

ROTARY CLUB OF PRESTON Inc.

CHARTER GRANTED 21-12-1960

PO Box 299, Preston, 3072

District Governor: Anne Reid
9790

Meets Wednesday, 12.30pm

Darebin RSL Bell St, Preston

Assistant Governor: Emma Davis District

BULLETIN

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President Chris Shields

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Club Website

rotary-prestonaust.com

Office Bearers

Vice President: PP Paul Smarrelli

Hon. Secretary: PP Geoff McIlvenna

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Treasurer: Frank Smith

Past President: PP Peter Gilbert

President Elect: Ruth McCall

Board

Kannan Subramanian, Tim Weir, Joe Morris

Max Walsh, Peter Peyton, Lisa Defazio

Rotary Club of Preston 9790 COMMITTEES: 2021/2022

<u>International</u> Chair: P Peyton I Musgrove J.Roose P Byrne E Price S Still	<u>Youth Services</u> Chair: J Morris P Conte N Schaber N Pinder G Lyons M Riel	<u>Vocational</u> Chair: T Weir K Agarwal M.Alkanani C Finocchiaro	<u>Community</u> Chair: K Subramanian. G Mogford M Walsh D Sullivan D De La Coeur C Verrocchi P Smarrelli <u>Police Awards</u> E Price	<u>Club Admin.</u> R McCall <u>On to Conference</u> G McIlvenna
<u>Foundation</u> Chair: M Walsh D De La Coeur Julie Morris P Gilbert N Au <u>Special projects</u> P Smarrelli	<u>Membership</u> Chair: Julie Morris G.McIlvenna P Peyton C Shields	<u>Fundraising</u> Chair: W O'Neill F Smith P Smarrelli C Shields	<u>Sergeants</u> Chair: D Sullivan C Verrocchi Julie Morris I Musgrove D De La Coeur	<u>Cashiers</u> Chair: N Schaber P Peyton M.Riel N Pinder
<u>Environment & Conservation</u> Chair: L.Defazio C Shields G Mogford	<u>PR, Website, IT</u> Chair: P Conte L Defazio G Lyons R McCall E Price	<u>Attendance</u> Chair: G Mogford G McIlvenna	<u>Programmes</u> Chair: Joe Morris I Musgrove	<u>House</u> Chair: N Pinder D. De La Coeur P Peyton M Walsh P Lamers
<u>Bulletin</u> Chair: J McCarthy P Peyton C Finocchiaro	<u>Club History</u> Chair: P Peyton	<u>Family of Rotary/ Fellowship</u> Chair: E Price Julie Morris	<u>On to World Conference</u> P Gilbert	<u>Welcomes</u> M Walsh Julie Morris M Riel M Alkanani K Agarwal

**We acknowledge that we are on the traditional land of
the Wurundjeri people of the Kulin Nation and
we pay our respects to their Elders past and present.**

SPEAKER LAST WEEK



UNITED MINDS
COMMUNITY SERVICES

United Minds is a community based psychology and social support service located in the Northern Suburbs,

notably Yarrambat and Diamond Creek. Its large team of psychologists is spread widely throughout northern suburbs. The Food Bank is located at Yarrambat.

UMCS is a Not-For-Profit charity founded by Melissa Duckmanton in 2013 as a community based bulk-billing psychology service. The purpose of the service was to bridge the gap in access to mental health support by removing the financial burden of psychological support. Community Services Programme (C.S.P.) is the charity division that provides support to the community through community funded sessions in the psychology clinic, a foodbank, material aid and referrals to local community services and support schemes.

Speaker **BREE BAXTER** is a registered Counsellor with the Australian Counselling Association and a Gottman Bringing Baby Home educator. Tracey Russell, manager of the C.S.P., accompanied Bree on the night.

Bree's presentation covered numerous issues in the mental health field thus delivering a clear picture of urgency, strategic approaches and community involvement. The latter showed the action of the club's Community Committee of making a night of it and stressing the need for the club to both grow in cooperation with groups as United Minds and to seek out actions the club can take in this ever-growing field.

