



President's Message

Dear Members and Friends,

Well, here we are, almost at the halfway mark of my year as President. I can't quite believe it!

Yesterday was a beautiful morning for the Farmers Market at Black Rock Royal Avenue. Things were just starting to get busy when I was there. Thank you to everyone who volunteered on the gate as well as those selling raffle tickets. We have also been selling them at the Concourse and I extend my thanks to those volunteers also. The raffle will be drawn next Saturday 18 December.

We have our monthly Board meeting on Tuesday 14 December via zoom at 6.00pm. Any member is welcome to attend or request discussion of a particular matter pertaining to our Club and its operations. Please contact Secretary Greg Every.

I'm looking forward to seeing all of you that are able to attend this Wednesday evening for our Christmas Dinner.

Our first meeting in 2022 is a Nine and Dine at Yarra Yarra Golf Club on Thursday 20 January, with our first meeting at VGC the following week.

I would like to wish all our Members and friends a very Merry Christmas and a Happy New Year!

Yours In Rotary,
Lynda



SERVE TO CHANGE LIVES

Next Meetings

Wednesday 15 December

Christmas Party

6:30 pm

Beumaris Motor Yacht Squadron
Beach Rd, Beumaris (opposite Cromer Rd)



Christmas Break

Thursday 20 January

Nine & Dine
Yarra Yarra Golf Club
See Page 4

Venue is VGC, 6:50 for 7:00 unless otherwise noted.

Contents

- 1) President's Message
- 2) Santa Hats, Wider Rotary
- 3) This Week's Speaker
- 4) Nine & Dine
- 5) Christmas Raffle
- 6) Club Sponsors
- 8) Club Structure / Photo of Week

Santa Hats.

Not sure if you saw the little Santa hats for the wine bottles but I was asked to put the knitting pattern into In Gear this week.

I had to write it up from memory as I found it somewhere on Pinterest and never saved it. It is very simple.

Here it is.

- go to Spotlight and buy some sparkly 8ply yarn.
- go to your favourite bottle o and buy a bottle of your fav poison.
- Start with white yarn.
- cast on long tail 20 or 22 stitches depending on whether you are a tight or loose knitter.
- knit 3 rows. Change to red yarn
- stocking stitch, decreasing at each end of every 2nd row until 4 stitches remain.
- cast off.
- attach a pom pom and sew the hat together
- put the hat on the bottle and smile.

now take the hat off the bottle, open it, pour yourself a glass and as you sip it compliment yourself because you are so clever.

Vivienne



**Help promote Rotary
at these fun events**

Rotary
District 9810



Midsumma Festival

Alexandra Gardens Jan 23 2022

Pride March

Fitzroy Street StKilda Feb 6 2022

Show your commitment Diversity Equity and Inclusion in Rotary!

All Rotarians are invited to be involved. Join the crew at the carnival booth and/or be part of the Pride march.

For more information and to register your interest contact Alma Reynolds at almareynolds.rotary@gmail.com or 0434 642 570. Do it before Xmas.

This Week's Speaker

Speaker: Dr Tina Campbell

Topic: Technology in Patient Engagement



Dr Tina Campbell is a pioneer in narrative communication (patient storytelling) and its use as a tool for behaviour change. She has collaborated with peak health support organisations for almost two decades to develop a digital

repository of patient and carer experiences in three countries (Australia, Singapore and the USA). As a global authority in narrative-based health promotion, she has a strong interest in the use of online and mobile technologies to enable broad access to patient narrative resources and interventions.

Tina is a co-founder and Managing Director of Healthily. Healthily's flagship product, GoShare Healthcare, is a health content distribution platform designed to enable health professionals to send educational resources to patients, tailored to their individual needs.

Tina completed her PhD in 2014 at the Centre for Health Policy, School of Population and Global Health, The University of Melbourne. Her research project evaluated the impact of a narrative intervention program on the self-care behaviours and self-efficacy of people with Type 2 Diabetes.

Tina showed examples of how her companies technology was used to develop communication programmes on COVID vaccination to indigenous communities.

We are here to make a difference by developing **health resources, tools and programs** to build patient knowledge



Patient Narrative Library

The 'Speaking From Experience' video series has been developed in partnerships with more than 40 peak consumer health organisations, in three countries. It includes more than 800 video clips across 100+ condition titles.



GoShare Healthcare

GoShare Healthcare is a customisable content distribution platform for health professionals to easily share up-to-date, accurate and engaging health resources tailored to the needs of individual patients and carers.



Online Health Programs

We develop and deliver online health programs that leverage GoShare's content scheduling functionality and webinar technology. We offer highly scalable approaches to patient education for chronic disease self-management.



Content Production

Healthily is a full service production company with a strong focus on storytelling. Our experienced team bring high production values and creativity to your project. We work closely with you to bring your ideas to life, on time and on budget.

Nine and Dine – Book Now!

Thursday 20th January 2022

Yarra Yarra Golf Club

4.00pm Shotgun start followed by dinner at 7.00pm

Golf \$30pp

Two course dinner \$50pp

Bookings by email to Richard Jones



Thank you to all Members who contributed to our Charity Wine Raffle prizes.

Chris Mara

Charity Wine Raffle



1st Prize: 2 Doz mix of Premium Reds & Whites.
2nd & 3rd Prize: 1 Doz Reds or Whites or mix.
4th Prize: 1/2 Doz mix of Reds & Whites
in a limited edition Market Tote Bag.

**Tickets \$5 each / 3 for \$10 on sale at
Beaumaris Concourse Sat Dec 4th
and
Beaumaris North Community Market
Sunday Dec 5th, 8am-1pm**

Winners drawn 18 December at Beaumaris Concourse

Club Sponsors



GREG HOCKING
BAYSIDE LIVING

The House of Golf.

Mentone

Club Sponsors

CENTURY 21®
Bayside Living

DESTINATION HQ
TRAVEL DIFFERENT. TRAVEL REDEFINED.

Discount for Beaumaris Rotary Members

Beaumaris
Community Bank® Branch

 **Bendigo Bank**


surepak

Club Structure

RCOB BOARD

President	Lynda Douch
Secretary	Greg Every
Treasurer	James Glenwright
Club Services & PE	Chris D'Arcy
Past President	Adrian Culshaw
Farmers Market	Chris Mara
Community	Richard Jones
International	Mark Perelaer
Membership	Denise Grocke
Youth	Michelle Butt

Community- Chair **Richard Jones**

Jan Cooper	Mary Cunningham
Jude Kavanagh	Roy Seager
Roy Downes	Jan Cooper
Mary Sealy	Ken Mirams
Chris D'Arcy	Chris Mara
Kerrie Geard	Soula Deville
Malcolm Sawle (Sustainability)	
Gail Anderson	Lois Lindsay
Bridget Hage	

International - Chair **Mark Perelaer**

John Manks	Geoff Stockdale
Fred Hofmann	John Sime
Clem Quick	Simon Kavanagh
Richard Potter	Tony McKenna
David Rushworth	

Youth – Chair **Michelle Butt**

Bridget Hage	Simon Kavanagh
Antony Nixon	Trish Smyth
Vivienne Zoppolato	

Indigenous - Chair **David Hone**

Robert McArthur	Chris Mara
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Membership – Chair **Denise Grocke**

Soula Deville	Malcolm Sawle
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Club Service **Chris D'Arcy**

Almoners	Julie Reith, Gail Anderson
Archivist	Malcolm Sawle
Attendance	John Beaty
Financial Reviewer	Tony Phillips
Club Protection Officer	Ken Mirams

Newsletter, Website, Facebook

David Lea
Megan Glenwright
Chris D'Arcy
Adrian Culshaw
Bridget Hage

District Officers

Assistant Governor for Monash A Cluster	Chris D'Arcy
District Compliance Officer	Ken Mirams
District Indigenous Support Committee	David Hone

Bayside Charity Golf Day

Peter Flude	James Glenwright
Jim O'Brien	Richard Jones

Farmers Market – Chair – **Chris Mara**

Ken Mirams	Liz Tanzimat
James Glenwright	Charmaine Jansz
Julie Reith	Vivienne Zoppolato

Christmas Lights

This property on Grange Road in Sandringham is one of Melbourne's best Christmas displays. Programmed to 'dance' to music, including Mariah Carey's All I Want For Christmas Is You.

The lights switch on for a two-hour show every night from 8.30pm and there are also hampers raffled off for attendees with the profits going toward breast cancer research.

