



District 9820

R I President: K.R. "Ravi" Ravindran  
District Governor: Merv Williams  
Assistant Governor: David Hanlon

**ROTARY CLUB OF FRANKSTON NORTH INC**  
Chartered 7 May 1973

Web: [www.rotaryfrankstonnorth.org/](http://www.rotaryfrankstonnorth.org/)

President: Mark Sammut  
President Elect: Eric Neill  
Past President: Maureen Gillham  
Secretary: David Hanlon  
Treasurer: Rod Puls  
Sergeant at Arms: Ron Cook  
Directors:  
Eric Neill Club Service  
Wayne Peterson Fund Raising  
Don MacDonald Membership  
Tony Spring Foundation  
Geoff Magor Service Projects  
Judi McKee Public Relations

**Club Meetings:**

Every Wednesday at the International Motel,  
389 Nepean Hwy, Frankston - 6.00pm for 6.30pm.

**Club Contact:**

Secretary David Hanlon  
Mob: 0414 996 798  
PO Box 132, FRANKSTON 3199

**Apologies to:**

Secretary David Hanlon  
Mob: 0414 996 798  
Or via the Club web page

**Bulletin Editor:**

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**Club Bank Details:**

BSB: 633-108 Account: 1344 30875  
Account Name: Rotary Club of Frankston North Inc.

**THE FOUR-WAY TEST**

Of all the things we think, say or do . . .

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

**FROM PRESIDENT MARK**



**R**otary does indeed change lives. How many organisations can really make this claim? The Rotary theme for May is Youth Services. I would like it if Rotary would drop the term youth services, it sounds like a government department. How about "growing children for the future"? This to me is what the essence of what Rotary does. Our relentless pursuit of removing the scourge of Polio from the world, providing drinking water and sanitation, education and being a peacemaker. All we do is to grow children for the future.

*(continued on page 2)*

**THIS WEEK'S PROGRAM**

6:00 for 6:30 pm  
**Water in Frankston**  
*Doug Stewart*  
South East Water

**MILESTONES**

**ROTARY ANNIVERSARY:**

**Ron Cook** - 11 May 2005  
**Maureen Gillham** - 11 May 2008

**BIRTHDAY:**

None this week

**WEDDING ANNIVERSARY:**

None this week



*(continued from page 1)*

Think of what our club has done this Rotary year. We have developed an Interact club at Monterey Secondary College. We have provided computers to schools as part of our Computers for Communities programs. We provide financial assistance for breakfast for kids programs at schools. We have supported an inbound and outbound exchange student as part of Rotary's global youth exchange. We have acted as a conduit for comfort teddies for children at Frankston Hospital and we have participated in the Rotary Youth Leadership Awards with primary schools in our local area.

All of these programs directly grow children for the future. Our club should be proud of what we have achieved for more than 40 years of service to the children of the future and I know that we will continue to do so in the next 40 years of our club!

Until Next week

Keep safe and happy.  
President Mark.

#### LAST WEEK'S PROGRAM

**Chairman:** Maureen Gillham  
**Apologies:** Barry Dean, Beverley Unitt, Peter Newman, Ron Cook, David Cahill  
**Leave of Absence:** Anne Linton, Tony Spring, Brian Capon  
**Guests:** Tony Crawford, Hayley Maginness

#### Announcements:

##### **President Mark:**

- Mark hosted a meeting of our Rotary Cluster Group during the week. The following was discussed:
  - They are looking at the possibility of conducting joint project next year. These could be fundraising or community service projects.
  - The President of Peninsula Rotaract attended the meeting and asked for assistance from the Rotary Clubs to help book numbers for their Casino Night on Saturday, May 14. *(see flyer on page 6)*
  - The Cluster is looking at setting up a Communications Group and an Events Group to better coordinate efforts in these areas.

##### **Treasurer Rod**

- Following last week's Board Meeting, the Financial Statement to the end of March is available in the Members section of the Club web site. A detailed report will be given at the Clun Assembly on May 18.

##### **PE Eric**

- Monteract are having a working Bee at Monterey SC on Saturday, May 21 from 8:00 am till noon. We have been asked to help with this project. Please indicate if you can attend. Note that this date has changed due to a clash of events.
- Monteract held a Family Fun Day at Monterey last week and thanks to Geoff, David H, Little Johnnie and Eric for their help in setting up and supporting Monteract.
- The District Assembly and Avenues of Service Seminar will be held at Monterey Secondary College on May 15. All Directors and other interested Rotarians are asked to attend.
- Our District Conference is in Hobart March 24-26, 2017 and we need expressions of interest sent to Eric so preliminary accommodation can be booked.

