

Club No. 18278  
Charter Date: 5 December 1956

# THE COG

HEIDELBERG : DISTRICT 9790

Issue 2879 25 May 2020

[www.rotaryheidelberg.org](http://www.rotaryheidelberg.org)

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

**President**  
**Noel Sturgeon**  
**0417 229 366**

**Club Correspondence:**  
**P.O. Box 300 Heidelberg VIC 3084**

**District Governor**  
**Brian Peters**  
**Rotary Club Albury West**

**Rotary International**  
**President**

**Mark Maloney**  
**Rotary Club of Decatur**  
**Alabama, USA**

**THE COG**  
**The official bulletin of the Rotary**  
**Club of Heidelberg Inc, Victoria,**  
**Australia**

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**Assistant Editor:**

**Reporters: Every Member**

**Photographer: Graham**  
**Openshaw**

**Submission deadline is each**  
**Wednesday.**



## A Word from The President

### Rotary of the Future – Part 2

As mentioned in last week's COG, the Covid 19 pandemic lockdown has caused RI, Zone and Districts to all be considering what Rotary might look like following the necessary changes to the entrenched club model.

Right now, we are constantly being told that we will come out of this pandemic, not back to normal as we perceive it, but to a *'new normal'*. Fortunately, almost all RCH members have easily become "digital natives". In this *'new normal'* will the members of clubs such as ours want to, or given the genuine long-term need for social distancing, care to return to the same fixed meeting process week on week?

Has the online benefit of the face to face with all attendees, that the screen offers, rather than just being in the company of those sitting in your near vicinity at lunches, plus the saving in travel time, caused us to reconsider just how often we actually need to meet at a venue?

Cont. Page 2 .....

## CLUB CALENDAR



**25 May 2020**  
You will be invited by email to attend a ZOOM meeting at **6.30pm.**

**Topic: Presentation by returned Youth Exchange Student, Francesca**

*If you're reading this ...*

*Congratulations, you're alive.*

*If that's not something to smile about, then I don't know what is.*

*Remain Vigilant*

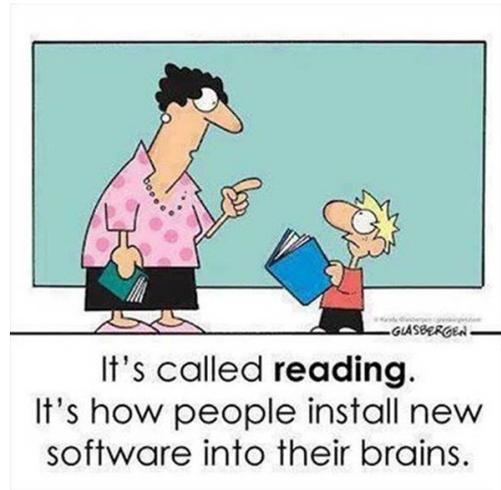
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Obviously, we will be keeping the online format for a few more months yet and in doing so will further familiarize ourselves with this platform to the extent that using it becomes second nature. This will also provide the opportunity for others, from time to time, to take on the role as convenor to give Peter a break. Zoom 'screen sharing' is not difficult and as we all become more adept, the opportunity for members to also be the presenter on the day provides for significantly more variation for our meetings.

Please remember that next week Monday 25<sup>th</sup> May is an evening event when we will Zoom at 6.30PM to hear from Francesca Lewis our Rotary Exchange student, who unfortunately was forced to return early from Japan due to the pandemic, should be quite interesting to get her take on Rotary in Japan and the culture in which Francesca immersed herself.

Thanks,

Noel



## Last Week's Meeting



Trevor Moyle from Rotary Club of Moreland presented on a very challenging community issue in Nepal where the **Community Leadership Nepal Foundation (CLNF)** is taking a hands-on approach, in conjunction with a local group Red Panda, to develop a long-term remedy.

Focussed on the education of disenfranchised girls and young women, in the hope of reducing the level of human trafficking, which unfortunately is common place in a lot of these communities. The project is centred on the building of an education facility that will initially take in 32 female attendees.

