

Yarra Bend Rotary

BULLETIN

OUR TEAM

YARRA BEND EXECUTIVE

President	Ken Maher
Vice President	Clinton Sceney
Secretary	Anne Brown
Treasurer	John Pocock
President Elect	Edda Williams

CLUB AVENUES OF SERVICE

Community	Bob Lambert
Club Service	Bill Chow
Foundation	Matt Pollard
International	Isabel Armer
Vocational	David Shave
Youth	Edda Williams

PRESIDENT'S MESSAGE

I rather like the idea of being a Centenarian as life is proving too short to do all the things I want to do – provided of course, that one is in top order both physically and mentally. After listening to Yang Xu at our meeting last Wednesday we all could achieve that objective. The formula is quite simple: - nourishment, movement, community and purpose. It is just that the implementation could be a little foreign to some. However, Rotary provides all those elements. We have meals at our meetings (although the menu might need some changes). We are quite active in the things we do as a club – markets duty, gardening, sausage sizzles and lots of other things. We certainly provide community through our meetings and various activities both locally and internationally. And, we provide purpose; this year Rotary's purpose is to "Make a Difference" and we do, not only for this year but for the past 113 years and into the future as well.

However, we should not be so selfish as to keep these elements to ourselves. We should also share them with others who may wish to be Centenarians but not quite sure how to do it – we invite them to join Rotary!!

We have interesting activities on our program: a visit to the RAAF Museum on 14 March, a joint meeting with RC Glenferrie on 17th April to hear Ted Baillieu speak on the battles at Villers-Bretonneux on (or near) the 100th anniversary of that event as well as other interesting speakers. As well, Ed Brown and Bob Lambert are managing to get plenty of gardening work and other community jobs and they need volunteers to assist.

Keep up the work on Facebook and the website to tell the world we have purpose, movement and community!

Ken Maher

UPCOMING SPEAKERS

14 Feb 2018	Jeremy Scott - World bicycle trip
21 Feb 2018	Geoff Carr - Cosmologist
28 Feb 2018	RYLA Delegates - TBC
07 Mar 2018	Speaker - TBC
14 Mar 2018	RYLA Guests



Yarra Bend Rotary

Upcoming Events for your Diary

17 February	Boroondara Farmers Market Patterson Reserve
27 February	PP's document clean-up at Clint's Garage at 9am
28 February	Website review Sub Committee following dinner meeting
02 March (TBC)	Boroondara Cares Forum - Camberwell Town Hall Offices
07 March	Yarra Bend Golf Day and dinner
07 March	Boroondara Volunteer Expo Hawthorn Arts Centre
07 March	International Women's Day Breakfast - Crown Palladium
16-18 March	D9800 Conference - Warrnambool
17 March	Boroondara Farmers Market - Patterson Reserve
17 April	Joint Rotary Club Meeting - Glenferrie
04 April	Yarra Bend Visioning Workshop
16 May	Board meeting outgoing & incoming Board
20 May	D9800 Assembly - TABCORP Park Melton
25-27 May	Model United Nations Assembly
04 July (TBC)	Yarra Bend Changeover Dinner
29 July	Plant a Tree Fritsch Holzer Park
10 November	Garden Design Festival on 10, 11, 17, 18 November

WEEKLY DUTY ROSTER

DATE	CHAIR	THOUGHT & GONG	MEMBER'S MOMENT	SET UP / PACK AWAY	BULLETIN NOTES
21 Feb	David Shave	Tony Boyd	Tony Boyd	Ed Brown	Mark Miller
28 Feb	Matt Pollard	Bob Lambert	Bob Lambert	Bill Chow	David Shave
07 Mar	Bob Lambert	John Orr	John Orr	Tony Boyd	William Liew
14 Mar	Darren G-J	Ken Maher	Ken Maher	William Liew	John Orr

ROTARY SUNDAY MARKET DUTY

18 February	Ross Ollquist	11 March	Matt Pollard
25 February	David Chivers	18 March	Jane Stott
04 March	Ed Brown	25 March	David Shave

Yarra Bend Rotary

Dinner Meeting – 7th February 2018

Chairman – Isabel Armer

Thought from Matt Pollard – *‘When you talk, you are only repeating what you already know. But if you listen, you may learn something new.’ Dalai Lama*

Directors Reports

Bob Lambert. \$710 raised from Ed Brown’s gardening work. A further \$300 due soon. With rising income we can now look to improving service delivery.

Next Monday is a working bee at Yarra bend Park where we will begin to restore the equipment at the children’s playground.

