



Vol 62 No34

11th May 2023

WEEKLY BULLETIN

Date & Time:	Thursday 11 th May [6.00 for 6.30]	Thursday 14 th May (6.00 for 6.30)	Tuesday 25 th May (6.00 for 6.30)	Thursday 1 st June (6.00 for 6.30)
Venue:	FTG Bowls Club	Eastwood Golf Club	FTG Bowls Club	FTG Bowls Club
Speaker	Brian Ashworth		Steve Barrington	
Program	Disaster Aid Australia	60 th Anniversary Dinner	Foothills Community Care	Team Meeting
Vote Of Thanks	Rob D		Mike S	
Scribe:	Gary B		Graeme A	





FRAN'S FAIRYTALES

Hello everyone,

What a privilege it was to attend the official opening of the Salvation Army's 24/7 pantry at their headquarters last Saturday. It was well-attended, with an enthusiastic group of people there to applaud the event. And the many green bags of groceries donated by our Club made a spectacular display for the occasion.

Looking forward to our Speaker at this week's meeting, especially following his presentation at the Canberra Conference, when he told us about the Disaster Aid projects undertaken by their club. Life-saving, economical and a credit to their ingenuity, determination and hard work.

Our heartfelt condolences and sympathy are extended to our recent visitors, Karen Nelson and Lilly, upon hearing of the devastating and unexpected loss of Karen's father and Lilly's Grandfather. I am sure you will all join me in assuring the bereaved family we are here to help them through this sad time.

Next Tuesday, the 16 May is, of course, our celebration of 60 years of club existence and service. It will be a privilege to join in recalling the memories of the wonderful things we have achieved over this long period of time and remember the members who became cherished, never to be forgotten friends, who are no longer with us.

So just a reminder that there will be NO MEETING Thursday of next week.

Finally, please don't forget to put your hands up to assist the Salvation Army with their annual collection this coming weekend. I believe there are still a number of empty spots available, so even a short stint would be appreciated. See you Thursday.

Fran



The planned collection for the red Shield Appeal at Woolworths, Mountain Gate has been deferred to Friday 19th and Saturday 20th of May.

More details at our meeting this week.

The Week That Was

Meeting 4th of May 2023

Meeting commenced at 6:30 PM, chaired by PP Graeme Aspinall standing in for President Fran who was an apology for the evening. The chair welcomed visiting partner Jill Wilson and our guest speake, Linda Black.

Apologies received from President Fran Mandergeddes and Rosie Massey

Toast proposed by the acting chair PP Graeme Aspinall

No online members this evening, apart from the two apologies all other members were present.

Guest Speaker

The chairman introduced our guest speaker Linda Black to give us a talk on the subject of **"Ageism"**. Linda has a degree in psychology and has spoken to the club in the past about her specialty, being "Hypnotherapy".

The Knox Council has conducted a survey and set up a committee to address the issue of **"Ageism"** in the community, tonight's talk to us by Linda was on behalf of this committee. Ageism in the community is a many faceted beast, it can be positive or negative depending upon most people's thought patterns. Many jokes in the community on ageism can be of a putdown nature, but at the same time can also be perceived as positive and amusing, it simply depends upon the mindset of the deliverer and the recipient.

What is ageism: ageism is about how we think and act, it can affect all ages, not necessarily elderly people, it exists in institutions, it can affect relationships and how we perceive ourselves. It is unfortunate that 83% of businesses believe ageism is a problem.

Negative impacts: it can affect a person's confidence, their quality of life, job prospects, social connectedness, health and well-being. In some instances, it can shorten life expectancy.

But it does have benefits provided they are recognised and taken advantage of by the community at large. These benefits comprise the accrued knowledge acquired through life's experiences, the act of passing this knowledge on to the younger generation can have a very positive impact on an older person's well-being.

The Knox Council conducted a survey to determine the most important actions it could take to make **Age** more friendly, some of the major outcomes were:

- *Poorly maintained footpath's
- *Home Maintenance and modifications
- *Increased Parking at local shopping centres and railway stations
- *More social support for vulnerable people

What to Do Going Forward:

Emphasises the similarities and benefits derived from the differences between age groups, celebrate diversity and focus on solutions.