##### **Geoff Magor**

- There is only a week of selling time left for the Community Raffle tickets, so could you follow up the participating organisations assigned to you before then to ensure that they are on track to return tickets, cheques, Stat. Decs, etc, immediately following the closure of sales so we can process them. Remember tickets are not permitted to be sold tickets after May 18.

##### **Russell Cock**

- Further to last week presentation on the Shoebox program run by Samaritan's Purse, Russell showed

**MAY IS YOUTH SERVICE MONTH**

wooden toys made by his Mt Martha Men's Shed group that are supplied for the Shoeboxes. So far, they have provided over 60 of the toys for that project.

**Don MacDonald**

- We have received another 20 Trauma Teddies for Frankston Hospital from Vision Australia. There are another 30 more that need to be sewn up, because the partially sighted knitters can knit but cannot sew.

**Con Demopoulos**

- Come and hear Con and Judi sing at the Mornington Peninsula Chorale and Frankston Symphony Orchestra's presentation of Mendelssohn's Elijah on May 21 and 29. *(see flyer on page 7)*



**Spinal Health**

**Dr Hayley Maginness**

*Mt Eliza Family Chiropractic Clinic*

Currently in Australia, falls account for over 80% of injury related hospital administrations in people over the age of 65. These falls can be due to the decreased motor and sensory input into our brain.

The process of Proprioception is how the brain sends messages to the sensory receptors in our muscles which tell us where our body is in space. It tells us, without us realising, where we should place our foot when we walk on uneven

ground or how far left of that table or doorframe we should walk. It helps with our balance, coordination and force of how we use our muscles. If our muscle receptors have diminished messages from the brain through nerves in our spine we tend to fall over, we have decreased balance, bump into objects and trip over our own feet, which in turn causes more severe falls, hip injuries and, unfortunately as we get older, can lead to fractures and dislocations. These brain messages can be diminished by pressure on the nerves, caused by emotional stressors, physical stressors due to falls or lifting picking up grandchildren, and chemical stressors such as high blood pressure medication and pain medication, alcohol and unhealthy food.

Hayley's formal training is a Chiropractor, who get great results from spinal adjustments to relieve back pain, neck pain and headaches, but she focuses on restoring that brain and body connection, thus improving balance and coordination by removing those interruptions from the brain messages to the muscle receptors. Thus communication between the brain and body is improved significantly so balance and coordination is also improved.

A recent study by the Australian Spinal Research Foundation found that, after 4 weeks of chiropractic care, patients improved significantly in ankle joint position error.



President Mark thanking Hayley for her presentation

**NEXT WEEK**

6:00 for 6:30

**Club Assembly**

Chairman: **PE Eric Neill**

**COMING UP**

15 May - District Assembly (Monterey SC)

25 May - Ray Scott - Author, Spy novels

1 June - Joint Meeting RC Peninsula 2.0

8 June - Community Raffle Draw

## COUNCIL GRANTS CLUBS GREATER FLEXIBILITY

By Arnold Grahl, Rotary News, 18-Apr-2016

The 2016 Council on Legislation may well be remembered as one of the most progressive in Rotary history.

Not only did this Council grant clubs more freedom in determining their meeting schedule and membership, it also approved an increase in per capita dues of \$4 a year for three years. The increase will be used to enhance Rotary's website, improve online tools, and add programs and services to help clubs increase membership.

The Council is an essential element of Rotary's governance. Every three years, members from around the world gather in Chicago to consider proposed changes to the policies that govern the organization and its member clubs. Measures that are adopted take effect 1 July. The tone for this year was set early, when the RI Board put forth two proposals that increase flexibility. The first measure allows clubs to decide to vary their meeting times, whether to meet online or in person, and when to cancel a meeting, as long as they meet at least twice a month. The second allows clubs flexibility in choosing their membership rules and requirements. Both passed.

Representatives also approved removing six membership criteria from the RI Constitution and replacing them with a simple requirement that a member be a person of good character who has a good reputation in their business or community and is willing to serve the community.

The \$4 per year dues increase was based on a five year financial forecast that predicted that if Rotary didn't either raise dues or make drastic cuts, its reserves would dip below mandated levels by 2020. The yearly per capita dues that clubs pay to RI will be \$60 in 2017-18, \$64 in 2018-19, and \$68 in 2019-20. The next council will establish the rate after that.

