



BULLETIN

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www.rotaryclublindisfarne.org.au

This Meeting

Liz Luck - New Member Talk

Last Meeting

James Graham - Rotary Health Research project examining the effectiveness of holistic yoga on ex-military personnel suffering from PTSD



James spoke about the Hobart Veterans Yoga Group, started in 1992 when a group of war veterans practiced yoga in Hobart – many of the participants admitted that the program saved their lives – the program is now organized by Mates4Mates and is run by a Hobart Teacher, Helen Cushing, who has written the book “How Yoga Heals the Scars of Trauma”.

James is now trying to get an Australian Rotary Health Research project up, to validate the benefits of yoga in treating trauma.

The challenges to this are:

- Yoga operates outside the traditional paradigm of both military and conservative psychiatry
- Evidence of beneficial effects are largely anecdotal
- Rigorous evidence-based research is required through a program like ARHR

The major aims of the research project would be:

- Recognition of holistic yoga as a legitimate, practical and complimentary addition to existing therapies
- Strategies for delivery of intervention therapies
- Design of practical holistic yoga programs for veterans suffering from PTSD

James needs to raise \$36k to kick the research off and has raised \$15k to date.

Thank you James for an excellent & thought provoking presentation.

Update from our President

Firstly, I must apologise, I mentioned the wrong Probus Club in my last report and I should have said the "Lindisfarne Ladies Probus Club". My apologies to President Cathy and the Probus Club for my gaffe.

You probably were not aware, but last week 50 odd Rotarian and partners entered the State from all over Australia (some entered quietly, others made a very noisy entrance) to participate in the annual Australian Golfing Fellowship of Rotarians (AGFR) tournament. The Claremont and Glenorchy Rotary Clubs hosted the event and the visitors were joined by about 20 local Rotarians and guests. There were four days of golf, fellowship, a makeup meeting and the week finished with a presentation function at Blundstone Arena in the Ricky Ponting Stand. Non-playing partners were able to experience guided tours around Hobart and the surrounds.

AGFR is not only held for the enjoyment of the participants, but is an important fund raiser. The focus this year was on local volunteer organisation TADTas. TADTas is a volunteer-based organization dedicated to assisting people with disability or mobility difficulties. They have volunteers with a wide range of practical skills that can be useful in designing, making and modifying aids. The volunteers work closely with the person's health care professional, to make sure that the outcome is suitable to all parties, and because the labour component is voluntary, the products are usually very cost effective. TADTas has been around since the 1990s and there is a TAD organization in every State and the ACT.

Our humble Club was well presented with first timers Allan Marshall, Peter FitzGerald and me (a second timer) competing. Interstate visitors were lucky enough to get to experience the infamous Tasmanian four seasons weather during the successful week. The AFGR is an interesting concept where both Lexie and I have made new friends who we will only probably see once a year, at the next AGFR event. Next year's event, which I am very much looking forward to, will be held in Merimbula, NSW.

After experiencing the presentation dinner, I feel the Ricky Ponting function room will be an excellent venue for our gala charity dinner, to be held later this year.

In other news, Clarence Inner Wheel held their annual "Raise money for Cord Blood Research" on Saturday. Not a particularly nice day, but they did have a good turnout for the 2km walk along the Esplanade foreshore. It was good to see some Rotarians supporting the cause and doing the walk, despite one particular Rotarian (I won't mention any names), saying that the distance was wrong! I can assure you Richard that we walked and GPS'ed the route twice before the event, to get the right distance!

Cord Blood Research is one of Inner Wheels national projects. Below is an extract from the Inner Wheel Australia website that gives an idea how useful Cord Blood Research is:

“Joining the campaign is eminent Professor Graham Jenkin, Clinical Sciences department at Monash University. Monash University is committed to finding cures for the treatment of leukaemia, strokes, heart disease and other autoimmune diseases such as Cystic Fibrosis. Cord blood is one of the most valuable tools being used in the research of these diseases”

For those who are attending this week’s meeting, I hope you enjoy the meal and the fellowship.

