



The Mordialloc Bulletin

News and Views of the
Rotary Club of Mordialloc

Rotary Club of Mordialloc Inc.
Reg No A0011994G
PO Box 289, Mentone Vic 3194
E-mail: info@mordiallocrotary.org.au
Website: <http://mordiallocrotary.org.au>

Club meets at Woodlands Golf Club
109 White Street Mordialloc
Melways Map 87 H 11
Tuesday 6.00 pm for 6.30 pm

Meeting 2270
25 September
2018

District Governor 2018-19: Russell Gurney

Assistant Governor: Kathy Monley

THIS WEEK'S MEETING

Speaker: Pat Armstrong (RC Doncaster)
Topic: East Timor Solar Project
Chairman: Brian Foley
Desk & Regalia: Don Butler, Don Van
Fellowship: Cliff Riley
Bulletin notes: Carol Quayle
Sergeant at Arms: Paul Taranto



BE THE INSPIRATION

RI theme 2018-19

Message from President Jack Pyziakos

Our speakers this week were Nicole Velluto and Dorothy Kesarios who talked about the Adolescent Recovery Centre, Monash Health. Excellent speakers.

The Early in Life Mental Health Service (ELMHS) is a place where young people aged 0 – 25 years who are experiencing emotional, behavioral or mental health problems can get help. This brought home the message about our children facing struggles in life, related to bullying - not only physical but also through social media, coping with life, adjusting to demands of society and just how much it seems to have escalated.

The Adolescent Recovery Centre run from Monash Health has created programs that help adolescent children obtain skills to help. There are different programs, some attend 5 days a week and some one day a week, where the children have not been attending school and or need something to help related to challenges they may be having. The programs focus on developing social and emotional skills in young people aged 12 – 18 years. I was very impressed with the speakers and the work they are doing. I think each person who attended received something which struck a chord whether it be in their lives or the lives of friends.

We had an excellent day at the Friday Bunnings barbeque with a profit of \$967.50. A special thanks goes out to Ernie Williams, Trish Gibson, Glenyse and Jack Cooper, Di Taranto and David Brunt. There were some challenges first thing in the morning with the barbeque and tent having to be erected in a hurry to ensure the sausages were cooked for our first clients.

Our speaker this week showcases some of the work in the international scene – “East Timor Solar Project” by Pat Armstrong from the Doncaster club. Solar power is so important in remote areas as it provides people with additional opportunities for schooling and community activities, lighting and running computers. So I am looking forward to hearing the progress on this project.

We are the Inspiration
Yours in Rotary
Jack Pyziakos

Too many people are ready to carry the stool when a piano has to be moved – Jack Gibson

Club Meeting No 2269 – 18 September at Woodlands Golf Club, Mordialloc

Attendance: 17 members, 5 guests

Apologies: Damian West. Rob Goode

Guests: Nicole Velluto and Dorothy Kesarios (guest speakers), Jenny Pudney, Helen Brunt, Gabrielle de Bonnières (exchange student)

Make-ups: Paul Taranto (NYSF).

Travellers: Cliff Riley travelled to and from the Clare Valley, SA, to attend his grandson's wedding...

President's Announcements

President Jack Pyziakos opened the meeting and welcomed members and guests. Jack then gave the following reminders of coming events:

- The monthly board meeting was held on the previous evening. Committee members will advise outcomes relevant to their portfolios
- The club had presented the "Radio Hour" Hour on Radio 88.3 FM that afternoon. Thanks to Ernie, Jack Cooper and Brian Foley.
- The next Bunnings barbeque is on Friday 21 September. Ernie will take names of volunteers.

Carol Quayle chaired the remainder of the meeting

Director and Member Announcements

Secretary *Carol* reported that the board had agreed to the request from District 9810 to be part of the integration project for club data including membership through the "Clubrunner" website.

David Brunt (community) advised the following board approvals:

- Seeking a \$300 District grant for the Neighbourhood House playground program. The application has been submitted.
- Donation of a scholarship in memory of Keith Carpenter to Parkdale united Cricket club: \$500/ year for 3 years
- \$1000 payment to the Rotary drought appeal.

Two other coming events are:

- Assistance to Mentone Park Primary School for a "colour run" on Sunday 18 November
- The SIDS (Red Nose) walk on the first weekend in December. Date, venue and details to be confirmed.

Youth matters.

- *Trina Williams* asked that any member doing trips in the school holidays might like to invite Gabrielle.
- Payment of the entry fee to sponsor our nomination to the National Youth Science Forum, Zara McKenzie.
- Carol had heard from our exchange student, Nicola Brooks in France. She has moved to her fourth host family and is enjoying it very much.

