



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



RI President

Mark Maloney

District 9550 Governor

Ron Degenhart

Advance Australia Fair

Australians all let us rejoice;
For we are young and free;
We've golden soil and wealth for toil;
Our home is girt by sea;
Our land abounds in nature's gifts
of beauty rich and rare;
In history's page, let every stage
Advance Australia Fair.
In joyful strains then let us sing
Advance Australia Fair.

Rotary Grace

We break Thy bread of Brotherhood,
And thank thee Lord
for all things good,
May we, more blessed
than we deserve,
Live less for self and more to serve.

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".

RCoM Sponsored Child

Augustino



"Water, Sanitation and Hygiene Month"

Spinifex Edition "33" - 5 March 2020

Bevine Irvine

"Prostate Cancer - A Personal Experience - Partner's Night"

President's Report

Dear Rotary Friends and Friends of Rotary

It always amazes me when we have people in our communities who are brave and willing to share their personal life stories with us. Last week Geoffrey did just that - I was so inspired by his honesty and story, as I hope all those in attendance were as well. Depression, self-doubt and loneliness are real and so many amongst us live with these feelings each and every day. Thank goodness for organisations like Beyond Blue who help support people and give them encouragement to see a different way. When I spoke further with Geoffrey the next day, he was so grateful that we enabled him an opportunity to speak with us.

I popped into WeeCare this week to drop off some things from my daughter and I. Their gratitude of our support continues to be forth coming. When the CCTV equipment has been replaced, they will once again be compliant in their surveillance and safety requirements. Peter and Vince plan to repair their front fencing once we have more favourable weather and finally, roller blinds and new awnings will complete our project.

Rotary International President Mark Daniel Maloney, when he was reflecting on his year of leadership, called on Rotarians to expand connections to their communities. Our WeeCare project, along with our many other projects this Rotary year has been part of Mundingburra Rotary expanding our connections within our community of Townsville - being there and helping where needed. Thank you again to everyone involved in all our projects under the Directorship of Peter Kaye.

I continue to consider myself extremely blessed to be a Rotarian - it inspires me to be a better person, gives me opportunities for service and has enabled some amazing connections to happen.

Please continue to be inspiring to others in whatever way you are able, and help Rotary continue to make connections which make a difference to so many.

Yours in Rotary

Sue



Forward Roster Duties Plan

Date	Chair	Registration	Meet & Greet	Sergeant	Scribe
5 Mar	Jackie Foley	Trevor Philipson / Quentin Oddy	Shane Smith	Jim Foley	Neil Andrews
12 Mar	Magnetic Island Meeting			Bill Barber	Shane Smith
19 Mar	Shan Delany	Trevor Philipson / Vince Nielsen	Dave Dymock	John Hall	Kat Lee
26 Mar	Robyn Jones	Trevor Philipson / Shane Smith	David Nutt	Alan Nelson	John Hall
2 Apr	John Hall	Trevor Philipson / Shan Delaney	Bill Barber	Jim Foley	Brydget B-Hudson

Registration Team ensure you record visitors' details clearly in the visitors' book. **Sergeant to contact each person to confirm availability for roster. Please advise Shane Smith if you are unable to perform your rostered duty.** Meeting apologies to Attendance Officer: Shane Smith, shane@sosproperties.com.au, or text to 0487006895 or 0413943359 by Wednesday morning at the latest.

Facts & Figures

Attendance at 27 February 2020

Total Member Count:	45
Number Used for Attendance:	44
Leave of Absence:	0
Exempt Members:	1
Honorary Members:	1 Tony Wode
Members Present:	25
Total Credits for Last Week:	3
Percentage Attendance for Last Meeting:	68.29%
Apologies:	W Haller
Visiting Rotarians:	-
Club Guests:	G Saunders (Beyond Blue Guest Speaker)
Guests:	J Tommerup, J Heath

Coming Important Dates 1-6 March

Spouse Birthdays

Morgan Place (Dan) 6th

Anniversaries

Irene & John Hall 26yrs 5th

Takings

Registration cash	\$90
Meals cash	\$85.50
Registration cc	\$35
Meals cc	\$168.72
Raffle	\$70
Sergeant	\$38
Joker	\$50
Joker Jackpot	\$625.48

