am to 2.00pm]	Thursday 3rd June [Kick off at 6.30]	Friday 4th June [8.00pm to 10.30pm]
Venue:	FTG BOWLING CLUB or ZOOM	GILBERT PARK (Skateboard Park)	FTG BOWLING CLUB or ZOOM	Stageworx 3/21 Stud Rd Bayswater
Program:	DOBSON WARD COUNCILLOR	<i>Sausage Sizzle Bendigo Bank</i>	CLUB ASSEMBLY	
Speaker:	Megan Baker		N/A	
Scribe	Paul Wilson		?	
Partners' Night	Yes		Welcome	

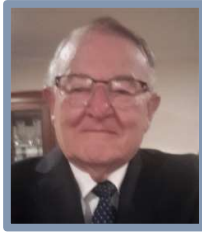
<i>Birthdays:</i>	None
<i>Anniversaries:</i>	None
<i>Induction to RC of Fern Tree Gully</i>	None



*Thursday 24<sup>th</sup> June*

*CHANGEOVER NIGHT*

## FROM THE PRESIDENT



### MAY IS YOUTH SERVICES MONTH

Here we go again. With the number of cases identified in the northern suburbs of Melbourne has brought about the re-introduction of restrictions for the rest of Melbourne. Rotary meetings are still able to go ahead at this stage at the Bowls Club with masks worn as we are below the 30 max. in a gathering allowed. The Bowls Club have requested that we all register our attendance by using the QR Code or manually recording your details on the sheet provide on entry. If you wish to download the Service Victoria App, go to [www.service.vic.gov.au/checkin](http://www.service.vic.gov.au/checkin)



Is our BBQ at the Skate Park event on Sunday going ahead? Christine is endeavouring to contact the organisers to ascertain what they are intending to do. Hopefully we will have an outcome to be able to advise Club members at our meeting on Thursday.

The responses are in on our Monkey Survey, with ten responses received. Christine and I have briefly reviewed your responses and are pleased with the positive responses to the questions. By next meeting I will collate your answers from each question for members to view as your answers will be setting the direction our club will be taking next Rotary year.

Stay Safe

Graeme

President 2020/2021



"FREE HAMMOCKS, all over town. It's like a miracle!"

# THE WEEK THAT WAS

Thursday 20th May 2021

We had a most interesting speaker this week, Linda Black her topic being *"Stress, Imagination and Your Immune System"*.

Linda has a Psychology Degree, Diploma in Applied Clinical Hypnotherapy, A Certificate in Psychotherapy and has undertaken training in several other therapeutic methods.

Her message to us was along the lines that *Stress is an essential part of life* – some of it is even good! However, when we become stressed on a regular or constant basis it can be very harmful and impair our wellbeing at the most physical level.

our imaginations play a big part in that although we can't always change the outer environment, we can change the inner one.

Linda offered us some simple ways to help manage stress. Some we can control and some we can't, this is the difference between real and imaginary circumstances. Stress is designed to keep us safe but can sometimes be our imagination at work.

Never underestimate the sheer power of your imagination, we need to determine whether the cause of our stress is False Evidence or Real Evidence.

**Acute stress is beneficial- Chronic Stress Is Harmful.**

**Acute stress** floods into our system and enables us to quickly decide if the evidence is real or false.

**Chronic stress** drip feeds into our system gradually building and is quite harmful, it can compromise our immune system.

One proven method of overcoming feeling stressful is known as the 5, 4, 7 method whereby you breathe in for 5 seconds, hold for 4 seconds and slowly breathe out over 7 seconds.

Another trick is to write the letters 'CYT' on sticky notes and place them around different places, these letters stand for *"Catch Yourself Thinking"*. These can distract you from whatever is bothering you.

Linda's advice was to:

- Try being in a "State of meditation" or mindfulness.
- Try laughing out loud
- Keep connecting with friends, either personally or in a group

Linda has another topic which she is happy to talk to us about at a future date, called *"Thriving at Any Age"*.

We most certainly will be inviting Linda back to tell us about that one.

"Grant me the  
*Serenity* to accept  
the things I cannot change  
the *Courage* to  
change the things I can  
and the *Wisdom* to  
know the difference"

*Scribe: Rob Hurst*

## General Business

In relation to club activities:

- Bunnings Ferntree Gully have invited the club back to carry out sausage sizzles on the second Friday of each month commencing on 11th June until end of December this year. At a minimum, 4 members will be required each day from 9 AM until 3 PM
- Changeover is to be held on 24th June at our usual venue, Ferntree Gully Bowling Club
- Members must not forget the upcoming **Skateboard Extravaganza** to be held at The Knox Skate Park 30<sup>th</sup> May, we are involved by providing a sausage sizzle for the event which is being sponsored by The Bendigo Bank, YMCA and the Knox Council.
- Two fellowship events coming up:
  - **"12 Angry Men"** at Trish Carr's theatre Friday 4<sup>th</sup> June
  - **"Then There Were None"** 1812 Theatre on 16<sup>th</sup> June, tickets \$15 each

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## Beginning on 9<sup>th</sup> June and until December, we are alternating with soup and slices for the Foothills Community Group

### Foothills Slice & Soup Roster

Soup: Every 2nd Wed. Slices: Every 4th Wed. of the Month.

Delivery: Wednesdays 2.30 to 3.00pm

Ferntree Gully Girl Guide Hall, Lot 65 Underwood Rd FTG

9/06/2021	23/06/2021	14/07/2021	28/07/2021	11/08/2021	25/08/2021
Soup	Slice	Soup	Slice	Soup	Slice
Easy Tomato Soup	Mum's Raspberry Shortcake Slice	30 min Pea Soup	Chocolate Brownies	Easy Curry Carrot Soup	Easy Chocolate Slice

## EASY TOMATO SOUP

### Ingredients

4 tablespoons olive oil  
6 cups chopped yellow onion (2 large)  
2 tablespoons minced fresh garlic  
6 cups chicken broth  
2 x 28oz cans crushed tomatoes, undrained  
2 teaspoons dried oregano  
2 teaspoons salt  
1 teaspoon cracked black pepper  
2 bay leaves

### Method

Heat olive oil, sauté onions for about 4 min. Add garlic & cook for about 30 sec.

Add chicken broth, tomatoes & juice, oregano, salt, pepper and bay leaves.

Cover & simmer for 15min. Remove, discard bay leaves and puree.