There is a website called "everyagecounts.com.au" which has a wealth of information on the subject of **Ageism**.

At the conclusion of her talk, Linda handed around a number of pamphlets produced on the subject of ageing, these were designed to assist the community in general, to think about it from a different perspective.

Vote of thanks to Guest speaker

Rtn. Graeme Harrison summarised the talk and thanked the speaker on behalf of the members.

Club business:

Rtn Paul Wilson informed members that at the recent Community Awards Night our Local Bendigo Bank branch gave a donation to the club of \$1500.

Overall to date the Bendigo bank has paid some \$96,000 into the local community.

Paul also spoke to the CFA on this night and was informed that they have some candidates in mind for RYLA.

PP Christine Anderson informed members that there will be a celebration of the opening of the community pantry, it will be held at the Salvation Army depot Wattle Tree Road Ferntree Gully on Saturday, 6th May at 11:30 AM. The community pantry will be available 24 hours a day 7 days a week to those members of the community in need of ongoing support.

Scribe Robert Hurst

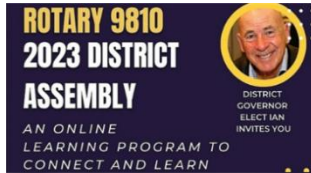


Volunteers for Friday May12th are:

9.00 – 12.30pm Graeme A, John F, Mike S and Graeme H

12.30 – 4.00pm Graeme A, Gary B, Rob D and Paul W

Future dates – June 9th, July 14th and August 11th



- Session 7: Thursday 11th May > 5:30 - 6:30pm - Community
- Session 8: Thursday 11th May > 7:00 - 8:00pm - Leading and Learning
- Session 9: Friday 12th May > 5:30 - 6:30pm - Foundation & International Service
- Session 10: Friday 12th May > 7:00 - 8:00pm - Engaging our youth
- Session 11: Saturday 13th May > 9:30 - 10:30am - New member session
- Session 12: Saturday 13th May > 11am - 12pm - Membership matters
- We welcome everyone to register for any of the remaining sessions
- You attend as many sessions as you wish.
- To register in a session -
 - Select the date and time of the session - complete the registration for each session.
- Here is the direct link: <https://events.humanitix.com/rotary-district-9810-district-assembly-2023>



District Governor Ken Miller together with District Governor Elect Ian Ballantine Request the pleasure of the company of All District 9810 Rotarians, Partners, Rotaractors and Friends at the 2023 District Changeover Dinner

Venue: Southern Golf Club, Lower Dandenong Road, Keysborough

Saturday 1st July 2023 6:30pm for 7pm start

Bookings must close 12 noon, Wednesday 21st June, 2023

Enquiries: Linda O'Brien 0419 530 719 or nimrod117@hotmail.com

Cost: \$73/person

Drinks: At bar prices

Dress: formal or semi formal

An invitation has been received from the Waverley Country Club to attend a short presentation on Retirement living, an introduction of the village and a tour if anyone is interested in having a look around.

A light lunch will be provided also.



Kay receiving the Certificate of Military Service for Paul, from Jason Wood MP.



Waverley Country Club
invites

**The Rotary Club of Ferntree Gully
To a light lunch and Tour**

We welcome you to join us for a Community Connect Event.
There will be a short presentation followed by a light lunch (tour optional)

Friday 19th May - 1pm

RSVP: Donna Pignolet
donna.pignolet@lendlease.com or 0427 205 299
By 17th May 2023

Village Address 60 Bergins Road Rowville VIC 3178
www.retirementbylendlease.com.au

Lendlease is currently supporting the Australian Government's vaccination program. The safety of our guests, speakers, residents and staff is our top priority. To enhance the safety of everyone in attendance at our face-to-face events in our community centres, we strongly encourage everyone to have "up-to-date" vaccinations (COVID-19 vaccine booster in addition to the primary course of two doses of COVID-19 vaccine).

 **lendlease living**