

# Rotary Club of Mitcham

District 9810 Victoria Australia



## **Guest Speaker**

## **Mark Stevens 'Training Solutions'**

## **Bulletin**

**Tuesday 28th October. 2008**

Mark Stevens was welcomed to our lunch meeting on Tuesday 28th as our guest speaker.

Mark has had 16 years experience as a Health & Fitness consultant. He is a Member of Sports Medicine Australia and is a personal training specialist.

Services include:

**Lifestyle Management Solutions**

**Strength and Conditioning**

**Flexibility Training**

**Nutritional Advice**

**Functional Fitness**

**Massage**

**Rehabilitation**

**Corporate Fitness**

**Cardiovascular Training**

**Pre & Post Natal Exercise**

**Advanced Sports Conditioning.**

His business "Stevens Training Solutions" is focussed on Health, Fitness, Wellbeing and Balance.

The mission of his company is:

**"To put years into your life, and life into your years....."**

Mark's business promotes excellence in health and fitness, and offers the services of experienced and qualified health and fitness professionals.

Operating from an appointment only based conditioning studio, clients can train in a positive, functional and friendly environment.

Mark and his associates are closely focussed on the needs of their clientele.

It is certain that Mark left the members of our club with some serious decisions to make, with regard to their levels of fitness, their health and general well-being.



Rotary Club of Mitcham Newsletters for the current Rotary Year are viewable in the **NEWS** section of:  
**[www.rotarymitcham.com](http://www.rotarymitcham.com)**



**October 2008**

**Wayne Lucas 2nd**  
**Sharon Partridge 16th**  
**John Gotts 16th**  
**Richard Temby 8th**



Wedding  
Anniversaries

**Richard & Sue Temby 6th**

## Rotary Grace

For good food, good fellowship  
and the opportunity of service  
through Rotary, we give thanks.

**The Rotary Club of Mitcham needs you!**

# Helping Hands

The Rotary Club is looking for volunteer shop attendants to help assist in the continued running of our local op-shop.

Why not come and spend a few hours in our fun and happy environment and help support our community and have fun too!



Please call John Atkinson on  
**9873 3322** for more details!



## PAUL HARRIS FELLOWS

Presented by the Rotary Club of Mitcham

1979 Geoffrey Prior	1999 Chris & Ian McColl
1980 Dr John Munro	1999 John Varley
1983 Bruce McLaughlin	2000 John Cook
1986 Maxwell Bloom †	2000 Jean & Ray † Rose
1988 William Wood†	2000 Brian Bergin
1988 Alan Fraser	2001 Christine Ryan
1989 Tony Gibson	2001 Bill Mudford
1989 David Gawler	2001 John Atkinson
1991 Dr Peter Brown	2002 Wayne Lucas
1991 Robert McDowell	2002 Denis Bunn †
1991 Bruce Wainwright	2002 Michael Edney
1993 Ronald Slattery	2002 Peter McPhee
1994 Vic Dye	2003 Dawn & Graham Whiteside
1995 Fr Kevin Dillon	2003 Keith Nunn
1995 Kenneth Rose	2004 Brendan Tunstall
1997 David Murray	2004 Colin Spencer
1998 Ian Young	2005 Fred Wiffrie
1998 Ron Frederick	2006 Les Marton

### PAUL HARRIS FELLOW SAPPHIRE AWARD

2002 Bruce Wainwright

2004 Tony Gibson

2004 John Atkinson

2007 Brian Bergin (Dec)

2007 Bill Mudford

2007 Colin Spencer

### FOUR AVENUES OF SERVICE AWARD

2000 John Atkinson

### AUSTRALIAN ROTARY HEALTH RESEARCH FUND COMPANIONS

1994 Roy Knudson † 1996 Dr Peter Brown 1999 David Murray

## Officers for 2008/9

BOARD	PORTFOLIOS
<b>President</b> David Ayliffe	<b>Membership</b> David Ayliffe
<b>P President:</b> Sharon Partridge	<b>New Generations</b> Sharon Partridge
<b>Pres. Elect:</b> David Murray	<b>Communication/Marketing, Public Relations and Photography:</b> Eva Anderson
<b>Vice Pres :</b> David Murray	<b>International and on to Conference:</b> David Ayliffe
<b>Secretary:</b> Philip Daw	<b>Vocational Service:</b> Ivan Munoz
<b>Treasurer and Fundraising:</b> Wayne Lucas	<b>Fellowship:</b> Fred Wiffrie
	<b>Attendance:</b> Fred Wiffrie
	<b>Foundation:</b> Ron Frederick
	<b>Bulletin and Program:</b> Wayne Lucas, Philip Daw and Colin Spencer
	<b>Sergeant and Community Service:</b> David Murray





