THIS WEEK’S MEETING

HEADS UP for HATS ON!

Club members and guests are invited to support this year’s Lift the Lid on Mental Illness Fundraiser by either paying $5 for wearing your or our favourite headgear - hats, beanie and fascinators all welcome!

Watch out!! should you choose not to cover your head.

Our guest speaker Peter Norton - Professor of Clinical Psychology, Monash University will help us focus on the important topic of mental illness with his topic “Mental health in Australia: The Good, the Bad, and the Frustrating”

All funds raised will be donated to Australian Rotary Health’s National annual fundraising day for mental health research. Funds raised by our Club are being directed to a PhD Project at Alfred Hospital being supervised by our own RCM Member Prof Sue Davis “Mental Health in Young Women”. This project has been adopted as a District 9800 project.

The Lift the Lid campaign, founded by ARH Vice Chairman Greg Ross, started in 2016 in partnership with Rotary Clubs of Victoria. The event was such a success that it has now been extended to all Rotary Clubs across Australia.

Each year approximately 1-in-5 Australians will experience a mental illness and in order to help future generations of young Australians, we need to look ahead through research and find out how we can prevent this type of illness occurring.

Please consider how you can support this important initiative by participating in a fun Lift the Lid lunch on Wednesday 10th October.

PROF. PETER NORTON, CLINICAL PSYCHOLOGIST MONASH UNIVERSITY

Dr. Peter Norton is the Professor of Clinical Psychology at Monash University in Melbourne, Australia, and Director of the Monash FEAR Clinic. He is the author of over 140 research papers and three books, mostly focusing on transdiagnostic approaches to understanding and treating anxiety and depressive disorders. He directs the FEAR Clinic, a specialty research and training centre at Monash University. Professor Norton was recently elected as a Fellow of the American Psychological Association.

Anxiety disorders represent one of the most prevalent and costly psychological disorders in the world, have an estimated economic impact of over $46 billion per annum, and are associated with sizeable disability and quality of life impairment. Additionally, anxiety disorders seldom present alone, with rates of comorbid anxiety and mood disorder diagnoses as high as 60%. Professor Peter Norton, a world-leading expert in anxiety disorders, is a pioneer in transdiagnostic models of anxiety disorders - models which reconceptualise the common and unique factors across anxiety diagnoses - in an effort to develop treatments targeting the core features of anxiety disorder.

Born in Canada, Professor Norton received his Ph.D. from the University of Nebraska-Lincoln. The initial conceptualisation for his research came from two influences: (1) the seemingly arbitrary nature of some lines of division among anxiety disorder diagnoses, and (2) the highly similar psychosocial and pharmacological treatments applied between diagnoses. Simply put, two fears might be extremely similar but be given different anxiety diagnoses (e.g., agoraphobia and social phobia) while two other fears may appear very different but be given the same diagnosis (e.g., obsessive-compulsive disorder), and yet the treatments for all of these are functionally identical.

Professor Norton’s work also includes refining treatments for anxiety and emotional
disorders to improve dissemination and accessibility, and modifying assessment and treatment procedures to increase cross-cultural appropriateness, using a variety of clinical, questionnaires, and experimental methodological approaches.

UPCOMING SPEAKERS

17 Oct: Brent Phillips, Director, Language, Partnerships & Innovation of Expression Australia (formerly Vicdeaf)
24 Oct: Dr Alberto Calderon, MD & CEO Orica
31 Oct: Melbourne Cup Lunch
07 Nov: Sir John Reid Community Service Award
14 Nov: Lord Mayor's Annual Address

LAST WEEK’S MEETING

WARWICK GATELY AM, VICTORIAN ELECTORAL COMMISSIONER

Of particular interest from Warwick presentation was the logistical nature of his current role and the extraordinary demands in terms of planning for the Victorian Election with in excess of 4 million voters.

The current staffing of the VEC is normally around 100 people. Warwick indicated they had to employ 25,000 people for the election and they all needed to be paid superannuation for the short period of time they were employed!

Some 7 kilometres of paper was required to print all the voting papers! Thank you Peter Dakin, Chairperson.

CLUB EVENTS & NEWS

RCM COMMUNITY FOUNDATION IMPORTANT NEWS

The launch of the Rotary Melbourne Community Foundations Flyer will hopefully provide a clearer understanding of how these two Funds work to provide the financial support for RCM’s local and international Projects. The RCM Community Foundation (RCMCF), receives tax-deductible donations and the Community Foundation Extension Fund (RCMCFEF) non tax-deductible donations. This fund is particularly suitable for bequests.

