



Munding
an Aboriginal word
meaning Spinifex or
Long Grass

Burra
meaning People or Tribe

The origin of the
Townsville suburb
Mundingburra



Mundingburra Rotary



Making A Difference

CREATE HOPE
in the WORLD



RI President

Gordon R. McInally

District 9560 Governor

Sabaratnam (Prath) Prathapan

Club President

Lyn Svanosio

RCoM Vision Statement

“To become more visible within the community with a focus on diversity of gender and culture as a community service club whilst embracing the avenues of service of Rotary International”.

“The 4 Way Test”

Of the things we think, say or do.

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

“Community Economic Development Month” Spinifex Edition “15” – (12^h to 18th Oct 2023)

- Karl McKenzie

President’s Report

Hi All

Thank you all who came along last Thursday night. It was nice to be back.

It was an interesting meeting. Our guest speaker, Wendy, had everyone meditating.

I was a bit worried some of you would fall asleep during the mindfulness session.

We then enjoyed a dinner of pizza’s as Glen the chef was away.

Thank you, Jim B, for ordering the yummy pizza’s and Kat for organizing them on the night.

This week will be a member talk by Karl. He always has an interesting topic to chat about, so I am looking forward to it.

Don’t forget to ask your friends to our vodka tasting night on the 19th of October. And remember if you don’t like vodka I will be happy to taste it for you.

Have a great week and I will see you on Thursday.

Cheers

Lyn



Forward Roster Duties Plan

Date	Chair	Registration	Sergeant	Scribe	Into	Thanks
12 th Oct	R Degenhart	P Gordon	R Lacaze	J Baker	B Maguire	B Griffiths
19 th Oct	S Smith	P Gordon	N Andrews	K Davis	L Svanosio	W Haller
26 th Oct	n/a	n/a	n/a	J Johnson	n/a	G Kenna

If you are unable to fulfill your rostered duty it is **YOUR** responsibility to find a replacement. Please notify Lyn of any changes. Registration Team ensure you record visitors' details clearly in the visitors' book.
Meeting apologies to Attendance Officer: Kat Lee (Filling in for Jan)
katanya.lee@carter-spencer.com.au or text to 0409 536 169 by 10am on Mondays at the latest.

Facts & Figures

Total Member Count: 40
Number Used for Attendance: 35
Leave of Absence: 4
Exempt Members: Nil
Honorary Members: 1 Tony Wode
Members Present: 20
Total Credits for Last Week: 3
Percentage Attendance for Last Meeting: 65.71%
Apologies: J Johnson., B Barker-Hudson, A Ferfolja, J Baker, D Nutt
Visiting Rotarians: Nil
Club Guests: Wendy Li
Guests: Jaye Beutel, Barry Robinson, & Alfredo Campos,

Coming Important Dates 8th –14th Oct

Member Birthdays
 Nil
Spouse/Partner Birthdays
 Nil
Anniversaries
 Nil
Join Date
 Nil
Takings
 Registration \$205.00
 Sergeant \$56.15.00
 Raffle \$48.00
 Joker \$46.00 (Joker Jackpot \$202.00)

Partners & Guests are welcome to any meeting
Meeting Times: 6pm for 6.30pm

Program & Coming Events

Date	Speaker/Facilitator/Topic Event	Venue
SEPT	Community Economic Development Month	
11 th Oct	Board Meeting	Zoom
12 th Oct	Karl McKenzie	Cutheringa Bowls Club
19 th Oct	Bare and Bird Distillery – Vodka Tasting	Cutheringa Bowls Club
26 th Oct	St James Cathedral Townsville Visit	36 Cleveland Tce TSV

Townsville Rotary Market Roster

8 Oct	6.30am	Willows Market	J Morrison	Market Roster: You will receive a reminder in the week before your shift. Please contact David Nutt on 0408 897 152 or david.nutt@bigpond.com to confirm that you can do your shift.
29 Oct	6.30am	Willows Market	D Nutt	

“The Object of Rotary”

Is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First: The development of acquaintance as an opportunity for service;

Second: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian’s occupation as an opportunity to serve society;

Third: The application of the ideal of service in each Rotarian’s personal, business, and community life;

Fourth: The advancement of international understanding, goodwill, and peace, through a world fellowship of business and professional persons united in the ideal of service.



