



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

## PRESIDENT CAROL'S THOUGHTS & REPORTS

Greetings Rotarians and Friends

### Australia Day

On Wednesday, Australia Day, I attended the Flag raising ceremony at Mt Martha Village. Greg Hunt's and David Morris made their final AD speeches as our local members. There were only a few people attending the ceremony this year, I was joined by Lara Barrett, Bill Cummins, Wayne Jenkins and Roger Anear, thank you to those Rotarians who attended.

### Zoom or in person meetings

The Board will be meeting next week, and we will be deciding on whether we should continue with Zoom meeting or revert to Face to Face meeting. You will be able to give us your opinions on Monday night. We are hoping to hear from Gaye Lane General Manager HR of Australia and Pacific SGS an international soil testing company who will talk about her experiences of living and working with COVID.

### Positive Mindset

I have been reading some interesting articles lately about positive mindset. I thought that this short summary of an article might interest you, 'In a world of heightened anxiety and uncertainty, one of the things we can control is our mindset. All we really have is now. And while we are living in the now. And while we are living on this emotional rollercoaster of new COVID negativity everything can become doom and gloom and cause people to live a life on an automatic default of fear and negativity. Depression is a focus on the negativity from the past and anxiety is worrying about the future. In these difficult times we sometimes only have one system or programme on how we deal with whatever happens and no conscious awareness of this. Therefore, sometimes intelligence and logic don't work to shift your thinking.

Here are a couple of things that you can do to change the way you think – remembering that your thoughts become words, your words become actions and your actions become habit, your habits become your character and your character becomes your destiny it is a domino effect. Negative thoughts create negative actions and so on. But think about it, if that was all flipped to positive by simply adjusting the system underneath any of these automatic negative triggers so they can be switched into a positive thought, into positive actions, into positive habits, and ultimately a positive destiny.

The brain needs clear orders and images of what you wish to happen. Think of it as a road map tool to a destination. With these directions people can programme themselves to succeed. There's always a choice.

The words you speak and pictures and visions you create become your reality. Dialogue is vital to changing your mindset. We need positive terminology as well as positive visualisation. Where your focus goes energy flows. Always focus on what you want. Many elite athletes, champions, successful people, and happy people set an intention and adjust the programme and system to allow a life of abundant health wealth and happiness. This system becomes as in built as breathing. This is not motivation or willpower this is a belief system and serves and benefits us regardless of any setbacks or adversity

Changes are made from the inside out not the outside in. Humans have their natural resistance to change, but we can change is our mindset. With mindset changes people can create a coping mechanism and tools to take back control of their lives, emotions, and choices. This creates a system that now not only helps us not only to survive but also to thrive.

If you want relief from a stress and self-limiting belief. Sit quietly, take long slow deep breaths, relax, detach from the negative thoughts or emotions and ask yourself -Will it make me happier? Will it make me healthier? What positive option have I got? *Change what you can change and let go of what you can't change.* (Taken from Mindset Matters -the power of your thoughts - Rohan Gazzard)



**SERVE TO CHANGE LIVES**

**31st January 2022**

**Rotary Club of Mt Martha  
PO Box 342,  
Mornington 3931**

**Rotary International  
World President:  
Shekhar Mehta**

**District Governor 9820:  
Bill Degnan**

**Mount Martha President:  
Carol Allen  
Mobile 0405 145 684  
carol.allen1011@outlook.com**

**Secretary:  
Lara Barrett  
Mobile 0416 262 615  
secretary.rcmm@gmail.com**

**Bulletin Editor:  
Byron Groves  
Contributions required  
by Thursday 6pm each week to  
byron.groves58@gmail.com**

**Website Editor:  
Merv Williams  
mervcris@bigpond.com**

**FaceBook Editor  
Phyllis Scales  
phylscales@yahoo.com**

**These Celebrations are for  
the next week 31st January  
to 6th February 2022**

**Birthdays  
Lyn Rawlings 5th**

**Wedding Anniversaries  
Phyl & John Scales 1st  
Steve Daly & Gwen Cornelius 3rd  
Stephen & Janet Pugh 5th**

**Rotary Anniversaries  
Nick Roberts 1/1975  
Christine Williams 2/2009**

**JANUARY IS VOCATIONAL SERVICE MONTH**

Mon 31 Jan **Club Meeting** - via Zoom - Guest Speaker is Gaye Lane—Living & working with Covid

**FEBRUARY IS PEACEBUILDING & CONFLICT RESOLUTION MONTH**

Mon 7 Feb **Club Meeting** - PDG Una Hobday - Chair Food Plant Solutions Rotary Action Group  
 Mon 14 Feb **Club Meeting** - TBA  
 Sat 19 Feb **Bunnings BBQ** - **see Roster on page 3**  
 Sun 20 Feb Lift the Lid for Mental Health Walk - **see page 4 for details**  
 Mon 21 Feb **RCMM Committee meetings**  
 Mon 28 Feb **Club Meeting** - TBA

