



# Rotary Ho!



The Official Bulletin of the Rotary Club of Frankston North Inc

Volume 38 No 33

16 February 2011



District 9820

R I President: Ray Klingensmith  
District Governor: David Piper  
Assistant Governor: Chris Angerer

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

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

President: Charles Mallia  
President Elect: Wayne Peterson  
Past President: David Cahill  
Secretary: Mike Goonan  
Treasurer: Don MacDonald  
Sergeants at Arms: Brian Capon  
Directors: Con Demopoulos  
Maureen Gillham  
David Hanlon  
Eric Neill  
Linda Tinney

#### Club Meetings:

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

#### Apologies to:

Secretary Mike Goonan - 0408 559 397

#### Club Contact:

Secretary Mike Goonan  
Mob 0408 559 397  
barmik@optusnet.com.au  
PO Box 132, FRANKSTON 3199

#### Bulletin Editor:

Jim Baker Mob 0407 730 619  
or email kayjim@bigpond.com  
Comments & contributions welcome!

*The Rotary Club of Frankston North Inc is a caring group of people who apply their time & talents in providing humanitarian support to local & overseas communities & individuals while also caring for & involving their own members & families*

## FROM THE PRESIDENT



If Rotary's impact could be summarized in two words, I venture to say the "Kobe's Smile" would fit the bill. Our Club's contribution of a trike to Kobe's wellbeing is small, but it certainly contributed to "Building Communities". Thank you to Marina and Eric's "little girl" Abby for introducing us to this caring family.

As I write this, I have just been informed of an exciting project that the Community Service team is developing. It promises to give us the opportunity of getting our hand dirty....and provide an essential platform for children.

The sad news of the week is that I have received a resignation letter from Susan Brown. Whilst I am sure we understand Susan's well considered position and we wish her all the very best, none the less, it was a bolt out of the blue.

Regards,

Charles.

## THIS WEEK'S PROGRAM

### DIRECTORS & CONFERENCE

#### Wednesday 16 February

7.30PM (after dinner)

#### Partners Night

This meeting is off site at  
Baxter Valley Estate Winery,  
Baxter-Tooradin Rd  
Baxter (500m past Hotel)  
Bring Nibbles



FEBRUARY — ROTARY WORLD UNDERSTANDING MONTH  
& R.I.'s ANNIVERSARY



# 38 Years of Community Service!

## LAST WEEK'S PROGRAM

Chairperson: David Cox

Guests: Sakiko Nomura, Daniel Richards, Kobe and his parents (Julie & Bevan) plus other family members, Bianco Callahan & Abby Hall & Giancarlo Bennardo.

## EXECUTIVE ANNOUNCEMENTS

Apologies: R Puls, B Denham, D Hanlon, G Wilson, B Edgar, P Newman, R Pill, C Demopoulos.

### PRESIDENT CHARLES

- ✓ Informed the meeting the outcomes of the last board meeting will be published in the HO shortly.
- ✓ Many thanks to every one who assisted on the Pre-PETS day, especially Ian Gardner who organised the venue etc. It was very successful.
- ✓ The club has purchased a Chest Freezer to assist with stock management for our BBQ days.
- ✓ The Board approved a proposal from John Tame to work with the Council on the Raffle promotion.
- ✓ Con, Robert & Don, have arranged a company to redesign our web pages. Some people, who Charles believes are not **Internet Nerds** are to test the new design.
- ✓ Charles also advised the Board had expressed thanks to the Editor, and assistants, for the presentation of the HO.
- ✓ President Charles & Eric Neill, did a formal presentation of the three wheel bike to Kobe and his parents. Despite Kobe's shyness at the presentation he was later spotted happily riding around the International's Car park, really enjoying himself. Kobe's parents expressed their gratitude for the gift as it has made a major lift for Kobe in playing with his friends by having some mobility.



Charles & Eric doing the presentation, Kobe showing his skills. And Bevan thanking the club for the trike.