Partners & Guests are welcome to any meeting

Meeting Times: 6pm for 6.30pm

Program & Coming Events

Date	Speaker/Facilitator/Event	Topic/Event	Venue
12 Mar	Trudy Grice	Joint meeting with RC of Magnetic Island	Magnetic Is
19 Mar	Keith & Tania Noble	Agriculture and Resilience in Australia's North	The Sun Hotel
26 Mar	Neil Andrews	Games Night	The Sun Hotel
2 Apr	Jan Johnson	Baby Shower for Mel & Troy - Partners Night	The Sun Hotel

Bunnings Roster

5 Mar	Black Dog	Vince Nielsen	David Nutt
6 Mar	Black Dog	Peter Kaye	Bill Barber
12 Mar	Black Dog	Jim Foley	Jim Baker
13 Mar	Black Dog	Ian Jones	Neil Andrews

Market Roster

6 Mar	Strand	Helper	Melanie Costi
15 Mar	Willows	Assist Coord	John Hall
22 Mar	Willows	Coord	John Hall
12 Apr	Willows	Assist Coord	David Nutt

Market Roster: You will receive a reminder in the week before your shift. Please contact John Hall on 0475 241428 or jmilijmc1@bigpond.com to confirm that you can do your shift.

"100 Rotary Quotes": 1961-62 Joseph A. Abey (newspaper publishing), Rotary Club of Reading, Pennsylvania, USA. Rotary vision: Act; Aim for Action; Communicate for Understanding; Test for Leadership. "This is not a time for us to say, 'Somebody ought to do that.' Our words must be, 'We will do it.'" - Act, THE ROTARIAN, July 1961

"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

Peter Kaye - started meeting with special "welcome back" to Claudia - murmurs of concurrence were heard from around well attended meeting.

As usual the meeting opened with National Anthem and Rotary Grace.

Trevor Philipson - introduced our guest speaker Geoffrey Saunders and guests - Jenny Tommerup - returning after joining us at 'Introduction Meeting' last week, Jacqui accompanying member Chris.

President- Sue Lloyd - added her welcome to Geoff and Jenny and acknowledged Neil's effort in organising the 'great' meeting last week. Rotary with its 115year heritage has much to showcase.

Sue spoke of attending the District Leaders meeting in Cairns last weekend and acknowledged our member and District Trainer John Hall for his excellent contributions. Sue said it was an excellent 'networking' opportunity and to hear the Public Image Director for Rotary speak of the need for consistency of presentation of Rotary within the community.

Sue stated that 'dot points' from last Tuesday's Board Meeting will be in the next Spinifex.

Italy's National Day will be a good opportunity for our YEP student Maria to give her presentation shortly before she returns home. To make it a special occasion it will be a buffet event with appropriate food offerings - more information closer to date.

27th February is 'International Polar bear Day' - table decorations noted this event. The Day started in 2011 to highlight to plight of these glorious, but dangerous creatures. More information available on Google. Sue attempted to tell Polar bear and 2 other jokes but members said 'punch-line' before she finished each one!

Introduction of Guest by Alan Nelson - Geoff speaks to increase awareness of Beyond Blue and raise funds to continue its work. Beyond blue is a national organisation that works to raise awareness about anxiety and depression and reduce associated stigma and encourage people to seek support. Through his own experience Geoff is aware of the challenges faced by people with a mental health condition. He hopes through his talks to raise community awareness of mental health issues and start meaningful and honest conversations on the topic. Geoff finds volunteering worthwhile and is a simulated patient in workshops and examinations by medical students at JCU. He also serves as a community member on the selection panel for JCU medical students. He has undertaken studies at JCU and since 2019 added public speaking about Beyond Blue to his activities.

Guest Geoff Saunders from 'Beyond Blue' - told us that his is a story of Hope, Resilience and Recovery in facing

mental illness. Beyond Blue started in 1997 by Jeff Kennett, former Premier of Victoria. His daughter Amy knew 2 young men who lived in rural areas who committed suicide. In fact today 2 men a day suicide and 2 million people suffer from anxiety and depression in Australia. Beyond Blue was founded to run integrated initiatives to overcome these issues.



