



# ROTARY CLUB OF CROYDON

46 Years of Serving our Community



## THE CHRONICLE

12<sup>th</sup> February 2019 – Volume 46 No. 29

A publication of the Rotary Club of Croydon ID No. 18360, District 9810.

President 2018/19 – Jean Stuart

### UPCOMING PROGRAMS

Standard meeting venue and time: Dorset Gardens Hotel, 335 Dorset Road,  
Croydon 6:00 pm for 6:30 pm start, unless otherwise specified.  
\$25 for a two-course meal.

|                |   |
|----------------|---|
| <b>DATE</b>    | <b>Tuesday 12<sup>th</sup> February 2019</b>  |
| <b>SUBJECT</b> | Youth Exchange Student, Sam Thomas' presentation on his year in Germany.  |
| <b>SPEAKER</b> | Samuel Thomas   |
| <b>CHAIR</b>   | Ian Cumming   |
| <b>DATE</b>    | <b>Friday 15<sup>th</sup> February to Sunday 17<sup>th</sup> February 2019</b>                                  |
| <b>SUBJECT</b> | Victorian Multi-District Conference at Melbourne Convention Centre  |
| <b>DATE</b>    | <b>Tuesday 19<sup>th</sup> February 2019</b>  |
| <b>SUBJECT</b> | Visit to the Blue Lotus Water Gardens,<br>2628 Warburton Hwy, Yarra Junction VIC 3797                           |
| <b>DATE</b>    | <b>Tuesday 26<sup>th</sup> February 2019</b>  |
| <b>SUBJECT</b> | 1. Conference Report; Rotaract President Sarah Jacob's talk on Jazz for Polio.<br>2. Joint Clubs Board Meeting. |
| <b>CHAIR</b>   | Stephen Bode  |
| <b>DATE</b>    | <b>Tuesday 5<sup>th</sup> March 2019</b>  |
| <b>SUBJECT</b> | 1. Merged Club Special Meeting to approve the Rules and ByLaws of the merged club<br>2. Face Behind the Badge   |
| <b>SPEAKER</b> | Joel Martin   |
| <b>CHAIR</b>   | Marlene Sinclair  |
| <b>DATE</b>    | <b>Thursday 7<sup>th</sup> March 2019</b>   |
| <b>SUBJECT</b> | Croydon Rotary Charity Golf Fundraiser.   |

| UPCOMING PROGRAMS (Contd.) |   |
|----------------------------|---|
|                            |   |
| <b>DATE</b>                | <b>Tuesday 12 March 2019</b>  |
| <b>SUBJECT</b>             | <b>Charter Anniversary cum Presentation of Merged Club Charter.</b>                         |
| <b>CHAIR</b>               |   |
|                            |   |
| <b>DATE</b>                | <b>Saturday &amp; Sunday 16th -17th March 2019</b>  |
| <b>SUBJECT</b>             | <b>Multi-District PETS</b>  |
|                            |   |
| <b>DATE</b>                | <b>Tuesday 19<sup>th</sup> March 2019 at The Lilydale Croquet Club Market St, Lilydale.</b> |
| <b>SUBJECT</b>             | <b>Annual Croquet Challenge with the Rotary Club of Lilydale.</b>                           |

***PLEASE NOTE:***

*It is the responsibility of The Chair to write a short, 2 to 3 paragraph summary of the night and email to the editor printing in The Chronicle.*

## MEMBERS CORNER

**It is the responsibility of each member to inform the club if they are unable to attend any Tuesday meeting, OR if they are bringing partners / guests to a meeting.**

**Please notify Jean Stuart on 0416 036 489 or at [jeanieos007@gmail.com](mailto:jeanieos007@gmail.com) before 10:00 am on Monday**

**Cashier for February : Sue Jonas**

**Greeter for February : Michael Jackomos**

**If you are on duty and cannot attend, **PLEASE ARRANGE FOR A SUBSTITUTE.****

**Raffle Prizes for Partner Nights: (would those mentioned below, please bring a gift for the raffle)**

Brady Stanton, Ross Taylor, Eric Thomas & Joy Varughese

**Warm Birthday wishes to all those celebrating their special day during February.**

|                  |                  |          |
|------------------|------------------|----------|
| Roger Coburn     | 8 <sup>th</sup>  | February |
| Dawn Anderson    | 23 <sup>rd</sup> | February |
| Michael Jackomos | 24 <sup>th</sup> | February |