### SECRETARY MICHAEL

- ☒ Mike mentioned that the District Youth Program for Returned Exchange Students is to be held at the Peninsula Grammar School. \$50 per head.
- ☒ The off site meeting for the 16th Feb is an **after dinner meeting**, 7.30pm start, at the Baxter Valley Estate Winery, (about 500 metres passed the Baxter Hotel). Its still a partners night. Please bring some nibbles and help the committee with the conference planning.
- ☒ The Club also received a letter of thanks from Brian Norris for the clubs assistance with Pre PETS day.

### TREASURER DON

- ✓ Didn't comment, ( which is unusual as he is not normally shy) so we must all be financial.

## DIRECTOR AND OTHER ANNOUNCEMENTS

### Tony Spring

- ✓ Seconded the Presidents comments on the Pre PETS day, and thanked the members who attended for the work.
- ✓ As we would all expect from Tony, being one of life's real gentleman, he took his wife Carla to the Pre PETS day for her birthday. *What a really romantic man. One can hardly wait to see what he does for her on Valentines day.*

### Eric Neil

- ✓ Don't forget the 106th Birthday bash at Pentland Gardens and I need your money now please.

### Jim Baker

- ✓ The Community Raffle is about to mail our the invitations to participate, so we need names of any groups that you think could benefit from some extra money.
- ✓ Also as the Editor is away for a couple of weeks, he would welcome one and all to send some notes on the next two meetings, and lots of photos, to assist in the HO presentation.

### Ian Gardner

- ✓ More thanks for those who assisted him on Pre PETS day.
- ✓ The Footy Season is about to start so please get behind the Medallion club raffle as it's a real beauty with a fantastic prize and only a small number of tickets so your chance of winning is enhanced.
- ✓ Ian also proudly announced Carol had taken one or more grandchildren to the new St Kilda training venue and the Saints, who are always looking for actual talent, The Players did a great job of signing things and making them welcome. Whilst Ian did his best to excited the members on the virtues of St Kilda, a member, who shall remain nameless, commented that Ian should be careful as Carol could have been charged with cruelty to children.

### Doug Thompson

- ✓ With the Japanese night coming up, he needs numbers as the International will be doing special Japanese meals, and yes we understand that they will be westernised for us.

### Sakiko

- ✓ Updated members on her past week. Is now back at School, managed to lose her purse, have her cards cancelled, and then recover the purse. Also had a great dinner night with Jane & Mark. A busy week it seems.

## GUEST ROTARIAN

Susan Brown was the Guest Rotarian with a great presentation on the Rotary Club of Invercargill, District 9980, in New Zealand. Susan's presentation is listed below.

Invercargill is a city of about 50,000 set at the very south of New Zealand's famous Southland region. This region is not only well known for its spectacular landscape, incorporating such tourist attractions as Mt Cook, Christchurch, Queenstown, Milford Sound, bungee jumping, skiing, challenging walking tours etc, but is also passionate about its rugby – and beer.

It is a mostly farming community, and the town size would be similar to say Bendigo.

I often refer to Invercargill as the last stop before the South Pole – and believe me, their freezing winters with icy winds

bear this out - but the area is also famous for its oysters which come from a little fishing village called Bluff, which is about a 15 min drive further south from Invercargill. Bluff really is the last stop!

The Rotary Club of Invercargill was founded on 25th February 1924 under the sponsorship of the Dunedin Rotarians who visited the city and enrolled an initial 24 members.

They have come a long way since then, from just community services they have progressed to the national and international arenas, giving support and aid to many schemes, such as:

Omaui Health Camp, Crippled Children Society, YMCA, The Blind Centre, Southland Museum & Art Gallery, Deep Cove Hostel, The Annual Book Sale and Wine Auction, Rotary Youth Exchange, Rotary Foundation Scholarships, World Community Service, Interact / Rotoract, Inner Wheel

Current President is Allan Derrick, but I spoke with the club secretary Paul Goffin. Current membership stands at 67, with 11 of those being female members. They too have a female President elect. They have 16 Paul Harris Fellows. They have a lunchtime meeting at the local Kelvin hotel each Tuesday at 12:15.