Geoff said he was born in 1943 and not being an outstanding student left school at Year 10. Back then, jobs were easy to find and he had a number of jobs centred around publicity and advertising. In 1987 he came to Townsville to work for the Townsville Bulletin and wrote for Primetime - the section of the paper for older members of the community. It was axed in 1992 when the paper down-sized staff.

Work was hard to find and he undertook a number of 'selling' jobs. He found himself in a small hotel room in north Queensland feeling very glum and realised he needed help. He went to the local GP and when he returned home consulted his own GP.

Geoff admits that at times he did feel suicidal and may have fallen into an 'Abyss of eternity' if it had not been for his wife, Christian faith and knowing that he must change things. He had never drunk alcohol or taken drugs and he thinks this was an advantage. He realised he had much to look forward to but that he was a perfectionist and sometimes he took this too far - this was the case in his Toastmasters membership. He expected too much of others and often misunderstood their motives. His being hard of hearing also did not help.

Geoff says that with the help of medication and counselling, he is no longer a perfectionist and does not take time 'beating himself up'. His volunteering and study have been of great assistance. He acknowledged that he was suffering from depression and he now avoids bad news. He cherishes and spends time with his family of children, grand and soon great grand-children. There are speed bumps but with resilience, recovery is possible. Men, particularly need to know that that they had much to offer as individuals and



Last Week in Review

community and the sun will come up tomorrow and things will be brighter.

The Clun acknowledged Geoff's words and Neil Andrews rose quickly to say that at the beginning of the meeting he had spoken thoughtlessly and realised that he should apologise, which he did. Jim Baker mentioned the work of Rotary in mental health awareness.



Robyn in giving a vote of thanks, said that few are able to speak eloquently about mental health issues and she was impressed by Geoff's story. It is important to get out and interact with people and she thanked Geoff for his time in talking with us about Beyond Blue this evening.

Peter Kaye gave Geoff a Certificate of Appreciation for his visit.



Chairman Peter invited Directors to give reports:

Shane Administration 12 March - Visit to Magnetic Island Club, the 6pm Sealink ferry, book on-line, it is cheaper, arrives 6.25, meeting starts 6.30 at Peppers next to ferry terminal.

Change-over will be at Tsv Function Centre in Palmer Street, meal and entertainment - more info. closer to date - last meeting June.

Brydget Foundation - Committee members please congregate at end of next week's meeting to discuss initiatives / opportunities for rest of year.

John Hall Training / Markets - Need volunteers for next week on Friday - please contact him. **Group Training / Skills Day** at Mercure on 15 March - members invited to attend.

Alan Public Relation - Simon's car adaption has been approved by NDIS. Former Member Craig Kenman who left for mining work in WA has returned to Cairns and we look forward to catching up with him and family at some stage.

Bill Barber Field Day 14 and 15 March with volunteers needed 13 - 16. There will be payment to Club for shifts worked. Please email him re availability and skills.

Robyn International - members urged to attend 'overseas' meeting on Magnetic Island.

Jan Johnson - sought baby books and agreed that she will purchase books for reimbursement by members at 'baby shower' night.

Sergeant - Bill extracted money and the raffle resulted in Vince winning Red wine and our Guest Jenny the white.





Last Week in Review

Sue - Meeting Final remarks - thanked Geoff for his presentation - everyone has been 'touched' by mental health issues and Board has voted to donate \$250 to Beyond Blue.

Sue drew her own ticket for the Joker Raffle and picked the 4 Clubs.



Leaving thought - 'Make a positive difference to those around you'

Chair - Next weeks meeting is a partner's night with speaker on Prostate Cancer, at Sun Hotel.

