

# ROTARY CLUB OF SALE INC.

Club President

Alan Lewis

Secretary

Neil Ross

**CHARTERED 1928**



**SERVICE Above Self**

R.I President

Carl-Wilhelm

Stenhammar.

District Governor

Ray Stewart

## WEEKLY BULLETIN OF THE ROTARY CLUB OF SALE.

5th December 2005

Chair: Col Counsell

### PRESIDENT'S ANNOUNCEMENTS

- President Alan welcomed all to tonight's meeting, especially guest, Annette Lett, visiting Rotarian Rod Jurdy and guest speaker Tracey Lauria.
- He announced that the seating benches for the sensory garden at the Sale Special Developmental School will be constructed by Christmas and that the plan is to install them before the start of the school year.
- Alan also indicated that Laurie Smyth is organising a Christmas appeal in conjunction with the ABC and that donations will be collected from various locations in the area.
- On behalf of the Club, Alan congratulated Graeme and David T. for the excellent way in which they had organised the Rotary RV muster.
- Alan will be meeting with Vic Roads this week for further discussions on the Heritage Trail.
- Rod and Alan exchanged banners.

### Guest Speaker – Tracey Lauria – Alternative Health Therapies

Colin introduced Tracey as an unusual person in that she is a trained and practising nurse as well as a professional kinesiologist and Bowen therapist and clinical hypnotherapist. Tracey has investigated these means as a legitimate way of improving a person's health.

Tracey began by informing those present that she has lived in Sale all her life and that she qualified as a nurse in 1978. She told us that she has five children, one of whom was diagnosed at an early age as having hydrocephalus. This subsequently turned out to be a brain tumour which was removed in an operation. At the age of 4, her daughter developed seizures and Tracey looked for and found other ways to care for her. This became such a passion that her search led her to study kinesiology and Bowen therapy. Tracey explained that kinesiology is the study of muscle movement whereby co-ordination of the left and right parts of the brain can effect improvements in motor skills. In the case of Tracey's daughter this resulted in improved writing and reading. In Bowen treatment the therapists use light cross-fibre manoeuvres of muscle, tendon or ligament with no forceful manipulation to retrain muscles that have developed an unhealthy pattern. Tracey maintains that this treatment works well with chiropractic in relieving pain and rehabilitating people with a number of stress-related conditions.

With clinical hypnotherapy, Tracey helps people to look at things differently so that it changes their perspective. She found that her training in nursing is complementary to the other therapies she practises. From her talk it was evident that Tracey's prime objective is to use her knowledge and skills to help people improve their well being. She advised her audience to make sure that their water intake was sufficient to meet the body's needs for functioning correctly. This amounts to about 2 litres per day but depends on a number of different factors. She recommended taking a multivitamin supplement, exercising, resting when you need it and watching your diet. Chewing your food properly is the start for healthy bowels which is necessary for a healthy body. Tracey also suggested a number of supplements to help improve life and to reduce some of the stresses.

At the conclusion of her inspirational presentation, Colin summed it up by saying that Tracey leaves no stone unturned in trying to understand and relieve people's ailments. President Alan thanked Tracey for her talk and for helping him through a difficult period following his bowel operation. Colin then closed the meeting.