There are 5 rotary clubs in Invercargill, including a sunrise club.

**Current projects include:**

- Teen Education Unit – funding activities for underprivileged kids eg paying for camp costs.
- Spirit of New Zealand – paying for a berth to allow u/privileged kids to experience being on the ship
- Exchange students
- 2 x leadership Scholarships for the Pursuit of Excellence.
- “Circus Quirkus” – various entertainers who travel as a unit for u/privileged kids.
- Tidying up a local bike path, which marries in with their project of providing bikes to u/privileged kids.
- Also provide various support on a needs basis to 2 country schools.
- **Fund raising:** An annual book sale & wine auction, both of which run at a very good profit. Plus various projects similar to FN where funds are split with businesses.
- Paul commented that the club is “not great on hands on projects” but says they are trying to improve this to develop the more social aspects of the club.

**SERGEANT SESSION**

Whilst the Sergeant was generally pleased that he didn't have much work to do as we had a number of “Happy Fines”, the fine of the night might well be on Barry Dean, our excellent Greeter, who was that busy he failed to recognise Shirley Loudon and commenced to make her a visitor. Shirley had a new hair colour which confused him.. Barry wasn't the only person to think that David was bringing another lady to the dinner. *Really wonderful to see you Shirley— you always make a good entrance.*

Or the other fine of the night could have been between Ian Gardner and Eric Neill. Eric took his new Holden to Ian for a towbar, only to find when he picked it up, it now had a big FORD sticker on it. *No Extra charge for this additional work.*

**GUEST SPEAKER**



A very confident excited Daniel Richards, our returning Exchange Student to Norway, provided an entertaining insight into his year overseas.



Both host families looked after him very well and whilst most of us look forward to warmth, he loved the snow and the opportunities it gave him to do more skiing etc.

During his presentation, he spoke of the Norway and the magic of the place, especially his first Northern Lights experience, and provided a number of photos of the things he had seen or enjoyed.

Another highlight was meeting all the other Exchange Students when he did the Europe tour. Fantastic experience which he will never forget.

Upon being asked how he found understanding the different language, he responded with a short speech in Norwegian which appeared to be perfect. No doubt due to the hard work he did in preparing for this trip by studying the language prior to departure.

Daniel is also arranging to give us some more of his presentation to add to a future edition of the HO.

Ian Gardner—GSE Team Leader to Norway 1994 with Daniel Richards, our Exchange Student to Norway in 2010



**BITS & PIECES**



Secret Women's Business?  
Or  
Going behind Patrick's back?



The Sergeant trying to work out if it's a Head or a Tail, whilst Jane waits for the response.

## FLOOD AND FIRE DIASTER INFORMATION

This email sent to Club Presidents, Secretaries, PDGs, AGs and Leadership Team.

Rotarians,

I do not have any information regarding the Qld cyclone and the WA fires, I will inform as soon as information comes to hand.

What I do have is more information on the D9780 Flood Relief website, designed for Rotary club use and at first look seems very workable. It will allow clubs to log requests for help and clubs to log offers of help. You will be able to arrange club to club projects in the comfort of Rotary integrity ensuring no waste or administration charges diminishing the value of help offered. Please see the attachment. I will also repeat the earlier list of bank and contact detail for other Districts. Do not forget that donations seeking tax deductibility can be directed to the District 9820 Emergency Trust Fund

Rotary International District 9820 Emergency Trust Account. For Tax deductibility and DGR status donations

Bendigo Bank BSB: 633 000 A/c No. 137221297

In order to maintain tax status these donations (cheques) should be sent to the District Treasurer, address as you noted.

OR

Rotary International District 9820 Disaster Relief Fund. For ordinary donations not seeking tax deduction

Bendigo Bank BSB: 633 000 A/c No. 137927174

Send to District Treasurer or if by EFT clearly identify donor or club.

