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# This Meeting

# James Graham from the Rotary Club of Salamanca will talk about an Australian Rotary Health Research project examining the effectiveness of holistic yoga on ex-military personnel suffering from PTSD



#### Last Meeting Michael Jacques - Why more Marine Parks in Tasmania are a good thing



Michael talked about how Tasmania is blessed – it has some of the best remaining wild temperate reef left in the world, but over the last 100 years the Tasmanian coastal marine life has been declining.

Healthy Tasmanian marine ecosystems mean jobs, healthy fishing, recreation, education, science, tourism and marine food webs. Michael believes that we need to do more to keep them healthy for future generations.

Fishing is fun! Marine Park supporters aren't attacking fishing, rather they are trying to keep small parts of the coastal marine environment healthy for our grandchildren.

Tasmania has had a moratorium on marine parks since 2007, despite most people caring a lot about the marine environment. "Tasmanian for Marine Parks" are calling for a discussion around the best process for improving our marine protection.

Thank you Michael for a most informative and thought provoking presentation.

# **Update from our President**

This coming meeting, we will have the Lucky Sri-Lankan Kitchen doing a special meal for us. They are regulars at various festivals, farm and twilight markets around Hobart. If you like the meal, they sell frozen meal packs at the Farm Gate markets, so you can enjoy at home. Many thanks to Margaret C for organising.

I had the pleasure of chairing the Clarence Ladies Probus AGM earlier this month. John Behrens was instrumental in the establishment of Clarence Ladies Probus 35 years ago. Honorary member, Pat Gillespie did a very nice tribute about John during the meeting. My congratulations to the incoming office bearers and to the continuing success of their Club.

Probus is aimed at retirees and they have a monthly meeting, guest speakers and a range of activities. Probus is a bit like Rotary, with the main focus on fun and friendship. Our Club sponsors Clarence Ladies Probus.

For those who saw the email from Richard on Sunday, John Cole will head up a committee to look at a major project, event or activity that our Club can get involved in. Initially it will be a brain storming session to come up with ideas – the bigger the better, then look at the viability, then how the project can be achieved, including funding and labour. Please contact Richard, if you wish to participate in the committee and/or have an idea for a project.

On a personal note, many thanks for the sponsorship and support for the Pathways Tasmania fund raiser, the Freedom Ride. This is a charity I recently re-connected with and it was good to see that the fund raiser was able to raise a total of \$43,000 which will assist with the good work Pathways do. They run a series of programs to allow young people to overcome drug addictions and run a high care shelter.

**President Stephen** 



The Club's new marquees have arrived and look fantastic!

### **PROGRAM** - 2022 (Meetings to be held on first and third Wednesdays)

Date	Sp	peaker	Торіс
23 March		James Graham - Rotary Salamanca	Aust Rotary Health project examining the effectiveness of holistic yoga on ex-military personnel suffering from PTSD
30 March		5 <sup>th</sup> Wednesday Social Night Visit to Scout Museum at the Lea and BBQ	Susan Gardner to guide us. BYO food & drink for the BBQ
6 April		New Member talk – Liz Luck	
13 April		Board Meeting	



# **OPERATIONS UPDATE**

#### Tommy Choo Choo

As everyone in the club is aware, our arrangement to store the Truck, Trailer and Tommy at the showgrounds is about to come to an end and we have been on the lookout for alternative storage.

Hazel Bros have very kindly offered the club space in their Farley Street depot for Tommy when we need it. Unfortunately, there is only room for the Train and Carriages, and the Truck, 2 x BBQ trailers and Tommy's trailer will be stored at the Tasmanian Fire Training Centre, Cambridge.

Many thanks to everyone who made enquiries about storage, it is a relief to know that we have somewhere for the train, when the Showground redevelopment starts.

#### **Bunnings and Shannons Car Show BBQ's**

The club is committed to a Bunnings BBQ on Saturday 16 April and the Shannons Car Show to be held on the Domain on Saturday 30 April.

Bunnings BBQ's will be run in two shifts, with 5 on each shift - shifts are 0800-1200 and 1200-1600.

As Shannons is a bit of an unknown, up to 10 members may be required to assist operating the BBQ between 0830 and 1400.

A setup crew will be onsite to ensure that the BBQ is ready by 0830 and to assist in dismantling at 1400.

Can you please let John Cole know as soon as possible your availability to assist in either or both of these Fund-Raising efforts and also a preference for first or second shift?

Please text John on 0448 394 511 or email <u>colpjv@gmail.com</u> re your availability.

# **CLUB ANNOUNCEMENTS**

### **First Aid Training**

Our club has received money through Julie Collins' office to, among other things, provide first aid training to interested members.

Each member will be asked to contribute at least \$20 towards the cost of the training, which takes a day to complete. An initial request for expressions of interest in the training program will be made at this Wednesday's meeting.

## **Club Project Ideas**

At the last Board Meeting it was agreed that the Club needs a new major project or projects, to help us focus our attention and engage our members in a positive way.

Being a Rotarian is more than just attending meetings, the reason we all joined was to put back into the community, hence our need for a plan and focus for our members to look forward to.

We would appreciate it if all of you could seriously think about what you think the Rotary Club of Lindisfarne can do.

John Cole has agreed to head a small sub-committee that will investigate and narrow down any suggestions received and formulate proposals for going forward.

Please get back to me or John with any ideas you may have.

No proposal is out of the question or will not be considered, ie it could include, but is not limited to any of the following:

- An activity
- An event
- A major building project
- A major community service project

Please bear in mind:

- The project does not have to be restricted to the Lindisfarne area
- It does not have to be restricted to our club
- It could include joint projects, with another Rotary Club or organisation, club or group
- Projects can, but do not have to be, fundraisers
- The cost of the project does not matter we can always investigate external funding options
- Time frame is not necessarily important the end result is what is important.
- The project should add value to the community and promote Rotary

# Rotary District Conference now in June 2022 - Please register asap!



Grand Chancellor Hotel Hobart

June 10 - 12, 2022

Roll up, roll up, roll up!!



We have the most amazing conference lined up for you - see the program below.

#### BUT

Currently there are not enough registrations for the conference to go ahead and we will be cancelling at the end of March if we don't get a pretty hefty increase in numbers in the next two weeks.

The conference team would be devastated to have to cancel as there has been a huge amount of work gone into the conference but there may not be an option.

Register here : https://www.rotaryconferencetasmania.org.au/tickets

## THEY SAY THAT LAUGHTER IS THE BEST MEDICINE!

(with thanks to Members of the Club for sharing these via social media or email)





#### .....Not a Joke!