Last Week in Review

The Meeting opened at 6.30 pm by Chairman Jim Morrison with the 4 Way test. Registration Officer, Phil Gordon announced our guests for the evening and asked members to welcome them.

- Guest Speaker – Wendy Li
- Members Guests – Jaye Beutel, Barry Robinson, Alfredo Campos.

President Lyn

The chair then called upon President Lyn for her opening address. Lyn explained.

- Tonight is a Pizza Night as it's Glenn, the Chef, wife's birthday which he must attend.
- The RC Saints are holding a Lift the Lid walk, for Mental Health, on the Strand this weekend. It's open for anyone to attend and Ron Degenhart will be going along. The Board is considering making a donation to the event.
- The Toy Market at Willows this weekend will be assisted by Arlin, Lyn, and Peter.



Guest Speaker – Wendy Li, JCU Veterans Mental Health

New member Arlin introduced Wendy to the meeting and welcomed her to the club.

In brief Wendy's presentation was

- Veteran's mental health is often worse than the general population as Townsville is a garrison city and has a high percentage of veterans who have suffered difficult outcomes.
- Wendy conducted a "Mindful Meditation" session with a focus on breathing.
- Mind-body connection, complexities, constant thinking, ie. In sleep difficulties MBSR program with Veterans, has a unique population, having undergone specific forms of training and some have high expectations in terms of discipline.

Karl McKenzie proposed a vote of thanks to Wendy for her presentations and how important mindfulness is. He also said that Dijiri is an Aboriginal form of mindfulness, part of initiation. Thanks and the time is needed for mindfulness.



President Lyn and Wendy Li

Directors Reports

Peter Kaye

Peter Kaye then asked the members, who would like to order a new shirt. The members had decided on the type required at the last meeting. 7 members present wanted a new shirt and others had applied via email.

Ian Jones

Ian Jones then reminded members to keep collecting plastic Lids and bring them along to him at any meeting.

Jim Morrison

Jim advised of the possibility of fundraising for the earthquake in Morocco and also the Kampala Uganda Slums Kids.

Sergeant Session

Peter Holmes, the Sergeant for the night then proceeded to provide friendly fines to members. Jim Morrison for some comment on Monty Python, Ron Degenhart for a correct Beatles answer, and also Jaye for correctly picking today's date was the anniversary of Steve Jobs passing.

The Wine Raffle winners were, Ron Degenhart -White wine, and Bill Barber the Red.,

President Lyn's Closing

President Lyn said members were welcome to take home any of the leftover pizzas, Don't forget the Lift the Lid walking coming up. 8am at the Strand,



Also next week's speaker is our own Karl McKenzie and don't forget the following meetings have the Vodka night (bring a guest and enjoy the tasting) and then an off-site meeting to visit St James Cathedral
Bill Barber won the Joker draw number but failed to pick the Joker.



Karl McKenzie and Ian Jones enjoying fellowship



Rotary
Mundingburra

Support our Environment
Support our Community

Support Mundingburra Rotary

Use our Scheme ID **C10663485** when returning your eligible containers

C10663485



Chairman Jim then closed the meeting with a toast to Rotary International at 7.45pm.



Members listening to Wendy Li's presentation.



Rotary
Mundingburra


Support Lids for Kids through Rotary Mundingburra
Contact Ian Jones : ianjones9470@gmail.com




YES **NO**

Recycle Codes 2 and 4. For milk tops remove insert and rinse.



The Rotary Foundation  **Doing Good In The World**



Foundation Fun Fact – 7

Types of Foundation Grants available upon application:

- International Projects
- District Projects
- University Teachers
- Ambassadorial Scholars
- Peace Scholars
- Vocational Training Teams
- Conflict Resolution