Club Officers 2020-21

PRESIDENT: PHIL LACY

PAST PRESIDENT: CARL BICKNELL

PRESIDENT ELECT: vacant

SECRETARY: FRANCES WRIGHT

TREASURER: JUDITH MOTTRAM

VOCATIONAL SERVICE & MEMBERSHIP: STUART WAIT

COMMUNITY SERVICE PROJECTS: KEITH OLDMEADOW

YOUTH SERVICES: ROBERT STRINGER

INTERNATIONAL SERVICE & ROTARY FOUNDATION: MARSHA MERORY

PUBLIC RELATIONS: DAVID BALSHAW & KEVIN RITCHIE

BULLETIN EDITOR: CARL BICKNELL

Rotary District 9790 Officers

DISTRICT GOVERNOR : BRUCE ANDERSON (Marilyn) (Strathmore)

> DISTRICT GOVERNOR ELECT: ANNE REID (Alexandra)

ASSISTANT GOV. GROUP 2 (Coburg, Heidelberg, Ivanhoe, Moreland, Pascoe Vale, Preston, Strathmore) EMMA DAVIS (Strathmore)

DISTRICT SECRETARY: CHRIS SUTTON (Numurkah)

"We gather in fellowship to serve the community"

Board Meetings 2020/21 Monday 14 Sep 7.00 pm ZOOM meeting

The Rotary Fourway 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 GOOD-WILL and BETTER FRIENDSHIPS?
- **4.** Will it be BENEFICIAL to all concerned?

Rotary Club of Ivanhoe Ivanhoe@rotary 9790.org.au PO Box 1091 Ivanhoe 3079

The Rotary Club of Ivanhoe currently meets on line by ZOOM, Wednesdays 7.30am - 8.30 am





ROTARY DISTRICT 9790

Meeting No: 1275

Web : rotaryclubivanhoe.org.au Facebook : Rotary Club of Ivanhoe

NEWSLETTER FOR Wed 26 August 2020

NEXT MEETING Wed 2 August 7.30am-8.30 am

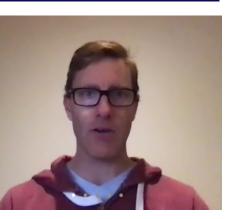
ZOOM organiser: Phil Lacy Meeting id: 934 2215 8713 Chair: Phil Lacy

Club Forum

Last Week's Meeting

We were treated by our very own David Balshaw to a motivational talk entitled 'Mindset and Motivation in Uncertain Times'.

David explained how he was involved in the RACV young members group for young professionals as a mentor. In this role David has shared his positive outlook on life with many younger professional men and women.



David reminded us of the story of the Larapinta Eagle. In 2003 while on a 10-month journey around Australia, David found himself on the Larapinta Trail in the Central Australian West MacDonnell Ranges. Carrying a heavy pack and faced with the choice of a shorter (but steep) climb, or longer (but flatter) route, David chose the more challenging (and potentially more highly rewarding) 'up and over' route. As David was approaching the peak, just around the corner but hidden, a wedge tailed eagle perched on a tree branch just as David arrived. The magnificent bird flew just over David's head. David paused to take in views and reminded himself of experiences in life where you might find yourself straining under workload and feel like giving up. The lesson is **it's ok to stop and recharge because you may be only a few steps away from something amazing.**

David has recently qualified as a Senior Habit Change Practitioner, a major shift from environmental engineering. He explained how we are all susceptible to fear and uncertainty and this can in turn impact on our habits. In the current coronavirus lockdown David advises we try to re-establish a regime of routine and reward. How can we achieve this in our own lives?

- 1. Health. Get plenty of sleep, exercise, nutrition, and it media reports are upsetting, turn them off.
- 2. Mindfulness. Take time out to sit in contemplation and reflection.
- 3. Mindset. Think positively, be aware, reflect, show gratitude where due.
- 4. Opportunity. Take advantage of new opportunities that arise as a result of the lockdown. E.g. more reading time, online course opportunities, more time with family, time to reflect on personal goals.

Finally, David recommends we:

- maintain a daily routine, involving some exercise
- set a regular meditation time each day
- set daily goals find the one thing that by doing it everything else will become easier or unnecessary
- Use the 80:20 rule (Pareto Principle, 80% of the benefits come from 20% of the effort)
- Practice gratitude nightly

CLUB CALENDAR

We will continue to invite guests to our Wednesday morning ZOOM meetings, ideas from members most welcome.

Wed 2 Sep 7.30 am	John Rumble - Hope Springs
	The Little Vegetable Shop organic grocery store