# The Rotary Club of Mitcham Annual Golf Day

## Wednesday 12th November 2008

### 12 Noon 2 Tee Start Ringwood Golf Course

Canterbury Road, Ringwood (opposite Cadbury's)

#### Tournament Naming Sponsorship

**It's Your Tournament - \$2000**

(All benefits same as Gold Sponsor)

**Gold Sponsor - 12 Players on the day \$1500**

Prominent Hole for signage and display of advertising.  
Large advertisement in monthly Camp Quality magazine & Rotary Bulletin.

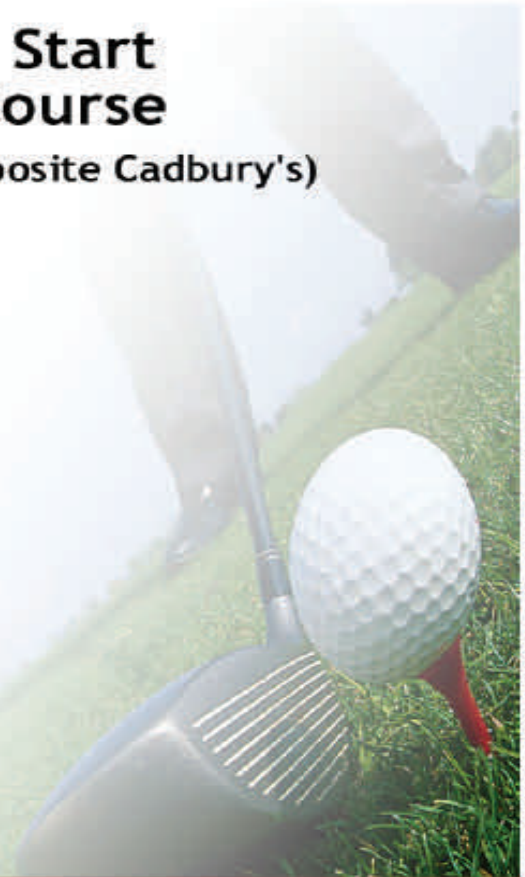
**Silver Sponsor - 4 Players on the day \$500**

No. 10 Hole with large signage.  
Advertising in Camp Quality magazine & Rotary Bulletin.

**Bronze Sponsor - 2 Players on the day \$300**

Advertising on a hole.  
Advertising in Camp Quality magazine & Rotary Bulletin.

**Individual Players - Each \$50**



## SUPPORTING Hole Sponsorship Program

Includes: Green Fees, Light Lunch & Presentation Cocktail Party for each Player.

- 18 holes of Golf on a course rated in the Top 10 Public Courses in Victoria Ambrose Competition.
- Advertising at the tee of one hole for one week prior to the event. (your banner if preferred)
- Attendance at the end of the day Presentation Cocktail Party at the clubrooms, all inclusive. Bring your non playing partner or friends to the cocktail party for only \$25 each.
- Participation in various hole competitions, closest to the pin, longest drive, straightest drive, etc.
- Last, but not least, contribution to a very worthy cause.



**& LOCAL PROJECTS**

**CONTACT ...**

**John Atkinson 9873 3322**

**Fred Wiffrie 9723 2294**

## 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*

## This Week ...

**Tuesday 28th October 2008**  
**Guest Speaker—Mark Stevens**  
**Training Solutions**  
**President David Ayliffe**  
**Desk for October: Colin Spencer**  
**Chairman - David Ayliffe**

# Rotary Clubs and Membership

Rotary is a worldwide organisation of business and professional people that provides humanitarian service, encourages high ethical standards in all vocations and helps build goodwill and peace in the world. Approximately 1.2 million Rotarians belong to more than 32000 Rotary Clubs located in over 200 countries.

