

# ROTARY CLUB OF PRESTON Inc.

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

**Meets Wednesday, 12.30pm**  
Darebin RSL Bell St, Preston

**District Governor:** Stephen O'Connell

**Assistant Governor:** Pat Solibakke

## CLUB BULLETIN

October 2, 2024, Vol. 64, No. 14



**President**  
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### Office Bearers

Vice President: David De La Coeur  
Hon. Secretary: PP Geoff McIlvenna  
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Treasurer: Frank Smith  
Past President: Kannan Subramanian  
President Elect: YOU?

### Directors/Board

Peter Peyton, Peter Gilbert, Gerry Lyons, Peter Byrne  
Kannan Subramanian, Chris Shields Paul Smarrelli

**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.**

## OFFICE BEARERS & BOARD DIRECTORS

<p><u>International</u></p> <p><b>Director:</b>  <b>P Peyton</b>          J Roose          S Still          E Boateng          G Mogford          K Agawal</p>	<p><u>Youth</u></p> <p><b>Director:</b>  <b>G Lyons</b>          E Price          P Conte          N Lyons</p>	<p><u>Vocational</u></p> <p><b>Director: Chris Shields</b>          C Finocchiaro          N Schaber          C Verrocchi          Joe Morris          J McCarthy          E. Stevens</p>	<p><u>Community</u></p> <p><b>Dir: P Smarrelli</b>          M Walsh          D De La Coeur          D Sullivan          N Pinder          E Price (Police Awards)          Abdulkadir Hassan</p>
<p><u>Environment &amp; Conservation</u></p> <p><b>Director:</b>  <b>Peter Byrne</b>          D De La Coeur          R McCall</p>	<p><u>Foundation</u></p> <p><b>Director:</b>  <b>K Subramanian</b>          E Price          P Gilbert          I Musgrove</p>	<p><u>Membership &amp; Retention</u></p> <p><b>Director: P Gilbert</b>          G Mcllvenna          R McCall          P Smarrelli</p>	<p><u>Secretary</u>  <b>G Mcllvenna</b></p> <p><u>Treasurer</u>  <b>F Smith</b></p> <p><u>Special Projects</u>  <b>P Smarrelli</b></p>

### CLUB ADMINISTRATION: Gerry Lyons

<p><u>Youth Exchange</u></p> <p>-          E Price          P Gilbert</p>	<p><u>Bulletin</u></p> <p><b>J McCarthy</b>          P Peyton          P Gilbert</p>	<p><u>Fundraising &amp; Circus QuirkuS</u></p> <p><b>Chair: W O'Neill</b>          F Smith          G Mcllvenna          P Smarrelli</p>	<p><u>Attendance</u></p> <p><b>G Mogford</b>          G Mcllvenna          P Smarrelli</p>	<p><u>Cashiers</u></p> <p><b>P Gilbert</b>          N Schaber          G Mogford          E Price          P Conte          M Walsh</p>	<p><u>Programmes</u></p> <p><b>G Mogford</b>          R McCall          P Smarrelli          P Gilbert</p>
<p><u>Family of Rotary &amp; Club History</u></p> <p><b>P Peyton</b>          P Gilbert          G Mcllvenna          P Smarrelli</p>	<p><u>IT / Website / Facebook / Public Relation</u></p> <p><b>R McCall</b>          G Lyons          N Lyons</p>	<p><u>Club History &amp; Information</u></p> <p><b>P Peyton</b>          P Gilbert          G Mcllvenna          P Smarrelli</p>	<p><u>Sergeants</u></p> <p><b>D Sullivan</b>          D De La Coeur          P Byrne</p>	<p><u>RIMERN</u></p> <p><b>R McCall</b>          E Price</p>	<p><u>House</u></p> <p>Joe Morris          N Pinder          D De La Coeur          G Mogford          G Mcllvenna            P Smarrelli</p>
<p><u>World Conference</u></p> <p><b>P Gilbert</b></p>	<p><u>District Conference</u></p> <p><b>G Mcllvenna</b></p>	<p><u>Fellowship</u></p> <p><b>E Price</b>          P Byrne          G Mcllvenna</p>	<p><u>Police Awards</u></p> <p><b>E Price</b>          GMcllvenna          K Subramanian          P Smarrelli</p>	<p><u>Birthday Cards</u></p> <p><b>G Smith</b></p>	<p><u>Welcome</u></p> <p><b>P.Peyton</b>          Joe Morris          E Price          C Finocchiaro</p>

## SPEAKER LAST WEEK



Speaker last week was **Julie Armstrong**. Julie is a member of the Rosanna CWA and her special attention goes to **HOPE IN A SUITCASE**, the subject of her talk.