**Congratulations to those celebrating their Anniversaries this month**

|                      |                  |          |
|----------------------|------------------|----------|
| Heather & Jim Tinney | 14 <sup>th</sup> | February |
| Pat & Ross Taylor    | 24 <sup>th</sup> | February |



**Chronicle contributions and any articles of interest are invited from all members and persons that have an interest in the promotion of Rotary International**

**By emailing**

**[President@rotarycroydon.org.au](mailto:President@rotarycroydon.org.au)**

**By close of business on Friday.**

## President's Report: 12-02-2019

Last Tuesday night we had Jade Brodie, a Physiotherapist speak to us on the importance of exercise in our daily lives. Jade spoke to us about Osteoarthritis being a lifelong disease that affects the whole joint and the most common reason being that people are less active as they age. Osteoarthritis is NOT a wear and tear disease as people once described it, rather it is a joint DYSFUNCTION that affects not only the cartilage, but also the ligaments, muscles, joint capsule and bones.



A Welcome Home Dinner has been organised by The District 9810 Youth Exchange Committee to welcome back our recently returned Exchange Students. It has always been a wonderful night with the students giving us an account of their experiences in another country. It is well worth attending especially if you have not already been to one of these nights. Please see booking details further on in this Chronicle.

I am looking for volunteers to attend a meeting of the Rotaractors. They meet twice a week on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month. I have attached a Roster further down in this Chronicle. Could I please have some volunteers to fill this Roster?

We have our Multi District Conference next weekend and I hope most of the members of our club will visit on either or both days. It will be a showcase of the work Rotary does around the world.

I am pleased to inform you that Rotary International has approved the formation of the merged club with the merger being effective on 2<sup>nd</sup> March 2019. The merged club special meeting on 12th March is very important as the Rules and ByLaws have to be approved. I look forward to seeing all of our members at that meeting.

Kind regards,

*Jean Stuart*

## Chairman's Report: 05-02-2019

Jade Brody was our Guest Speaker on Tuesday evening last. Jade's topic was Osteoarthritis and Exercise or "How to keep strong and fit even when your knees creak". Jade took us through the explanation of Osteoarthritis and where it can be found in our bodies and the possible treatments.



In summary exercise is the most important action each of us can take to minimise the effects of Osteoarthritis. The following slide offer a summary of the main points of Jades presentation.

### **Take home points**

- Osteoarthritis is NOT wear and tear
- It affects every part of the joint
- It is the most common thing stopping people over 65 from exercising
- Articular cartilage is like a sponge that needs to be compressed and decompressed to be healthy
- Weight-bearing and being physically active is essential for helping with osteoarthritis progression and managing symptoms

### **Take home points**

- The first line of treatment is education, exercise and weight control
- Some people may also need additional help with things like anti-inflammatory medication, hands-on treatment, splinting or bracing
- Surgery is a last resort option but can be very effective
- Becoming more physically active is important, but you may require guidance from a knowledgeable health care practitioner



**Ross Taylor**

*February 9, 2019*

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## **ROSTER TO VISIT YARRA RANGES ROTARACT CLUB**

Club Meets **every 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays** at 7:15pm for 7:30pm

**"Please note that the Rotaract's usual meeting venue is no longer available.**

**You will need to check the address details prior to your arrival**

**by contacting President Sarah Jacobs on 0438 884 973"**

| DATE                          | NAME         |  |
|-------------------------------|--------------|--|
| 22 <sup>nd</sup> January 2019 | Frank Lawton |  |
| February 2019                 |              |  |
| March 2019                    |              |  |
| April 2019                    |              |  |
| May 2019                      |              |  |
| June 2019                     |              |  |
| July 2019                     |              |  |

**Could I please have a volunteer to visit the Yarra Ranges Rotaract Club for the month of **February**?**



From the Bay to the Hills



rotary  
youth  
exchange



*District Governor 2018-2019 Russell Gurney and Shelley*

28 January 2019

**To:** Club Presidents

**Subject: WELCOME HOME DINNER**

The District 9810 Youth Exchange Committee is pleased to invite yourself, and members and partners of your club to the Welcome Home Dinner for our recently returned exchange students.

This particular function is without doubt one of the highlights of the Rotary year. It has an atmosphere of warmth, appreciation and friendliness brought about by the students' presence. We would be pleased to see a representation of your club, even if it does not currently have a student involved in the program.

District Governor, Russell Gurney, will welcome all students back home and present them with their personal Certificate of Achievement. During the evening the students will have a brief opportunity to say thank you and share some of their great experiences with those present.