Clubs may differ from each other in demographic terms, meeting times and venues, but all have the same aims of making the world a better place, locally and internationally, while at the same time strengthening established friendships and creating new ones.

One of 51 clubs in Rotary District 9810, the Rotary Club of Mitcham has served its local community, and participated in many international projects since its charter in 1979. In these busy days, it is not so easy for young business and professional people to set aside a little bit of time to participate in Rotary functions. Those who do, are rewarded beyond belief. Support for Camp Quality - Kids living with Cancer, the International Polio Plus worldwide Polio eradication program, International Student Exchange, Rotary Youth Leadership Awards and many other fantastic opportunities exist. Giving immense satisfaction to all who are involved.



... 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?

## The Objects of Rotary

To encourage and foster the idea of service as a basis of worthy enterprise and in particular:

- 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 by each Rotarian of this occupation as an opportunity to serve society.
- third** The application of the ideal of service by every Rotarian's personal, business and community life.
- fourth** The advancement of international understanding, goodwill and peace, through the world fellowship of business and professional men and women united in the ideal of service.

## Description of Rotary

*Rotary is an organisation of Business and Professional persons, united world wide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in all the world.*

[www.d9810.rotary.org.au](http://www.d9810.rotary.org.au)

# Guidelines for Healthy Eating

**Eliminate foods high in saturated fat from the diet**

**Reduce intake of fast food to no more than once per week as a treat**

**Never skip breakfast**

**Eat at least 2 x meals per week of fish**

**Eat 2 x meals of red meat for adequate consumption of iron in the diet**

**Include more fruit in the diet ( 2 pieces day minimum )**

**5 x serves of vegies daily**

**Increase water intake to 6 – 8 glasses / day**

**Drink “moderate” amounts of red wine.**

**Refer: [www.healthyactive.gov.au](http://www.healthyactive.gov.au) for specific age & gender related dietary guidelines**

**© Stevens Training Solutions Oct 2008**

## **You just have to laugh:**

A worn out single mum was called into Centrelink for an interview. Having made an appropriate time and kept the appointment, she sat with the interviewer and began to supply the required information.

“What is the name of your oldest child?” asked the interviewer.

“Terry”, said the single mum.

“What is the name of the next child?” asked the interviewer.

“Terry”, said the single mum.

“What about the third one?”, asked the interviewer.

“Oh, his name is Terry as well” said the single mum.

“How many are there?” asked the interviewer, and “are there any girls?”

“Well” said the single mum, “the are thirteen, all together, and the last one is a girl. Her name is Terri.”

“Doesn’t it get confusing, having so many children with the same name?” inquired the interviewer.

“No”, said the single mum. “Whenever I want one of them to stop doing something, I just yell “stop that Terry”, and they all stop what they are doing, until the one causing the problem is identified. It makes things so much easier”.

“But, how can you address one of the children as an individual, when you need to?” asked the interviewer.

“Oh,” said the single mum, “I just address them by their surnames.”



# Diary Dates

## October 2008

Tuesday 28th Guest Speaker Mark Stevens, Stevens Training Solutions

## November 2008

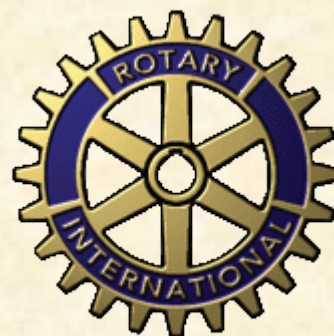
Tuesday 4th NO MEETING - MELBOURNE CUP DAY.

Tuesday 11th Board Meeting at 11 am - Mitcham RSL MacDowal Street Club Forum.

Wednesday 12th CAMP QUALITY AND ROMAC GOLF DAY. BE THERE!

Tuesday 18th Regular meeting. Bring friends and associates.

All funds applied to Rotary Community Projects in Whitehorse



**After another successful event, make sure you join us at  
the next market on Sunday, November 9th 2008  
8.00 am to 1.00 pm at:  
The Whitehorse Civic Centre 279 Whitehorse Rd  
Nunawading. Enquiries 0438 550068**