Julie Armstrong is a registered nurse and has served at hospitals as PANCH, The Austin, Northern and Montmorency, to mention a few. Most members would be aware of PANCH, a 380 bed public and specialist hospital opened in Bell Street in mid 1960. Three Preston Rotarians were instrumental in its establishment.

Today, Julie is very involved in the NFP charity HOPE IN A SUITCASE (HIACS).

The field covers out-of-home children from newborn to 17 years of age. In many cases, the picture of the out-of-home child tells the story. A child will often enter foster care with only a plastic bag of belongings. These bags are then dragged around with them to each placement. Sadly for many kids, they will move multiple times.

HIACS carries the principle EVERY CHILD MATTERS. Every child deserves an awareness of its self-worth. They need the feeling of being loved and the hope for the future. Carrying a plastic bag of possessions from location to location is the road to self-destruction.

HIACS seeks to provide every out-of-home-care child with a suitcase full of essential belongings they can own. This is a suitcase of HOPE. The suitcases are filled with essential items such as toiletries, (sanitary items for the older girls), underwear, a set of pyjamas and a change of clothing. For the younger children, the cases also include something to cuddle, a toy, a book to read, a journal or colouring-in books and pencils to encourage creativity and provide a distraction away from their turmoil.



In 2023, 5013 suitcases went to worthy children in Australia.

Depots can be found around Melbourne and throughout Australia. Donations accepted: visit [www.hiasc.org.au](http://www.hiasc.org.au)

## THE FAMILY OF ROTARY



**Julie Morris 8/10/14**

**VISITORS LAST WEEK:** Two visitors attended last week's meeting, **Kate** and **Rodger Howard**. Rodger is the current President of the Rotary Club of Mudgee. 260kms N/W of Sydney, Mudgee was close to early gold digging days and then wineries became popular. There are over 60 wineries in the area. Early history describes brutal exchanges between the indigenous people and foreign settlers.

Today two local Rotary clubs around Mudgee are proud of their 'Men's Health Education Rural Van'. The van has a full-time nurse and, with the help of local community nurses, it conducts health tests amongst rural men. This is a great Rotary Mental Health Month reality!



**FROM LITTLE THINGS BIG THINGS GROW:** Hearing recently from **Joan Roose** in India, Joan echoes that song by Paul Kelly and Kev Carmody telling of the Gurindji people's struggles at Wave Hill Station. From her Indian base Joan writes:

*"It's amazing how many organizations are working to alleviate poverty, provide sanitation and clean water. It seems sometimes like we are making little progress, but instead of looking at the big picture, we need to focus on our small part of it and keep it going". GO JOAN!*

## CLUB NEWS

**FOODBANK:** **Foodbank** delivery to the Reservoir East Neighborhood House, Tuesday 8<sup>th</sup> October. Truck will arrive between 10.30am and 11am.

**BUNNINGS BARBIE** : The next **Barbie** will be Saturday 12<sup>th</sup> October.

**INVITATION:** **Do you have a friend or relative who is very senior (95+)? Join us for lunch 16<sup>th</sup> October.**

The Rotary Club of Preston would like them to attend a complimentary celebratory lunch in their honour celebrating their life and longevity. We would like to read out a short story of their life as part of the invitation, this is welcomed but not compulsory, please submit before the date. A person attending with a senior also receives a complimentary lunch a two-course meal with tea or coffee provided. Any additional guests will be charged \$25.



**St Georges Restaurant at NMIT 12.15 – 2pm** Contact immediately via **Facebook** Rotary Club of Preston (Melbourne) **Website** [www.rotary-prestonaust.com](http://www.rotary-prestonaust.com)

**Phone** David 0418 351 034 **Email** [davidd@easytowers.com.au](mailto:davidd@easytowers.com.au).

**MEMBERS – NOTE LOCATION for Wednesday 16<sup>th</sup> October**

**MEN WANTED:** Researchers at Swinburne University are looking for men to take part in a study

**Who?** Adult men living in Australia, who have experienced prolonged **potentially**

traumatic experiences at some time in their life such as:



- growing up with someone with mental illness or drug/alcohol problems
- being exposed to violence
- emotional or physical abuse or neglect, or
- sexual abuse

**What?** Complete a survey (up to 60 minutes).

Opt in for a chance to win 1 of 8 \$50 eGiftcards

Visit: <https://tinyurl.com/men-trauma>

For further information contact Phillipa Huynh: [phuynh@swin.edu.au](mailto:phuynh@swin.edu.au)

