

**ROTARY CLUB OF PRESTON Inc.
District 9790**

CHARTER GRANTED 21-12-1960
PO Box 299, Preston, 3072

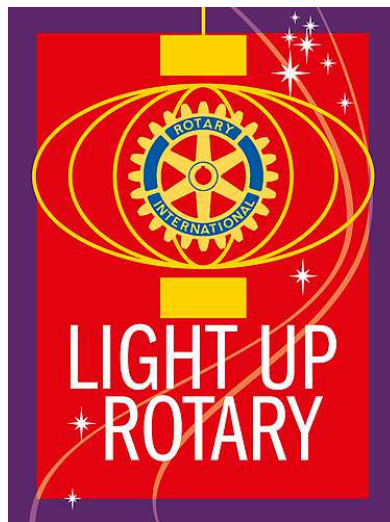
Meets Wednesday, 12.30pm
Darebin RSL, cnr Bell St &
St Georges Road, Preston

District Governor:
Patti Bulluss OAM (Lance)
dg@rotary9790.org.au

Assistant Governor:
LeighAitken(Janine)
leighaitken51@gmail.com

**BULLETIN
2013-2014**

July 23, 2014, Vol. 53, No 3



President: Elaine Price
(M) 0422 642 695
eprice1@bigpond.com

OFFICE BEARERS

Hon. Secretary: **Geoff McIlvenna**
0418 500 031
geoffmcilvenna@bigpond.com

Hon. Treasurer: **Frank Smith**
Past President: **Peter Byrne**
President Elect: **Paul Smarrelli**

DIRECTORS

Elaine Price, Peter Byrne, Paul Smarrelli, Geoff McIlvenna,
Frank Smith, David De La Coeur, Rosemary Wilcox, Chris Shields,
Peter Peyton, Carla Finocchiaro, Wayne O'Neill, Kannan Subramanian

MIH17

NOTES AND NEWS

ASPIRE received many mentions during the Club's recent visit to MI Fellowship. Aspire has now officially amalgamated with Mental Illness Fellowship Victoria. From July 1, 2014, mental health services in the Great South Coast in Victoria and in Tasmania previously provided by Aspire, A Pathway to Mental Health Inc, are being delivered by MI Fellowship.

The amalgamation will bring more services and greater choice for people with mental illness and carers. MI Fellowship and Aspire have been working together to make this amalgamation happen smoothly so people with mental illness and carers who use their services are not affected.

TIMOR LESTE: A JOINT PROJECT of the Rotary Clubs of Bright and Frankston Sunrise, building a toilet block for girls in a school remote from Dili. Finance and/or building skilled labour wanted.

- Chris Angerer 03 9770 0611

GO IT JILL!

Google - youtube high cholesterol pills could help

IF YOU SPOT THE NEED - REFER: Well-Ways - evidence-based, peer-led education programmes for people with a mental illness, their families and carers.

9486 4200 enquiries@mifellowship.org

LIFE-ED SUPPORT LUNCH ORGANISED BY KIM WEST

If there are cancellations you just might get a seat or two as a filler.

Date/Time - Sunday, 27th of July, 2014 at 12.30pm for 1pm

Location - Jorg Restaurant, 203 St Georges Rd, North Fitzroy.

3 course lunch and all wine included - \$85 per person

Contact Carla Finocchiaro - carlamf@optusnet.com.au

ON-SITE MEETING @ MENTAL ILLNESS FELLOWSHIP



This was to be a meeting to beat all meetings! One member was heard to remark "one of the most extraordinary days of my life".

Mental illness (MI) is a 'subject' often casually slotted by the public, misinterpreted by the

media and for others passed over as merely 'everyday'. For people with MI, recovery can be impeded by such barriers as:

- Society's negative views leading to 'internalized stigma',
- a Health services system which disables persons with mental illness and removes their sense of control and
- diagnoses which often result in loss of rights, status and selfhood.