**SERGEANT AT ARMS:** Leo O'Brien

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| <ul style="list-style-type: none"> <li>It is amazing how much money a compassionate sergeant like Leo can raise from fines. But if you were wondering how he does it, you can see from the "incidents" below that he does not beat around the bush. His first fine was on guest Annette Lett for sizing people up, and in particular, Leo.</li> <li>Leo did not let the facts get in the way of a good line when he fined Bob for failing to refund the difference by which he had allegedly overpaid his subs.</li> <li>So quickly did Leo reel of the fines that the reasons for the next two on Tania and Adrian were not noted.</li> <li>Visiting Rotarian, Rod, paid a fine for his SA pronunciation and calling Grant, Graunt (as in aunt)</li> <li>Noel was fined while he still had some money because Leo believes that after he has had breakfast with the Langleys, Noel won't have any left.</li> <li>Alan received a parking fine because he seems to have a permanent spot for his Merc right outside the front door.</li> </ul> | <ul style="list-style-type: none"> <li>The sergeant thought Peter is too generous with the royalties on his books and urged him to be more commercial. Just to show him how, he extracted a fine from Peter.</li> <li>Colin did not lack this commercial instinct as was clear from the bill he had presented Leo. As a consequence he was asked to contribute to the sergeant's fund.</li> <li>The sergeant's good nature referred to earlier was going to let Lyndon and Carmel off a fine but as Lyndon had his cash ready to pay, Leo collected anyway.</li> <li>Ben had been noticeably avoiding the sergeant's eye but his effort was not enough to avoid paying a fine.</li> <li>The sergeant then asked for fines from the floor and because he had a conscience, Leo also paid up.</li> <li>Daniel fined Grant because South Australians can't pronounce his name.</li> <li>David T. had just given away a bottle of Grange that he had won in a raffle and because he missed out on tasting the wine, Keith fined him.</li> </ul> |
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**Keep Smiling**

Paddy and Mick are walking home after a night on the turps. They have no money to get a taxi and are staggering all over the place when they find themselves outside a bus depot.

Paddy has a brainwave and says to Mick, "Get in there and steal a bus so we can drive home and I'll stay out here and look out for the police." Mick duly breaks into the depot and is gone for twenty minutes while Paddy is wondering what on earth he is doing. Eventually Paddy sticks his head around the door and sees Mick running from bus to bus looking very worried.

"What in heaven's name are you doing Mick, get a move on!" to which Mick replies "I can't find a number 7 anywhere, Paddy." Paddy, holding his hands to his head in disbelief shouts, "You idiot Mick, steal a number 9 and we'll get off at the roundabout and walk the rest of the way!"

**RELISH CONTACT DETAILS**

**Hosts:** Tania Jones & Robert Wood  
**Phone/Fax:** (03) 5144 5044  
**E-mail:** relish8@westnet.com.au  
 Rotarians, please remember to notify Relish of your intentions before 12:00 midday on the Monday of the meeting.

**NOTICES**

**Attendance:** 17 Rotarians  
**Visiting Rotarians:** Rod Jurdy form Seaford Martella  
**Guests:** Annette Lett  
**Make – Up:** None reported  
**Raffle:** Graeme had the lucky ticket and won the Kenworth truck donated by Dyers Transport.

**NEXT MEETING Monday 12<sup>th</sup> December**

**Club Christmas Party (Partner's night)**  
**Chair:** Brian Turner  
**Sergeant:** Rod Exton  
**Attendance:** Noel Langley  
**Set Up:** Grant Ellers  
**Venue:** Relish

**Meeting Monday 19<sup>th</sup> December**

**Breakfast with Noel & Betty**  
**Chair:** Alan Lewis  
**Sergeant:**  
**Attendance:** Noel Langley  
**Set Up:**  
**Venue:** 20 Turnbull Street

**ON THE RADAR**

<b>Mon 26<sup>th</sup> Dec.</b>	No meeting
<b>Mon 2<sup>nd</sup> Jan. 06</b>	No meeting
<b>Mon. 9<sup>th</sup> Jan</b>	Eastwood Park WB
<b>Mon. 16<sup>th</sup> Jan</b>	Casual night
<b>Mon 23<sup>rd</sup> Jan</b>	Seaspray

If you are away from home you will find friends at all Rotary Clubs. You can make up for missed meetings of the Sale Club with any of the following local Clubs:

Bairnsdale: Tuesday 6:00pm Bairnsdale Club  
 Bairnsdale Sunrise: Friday 6:45am Main Hotel  
 Heyfield: Monday 6:30 Railway Hotel  
 Lakes Entrance: Wednesday 6:00pm Bellevue Motel

Maffra: Thursday 6:00pm Duart Receptions  
 Mitchell River: Monday 5:45pm Italian Club  
 Sale Central: Tuesday 6:00pm Princeton  
 Traralgon: Tuesday 6:00pm Traralgon Golf Club  
 Traralgon Central: Monday 6:00pm Latrobe Convention Centre  
 Yarram: Wednesday 6:00pm Yarram Club