## Weekly Roster October - December 2024

**PLEASE ARRANGE A REPLACEMENT IF YOU ARE UNABLE TO ATTEND**

	WELCOMES	CASHIERS	SERGEANT	CHAIRPERSON
Oct 2	Peter Peyton	Norbet Schaber & Gary Mogford	K Subramanian	Elaine Price
Oct 9	Ian Musgrove	Norbet Schaber & Elaine Price	Peter Byrne	Paul Smarrelli
Oct 16	Eileen Stevens		Max Walsh	Ruth McCall
Oct 23	Chris Shields	Norbet Schaber & Paul Smarrelli	D De La Coeur	Gerry Lyon
Oct 30	Norm Pinder	Gary Mogford & Peter Peyton	Ruth McCall	Peter Peyton
Nov 6	Carla Finocchiaro	Peter Gilbert & Gary Mogford	Peter Byrne	Chris Shields
Nov 13	Abdulkadir Hassan	Norbet Schaber & Peter Gilbert	Gerry Lyon	Elaine Price
Nov 20	Eileen Stevens	Norbet Schaber & Elaine Price	D De La Coeur	K Subramanian
Nov 27	Ian Musgrove	Peter Gilbert & Peter Peyton	Max Walsh	Paul Smarrelli
Dec 4	Norm Pinder	Gary Mogford & Chris Shields	Gerry Lyon	Ruth McCall
Dec 11	Carla Finocchiaro	Peter Gilbert & Elaine Price	Ian Musgrove	Peter Byrne
Dec 18	Abdulkadir Hassan	Norbet Schaber & Peter Peyton	Peter Byrne	Chris Shields



**FRIENDS OF MERRI CREEK** can always use counters/diggers/cleaners. Below are just a few of their coming activities – all working with one’s environment.

Bookings essential: Phone:(03) 9380 8199 Email: [admin@mcmc.org.au](mailto:admin@mcmc.org.au)

[\*\*FOMC: Merri Park subgroup Working Bee\*\*](#)

05 Oct. 2024 10:00AM - 12:00PM

### UPCOMING SPEAKERS

Oct-02	Wellways	Ryan Christie
Oct-09	Lift the lid "Hat Day"	Community
Oct-16	Old folks lunch	
Oct-23	Koori court	
Oct-30	Lemur	Paul Lloyd
Nov-06		
Nov-13	Police Awards	Community

**LIFT THE LID WALK:** For Mental Health 2024. Sunday October 13<sup>th</sup>. All funds go directly to Youth Mental Health Research. Start from 10am onwards around Coburg Lake Reserve; commencing at The Stage, Coburg Lake Reserve. Approx. \$30 adults. Kids under 15 walk free.

A Walk, NOT a *race* - from Coburg Lake along the Merri Creek trail to Queen’s Pde and back. 4kms or walk it twice for 8kms.

**THE ROTARY CLUB OF ALTONA CITY** has invited Preston Rotarians and friends to their club to attend their night meeting on Tuesday, 1<sup>st</sup> OCTOBER. The club is holding a fun/games night to raise funds for **LIFT THE LID ON MENTAL HEALTH**. More information from Sec Geoff.

**WHY MENTAL HEALTH? WHY MENTAL HEALTH? WHY MENTAL HEALTH?**

**Please have a second read . . . .**

(from Australian Rotary Health) *“Tragically, eight people take their own lives every day and there is an attempted suicide every eight minutes”.*

- *“Almost one in five Australians will experience a mental illness in a 12-month period and almost half the population will experience a mental illness at some stage in their lives”*
- *“At least one third of young people have had an episode of mental illness by the time they are 25 years old”*
- *“14% of children aged 4-11 have experienced a mental disorder”*

- “ *Mental illness is not discriminatory and no one is immune to mental health problems*”

By continuing to create public awareness to break down the stigma of mental illness and to raise funds for mental health research, Rotarians can make a positive step towards improving these outcomes. World Mental Health Day is Thursday **October 10, 2024**



**ROTARY COMMUNITY RAFFLE:** The club is taking part in the raffle run by the rotary club of Mooroopna.

Secretary Geoff has a bag-full of books on offer with Preston receiving a share of the takings. Roll up! Roll up!

## **MENTAL HEALTH FACTS AUSTRALIA**

According to the Australian Institute of Health and Welfare:

1. 45% of Australians will experience a mental health challenge in their lifetime.
2. Annually, 3.8 million that is 1 in 5 Australians will experience a mental health challenge.
3. Of these, 730,000 Australians experience a mental health challenge that is constant and has major life-limiting impacts.
4. People, who have received a diagnosis of psychosis and are being treated, are likely to have poor health outcomes. They are 3 times more likely to have diabetes and 1.5 times as likely to have a heart condition.
5. Poverty, unemployment and homelessness are commonly associated with a constant mental health challenge.
6. People with a constant mental health challenge often experience social isolation, discrimination and stigma.

## **DISTRICT CONFERENCE – ALBURY 2025**

**Friday 11<sup>th</sup> - Sunday 13<sup>th</sup> April**

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