"We are at a moment in time when we must think beyond the status quo," said RI Vice President Greg E. Podd. "We must think about our future." Podd said the dues increase will allow RI to improve My Rotary, develop resources so clubs can offer a better membership experience, simplify club and district reporting, improve website access for Rotaractors, and update systems to keep Rotary in compliance with changing global regulations.

Also because of this Council's decisions:

- A Council on Resolutions will meet annually online to consider resolutions — recommendations to the RI Board. Council members will be selected for three-year terms. They'll participate in the Council on Resolutions for three years and the Council on Legislation in their final year only. The Council on Resolutions will free the Council on Legislation to concentrate on enactments — changes to Rotary's governing documents. Proponents predict that the Council on Legislation can then be shortened by a day, saving \$300,000.
- Rotaractors will be allowed to become members of Rotary clubs while they are still in Rotaract. Proponents argued that too few Rotaractors (around 5 percent) join Rotary. Sometimes it's because they don't want to leave their Rotaract clubs before they have to, upon reaching age 30. It's hoped that giving them more options will boost the numbers of qualified young leaders in Rotary.
- The distinction between e-clubs and traditional clubs will be eliminated. The Council recognized that clubs have been meeting in a number of ways, and given this flexibility, the distinction was no longer meaningful. Clubs that have "e-club" in their names can keep it, however.
- The reference to admission fees will be removed from the bylaws. Proponents argued that the mention of admission fees does not advance a modern image of Rotary.

### ***Duties for Meetings***

	<b>Cashier</b>	<b>Greeters</b>	<b>Room Setup and Put Away</b>
<b><u>May</u></b>	David Louden	Peter Newman Charles Mallia	Charles Mallia David Cahill Con Demopoulos
<b><u>June</u></b>	Judi McKee	John Tame Charles Mallia	Eric Neill Brian Capon Russell Cock

**MAY IS YOUTH SERVICE MONTH**

## Report from Keehlan Ferrari-Brown - Outbound Exchange Student

A lot has happened in this last month. From the 9th to 16th April, 32 other exchange students from twenty two different countries and I went on a trip from New York down to Washington D.C.

We spent three days in NYC, a day in Philadelphia and the rest of the week in D.C.

In New York we did things like Empire State Building, 911 Memorial, Broadway, Statue of Liberty, the United Nations and a walk across the Brooklyn Bridge.

In Philadelphia we did tours around Benjamin Franklin's house and the area he lived and to the Liberty Bell. We also went to the Constitution Museum which was incredible.

In D.C. we went to all the Political memorials, Lincoln, Washington, Martin Luther King etc. We also went to Mt. Vernon, which is where George Washington (First US President) came from. Mt. Vernon was probably my favourite place in D.C. The whole trip was absolutely incredible and I wish we would've spent another week on the trip.

## Vale Ulfar Steinthorsson

Ulfar Steinthorsson (aka Frosty) was our Club's inbound exchange student from Iceland in 1996/97. He recently passed away following a heart attack at his home in Denmark, leaving a wife and 2 children, 11 and 8 years, who both suffer from Cystic Fibrosis. His father is setting up a fund for the children, which we will look at supporting.

His host parents were the Neills, Loudens, Springs and Cox's. He is remembered as a fun loving young man who loved Aussie Rules which he took back to Iceland and set up teams. He was a keen musician who enjoyed too many late nights and morning sleep-ins for his host parents' liking. When the Tames, Neills and Loudens were in London in 2000, he hitched a ride on an air freighter from Iceland to meet them. Ulfar will be fondly remembered by all those Rotarians and families who knew him.



**PENINSULA ROTARACT CLUB  
PRESENTS**

# CASINO NIGHT



Tickets \$50 (18+ Event)  
(Includes Play Money)

**14**  
MAY

Finger food provided,  
drinks at bar prices

Doors Open 7pm

EVENING WILL INCLUDE  
CASINO TABLES • LIVE MUSIC •  
SILENT AUCTION • & MORE

*Frankston Dolphins Football Club*  
Plowman Place, Frankston VIC 3199

Bookings at [www.trybooking.com/juws](http://www.trybooking.com/juws)  
RSVP by May 1st

Proudly Supporting



*Mornington Peninsula Chorale  
and Frankston Symphony Orchestra  
present*

MENDELSSOHN'S  
**E L  J A H**

**Saturday 21st May 2016  
at 7.30pm  
&  
Sunday 29th May 2016  
at 2.30pm**

**Peninsula Community Theatre  
Wilsons Road, Mornington**

**Tickets**

Online ticketing go to [www.trybooking.com/192343](http://www.trybooking.com/192343) or call 0407 140 196  
Adults \$25, PSSU \$22, 14 years and under \$12

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