President Stephen

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

Date	Speaker	Topic
6 April	New Member talk – Liz Luck	
13 April	Board Meeting	
20 April	Anthony Huston – from Farmers for Climate Action Group and Clarence Climate Action Community Group	Why we all need Climate Action NOW
4 May	Em Marriot from Hobart City Mission	Hobart City Mission Sleep Rough event Fri 27th May/Sat morning www.sleeprough.com.au/signup
11 May	Board Meeting	
18 May	Lian Tanner - award winning children’s author and journalist	Creative writing

MEETING ROSTER

This Meeting	Next Meeting	Last Meeting
<p style="text-align: center;">6 April Liz Luck – New Member talk</p> <p>Chair: Amanda E Reception: Kathy H Set Up: Chris W, Ted K, Dante B</p>	<p style="text-align: center;">20 April Anthony Huston – Why we need climate action now</p> <p>Chair: Elizabeth G Reception: Kathy H Set Up: TBA</p>	<p style="text-align: center;">23 March James Graham – ARHR project into the effectiveness of holistic yoga in the treatment of trauma</p>

Remember to advise the Club of your attendance & meal requirement before every meeting

RCOL Inducts another new Member



Welcome Susan G as the Club's newest Member

5th Wednesday Social Event

Tour of the Scouting Museum & Fellowship BBQ



New RCOL Member, Sue G gave a very interesting presentation on the origins of the Scouting Movement and the Scout Museum

NO	Name	address	group	
239	Anthony, Dick	1 Musgrave Rd	1st District Sea	Van
240	Blanks	Lyttelton Bay	Scouts	Mt No
	P. 3-4-71	1905		
240	PITTON, Michael	17 pavlov street	2nd p.o.w. Bay.	Van
	Blyde	New Town.		Sea Dist Map
	P. 3-4-71			
241	Wells, Robert	22 Church st.,	Central W/In District	Van
	George	Vimy road.	Senior Scouts	Air Dist
	P. 3-4-71			
242	WALKER, David	95 Payne st	Central W/In District	Van
	Frank	Oakley	Senior Scouts	Sea Dist Map
	P. 3-4-71	Burnie		
243	MORGAN, Peter	94 Rasmussen Rd	1st District Sea	Van
	Dominic	Ross Bay, 1905	Senior Scout	Mt Dist Map
	P. 3-4-71			

...and clear evidence was produced that showed that Mike P (number 240) was awarded his Queen Scout Badge before Peter M (number 243)!!

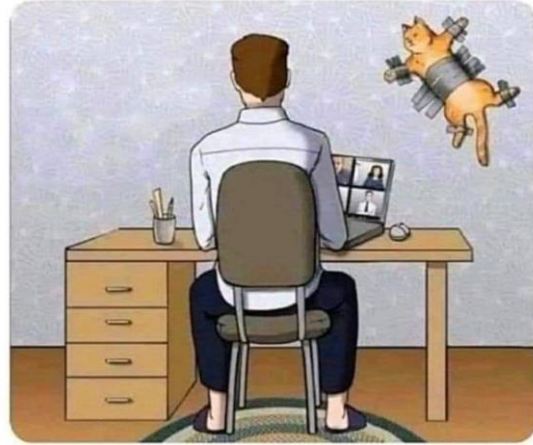
THEY SAY THAT LAUGHTER IS THE BEST MEDICINE!

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

when morrison says struggling renters should just buy a house



How to prepare for a Zoom meeting



A Frickin' Elephant

Jake is five and learning to read.
He points at a picture in a zoo book and says, "Look Mama! It's a frickin' elephant!"

Deep breath... "What did you call it?"

"It's a frickin' Elephant, Mama!
It says so on the picture!"

and so it does...

"African Elephant"

Hooked on phonics!
Ain't it wonderful?



CATS KNOCK STUFF OFF TABLES BECAUSE THEY'RE STUDYING GRAVITY. THEY'RE NOT JERKS. THEY'RE SCIENTISTS.