The CLNF seeks the partnership and support of people with expertise in Training, Inspiration and Governance as well as funding the construction of the school.

RCH will in a couple of weeks hear from another Nepal focussed project, after which our Board will consider each on their merits for any likely support.

NS

Project 41-2016-17

**Project Name:**

Community Leadership Nepal Foundation

**Country:**

Nepal

**Description:**

To undertake health, hygiene and sustainable development projects in Nepal that will teach and enable local communities to become self-sufficient.

**Sponsor Club:**

Rotary Club of Moreland (District 9790)

**Tax Deductibility:**

Rotary Australia Overseas Aid Fund (Managed by RAWCS) has Deductible Gift Recipient (DGR) registration and has been listed as a Charitable Fund so we can accept tax deductible donations from individuals or organisations.

## ROTARIAN BEHIND THE BADGE – Rodger Tice

Born 1943, educated in the Northern suburbs. Trained as primary teacher in the 60's and had numerous teaching appointments in the country and Northern suburbs. Principalships at Diamond Creek East PS and Meadowglen PS (Epping).

Took early retirement after 38 years with Department of Education.

Several part-time jobs when retired: worked for Max Campbell, kitchen installer and most of the time managing the finances for Aileen's business. Plenty of overseas travel to fill in retirement.

Married with 3 children and 3 grandchildren. Resided in Wangaratta, View Bank, Research and currently Eltham.

Active sports participant, country football, athletics for 20 years plus Race Starting Official for Victorian Amateur Athletic Association.

Tennis for the next 20 years and then foolishly decided to play golf up to this point in time.

Keen collector of wine but mostly drink it and don't have a great collection.

Enjoy gardening and fiddling around in my workshop.

Member of Rotary Club of Heidelberg for 21 years, bulletin editor 6 years, secretary 6 years, Program Director one year, President 2014-2015.



### Attendance 18<sup>th</sup> May 2020

Members 14

#### *Visiting Rotarians*

ADG Emma Davis 1

Trevor Moyle RC Moreland 1

#### *Guests CLNF*

Yakindra Timilsena 1

Caroline Nadj 1

**TOTAL 18**

Apologies 12

## SUPPORT YOUR LOCAL DINING ESTABLISHMENT

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**238 Upper Heidelberg Road,**  
**Ivanhoe 3079**

**Ph: 03 9497 1084**

<http://cafesaffron.com.au/>

## ROTARY YOUTH EXCHANGE

25 May 2020

You will be invited by email to attend a ZOOM meeting at 6.30pm.

Our recently returned Youth Exchange Student, Francesca Lewis, will be giving a presentation about her exchange to Japan.

## HELIPAD REVISITED

The opening of the helipad, described in the last Cog (No. 2878.), occurred not long after I joined the Rotary Club Heidelberg.

Sometime late night or early morning, those of us who were on "slab-minding" duty/roster, were visited by fellow Club member Rob Simpson. He had been working at their shop at nearby Northland, just across the creek, and was carrying a large tray of hot pies, pasties and sausage rolls!

Memory of the camaraderie as we welcomed Rob, and enjoyed his offerings, has stayed with me vividly, to this day, and comes to mind when I am asked to recall "Rotary Moments".

It was indeed a wonderful example of what, in the "lingo" of the time, was referred to as "Rotary Fellowship", a term that for some has gone out of favour. The pictures and text in the Cog bring back more memories, of people and places. Thanks Laurie.

These photographs of the helipad were taken in May last year.

Richard L.



Dear District 9790 Rotary members,

The Rotary E Club 9790 is running a raffle with 200 tickets only, to raise funds for Australian Rotary Health.

It's a great prize, a Thermomix TM6, worth \$2,500. The cost of tickets is \$25.00. Please pay to the E- Club account and your Virtual Ticket will be recorded.

Rotary E Club 9790 BSB 633 000 Acct No 157371907 With your details.

The raffle will be drawn 23<sup>rd</sup> July 2020 on a club Zoom meeting.