To help coordinate the function, please complete the attached registration form for those attending, including pre-payment, where necessary. Your assistance in providing this information by the due date is most important. Seating will be allocated on tables of 10. Larger groups can be arranged if necessary.

Details of The Welcome Home Dinner will be held as follows:

**Date:** Friday 1 March 2019

**Time:** 7.00pm for 7.30pm

**Venue:** Mulgrave Country Club  
Cnr. Wellington & Jells Roads  
WHEELERS HILL  
(Melway Ref. Map 80, H1)

**Cost:** Returned Student & Parent/s – No Cost  
Other attendees - \$30 per person  
2 course Dinner – Drinks @ Bar prices

**RSVP:** [Before 15 February 2019, to myself at the email below](#)

Yours in Rotary

Barrie Vickers

## An Email from Mark Sidandi

7 Feb 2019, 16:22

Hi Dr. Joy,

Thank you very much for chairing and steering a most important and crucial meeting on Tuesday night which you handled with so much tact and great presence of mind.

Please pass our regards to all the members of the board and Rotary Club of Croydon members led by President Jean Stuart who are ensuring the success of this decisive and monumental milestone for the children of the N'gope school and for their community in general.

Words fail me by which to express our utmost gratitude and respect to you all for the way you have continually and tirelessly worked to ensure the success of this school building project. Indeed the Rotary Club of Croydon is now in the lips of all AKCO members both here in Australia and Kenya especially in the community of N'gope village of Migori County and it's environs.

As discussed, here attached is the invoice for initial funds for the initial purchase of materials for the construction of the toilet facilities at N'gope School.

The good news is that Sharron's surgery went well last night and she's now recuperating and recovering in her ward at the Peninsula Private Hospital. She also sends her regards and utmost gratitude.

Best regards,

Mark.

“The RAWCS Committee of the Club which met with Mark Siddandi of Aussie Kenya Community Organization last Tuesday, has approved a sum of \$15,038.00 towards the construction of the toilet facilities at the N'gope School in Kenya. The work is expected to start this month and finish by August. The new school will begin functioning in September. We want to place on record our sincere thanks to Mark Cubit for the donation of \$10,000.00 towards this project.”

Croydon RAWCS Project Committee



# MULTI DISTRICT CONFERENCE

The Multi District Conference will bring together 1500 Rotarians, 700 young people between the ages of 18-30 in a Youth Forum and Interactors /Earlyactors in a separate Forum.

A Showcase occupying over 3,000 sq. metres showing Rotarians and the public of Melbourne -

"What Rotary Does!"



REGISTER BEFORE OCTOBER 31ST

TO GO IN A DRAW TO WIN FREE REGISTRATION FOR 2 PEOPLE PLUS ACCOMMODATION FOR 2 NIGHTS (UP TO \$500)

February 16 -17<sup>th</sup> 2019  
Melbourne Convention Centre



## CONFERENCE REGISTRATION

Up to November 30<sup>th</sup>

Normal \$175  
Concession \$125

(New Rotarian (joined after Jan 2017), Rotaractor, YEX student)

after November \$225 Gala Dinner \$110



Victorian  
Multi District  
Conference

Districts 9790, 9800, 9810, 9820

[www.rotaryconference.org.au](http://www.rotaryconference.org.au)

## The Conference will

**INSPIRE** by sharing ideas while enjoying fun and fellowship

**CONNECT** Rotarians across Victorian Districts

**TRANSFORM** new members into Rotarians by sharing ideas

The conference will feature outstanding Rotary and general speakers in plenary sessions where all 1500 plus registrants will leave enthused, uplifted and inspired to become more involved in Rotary.

**BREAKOUT SESSIONS** On Saturday afternoon there will be a wide variety of topics such as membership through diversity, Rotary towards 2030 and many more choices to enhance your Rotary knowledge.

**WHAT ROTARY DOES!** In the adjacent Exhibition Centre a 4,500 square metre area will be available to share projects amongst clubs as well as hands on opportunities to pack birthing kits, emergency packs for the homeless and emergency food packs for distribution in Disaster areas.

**SINGLE DISTRICT SESSIONS** Each District will have their own session available for topics selected by their District Governor.

**ENTERTAINMENT** throughout the conference will ensure that you learn and have fun and fellowship.

### CONFERENCE GALA DINNER

Join us in the Melbourne Room overlooking the city as we celebrate with a magnificent meal, drinks, a nine piece Baker Boys band together with surprises - fellowship and fun guaranteed.