The MI Recovery Programme is a peer facilitated education programme for people who have a MI diagnosis and are interested in exploring new ways to manage illness and live a fulfilling life. The stories told by the 4 speakers were real-life, specific in detail, exact in terminology and moving in content. Any summary would not be doing justice to the presentations. This in mind, here follows an outline of the 4 divisions of 'Well Ways MI Recovery'.

1. MI Recovery contains 10 weekly sessions developed by and for people with a MI. It is a *programme* which provides up-to-date information about MI and *recovery* supports participants to discover personal strengths, develop strategies to manage illness and plan for the future.
2. Building a future contains 8 weekly sessions to assist family members and carers to maintain their own wellness and support the recovery of their own family member or friend.
3. Duo contains 6 weekly sessions followed by four monthly sessions. This is for family or friends who have members with MI and suffer drug and/or alcohol issues.
4. Snapshot consists of 2 sessions which can be delivered over one day or two. Sessions involve formal and structured learning, group discussions, videos, practical demonstrations and problem solving.



**FAMILY
OF ROTARY**



<p><i>Marion Fitz And Robin the Hood!</i></p>	<p>They met at the Nottingham Rotary International Cricket Conference 2014.</p>
<p><i>Rotary Anns.</i></p>	<p>Kanan Subramanian 23/7/13 Paul Donovan 27/7/05 Ken Kirby 28/7/10</p>
<p><i>Birthday</i></p>	<p>Max Kirwan 28/7</p>
<p><i>President Elect</i></p>	<p>Congrats to long serving Rotarian Paul Smarrelli who is moving out of his full time employment to make space for other activities.</p>

DIARY DATES

<p>BELL BARDIA COMMUNITY MEAL ROSTER</p>	
<p>July 23</p>	<p>Elaine price, Rosemary Wilcox</p>
<p>August 6</p>	<p>Peter Peyton, Peter Gilbert</p>

DATE		
July 23	Chair	Paul Josephson
	Speaker	Marinda Brooks
	Topic	Speech Pathology
	Sergeant	David Sullivan
	House	Norbert Schaber
	Welcomes	John McCarthy
July 30	Chair	Ian Musgrove
	Speaker	Ashley Fletcher
	Topic	My Antarctic Trip
	Sergeant	Lenore Thornton
	House	John McCarthy
	Welcomes	Peter Gilbert
August 6	Topic	Membership
August 13	Topic	Wheelchairs for Kids
August 20	Topic	ROMAC
August 27	Topic	Membership Day

LATE NEWS

The Club has received a double grant from council for a **COMMUNITY MENTAL HEALTH FORUM**. The Club and Mental Illness Fellowship will be holding the Forum on October 15th 2014. One grant was for in kind support for the venue hire of the Preston City Hall (\$575.75). The other is a \$1,500 grant to meet event expenses.

President Elaine has also been advised that Australian Rotary Health will grant the Club \$1,000 for the event. The \$1,000 has not been confirmed however PDG Alan Anderson advised that it would be granted.



LOOKING FORWARD

CIRCUS QUIRKUS: This year's presentation will be at the Melbourne Convention Centre, August 24 with sessions at 10am, 1 and 4pm.

COMMUNITY MENTAL HEALTH FORUM: October 15, 2014

ROTARY DAY: Whittlesea Funfields, December 7.

ROTARY TODAY CONFERENCE: Wangaratta, 19-22 March 2015.