For further details contact President Kathryn [chiverskathryn@gmail.com](mailto:chiverskathryn@gmail.com)

Best regards,

**Clive Faul**

**District Secretary 2019 - 2020**

## GUEST SPEAKER 11 MAY 2020 - RESILIENCE

My name is **Sandan Inturrisi**, I recently became a member of The Rotary Club of Heidelberg. I work as a physiotherapist at Kieser in Heidelberg. Kieser is an integrated Physiotherapy, Rehabilitation and Strength & Conditioning centre specialising in the treatment and management of spinal pain, musculoskeletal and sporting injuries.

The purpose of my presentation was to discuss how the COVID-19 situation is impacting our health and provide strategies to ensure we all stay physically and mentally healthy during this time. Throughout the current COVID-19 situation all of us and our own personal resilience is being tested.

Resilience is your *ability* to cope with unexpected *changes* and *challenges* in your life. Resilience can enable you to face difficult situations and *maintain good overall health*. However, it's not always possible to prevent stressful or adverse situations, but you can strengthen your capacity to deal with these challenges through the following strategies:

### GRATITUDE JOURNALING

Gratitude is defined as "being thankful what you have and not focusing on that what you do not have."

Keeping a journal of answers to the following questions:

- 1 - *What was the best thing that happened to me today?*
- 2 - *Who am I most grateful for today and why?*
- 3 - *What am I looking forward to most about tomorrow?*

In just 21 days of gratitude journaling:

- You start to rewire your brain to start scanning the world for the positive and you become *3 times* more likely to notice a *positive*

After 42 days:

- are *less* likely to get *sick*
- have *higher* levels of *energy*
- feel *happier*
- are more *enthusiastic*
- are more *focused*
- are more *determined*
- are more *optimistic*
- have a *better* quality of *sleep*
- have *lower* levels of *depression* and *anxiety*

### PRACTICING EMPATHY

Empathy is defined as "the ability to understand and share the feelings of another and understand how you make others feel."

Every time you do something kind for someone else, your brain releases oxytocin.

Oxytocin leads to:

- increase *self-esteem / confidence*
- increase *energy*
- increase levels of *happiness*
- increase levels of *positivity*

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### MINDFULNESS / MEDITATION

Mindfulness is defined as "the ability to be completely present in the moment, remain focused on one task and not focusing on the past or the future."

Meditation is a form of mindfulness and effective in achieving these goals.

Mindfulness is beneficial from both a mental and physical standpoint:

Mental

- *reduces* depression
- *reduces* anxiety
- *improves* decision making
- *improves* ability to focus

Physical

- *relieves* stress
- *prevents* heart disease
- *lowers* blood pressure
- *reduces* chronic pain
- *improves* sleep
- makes you *less* nervous

### EXERCISE

• Has an anti-depressant and anti-anxiolytic effect, as well as protects against the harmful consequences of chronic stress.

• Release of endorphins – hormones released by the brain which have analgesic effects and result in a state of euphoria.

• Strength training specifically has been identified as having a beneficial effect over other forms of exercise in patients with chronic pain.

### SLEEP

• Impaired sleep can lead to impaired health due to disruptions to the pain relief systems within our bodies. Sleep also has an important role in mediating inflammation.

• Some strategies to improve your sleep include:

- Regular sleep schedule
- Stimulus control
- Avoid napping (especially if you have difficulty sleeping at night)
- Restrict nicotine, alcohol, & caffeine
- Ensure a dark, cool, and quiet bedroom
- Practice mindfulness to assist with falling to sleep and improving sleep quality

### DIET

• Poor unbalanced diets (high in processed foods and saturated fats) result in chronic low-level inflammation throughout the body which place an unnecessary stress on the body.

• Emerging evidence suggests a high fat – low carbohydrate diet is beneficial in lowering body fat percentage, cholesterol levels, and blood pressure, which lowers the risk of cardiovascular disease. However, more evidence is needed.

If you or someone you know would like further information on this topic or something similar, please feel free to contact me via email (at [sandan.inturrisi@gmail.com](mailto:sandan.inturrisi@gmail.com)) or phone (0434 511 641).