## Keynote Speakers



PRIPI RIELEY and JULIET are the number one and two telethoners for the Conference



SALLY CAPP who was elected Lord Mayor of Melbourne in May 2018 will open the Conference

JASON BALL is a Rotarian who started the Prize Cup will be part of the Membership Forum

GRACE FORREST is the Founder of Walkfree an organisation against slavery. Grace is an UNIAA Ambassador.

GRANT HACKETT Grant will present on his battle to reform and where this has now led him.



CHRISTINE NIXON the 19th Police Commissioner is truly a woman in leadership who rose to the top of a male dominated organisation

JOHN SOE is a Rotarian from Indonesia who was inflected with Polio as a child. John tells an inspiring story of how he overcame adversity

BRITTANY ATHUR is an Ambassadorial Scholar from District 9810. Brittany is a member of the RI International Joint committee for Young Leaders.

DR EDNA ADAN Director and Founder of the Edna Adan Hospital. She is an humanitarian and former politician in Somaliland



STEPHANIE URCHICK the RFP representative is an RI Director Elect and Chair of the RI Strategic Planning Committee

PDG NOEL TREVASKIS Past RI Director brings great experience and will be part of the Panel on Rotary towards 2030

PDG TIM MOORE Zone 8 Co-ordinator will lead a Panel discussion on Membership through Diversity

JOHN PRENDERGAST An RI Facilitator from New Zealand will participate in the Conference and bring his vast experience as an MC for some of the main session

# Rotary

## Club of Croydon

### Serving Our Community



Made up of men and women across all vocations and cultures,

Rotary continues to make an impressive impact. Are you:

- Keen to help others and want to make a difference?
- Seeking more meaning and purpose in your life?
- Looking for ways to help your community?
- Want to be part of a worldwide network for good?
- Interested in a Corporate Social Responsibility program in which your company can participate?

Volunteering with Rotary can provide you with a great work life balance. It's an opportunity to extend your life experience and business skills, to benefit your local community and the wider world.

- It provides a bridge from your working and home life – to meet and network with other business and community people
- Ongoing personal development
- Grow your understanding and knowledge
- Open to both men and women
- Make a new extended network of friends
- Weekly contact opportunities
- Links to a vast international network
- Provides a pathway to do good in the world

The impact our members make takes shape at our Club meetings and activities. These gatherings allow you to join other passionate, visionary people to discuss and act upon community needs.

Rotary Club meetings are also a place to strengthen connections to friends and neighbours and form meaningful relationships that last a lifetime.

If you are interested in finding out more about:

The Rotary Club of Croydon please visit: <http://rotarycroydon.org.au/>

or for information about Rotary International visit:

[www.rotary.org.au/](http://www.rotary.org.au/)

## Club Information

|                          |   |  |              |
|--------------------------|---|--|--------------|
| Postal Address:          | P.O. Box 226, Croydon Victoria 3136   |  |              |
| Meeting Venue:           | Dorset Gardens Hotel  | 335 Dorset Road, Croydon Victoria 3136   |              |
| Facebook:                | <a href="https://www.facebook.com/CroydonRotary">https://www.facebook.com/CroydonRotary</a> |  |              |
| Website:                 | <a href="http://rotarycroydon.org.au/">http://rotarycroydon.org.au/</a>                     |  |              |
| Club President           | Jean Stuart   | <a href="mailto:president@rotarycroydon.org.au">president@rotarycroydon.org.au</a>     | 0416 036 489 |
| Vice President           | John Anderson   | <a href="mailto:john@anderson-assoc.com.au">john@anderson-assoc.com.au</a>             | 0408 341 516 |
| Immediate Past President | Stephen Bode  | <a href="mailto:stephen.bode@optusnet.com.au">stephen.bode@optusnet.com.au</a>         | 0468 565 250 |
| Secretary                | Dr Joy Varughese  | <a href="mailto:secretary@rotarycroydon.org.au">secretary@rotarycroydon.org.au</a>     | 0451 880 186 |
| President Elect          |   |  |              |
| Treasurer                | Eric Thomas   | <a href="mailto:treasurer@rotarycroydon.org.au">treasurer@rotarycroydon.org.au</a>     | 9723 4162    |
| PR/Communications        | Stephen Bode  | <a href="mailto:prmarketing@rotarycroydon.org.au">prmarketing@rotarycroydon.org.au</a> | 0468 565 250 |