We are asking all our members to help us build the corpus of our Foundations, so that the increasing income will enable us to do even more to help disadvantaged people. You can also make a Bequest through your Will or add a Codicil to your existing will.

If you would like further details about RCM Community Foundations, please contact Sue McDonald.

THE STORY OF THE MICROPHONES!

This is a ‘good news’ story for us all. There have been copious efforts to get the microphones to show us more respect! IPP Mary was one of few who was able to ‘crack’ the old single microphone, and for months we would draw breath wondering how well our speakers would cope, and how often we would have to try and adjust the mike.

Now, as part of the recent refurbishment, Sofitel has – after much pressure from Jo and President Robert to set up a double microphone – come up with a very ‘sound’ solution! Along with a new amplifier, the quality and stability of the new sound system has been very satisfying for both our members and speakers.

We also need to acknowledge Mark Pinoli, who has done a great job making the most of what has been made available as he records the Speakers and later does his cutting, pasting, enhancements and loading onto our Website for Members and the public. Thank you Mark!

OUR DONATIONS ARE ON THEIR WAY

This week, DIK volunteers completed the 3 shipments of donations to the Philippine typhoon victims, with the pickup of the last 20 boxes.

Thirty five packing lists were prepared serving as Customs bills of lading and used for tracking purposes of the shipments. Ruth Carlos Martinez is watching as the boxes make their way from Australia to Busan, Korea to Philippine Pier and Customs clearance, through to land transport of 12 hours travel to the struggling villages.

Members helped Ruth with the packing process and DIK and donated $2,000 towards freight costs, the balance of $1,150 being donated by DIK.

It was pointed out to Editor that there can be a real buzz in donating time out at DIK.
For one of our well known and most respected Members, it provided a chance to drive a "fork lift" which was an activity that was "just a dream" for this Member as a young laddie!

BOARD NOMINATIONS PLEASE
Nominations may be made in any number by any member in writing, each nomination to be signed by the nominator (other than the nominee) and another member of the Club, and to carry an acceptance of nomination signed by the member nominated.

- Following two (2) Directors are retiring: Joseph Ebbage and Chris Stillwell.
- Following 5 Directors will be continuing for 2019-20: Peter Addison, Peter Davis, Dorothy Gilmour, Bernie McIntosh and Amanda Wendt.

The newly elected Members will serve for a period of two years 01 July 2019 - 30 June 2021. To be eligible to serve as a Director a Rotarian shall be an active member in good standing in the Club.

Nominations must be received by the Honorary Secretary – Keith Callinan by 2.10 PM, Wednesday 7th November 2018.

Keith Callinan
Honorary Secretary
E: secretary@rotaryclubofmelbourne.org.au

OUR CLUB'S FUNDRAISING BREAKFAST 2019
The history of this event over the past 7 years, has been formidable. International Women's Day is March 7 and Kerry Kornhauser created this Breakfast at Crown Palladium along with a few volunteers 8 years ago. Over the past 7 years, this event has had a total audience of over 8,000 people and raised over $200,000!

The planning for 2019 commenced 2 months ago with the Crown Palladium booked. The following is just a mere "snapshot" of how this Event happens annually:

- Meeting monthly with as many Members and friends who provide the ideas, contacts, supports;
- September/October seeking and inviting Panelists, Moderator, MC. Inviting, co-ordinating with agents etc. etc;
- September/October/November finding Sponsors! Inviting and organising (Big issue each year!)
- By December we need Bill Board sites planned and "locked down";
- Connecting and ensuring all Sponsors, Panelists, MC & Moderator are "locked in" so we can design Flyers, Advertising, table "give aways" and all promotional material;
- Thirty local/rural public and private schools are invited in November, with co-ordination and follow up until the event;
- Marketplace created in foyer of Palladium - Invitation to stall holders, planning, co-ordination for the Event etc;
- Raffle organisation -- finding prizes of value and co-ordinating a team to run this important fund raising element;
- Ticket sales, coordinated, listings, table placements;
- Menus (dietary requirements)
- Sound equipment;
- "Green Room" on the day for Panelists, MC and Moderator to be welcomed;
- Videos of sponsors, Champions, Rotary District 9800 projects and key Rotarians et al. to be organised and recorded.

How can YOU provide some support to all of the above? This is not a long term request for assistance, it is merely a few months or minutes of your time. We cannot showcase and raise money without help.

Please talk to Kerry Kornhauser, David Carruthers, Dorothy Gilmour if you would like to support through sponsorship, time, connections with people, ideas, raffle prizes, bill board sites or just help on the day.