BBH



February Board Meeting

Here are some of the dot points from our Board meeting last week:

- We attended the 2019 Defence Expo and made some great connections
- Very successful Information Evening was held - thank you again Neil
- Encourage club members to support Polio Plus Movie evening when details are advised
- Club Changeover Dinner Thursday 25 June at The Lighthouse Palmer Street. More details will be advised by Club Admin Director Shane
- WeeCare Project well underway. Relacing CCTV equipment will be covered by RAWCS Flood money. Fencing to be repaired when weather is kinder to the work needed. We will also replace and have installed roller blinds and awnings
- Thursday 23 April visit being planned to attend Lavarack Barracks as part of our Club Annual ANZAC remembrance evening
- Thursday 4 June to be an Italian Night - YEP Student Maria will reflect on her year in Australia with us
- Kenyan Global Grant progressing well. Thank you, Robyn,
- Meeting with Rotary Club of Magnetic Island is Thursday 12 March. Club Admin organising and will advise details. Guest Speaker will be Trudy Grice from RI Parramatta (organised by AG Trevor)
- Thank you to Shane for hosting Board Meeting in his Board Room.


Emerging 2020 Conference
 District 9550
Rotary
 District 9570
 Mackay 1 - 3 May

A reminder to Register for our 2020 Conference in Mackay by going to -
<https://rotary9570.org/2020-conference-registration>
 Registrations close on 10 April.
 Let's support DG Ron by attending and seeing what will be happening as we join with District 9570 to become District 9560.
 For more information on the Conference, please speak to Neil Andrews



MEL'S BABY SHOWER



A precious little boy is on the way,
for Mel & Troy to enjoy!
Come one come all, and join with us
Thursday **2nd of April** to celebrate
with lots of fuss.



Partners welcome, the more the Merrier!

Kitengela Kids Trivia Night



Bessell Lodge
16th of May
6pm

\$25 per person - snacks included
Tickets available online at
Humantix or contact Jan "Johnno"
Johnson for more details -
0409 783 810

"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?*



ROTARIANS.....JJ NEEDS ASAP

A baby/ children's book for Mel and Troy's little man.
Write a welcome message or advice from you on the
inside cover. Many thanks.



Board of Directors

President: Sue Lloyd
Secretary: Jim Baker
Past President: Miriam Owato

President-Elect: Shane Smith
Treasurer: Aloisia Ferfolja

<u>Club Administration</u>		<u>Service Projects</u>	
Director	Shane Smith	Director	Peter Kaye
Bulletin Editor	Peter Kaye	Community Service Committee	Bill Barber
Publisher	Trish Harley		Dave Dymock
Program Co-ordinator	Shane Smith		Bill Muguira
Duty Roster Co-Ordinator	Shane Smith		Jim Baker
Attendance Officer	Graham Stephens		Vince Nielsen
Registration Desk Officer	Trevor Philipson		Trevor Philipson
Provider (set up & pack up)	Bill Muguira		Chris Heath
Historian	Graham Stephens		Neville Devete
Sergeant at Arms	Bill Barber		Margaret Devete
	John Hall	International Service Committee	Miriam Owato
	Alan Nelson		Jim Baker
	Jim Foley	Schools Coordinator	Jan Johnson
	Jackie Foley	Bunnings BBQ Coordinator	Katanya Lee
Risk Management & Club	Kevin Strike	Markets Coordinator	John Hall
Protection	Sue Lloyd	Golf Day Coordinator	Graeme Kenna
Club Trainer	Jan Johnson	Trivia Night Coordinator	
Member Services	Aloisia Ferfolja		
	Jan Johnson	<u>Youth Services</u>	
	Graham Stephens	Director	TBA
		Committee	Katanya Lee
			Aloisia Ferfolja
			Alan Nelson
			Graham Stephens
			Peter Kaye
			Claudia Trave
			Shan Delaney
		<u>Membership</u>	
		Director	Neil Andrews
		Committee	Ron Degenhart
			Dave Dymock
			Sue Lloyd
			Wayne Haller
			Graeme Kenna
		<u>Vocational</u>	
		Director	John Hall
		Committee	Graeme Kenna
			Neil Andrews