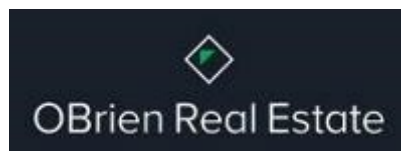
**MARCH IS WATER, SANITATION & HYGIENE MONTH**

Wed 2 Mar International Women’s Day Breakfast - **see page 5 for details**  
 Mon 7 Mar **Club Meeting** - Belinda Howe from Blue Cross Aged Care - Dementia  
 Mon 14 Mar No Meeting - Labour Day Holiday  
 Mon 14 Mar **Bunnings BBQ** - **see Roster on page 3**  
 Mon 21 Mar **RCMM Committee meetings**  
 Mon 28 Mar **Club Meeting** - TBA

**APRIL IS MATERNAL & CHILD HEALTH MONTH**

Mon 4 Apr **Club Meeting** - TBA  
 Mon 11 Apr **Club Meeting** - TBA  
 Sat 16 Apr **Bunnings BBQ** - **see Roster on page 3**  
 Mon 18 Apr No meeting - Easter Monday Holiday

**OUR COMMUNITY & CLUB SUPPORTERS, TO WHOM WE ARE VERY GRATEFUL**



## SAUSAGE SIZZLE ROSTERS

### BUNNINGS BBQ'S

8 to 11am

11am to 2pm

2pm to 5pm

Saturday 19th February 2022

Rob Davies  
Paul Clark  
Gordon Morriss  
Bill Ewing  
Mary McIntyre

Peter Rawlings  
Pat Morton  
Carol Allen  
Roger Annear  
Linda Ferrari

Bill Cummins  
Phyllis Scales  
Byron Groves  
Barrie Sweeney  
Jonathan Mayne

**If you are unable to make your allotted shift, please find another Member to replace you and advise Bill Cummins and Byron Groves**

Monday 14th March 2022 (Labour Day Holiday)

Rob Davies  
Tom Barrett  
Mary McIntyre  
Tom Goulding  
Merv Williams

Bruce Ranken  
Ray Martin  
Valerie Lyons  
Bill Branthwaite  
Wayne Norris

Bill Cummins  
Anne Shaw  
Byron Groves  
David Wheeler  
Barrie Sweeney

**If you are unable to make your allotted shift, please find another Member to replace you and advise Bill Cummins and Byron Groves**

Saturday 16th April 2022 (Easter Saturday)

Rob Davies  
Byron Groves  
Bernard Butler  
Gordon Morriss  
Wayne Norris

Peter Rawlings  
Linda Ferrari  
Bill Ewing  
Roger Annear  
Bruce Ranken

Bill Cummins  
Ray Martin  
Pat Morton  
Carol Allen  
Barrie Sweeney

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# LIFT THE LID WALK

FOR MENTAL  
HEALTH 2022



SORRENTO, VIC

BEACH END OF THE POLO FIELDS,  
POINT NEPEAN NATIONAL PARK  
SUNDAY 20<sup>TH</sup> FEB 2022 FROM 8AM  
2.8KM, 5.2KM & 9.5KM

Register early or on the day!

Tickets \$30 for adults

Kids U15 walk free

\*GET YOUR WALK  
T-SHIRT WITH EARLY  
BIRD ENTRY BEFORE  
FEB 3<sup>RD</sup>

\*All participants must register as  
we are a COVID safe event

\*See website for terms

WITH THANKS TO OUR GOLD SPONSORS

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KAY & BURTON  
PENINSULA

*Venturā* DRIVING A BETTER FUTURE

*It is a walk, not a race! Bring the kids, walk your  
distance and make a vital contribution to fund  
research into Mental Health here in Australia*

GET EVERYONE TOGETHER  
TO WALK AND TALK FOR A GREAT CAUSE

[WWW.LIFTTHELIDWALK.COM.AU/SORRENTO-VIC](http://WWW.LIFTTHELIDWALK.COM.AU/SORRENTO-VIC)

**LET'S LIFT THE LID ON MENTAL ILLNESS!**  
100% OF PROFITS FUND VITAL MENTAL HEALTH RESEARCH





Presented by the Rotary Clubs  
Mount Eliza, Mt Martha, Frankston, Rosebud/Rye & Frankston North

# International Women's Day Breakfast

#BreakTheBias

Wednesday 2nd March 2022



## Our Guest Speakers:



**Sharn Coombes**  
Criminal barrister

National Ambassador for HFH  
Two-time runner-up of Australian Survivor



**Amanda Leck**  
Executive Director,

Australian Institute for Disaster Resilience  
Director Risk and Resilience, AFAC

## Mornington Racecourse

6:45am-9am Tickets: \$55