Brian Foley (international) advised that he and Paul would meet with the local contact for the Kenya school project the following evening.

Paul Taranto produced a supply of posters advertising the next meeting and also the birthing kits packaging day. Paul also introduced prizes for the weekly raffle, namely chocolates, white wine and Gabrielle's French home cooked biscuits (Palmiers).

The weekly club raffle raised \$48 and the winners were, Cliff Riley (Palmiers), Jenny Pudney and Jack Cooper. The wheel chairs collection was \$28.

Kay and *Carol* briefly explained the birthing kits project. Many mothers who live in remote villages in third world countries give birth in very unsanitary conditions resulting in high mortality rates for both mothers and young babies. The birthing kits contain clean materials such as plastic sheet and simple hygienic items to reduce the risk of infection. The kits are distributed to African and other countries where there is need. See poster attached.

Kathy Thompson referred to the excellent forward program of speakers arranged by Glenyse. On 30 October it is proposed to run a "games night" aimed at families with children. It would be run by S/S Arran Ferguson along similar lines as he had run with Hampton Rotary. Possible venues being considered are Mentone RSL and Cheltenham RSL

Sergeant-at-Arms

Sergeant for the night was Glenyse Cooper who started by fining Collingwood and Melbourne supporters, winners from the weekend. Then, with cricket season almost upon us, Glenyse asked a couple of cricket questions that even the keenest cricket fans could not answer. A few did know that the value of Apple Corporation has reached \$1 trillion US. Jack Cooper told the sad story of his broken water pipe.

Guest Speakers: Nicole Velluto and Dr Dorothy Kesarios – Adolescent Recovery Centre (ARC) – Monash Health

Nicole is an occupational therapist and Dorothy is a psychiatrist and are part of a multi-disciplinary team the Early in Life Mental Health Service (ELMHS) at Monash Health providing health treatment to young people with severe, complex and disabling problems and disorders.

Some facts about mental health of young people:

- 1 in 7 people aged 4-17 years will experience some form of mental health problem
- 75% of mental disorders have their onset before the age of 24 years
- Early intervention is key in order to reduce the severity and associated burden of illness

Nicole and Dorothy then described the Adolescent Recovery Centre that aims to develop the social and emotional skills of young people aged 12 to 18 years.

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The ARC addresses issues in relation to poor attendance or engagement with schooling/TAFE/work related activities. It operates three days per week with nine participants in the group. Young people are referred to ARC from throughout the southern and south eastern areas of the Melbourne metropolitan area.

One aspect of the ARC program is the use of Adventure Therapy which has the following features:

- It empowers participants by providing them with real obstacles
- Activities are sequenced to provide participants with a sense of self-efficacy and mastery
- Adventure therapy and counselling combined may be related to reducing problem behaviours in youth with a variety of presenting issues

The aims of Adventure Therapy are to:

- To increase peer social interaction
- To reduce the severity of the participant's mental health problems
- To increase self-confidence and self-esteem
- To develop coping skills
- To aid the young people's return to an education setting

Nicole then described a case story of "Thomas" a 16 yo boy with diagnosed with PSD and depression and with a complex trauma history. He had difficulty coping at school and had been expelled. He had poor social skills and showed signs of self harm. He attended an ARC program and subsequently made friends, built up his coping and social skills and increased his self-esteem and confidence.

The outcome was that he attended every day of ARC, re-engaged with school, is attending a special course to further develop his social skills and his treatment is now focussed on employment support and independence.

Rotary Club of Bentleigh Moorabbin Central has funded ARC since 2012 and the team are seeking support from other Rotary clubs if possible.

Nicole and Dorothy replied to a number of questions. Trina Williams proposed the thanks.

Other Announcements

Application for Club Membership

The club board has received and approved an application for membership from the following person:

Name: Jenny Pudney
Proposed Classification: Teaching – Secondary

Any member who wishes to object to this nomination should submit the details of the objection to me in writing me by Tuesday 2 October 2018.

Carol Quayle, Secretary

SUMMARY OF COMING EVENTS

Please note the following dates and events in your diary. It is important that all members support the club in these activities.

