

The Rotary Club of Dingley Village Bulletin



DISTRICT GOVERNOR: RUSSELL GURNEY

ASSISTANT DG: SUE CORNELISSEN

16th August 2018

From President David Cugley

Dear members

Recently as President of the Rotary Club of Dingley Village, I had the pleasure of opening the local primary schools' 'Moving Kids from Anxious to Resilience' presentation at the Kingswood Primary School. This was a joint venture between Kingswood, Dingley and St Marks Primary Schools. Our club was well recognised and warmly applauded for its sponsorship of the program. Over three hundred parents attended the presentation and were thoroughly engrossed in the messages presented by Dr Jodie Richardson and Mr Michael Gross. Both presenters are well-respected authorities in the field of child anxiety and resilience. Their main messages were that anxiety was normal and we all experience it from time to time. What parents need to do is to recognise anxiety as thoughts not fact and to minimise its effect using a variety of strategies. They also emphasised that is fine for children to experience failure or disappointment and to encourage them to bounce back in a positive manner. The audience went away with a number of meaningful strategies to help their child reduce their anxiety with their future challenges. The presenters gave five self-regulatory tools to check anxiety

- Checking for awareness
- Deep breathing
- Mindfulness, being in the moment
- Exercise
- Reduce unhelpful thinking

Based on the feedback from the audience we have lifted the profile of our club and assisted in providing a valuable service to the local community.

Our club has agreed to provide assistance with the Rotary Club of Noble Park Keysborough to operate the BBQ for car seat restraints sessions in Springvale on the 31st August and 1st of September. This would be a fantastic opportunity for us to increase our profile in the local community and to keep achieving our Club's Mission. Details are on the accompanying flyer. Please let me know if you can assist on either day from 10.00am to 12.30pm or 12.30pm to 3.00pm.

Our club will also operate the BBQ at the upcoming State elections on the 24th November at the Kingswood Primary School. All proceeds from the BBQ will go towards 'Our Farmers in Need' Rotary District project. We have already donated \$500 towards this project to support our farmers who need so much assistance as they battle the drought.

Be good, be safe and be happy.

Active involvement in providing meaningful, valued activities that benefit and enhance the qualities of lives in our local community and beyond.



Promoting partnerships between Victoria Police, the community and key partners within the City of Greater Dandenong to support and encourage the safe transportation of children.

Keeping children safe

Road trauma is the leading cause of death and disabling injury for children in Australia. By using the appropriate restraint and using it correctly we can save children's lives.

Free

Child and Baby Car Seat Checks

When

Friday 31st August and
Saturday 1st September
10.00am to 3.00pm

Where

Springvale Service
for Children,
28 Lightwood Road,
Springvale

Bookings essential

Springvale Service for Children, 8558 3800

Have your child restraint checked by an expert fitter, to ensure you have fitted it correctly.

There will be appearances by Victoria's road safety mascot ThingieToodle, as well as other activities for the children.



16th August

Club Meeting at Mentone RSL

Guest Speakers: 2 students who have attended Camp Awakening
Chairman: Sue Hilton
Sergeant: Norm Hurrey

23rd August

Joint meeting with Rotary Club of Noble Park Keysborough

Hospitality night
St John's College, Dandenong

30th August

No Meeting

6th September

Club Meeting at Mentone RSL

Primary school and Earlyact presentations.
Chairman: David Cugley
Sergeant: Norm Hurrey

13th September

Joint meeting with Rotary Club of Noble Park Keysborough Mentone RSL

Celebrations



17th August

Heather Winch

Club Positions

President: David Cugley
Secretary: Sue Hilton
Treasurer: Kevan Thomas
Assistant Treasurer: Steve Brough

Community: All members
Youth: David Cugley
Vocation: Malcolm Elliott
International: Zeya Poya
Foundation: Steve Brough

Sergeant in Residence: Norm Hurrey
Bulletin Editor: David Cugley

Program: Members are asked to contribute. Heather will maintain the program dates/speakers on our club website as well as in the Bulletin.

Dingley Dossier articles: Dudley Podbury
Fellowship: Ian Graham and Norm Hurrey
Club Protection Officer: Sue Hilton
On to Conference: Ian Graham

Stand in President

16th August

Sue Hilton

Did you know????...

- 11% of people are left handed.
- the average person falls asleep within 10 minutes.
- the longest recorded flight of a chicken was 15 seconds.
- dreamt is the only word that ends in mt.

Our Club Sponsors

Dingley Village

Community Bank® Branch  Bendigo Bank

Ray White.

Dingley Village

Coins for Kids

Our Rotary club has partnered with local businesses - the Bendigo Bank and World Destinations, to collect overseas coins and notes to benefit the most disadvantaged children in the world.

Did you know that 60 Euro cents can provide a child with a pencil and book for school? 180 Thai Baht (the equivalent of \$6) will provide 20 doses of potentially life-saving measles vaccine.

Foreign currency collected will be given to UNICEF's Coins for Kids program. UNICEF is a leading organisation providing help for the most vulnerable children. If you have foreign coins that may never be used again, bring them to our meeting or if you are in the shopping centre please drop them in to either the branch of the Bendigo Bank or World Destinations in Centre Dandenong Road opposite the shopping centre.

unicef 
unite for children



World
DESTINATIONS

Dingley Village Travel Agent

Club Meeting Information

Meeting: First three Thursdays of the month.
6:30pm
Dinner meeting

Venue: Mentone RSL
9 Palermo Road Mentone

Club Contact Details

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