

MONASH GULLY NEWSLETTER

AUGUST 2010

DISTRICT CHARITY

INTERCHANGE OUTER EAST

The District Panel has recommended that the Monash Gully District support this program for 3 years, at a cost of \$15,000 per year. The first and second year has already been accomplished, with the assistance of the Grand Lodge Board of Benevolence. **The third \$15,000 is required by the 30th June, 2011.**

The second cheque for \$15,000 was handed over at a morning tea held at Interchange Outer East on Thursday 29th July.



I am sure that all Lodges in the Monash Gully District will support this very needy charity. Donations are Tax Deductable and cheques should be made out to Monash Gully District and posted to: Roland Denison, 73 Ayr Street, DONCASTER Vic 3108.

NEW LODGE CONSECRATED

The new Lodge – Brae Dale Lodge No. 936 was consecrated at Belgrave Centre on 17th July. Brae Dale was formed from the four blue night Lodges meeting at Belgrave Centre namely: Arboreal, Belgrave, Devon and Ranges Memorial, who all handed in their Charter's during June. It was a wonderful ceremony performed by the Grand Master, Deputy Grand Master and the current 2010 – 2011 Grand Lodge Team. Many of the brethren attending said that it was probably the most moving and inspiring ceremony they had ever witnessed. Brae Dale Lodge meets on the Second Friday of each month.

GIRTH: GET INVOLVED, REACH TOP HEALTH

MEN...

...Would you like to: ❖ Be more physically fit
❖ Reduce your belt size ❖ Sleep better
❖ Feel less stressed? Then...

GIRTH Get Involved, Reach Top Health' is for YOU.

COME TO HEAR MORE ABOUT THE PROGRAM AND HOW YOU CAN GET INVOLVED AT A FREE INTRODUCTORY SEMINAR:

The Freemasons Foundation
Centre for Mens Health
Life changing research

FREEMASONS FOUNDATION

THE UNIVERSITY OF ADELAIDE AUSTRALIA

Feeling a bit sluggish? Do you want to get back in shape? Do you want to reduce your waistline?

In partnership with Adelaide University, the Freemasons Foundation Centre for Men's Health is about to launch its **GIRTH program: Get Involved, Reach Top Health.**

GIRTH is a **free** lifestyle program designed to help men lose weight and gain health. Three out of five men in Australia are overweight and in poor health. GIRTH is looking for men (Freemasons or not) to participate in the pilot program which runs for 10 weeks with minimal commitment but maximum gain to your health.

Information sessions are being held in these locations and times:

Coordinator	Suburb	Address of Venue	Date	Time
Don Matthews	Sandringham	23 Abbott St	Wednesday 18 August	7:30pm
Geoff Cook	Ferntree Gully	111 Station St	Wednesday 25 August	7:30pm
Ken Drew	East Melbourne	300 Albert St	Monday 23 August	7:30pm
Bob Spittle	Oak Park	21 Station St	Friday 20 August	7:30pm
Andrew Klein	Ringwood	24 Warrandyte Rd	Saturday 28 August	1:00pm
Merv Dyer	Preston	382 Bell St	Sunday 22 August	10:00am
Rodger Marsden	Belmont	25 Regent St	Wednesday 1 September	7:30pm

You and your Lodge are encouraged to support this pilot program through participation. Contact Merv Dyer for more information: menshealth@freemasonsvic.net.au

Graham Flaherty
District Coordinator