Please clearly note all donations for "FLOOD RELIEF".

In the meantime, please keep going with your fundraising.

Yours in Rotary,

David Piper

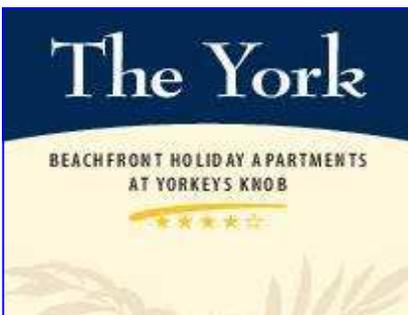
## ADDITIONAL INFORMATION ON DONATIONS IS OUTLINED IN LATER PAGES

Reminders:

Don't forget the Medallion Club raffle, Footy has started so now is the time to get people involved.

Stamps—save those stamps for Con, He will forward them to Wantirna Rotary Club for fund raising.

Community Raffle—Please assist by giving us names of various groups you think could benefit from the proceeds of the Raffle.

 <p><b>The York</b> BEACHFRONT HOLIDAY APARTMENTS AT YORKEYS KNOB ★★★★★</p>	<p><b>Karen &amp; Graham Bedford</b> 61 – 63 Sims Esplanade Yorkeys Knob, Queensland 4878 <b>Phone: (07) 4055 8733</b> Fax: (07) 4055 8744 Mobile: 0417 545 757 Email: <a href="mailto:info@yorkapartments.com.au">info@yorkapartments.com.au</a> <a href="http://www.yorkapartments.com.au">www.yorkapartments.com.au</a></p>	<p>7 Nights, Ocean Front Apartments, (2 adults), Continental &amp; Hot breakfast hamper for 7 mornings. Dinner two nights at Driftaways Restaurant Value \$50.00 per couple per night. Courtesy bus pick up and return from restaurant only. Low Season \$1098.00 per couple High Season \$1148.00 per couple (01/06/2011—30/09/2011 High Sea-</p>
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**ANNIVERSARIES**

**ROTARY ANNIVERSARIES**

Nil this week.



**BIRTHDAYS**

Peter Newman - 18th Feb

Jeanette Magor - 21st Feb

Beverley Hanlon—22nd Feb



**WEDDING ANNIVERSARY**

Nil this week.



**A QUOTE OR TWO**

A man with one watch knows what time it is. A man with two watches is never sure. (John Peer)

There is little to be valued as highly as your good name, It is something that once lost is impossible to replace.

**REMINDER OF COMING EVENTS**

23/02/2011	Wed	Rotary 106th Anniversary, joint Nepean Clubs, at Pentland Gardens
3/03/2011	Wed	Japanese Restaurant Night
15/03/2011	Tue	Bowls Night
8/03/2011	Tue	Sakiko returns to Japan
25/03/2011	Fri	District 9820 Conference Shepparton
17/04/2011	Wed	Sports Night
21/05/2011	4 days	2011 RI Convention New Orleans

**ROTARY**

**THE INVOCATION**

*“For good food, good fellowship and the opportunity to serve through Rotary we give thanks”*

**THE LOYAL TOAST**

*“To Her Majesty the Queen, and the People of Australia”*

**THE FOUR 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?

**FUTURE GUEST ROTARIANS**

23/02/2011	Pentland Gardens
2/03/2011	Ken Hart
9/03/2011	Bob Denham
15/03/2011	Bowls Night
23/03/2011	Maureen Gillham
30/03/2011	David Cahill
6/4/2011	Michael Goonan
13/4/2011	David Louden
20/4/2011	Robert Pill
27/4/2011	Brian Capon