Matt Pollard. Club information leaflets still available to members

David Shave. Next week, we have our joint meeting with Camberwell Rotary where we will hear from renowned guest speaker Jeremy Scott

This week’s Door Prize winner – Bob Lambert

Combined Meeting This Week 14th February - Yarra bend and Camberwell Rotary Clubs



Guest speaker is Jeremy Scott – Adventurer – who cycled around the world raising funds for medical research. Hear Jeremy at the dinner meeting of the Rotary Club of Yarra Bend/Camberwell – next Wednesday evening – 14th February.

Details are: 6.30 pm at Conochie Hall, Canterbury Centre, 2 Rochester Rd, Canterbury.

Only street parking is available. Cost will be either \$30 or \$35 plus drinks. Contact David Shave for bookings 0408 511 615

Working Bee – Monday 12th February

A reminder that Yarra bend members who are joining the working bee on Monday at 8am to restore the children’s playground furniture in the Yarra Bend Park, should rendezvous on the corner of Yarra Bend Boulevard, and Walmer Street in Studley Park Kew. See map by clicking here:

[Playground Location in Kew](#)

Yarra Bend Rotary

Members Moment - The Giving Tree

Matt Pollard – Director Rotary Foundation

Rotary is one of the world's biggest sponsors of funding both international and local programs to support programs that provide basic literacy and education, water & sanitation, economic & community development, maternal and child health, disease prevention and treatment. The efforts of Rotary Clubs around the world has largely eradicated the wild polio virus.

Rotary members and friends are encouraged to support this extraordinary international charity. For the complete insight into Matt's presentation, click here: [Rotary-foundation-giving-tree.pdf](https://www.rotaryfoundation.org.au/giving-tree.pdf)

FAST FOUNDATION FACTS BY THE NUMBERS

Giving District 9800

564,915 the amount (USD) contributed to The Rotary Foundation from District 9800 in 2016-17. This equated to per capita giving of \$202.42. Of this \$489,425 was to the Annual fund and \$53,724 to Polio eradication.

486 the number of EREY donors in District 9800 in 2106-17 out of 2418 members.

131 the number of Paul Harris Society members in District 9800.

48 the number of Major Donors in D9800.

38 the number of Bequest Society members in District 9800

District 9800 Grants

25 the number of District Foundation grants approved this Rotary year in District 9800, including 7 international grants

8 the number of Global Grant applications initiated this Rotary year in District 9800 with 3 submitted to RI for approval.



FAST FOUNDATION FACTS BY THE NUMBERS

Program Funding in 2016-17

\$108 million amount spent on PolioPlus

\$73 million amount spent on Global grants

\$26 million amount spent on District grants

\$5 million spent on Peace Centers

Funding in 2016-2017

\$140.2 million - Annual fund

\$428.4 million - Endowment fund

\$107.9 million - PolioPlus fund

\$27.9 - other

Global Grants

1260 Global grants approved

District Grants

494 District grants approved



Yarra Bend Rotary

Problems of Ageing & Philosophy of Longevity

Guest speaker – Yang Xu



Yang Xu has tried many jobs and lifestyles but after a long sojourn living in many places around the world he has embraced a philosophy that he believes leads to both a long and happy life.

His presentation was about how we can approach the problem of aging, the myths about retirement and living our best life post retirement.

Yang talked about the world's Blue Zones and the secrets to wellness and longevity that these cultures are exhibiting and living on a day to day basis. The Blue Zones are five geographic areas

where people live statistically longest: Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Ikaria (Greece) and among Seventh-day Adventist in Loma Linda, California. Yang focused his presentation on the lifestyles and longevity lessons of the people of Ikaria, the Greek Blue Zone.

He said the formula of the philosophy is quite simple: - nourishment, movement, community and purpose.

Yang said it's not difficult to integrate the principles and philosophy of longevity into our daily lives, and believes that Rotary members are an example of people who have reached those objectives by being actively involved in community, having purpose and physical movement.

International Women's Day Breakfast Palladium Crown



Full details click here rotaryiwdbreakfast.org.au

Yarra Bend Rotary



Volunteers Needed - Clean Up Australia

The Rotary Club of Glenferrie is coordinating a Clean Up Australia site to mark Clean Up Australia Day, Sunday March 4th, 2018. Come along and join in the fun and help make Australia a cleaner place!

*Patterson Reserve
Auburn Road
Hawthorn
March 4th 2018, 9:00am - 12 noon*

Register via the official Clean Up Australia Day site: [Click here](#) => [Clean Up Day - Patterson Reserve](#)



Yarra Bend Rotary

Learn more about what we do

Would you would like to know more about Yarra Bend Rotary, please call Club Secretary Anne Brown on 0404029165 or email: anneanded@iinet.net.au

You might like to join us for dinner. We meet every Wednesday over dinner at the Amora Hotel 649 Bridge Road Richmond at 6:30 p.m. for 7:00p.m. Just contact the Club Secretary to make arrangements.

Our Mailing Address is P.O.Box 271, Kew East, Victoria, 3102 or e-mail:

