

Rotary
Club of Hampton



Hampton Herald

June 2019

Recent Events

Club Meeting - Tuesday 28th May - Joint Meeting with RC Sandringham

Paula from Cuffley Nutrition presented to us on the basics of digestion. She gave examples not only of the progress of how different foods impact our digestion, but also the impacts to our immune system, our hormones, our liver (detoxification) and our ability to remove the necessary wastes. Paula also talked about how the microbes in the gut affect the balance of the neurotransmitters in the brain impacting how happy (alert) and sad we feel. She discussed the foods we can use to improve our gut health, both restoring the good microbes and feeding them for longevity. Paula can be contacted at Paula@cuffley.com.au and offered a free half hour chat to Rotary members.

Club Meeting - Tuesday 4th June

Working from home and how to do it safely

David McIvor, Managing Director at Occupational Safety & Health Associates Pty Ltd

David spoke about his work helping organisations address 21st Century work health and safety challenges, where the nature of "work" is undergoing profound change. Davis has helped a number large corporations and many more with a special focus on people working in a safe and healthy environment and has published "WORKING FROM HOME SAFETY HANDBOOK - An Employee Guide to Working Safety from Home".

Club Meeting – Tuesday 11th June

We were visited by Alma Reynolds – District Governor Nominee Elect who talked about her upcoming appointment and her aspirations for 1921 -1922 year.



Farmers Market – Saturday 15th June

We experienced a cold but fine day Farmers Market, with a good turnout. The construction of the carpark didn't impact the parking facilities, and everything ran normally.

At the end of the market I had discussions with RFM – Melissa with regards to the construction of the market – stall placement, stall mix and public seating, tables and cover. RFM are prepared to re-arrange the market to provide a better experience for the public and refresh the stall mix.

End of Year Celebration Tuesday 25th June

Members and Partners enjoyed a great evening at Ammos Greek Tavern in Sandringham to celebrate the Club's 2018-2019 year and the many achievements and social successes.

President Stuart le Gros was presented with a Paul Harris Fellowship in recognition of his outstanding work in guiding the Club through another successful year.

Community Projects Update



Plant-A-Tree Challenge - Saturday 6th July 2019

Plant-A-Tree is a Rotary project rolled out around the globe. This year, Hampton Rotary is again proposing to work with the local community and Council to plant more trees along the foreshore.

Save the date for this year's challenge:

When: Saturday, 6th July: 10am-12noon

Where: Car Park B6, North of the Sandringham Football Oval

If you are interested in attending contact Geoff Tickner:

Mob:0412 834 347, Email: Geoffrey.tickner@bigpond.com

International Projects Update



Fiji Scholarships

Our Fiji Students have again acquitted themselves very well this year gaining high pass marks for their respective courses.

Osimo (Simo) is currently doing his 3rd year of a 6 year Degree course studying in Veterinary Science and Animal Husbandry and Neha is also in her 3rd year of a 4 year Degree course studying Physiotherapy.

Both Simo and Neha have prepared their annual reports for the Club Members to see their activities:

To view their reports [Click Here](#).



Volunteers Needed to Help Pack Medical Supplies To Be Sent To The Nokor Tep Women’s Hospital in Cambodia

The Rotary Club of Hampton had supported a project which involved volunteers from the Nokor Tep Foundation Australia, Hampton Rotary and other Rotary Clubs working at the Rotary “Donations In Kind” warehouse at Footscray in Melbourne, to sort and pack medical supplies, uniforms and linen. Based on the requirements for the hospital as determined and advised by the Nokor Tep Foundation Cambodia, some of these supplies were earmarked for inclusion in a 40’ container that was shipped to the hospital last year.

Another container of medical supplies will be sorted and packed throughout 2019 and details are now available of days when volunteers will be required to assist with this project.

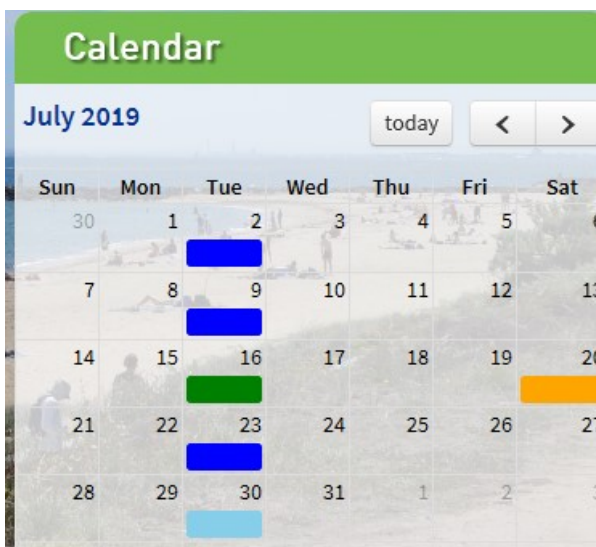
Saturday working bees: 6th July, 7th September and 2nd November

If you are interested in being involved, contact Christine Lindsey at christine.lindsey@gmail.com. You can also check out full details on the Nokor Tep Foundation and the Hospital

Upcoming Events

Check Out The Hampton Rotary Website For Details Of Upcoming Club Meetings and Events

You will find the calendar of events available on the Hampton Rotary website: <https://hamptonrotary.org.a>



Tuesday 2nd July - Club Meeting

Club Forum

Tuesday 9th July - Club Meeting

Speaker: Richard Amon (CEO Disability Sports and Recreation)



Saturday 23rd July - Bayside Farmers' Market

Our next Farmers' Market will be held on Saturday, 20th July. The stallholders will have all the latest in-season produce available so you can stock the pantry. We look forward to seeing you there!

For more details about the market, check out the website at: www.baysidefarmersmarket.com.au

Tuesday 23rd July - Club Meeting

Speaker: Cathy Emmerson (Nokor Tep Australia Foundation)

Tuesday 30th July - Special Event

Disability Sports and Recreation fundraiser social nightclub at Sibling Spice, 56-58 Koornang Rd Carnegie



Bayside Business Excellence Awards

Many Nominations have been received but the **CLOSING DATE (30 June)** is upon us.

For details visit www.BaysideBusinessAwards.com.au

Thank you to Buxton as Platinum Sponsor and supporter of the Rotary Club of Hampton

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