**MAKE-UP VENUES**

ROTARY CLUB	VENUE	DAY	TIME
Franks ton	International Motel	Thursday	6pm for 6.30pm
Franks ton/Long Island	Franks ton Life Saving Club	1st & 3rd Thursday	7am for 7.15am
Franks ton Sunrise	Davey's Bar	Wednesday	6.45am for 7am
Langwa rrin	Baxter Tavern	Monday	6.30pm for 7pm
Mt Eliza	Toorak College	Tuesday	6pm for 6.30pm
Sea ford/Ca rrum	The Sands Hotel	Tuesday	6.30pm for 7pm

**UPCOMING PROGRAMS**

<p><b>Rotary Birthday</b> <b>Pentland Gardens</b> <b>Wednesday 23 February</b></p> <p>See further details in the HO for what should be a great night</p>	<p><b>Sakiko's</b> <b>Japanese Night</b> <b>Wednesday 2 March</b> 6.30pm for 7pm <b>Partners Night</b> <b>Chairperson: Geoff Magor</b> <b>Guest Rotarian: Ken Hart</b> <b>Meet &amp; Greet: Barry Dean</b> <b>Cashier: Robert Pill</b></p>	<p><b>TBA</b> <b>Wednesday 9 March</b> 6pm for 6.30pm  <b>Chairperson: TBA</b> <b>Guest Rotarian: Bob Denham</b> <b>Meet &amp; Greet: Barry Dean</b> <b>Cashier: Robert Pill</b></p>
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## The Rotary Club of Frankston Sunrise

RAM Jetty to Pier Swim – Sunday March 6, 2011

The Rotary Club of Frankston Sunrise is hosting an Open Water Swim as a fund raising event for Rotarians Against Malaria (RAM).



# RAM Jetty to Pier Swim 2011

Date: Sunday 6th March 2011

Timings: 0700 : Assemble Olivers Hill boat ramp  
0700 : Registration opens  
0745 : Registration closes  
0750 : Safety brief  
0800 : Start  
0900 : Event ends  
BBQ breakfast served

Course: Olivers Hill Jetty to Frankston Pier. Distance 1.0 km.  
Safety support staff on site.

Entrants: Open to all Rotarians, friends and other interested participants.

Fee: \$15.00 per participant. Pay on the day. All proceeds to RAM.

A BBQ breakfast will be provided at the picnic area near the Kananook boat ramp after the swim – followed by prizes and awards ceremony.

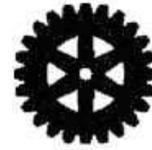
Rules, terms, conditions and further information at [www.frankstonsunrise.org](http://www.frankstonsunrise.org)

Event Contacts: Peter Stacey                      Laurie Warfe  
0457 778886                                      0419 325921  
[peter.s@nex.net.au](mailto:peter.s@nex.net.au)                              [lwarfe@bigpond.net.au](mailto:lwarfe@bigpond.net.au)

## Rotary International



Nepean Group 9820  
Assistant Governor  
Chris Angerer



## Flood Relief

106<sup>th</sup> Birthday of Rotary  
23<sup>rd</sup> February 2011  
George Pentland Botanic Garden

The Nepean and Peninsula cluster are celebrating together at a joint meeting at George Pentland Botanic Garden the 106<sup>th</sup> Birthday of Rotary International and funds raised to help families in the flood affected areas of Queensland and WA.

**Maurie's Jolly Rollers**  
**Jazzband**  
will be providing the entertainment

The Celebration will start at 6:30 PM  
Fully catered Spit Roast

**Bring Friends and Family**  
**BYO chairs or picnic rugs and drinks**

**Date:** Wednesday 23rd February 2011

**Time:** 6:30 PM

**Cost:** \$ 25per person

**RSVP:** By the 12th of February

**Further information:** Contact AG Chris Angerer on 9770 0611  
E-mail: [chris@frankstonorthopaedicservices.com.au](mailto:chris@frankstonorthopaedicservices.com.au)  
Or PP Sam Graham on 0421 653 865  
Or AG Peninsula, Caroline Such

We look forward to your Company on this special occasion  
Yours in Rotary  
AG Chris Angerer

**Rotary International District 9780 Rural Support Committee**  
**Supporting Victoria's Flood Victims**

Following consultation with Rotarians in flood affected areas and those involved in managing Rotary's response to the Black Saturday fires, District 9780 has developed a process to help Rotary clubs match needs with offers of assistance.

Soon after the floods Rotarians in affected areas were receiving numerous offers of assistance and goods from Rotary clubs and others. This placed them under pressure at a difficult time as they confronted personal and community crisis conditions. The consensus view is that offers, at that time are unwelcome.

The reason? Essentially no one, Rotary member or otherwise, has sufficient knowledge of needs or resources to manage offers of help. It appears it will take local Shire authorities some weeks to provide a comprehensive list of needs. It may take months to know the full story.

Nonetheless, the rapid and generous response and reaching out by Rotarians to Rotarians underpins the strong bond of trust that exists within Rotary. The challenge is to manage that incredible energy and feeling without losing the offers or burning out individual Rotarians along the way.

District 9780's response is based on the following key points:

- Rotary is not a first response recovery agency, unlike Red Cross and others.
- Immediate clean-up work is adequately (for the most part) managed with local area volunteers and agencies already in place.
- Local Rotarians are not in a position to receive, record and properly manage offers of assistance in the immediate aftermath of a disaster.
- Not all donations of goods are welcome.
- Rotary's role is in the medium to long term to address community needs not satisfied by other agencies.
- Rotary is based on trust so one Rotary Club can trust another implicitly.
- Individual Rotary clubs operate autonomously to raise money, spend money and manage volunteers and are flexible in delivery.
- The best solution is to facilitate the matching of clubs in need with those that can help. The clubs will do the rest.

February 4th, 2011

## How to use [www.ruralsupport.org](http://www.ruralsupport.org)

THIS WEB SITE IS ONLY FOR THE USE OF ROTARY CLUBS

### **Clubs not affected by floods can:**

*Find out what Rotary clubs in flood affected areas need and how to contact them,  
and  
List your Club's Offer of help.*

### **Clubs in flood affected regions can:**

*Find out what help is available from other Rotary clubs and how to contact them,  
and  
List the Projects your club needs help with.*

### **STEP 1 - BROWSE THE WEB SITE**

Read through Home and FAQ pages for more information about how [www.ruralsupport.org](http://www.ruralsupport.org) operates and browse the Listings page to see "Projects " and "Offers" listings. You will need to log in to read each listing in full with contact details. This ensures Rotarians contact details are only available to other Rotary clubs.

### **STEP 2 - REGISTER YOUR CLUB**

Nominate a web-savvy member of your club to be your contact person for using the web site. Click the Register Now button and complete the simple Club Registration form.

### **STEP 3 - VIEW THE FULL VERSION OF LISTINGS THAT INTEREST YOUR CLUB**

After registering your club representative can log in and see the complete contents of each listing including the contact details for the club that created the listing. It is easy then to make contact and discuss how your two clubs can work together. It is also easy to edit your user record to change the identity of your club representative.

### **STEP 4 - LIST A PROJECT OR OFFER**

While logged in you can create listings for your club including both Projects if you require assistance or Offers if you wish to let other clubs know what your club can provide. You can also edit your club's existing Listings including changing the Listing status from "open" to "allocated" and then finally "complete".

### **HELP**

Contact Rob Pelletier 03 5349 2888, [chair@ruralsupport.org](mailto:chair@ruralsupport.org)

## QUEENSLAND FLOOD RELIEF DONATIONS

FOR DONATIONS DIRECTLY TO AN AFFECTED DISTRICT

### District 9570

DG Judith Henderson

Email: [surveyor@bigpond.net.au](mailto:surveyor@bigpond.net.au)

Cheques to: District 9570 Flood Appeal  
P.O. Box 1498,  
Yeppoon QLD 4703

Account Name: RI District 9570

Swift Code: CTBAAU25

BSB: 064 712

A/C: 10171562

Name of Bank: Commonwealth Bank  
Shop 11, Keppell Bay Plaza  
James Street,  
Yeppoon QLD 4703