District 9550 & Group 3 Officers from Rotary Club of Mundingburra

District Governor	Ron Degenhart
District Insurance & Protection Officer	Kevin Strike
District Trainer	John Hall
District YEP Chair	Sue Lloyd
District Rotary Friendship Exchange Chair	Jan Johnson
District Conference Coordinator	Neil Andrews
Group 3 ARH Representative	Alan Nelson
Group 3 Rotary Foundation	Brydget Barker-Hudson
Polio Plus Subcommittee Chair	Brydget Barker-Hudson



Rotary Club of Mundingburra Past Presidents

1958	J. Charles Butler	PDG	1978	Ian Costello	1998/99	Ian Weller
1958/59	Fred Greig		1978	George Kimlin	1999/00	Doug McDonald
1959/60	Jack McLay		1979/80	John Switzer	2000/01	John Blood
1960/61	Dick Keating		1980/81	George Rice	2001/02	Trevor Philipson
1961/62	Gordon McHugh		1981/82	John Hartland	2002/03	Shane Smith
1962/63	Kevin King		1982/83	John Le Cornu	2003/04	Ron Degenhart
1963/64	Bill Miller		1983/84	Darcy Cooke	2004/05	Vince Nielsen
1964/65	Bert Hanran		1984/85	Reg Stortenbecker	2005/06	Bob Doyle
1965/66	Stan Strange	PDG	1985/86	Charles Zahner	2006/07	Fred Gillham
1966/67	Cec Denman		1986/87	Allan Cummings	2007/08	Neil Andrews
1967/68	Arthur Hopkins		1987/88	Graham Weir	2008/09	Brad Groves
1968/69	Ellis Frost		1988/89	David Carmichael	2009/10	Ray Hatton
1969/70	Norm Clibborn		1989/90	Bill Kennedy	2010/11	Ray Pendle
1970/71	Bill Barber Snr		1990/91	Laurie Quinlan	2011/12	Ron Degenhart DG
1971/72	Reg Watkins		1991/92	Graham Stephens	2012/13	John Hall
1972/73	Keith Christensen		1992/93	Peter Kaye PDG	2013/14	Jim Foley
1973/74	Allan Cutmore		1993/94	Geoff Maidens	2014/15	Graeme Kenna
1974/75	Pat O'Shea		1994/95	Bill Muguira	2015/16	Paul Barker-Hudson
1975/76	Hollis Parker		1995/96	Bob Shaw	2016/17	Jim Baker
1976/77	Alex Stuart		1996/97	Bill Barber	2017/18	Alan Nelson
1977/78	George Kimlin		1997/98	Steve Ritchie	2018/19	Miriam Owato

Rotary Clubs of Area 3 Meeting Times and Venues

<u>MUNDINGBURRA</u> Thursday 18.30 Sun Hotel	<u>MAGNETIC ISLAND</u> Thursday 18.00 for 18.15 Peppers Blue on Blue	<u>PORT OF TOWNSVILLE</u> Monday 18.00 for 18.30 Townsville Yacht Club	<u>ROSS RIVER</u> Tuesday 17.30 for 18.00 Tom's Tavern
<u>TOWNSVILLE SOUTH WEST</u> Wednesday 18.00 for 18.30 Sun Hotel	<u>TOWNSVILLE</u> Tuesday 13.00 Cowboys Leagues Club	<u>TOWNSVILLE SUNRISE</u> Friday 07.00 Townsville RSL	<u>TOWNSVILLE DAYBREAK</u> Wednesday 06.45 Mercure Inn
<u>HINCHINBROOK</u> Wednesday 19.00 for 19.30 Royal Hotel	<u>TOWNSVILLE CENTRAL</u> 1 st & 3 rd Friday 12.30 for 13.00 Townsville RSL Club	<u>THURINGOWA CENTRAL</u> Wednesday 18.30 Toms Tavern	<u>TOWNSVILLE SAINTS</u> 1 st & 3 rd Wednesday 6.45 for 7.00am The Vale Hotel
<u>AYR</u> Thursday 18.30 ANZAC Memorial Club	<u>HOME HILL</u> Tuesday 18.30 Malpass Hotel	<u>CHARTERS TOWERS</u> Monday 18.30 Park Hotel	