Bree's principal attention with UMCS is with couples about to have a baby or who are in post-natal condition. At times some of these parents need help in managing new communication skills or deal with post-natal stresses. The overall field of mental health aid has increased greatly causing greater burdens for UMCS and CSP. Fortunately, government aid has kicked in but the needs for support are still heavy. Calls for help by those suffering helplessness despair and anxiety is stressing for staff forced to put callers on an unprecedented waiting list. Currently the wait is approximately 3 weeks.

Face-to-face meetings are limited and Bree spent time explaining the benefits accruing from the use of telehealth sessions. Online meetings can be seen as an intrusion into one's personal and private space. However, it can also have certain benefits such as giving the psychologist the chance of experiencing the client's domestic status, relationships with household members and physical and personal living conditions. At times these aspects can be limited in face-face sessions.

Towards the end of her talk, after enlarging on the effects of lockdown and Covid, Bree listed positive effects these times have brought both to herself and her clients: *"... a call to mindfulness practices, encouraging an awareness of the present moment, embracing a search for what we really value in our lives resilience, which is developed through adversity*



L to R

Julie Morris
(Chair)

Bree Baxter

Tracey Russell

President Chris
Shields

COMING MEETINGS

June 1: CLUB ASSEMBLY

Chair: President Chris Shields

June 8: VASS: Fund The Food Forest. Speaker - Sue Stephenson

Chair: Peter Peyton

June 15: ROTARY YOUTH VOLUNTEER PROGRAMME. Speaker Bruce McIntyre

Chair: Ruth McCall

June 22: HOW TO SET UP A FAMILY PHILANTHROPIC TRUST. Speaker Ben Rogers

Chair: Lisa Defazio

THE ROTARY FAMILY



Ruth McCall 7/6



David Sullivan 5/6/2003



LAST WEDNESDAY'S evening meeting was yet another success. This was due to the intense preparation and service by St.Georges Restaurant staff; Paul Smarrelli and the Community Committee; the marvellous contribution of speaker Bree; the speaker and all attendees. One attendee remarked most favourably on the Chargrilled beef sirloin, red wine jus LG. Another was observed searching for a second serve of Sticky-date pudding, caramel sauce, vanilla ice cream.

DINNER ATTENDANCE: Many members attended with partners and friends.

Amongst the official guests were: Tracey Russell (Manager of Community services Programs with United Minds Community Services. Philomena Scordia (Pres. Craigieburn). A.G. Kaye Gauci (Broadmeadows). A.G. Emma Davis (Pres. Moreland). Peter Sambell.

CLUB NEWS

President Chris Shields - President Ruth McCall CHANGEOVER NIGHT

**6th July evening - at the Melbourne
Polytechnic Conference Centre.**

In the words of the Incoming President Ruth:
"Let's make this a ding-dong night and let's celebrate all that we do especially after the local and worldwide disasters we have been through".



**IMAGINE
ROTARY**

NEXT BUNNING'S BARBIE date is SATURDAY 11TH JUNE 2022

CHANGEOVER and 45th FOR ROTARY CLUB OF STRATHMORE: Note the invitation as emailed by Sec. Geoff.

FROM THE PRESIDENT, ROTARY INTERNATIONAL, SHEKHAR MEHTA:

" Rotary will always be on the side of the peaceful resolution of conflict and providing aid and comfort to people in need.

Rotary was there at the end of World War II, promoting the creating of the United Nations and standing up for the cause of peacebuilding worldwide.

It is time to renew our mission and perform our role as one of the world's great promoters of peace.

*There is no better way to **Serve to Change Lives** than to serve the cause of peace".*

RESILIENCE: 1620s, "act of rebounding or springing back," often of immaterial things, from Latin *resiliens*, present participle of *resilire* "to rebound, recoil," from *re-* "back" (see **re-**) + *salire* "to jump, leap" (see **salient** (adj.)).

Club Website address:

www.rotary-prestonaust.com

Info to Ruth McCall or Lisa Defazio.

The account details for the **Rotary Club of Preston:**

Bendigo Bank BSB 633 000, A/c 154 200 034

For member donations - the account details for

the **Australian Rotary Foundation Trust**

Bendigo Bank BSB 332 084, A/c 551 038 195