Rotary Club of Preston COMMITTEES 2014-15

INTERNATIONAL	YOUTH SERVICES	VOCATIONAL	COMMUNITY	CLUB ADMINISTRATION
CHAIR: Peter Byrne	CHAIR: Chris Shields	CHAIR: Carla Finocchiaro	CHAIR: Rosemary Wilcox	CHAIR: Paul Smarrelli
DEPUTY CHAIR: Asha Pahuja	DEPUTY CHAIR Lenore Thornton	DEPUTY CHAIR Frank Smith	DEPUTY CHAIR Kannan Sabramanian	Cashiers
Bernie Lamers	David Sullivan	David Warry	Paul Josephson	Joy Crampton
Norm Pinder	Ken Kirby	Ian Musgrove	Wayne O'Neill	David Warry
Gary Mogford	Ben Bliss	Kapil Argarwal	Joy Crampton	Kapil Argarwal
	Paul Donovan	Les Woodland		Norbert Schaber (Backup)
FOUNDATION	MEMBERSHIP & CLASSIFICATIONS	FUNDRAISING & CIRCUS QUIRKUS	Public Relations	House
CHAIR: Peter Peyton	CHAIR: David de la Coeur	CHAIR: Wayne O'Neill	CHAIR: Kannan Subramanian	Norm Pinder
DEPUTY CHAIR Peter Gilbert	DEPUTY CHAIR Norbert Schaber	Peter Gilbert	Ian Musgrove	Norbert Schaber
John McCarthy	Geoff McIlvenna	Les Woodland	Bernie Lamers	John McCarthy
	Les Woodland	Asha Pahuja		
Bulletin	IT/Website	Attendance	Sergeants	Welcomes
John McCarthy	Kannan Sabramanian	Gary Mogford	David Sullivan	Bernie Lamers
Lenore Thornton	Paul Josephson	Peter Peyton	Ian Musgrove	Carla Finocchiaro
Peter Gilbert	David De La Coeur	Ken Kirby	Lenore Thornton	John McCarthy
Fellowship	Club History	Family of Rotary	Les Woodland	Asha Pahuja
Paul Josephson	Paul Smarrelli	Peter Peyton	David De La Coeur	Peter Gilbert
Bernie Lamers	Peter Gilbert	Elaine Price		Norbert Schaber
Geoff McIlvenna	Paul Josephson	Lenore Thornton		Programs
Christmas Lunch	On-to-Conference	Life Education	Exodus	Ian Musgrove
Les Woodland	Geoff McIlvenna	Carla Finocchiaro	Rosemary Wilcox	Les Woodland

Rotary Club of Preston – Past Presidents

1960-61	Alf Bean	1988-89	Max Kirwan
1961-62	Bruce Connan	1989-90	Paul Smarrelli
1962-63	Oliver Roberts	1990-91	Ted Begg
1963-64	Royce Kronberg	1991-92	Paul Josephson
1964-65	Perc Cleland	1992-93	Peter Gilbert
1965-66	Ron Grierson	1993-94	Neil Grierson
1966-67	Marc Crampton	1994-95	Geoff McIlvenna
1967-68	Ken Land	1995-96	John McInnes
1968-69	Ray Brabham	1996-97	Constantine Panoussi
1969-70	John Hunting/ Dave Harding	1997-98	Les Woodland
1970-71	Ian Cleland	1998-99	Rod Draper
1971-72	Hilary Ellis	1999-2000	Trevor Wilson
1972-73	Roy Kilkenny	2000-01	Rosemary Wilcox
1973-74	Keith Gibbs	2001-02	Ian Musgrove
1974-75	Eric Thornton	2002-03	Peter Peyton
1975-76	Vin Ross	2003-04	Bernie Lamers
1976-77	Arthur Morgan	2004-05	Lindsay Gale
1977-78	Arthur Grubb	2005-06	Carla Finocchiaro
1978-79	Bryan Steele	2006-07	Richard Gozdzik
1979-80	Laurie Bryant/ Don Andrews	2007-08	Les Price
1980-81	Bill Wonder	2008-09	Les Woodland
1981-82	Jack Morris	2009-10	David Sullivan
1982-83	Keith Porter	2010-11	Rosemary Wilcox
1983-84	Norm Griffiths	2011-12	David de la Coeur
1984-85	David Warry	2012-13	Peter Fitz
1985-86	Vin Murphy	2013-2014	Peter Byrne
1987-88	Sandy Mead		