19 Oct (Fri)	Bunnings sausage sizzle 8 am to 4 pm
27 Oct (Sat)	Packing day for Birthing Kits Project at the Sandbelt Club Hotel, Moorabbin
30 Oct (Tues)	Games night. Venue TBA
16 Nov (Fri)	Bunnings sausage sizzle 8 am to 4 pm
18 Nov (Sun)	Mentone Park PS colour run
27 Nov (Tues)	Club Annual General Meeting
3 Dec (Mon)	Christmas lunch for those who live alone. Woodlands Golf Club. 12 noon
26 Dec (Wed) Boxing Day	Bunnings sausage sizzle 8 am to 4 pm
15-17 February 2019	Victorian Multi-District Conference Melbourne Convention Centre
17 March 2019 (Sun)	Gnome & Fairy Festival George Woods Reserve, Mordialloc
5 April 2019 (Fri)	Interplast Golf Day at Woodlands Golf Club
22 April 2019 (Mon)	Bunnings sausage sizzle 8 am to 4 pm

Members on Leave

Graeme Bruce – 3 August to 9 October
Paul and Di Taranto – 8 October to 19 November
Brian Foley – 23 October to 30 November

If you plan to be absent for three weeks or longer, please request leave of absence through the secretary.

My Rotary Registration

All members are asked to register in "My Rotary"
The RI website is: <https://www.rotary.org/en>
The "My Rotary" link is: <https://my.rotary.org/en>
Then go to: "Register for a New Account". RI registration number, email address and a password are required.

Bayside Kingston Prostate Cancer Support Group

WHEN: First Monday of each month
TIME: 9.30 to 11.30am
WHERE: Mentone RSL
Palermo Street, Mentone
Melways Map 87 A8
Wives and Partners welcome, bookings not required
For further information contact Bob Wilson 9589 4282

Wheelchairs for Kids

Please remember to put \$2 in the box on each table each week to go to the "Wheelchairs for Kids" program. Every \$150 contributed gives one child the freedom of mobility and also liberates a carer

Apologies for non-attendance

Apologies for meeting absences should be advised to **David Brunt**. These can be by telephone or text to **0418 526 140 no later than 1.00 pm on Monday before the meeting**. Names of any guests can also be advised at this time.

Forthcoming Meeting Program & Rosters

Next Meeting

Date: 2 October
Speaker: Bill Reid
Topic: The Sailing Ship *Alma Doepel*
Chairman: Kathy Thompson
Desk & Regalia: David Brunt, George Aivatoglou
Fellowship: Kay Gordon
Bulletin notes: Jill Brear
Sergeant at Arms: Cliff Riley

And the next.....

Date: 9 October
Topic: Committee meetings
Chairman: Ernie Williams
Desk & Regalia: Don Butler, Don Van
Fellowship: Kathy Thompson
Bulletin notes: Carol Quayle
Sergeant at Arms: Barry Donaldson

And the next.....

Date: 16 October
Speaker: P Dale
Topic: Mosquitoes and the diseases they carry
Chairman: Cliff Riley
Desk & Regalia: George Aivatoglou, Kathy Thompson
Fellowship: David Brunt
Bulletin notes: Jill Brear
Sergeant at Arms: Ernie Williams

TOASTS

Australia:

Please charge your glasses and assist me in toasting our Great country, Australia. (Pause) to our country: Australia.

Rotary International:

Please drink a toast to our organisation: Rotary International. (Pause) Rotary International.

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Rotary Four-Way-Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

SUPPORT
YOUR LOCAL
TRAVEL AGENCY
WHO SUPPORTS
OUR LOCAL CLUB

DESTINATION HQ
TRAVEL DIFFERENT. TRAVEL REDEFINED.

Beaumaris
23 North Concourse
9589 3294

Mentone
Thrift Park Shopping Centre
9584 3833



BIRTHING KIT ASSEMBLY DAY

**SATURDAY 27TH OCTOBER 2018
12:30PM**

Mordialloc & Cheltenham Rotary Clubs are proud to host their second Birthing Kit Assembly Day in support of Birthing Kits Foundation Australia (BKFA).

**Last year we assembled 600 kits
– this year we invite you to join
us to assemble 1600 kits.**

Kay Gordon 0447 437 950 / Colleen Rooth 0428 832 061

No woman
should die while
giving life

— — — —

Over 300,000 women die annually from pregnancy or childbirth-related complications. The majority of these are in developing countries. BKFA is an organisation dedicated to improving the conditions for women all over the world by providing clean Birthing Kits. Its simple contents provide the resources to reduce infection and fatalities.

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Come along; give your time to this great cause, make new friends and leave that afternoon with a warm fuzzy feeling. *Everyone is welcome.*

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Venue:

SANDBELT HOTEL
630 South Road
Moorabbin

Mordialloc
Rotary 

Cheltenham
Rotary 