



Club No. 18278
Charter Date: 5 December 1956

THE COG

HEIDELBERG : DISTRICT 9790

Issue 2805 Monday 03 September 2018

www.rotaryheidelberg.org

**Meets on Mondays
12.30pm for 1.00pm
Venue: Vasko Restaurant**

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District Governor

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Rotary Club Cobram**

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Bahamas**

THE COG

**The official bulletin of the Rotary
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Australia**

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**Submission deadline is each
Wednesday.**



First Quarter



First Quarter IV

Giuseppe will be out of action for five or six weeks whilst undertaking and convalescing after a hip replacement at Epworth Richmond.

Last week's "forum" meeting reviewed a list of the club's present activities and likely future commitments. The ensuing panel discussions generated updated details, new concepts and a gaping hole in one of our avenues of service.

More on that in future weeks.

Brother Harry provided an update on progress in responding to B.C.C. EOI regarding the West Heidelberg houses and RDNS site. Our final role in this project is still to be determined. For members information here are some recent Board decisions:

- a) Agreed to make donation to the Farmer's Drought Relief program.
- b) Men's Health Project: Geoff and Gordon to take responsibility for this.
- c) Women's Speaker Program: Marcia to take responsibility for this project.
- d) Richard suggested we resurrect the Kel Carr Oration - Carried
- e) All members to be asked to identify 3 contacts to invite as members.
- f) International projects program to update our members awareness.
- g) ONJ fundraiser walk and BBQ on 16 September – Wayne coordinating.

We are still seeking members to participate in a Vocational Mentoring program to be delivered to local Police Officers in the municipal areas of Eltham; Sunbury; Preston; Ivanhoe; Rosanna; Greensborough. Please contact Noel direct if you feel inclined to undertake such a role with Senior Police officers in our community.

This week IPP Tony will officiate at our meeting, in my absence. Our presenter will be Amelia Stone from "Safe Steps", a group supporting sufferers of family violence.

And remember, The sooner you fall behind, the more time you'll have to catch up.

Noel

PROGRAMME

Sep 3 "Safe Steps" Amelia Stone
Sep 10 Committee Meetings
Sep 17 Paul Kathner ,Set Designer & Artist
Sep 24 TBA
Oct 1 Wayne's Hot Rod
Oct 8 Run From Poverty
Oct 15 Janet Roberts-Brown, RBTB
Oct 22 ARH -Lift the Lid on Mental Health
Members are reminded that our meeting programme is located on the Club website in Members Lounge under Speakers

DATES TO REMEMBER

2nd September Father's Day
11th September RCH Board Meeting
16th September - ONJ Walk and BBQ
21st September - Ivanhoe Grammar Interviews
29th September AFL Grand Final
9th October - Number Plate affixing
21st October Greensborough 50th Anniversary Luncheon

27 August 2018

MEMBERS - 15
GUESTS - 1
APOLOGIES - 11
VISITORS - 1

Humour

A camel meets an elephant. The elephant asks jokingly: "Why do you have two breasts on your back?" The camel replies: "With a face like yours, I'd just shut up."

Thought for the Week

Don't go around saying the world owes you a living; the world owes you nothing; it was here first.

Guest Speaker - Rotary Club of Heidelberg

On Monday 20 August 2018, RCH was privileged to have Dr. Tony McHugh as its guest speaker. Tony's bio is indeed impressive with his current roles including a Senior Fellow in the Department of Psychiatry at the University of Melbourne.

The topic of his presentation was titled - 'Psychology and our good health'. Tony covered areas such as

1. What is good health
2. Signs of good health
3. Signs of sub-optimal functioning
4. What to do when out of balance
5. What psychology works for what.

He talked about the need for mental toughness and resilience needed in life.

He saw the enemies of good psychological functioning as not setting ourself boundaries and limits and the importance of identifying what gives us a balanced life, ie the activities we enjoy.

Tony confirmed that being socially connected through membership of groups like Rotary is good for our individual health and well being as well as the community at large.

A hand out with information including references was distributed to the meeting. Please contact President Noel, if you would like a copy of the information shared.

Terrie Seymour



Make-ups and Apologies

Ken Norman always seeks to finalize numbers by Monday 8.30a.m.

Please telephone or email apologies or guest numbers to Ken by then. Predicting our numbers as closely as possible minimizes our catering cost. ken.norm5@bigpond.com
OR **0437 770 831**