

## 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)

**Board Meetings  
2020/21**

Monday 14 Sep  
7.00 pm  
ZOOM meeting

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

Rotary Club of  
Ivanhoe  
[Ivanhoe@rotary  
9790.org.au](mailto:Ivanhoe@rotary9790.org.au)  
PO Box 1091  
Ivanhoe 3079

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

*"We gather in fellowship  
to serve the community"*



# Rotary



## Club of Ivanhoe (Vic) Inc.

ROTARY DISTRICT 9790

Meeting No: 1275

Web :  
[rotaryclubivanhoe.org.au](http://rotaryclubivanhoe.org.au)  
Facebook :  
Rotary Club of Ivanhoe

### NEWSLETTER FOR

### Wed 26 August 2020

## NEXT MEETING

## Wed 2 August

## 7.30 am – 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 if 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

Wed 9 Sep  
7.30 am

The Little Vegetable Shop  
organic grocery store