Donations in Kind:

Note: We have already plenty of clothing/ bed linen/ white goods etc. – we do not require anymore

### District 9600

DG Eric Wood

Email: [ericwood@bigpond.com](mailto:ericwood@bigpond.com)

Cheques to: District 9600 Flood Appeal  
P.O. Box 362,  
Strathpine QLD 4500

Account Name: Rotary District 9600 Limited

Swift code: NATAAU3304B

BSB: 084 209

A/C: 853832749

Name of Bank: National Australia Bank  
Robinson Road,  
Virginia QLD

Donations in Kind:

Note: We have already plenty of clothing/ bed linen/ white goods etc. – we do not require anymore

### District 9630

DG Anne Brand

Email: [anne.b.brand@bigpond.com](mailto:anne.b.brand@bigpond.com)

Cheques to: District 9630 Flood Appeal  
P.O. Box 1770,  
Sunnybank Hills QLD 4109

Account Name: The Rotary Club of Toowoomba East  
Foundation Ltd

Swift Code: hbslau4t

BSB: 638 070

A/C: 011793449

Name of Bank: Heritage Building Society Ltd  
Ruthven Street,  
Toowoomba QLD 4350

Donations in Kind:

Note: We already have plenty of clothing/ bed linen/ white goods etc. – we do not require anymore.

### District 9800

DG Iven Mackay

Email: [ivenm@bigpond.com](mailto:ivenm@bigpond.com)

The Disaster Relief Committee has established 2 Funds to direct financial support to Rotary projects and charities facilitating recovery from the floods:

#### **Option A: Rotary District 9800 Australian Flood Disaster Appeal**

*(Direct Distribution Fund, Non-Tax Deductible Donations)*

- This fund is the preferred option (please use this fund unless you require a tax deductible receipt)
- Non-tax deductible
- Rotary has full control over the distribution of the funds to projects. Please make donations through your bank or forward your cheque payable to:

**Account Name:** Rotary International District 9800 Inc. Australian Flood Disaster Appeal

**Account BSB:** 033181 (Westpac)

**Account Number:** 377982

**Bank Address:** 360 Collins Street, Melbourne, Victoria,

**Swift Code:** WPACAU2SMEL Australia 3000

#### **Option B: Lord Mayor's Charitable Fund Rotary District 9800 Flood Appeal**

*(LMCF Directed, Tax Deductible Donations)*

- Fund in partnership with the Lord Mayor's Charitable Foundation and Rotary which will provide funds as determined by District 9800 to charities registered as Deductible Gift Recipients with the ATO.

Tax Deductible – a receipt will be issued for all donations.

Please make donations through your bank or forward your cheque payable to:

**Account Name:** Lord Mayor's Charitable Fund Rotary D9800 Flood Appeal

**Account BSB:** 083 004 (NAB)

**Account Number:** 589 440 307

**Bank Address:** 330 Collins Street, Melbourne, Victoria, Australia 3000

**Swift Code:** NATAAU3303M

**MEDICAL ADVICE AS SUBMITTED AND VERIFIED BY PRESIDENT CHARLES***So it must be right*

## A true report from Charles asking his Doctor for advice.

**Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?**

A: Your heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually.. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

**Q: Should I reduce my alcohol intake?**

A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

**Q: How can I calculate my body/fat ratio?**

A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

**Q: What are some of the advantages of participating in a regular exercise program?**

A: Can't think of single one, sorry. My philosophy is: No pain...good!

**Q: Aren't fried foods bad for you?**

A: YOU NO LISTEN! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!?

**Q: Will sit-ups help prevent me from getting a little soft around the middle?**

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

**Q: Is chocolate bad for me?**

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

**Q: Is swimming good for your figure?**

A: If swimming good for your figure, explain whale to me..

**Q: Is getting in shape important for my lifestyle?**

A: Hey! 'Round' is shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

**Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!" AND.....**

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans..

**CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.**