Next meeting for anyone interested:

Date: Wednesday, 10 October
Time: 7.30 pm
Address: 523 Orrong Road, Armadale (Kerry Kornhauser)

NOMINATIONS for YOUNG ACHIEVER AWARDS 2019
Each year the Rotary Club of Melbourne offers a number of awards to reward excellence in education, training, and vocational contributions to our community.

The Rotary Club of Melbourne Young Achievers awards recognise and honour three outstanding young Victorians with an award and a cheque for $1,500. Awardees are invited to a luncheon meeting where a cheque and a Certificate of Achievement are presented.

If you know of persons who may qualify for this award, please discuss this with Reg Smith, Iqbal Reta, Dorothy Gilmour or other members of the Vocational Service Committee.

In 2019, the awards are expected to be presented in May. Awardees briefly address the Club on their experiences and aspirations.

The following criteria are considered when deciding the successful recipient:

- candidate must be between 18 and 26 years of age;
- candidate must have demonstrated outstanding success in vocational training, academic, sporting, artistic or business pursuits;
- candidate must have also made a significant contribution in the form of service to the community;

Expressions of interest are called for by the 28th Feb 2019.

Enquiries should be directed to the Rotary Club of Melbourne Vocational Service Committee.

Nominations may be made by email to the Vocational Service Committee (office@rotaryclubofmelbourne.org.au) or preferably through the Club website. You will need to download the required nomination form.

It should include a CV, an outline of educational and vocational achievements, details of community service activities, and be supported by a nominator and referees who can attest to the merit of these achievements.

To access the RCM website please click on the hyperlink provided below: http://www.rotaryclubofmelbourne.org.au

SHINE ON AWARDS 2019

Well it is time to get to it and reach out to your local community and identify people with a disability, who are worthy of Shine On recognition. Let’s make this year better than ever for the selection panel and give them many outstanding nominees to consider.

RI Southern Districts ‘Shine On’ is a multi-district project covering all of Victoria (and small parts of SA and NSW), and acknowledges exceptional service to others by people with disabilities.

Clubs may nominate people who meet the criteria and all nominees will receive recognition with a Certificate of Commendation. To be eligible, nominees should:

- Demonstrate the active involvement of the nominee in community service for the benefit of others and have demonstrated a significant level of personal achievement whilst managing a specific medical disorder/disability, and be endorsed by Rotary Club.

Examples of personal achievement may include:

- Leadership and/or mentoring of others with the disability Membership and/or leadership in community groups Service to the community and/or a history of community achievement including other special awards or forms of recognition.

Nominations may be made by anybody in the community and are open to people aged over 15 years:

- Each Nomination must be endorsed by a Rotary club.
- The nominee must sign a consent form and include a small or passport sized photo, as well as other supporting documentation.

Contact Cynthia Edgell or go to the ‘Shine On Recognition’ page at Rotary District 9800 website to download the nomination Form. Shine_On_Nomination_Form.docx
Nominations close on 15 December 2018.

The Shine On Recognition ceremony will take place on Sunday, 7 May 2019 at the Italian Sports Club of Werribee, hosted by the Rotary Club of Hoppers Crossing.

CLUB REMINDERS

'IGNITE’ PROJECT: ROTARY CLUB OF MELBOURNE EVENT

This is very exciting on all levels as it not only lends support to artists with a disability by increasing greater visibility of their work, but provides a potential source of income through our acquisition or leasing of their high quality works providing us with a new piece of art on our wall!

AAV works with artists who have a disability and seeks to assist each artist earn an income from his or her special talent. This focus aligns with Melbourne Rotary’s involvement in Welfare projects, to include the objectives of the Arts Committee which is to assist and aid vocational opportunities for lesser advantaged groups in our community.

The Ignite Project has a simple premise. Together it is proposed that Rotary and AAV will be holding a launch event on Thursday 25 October 2018, which will be opened by Minister Foley, who is Victorian State Minister for Housing, Disability & Ageing. See the attached Flyer:

\[Ignite\_Oct\_2018[1]_1.pdf\]

The event will be held at the South Melbourne Town Hall, from 6-7.30pm and will take the form of an arts exhibition with about 30 art works on display. All attendees will also be provided with a printed catalogue, in colour, which will feature a far wider range of artworks.

The exhibition will launch a planned program of acquiring or leasing high quality artworks from artists with disabilities. Club Members and their guests will be able to meet some of the artists and hear directly about the benefits of leasing artworks from artists with disabilities which is already happening in selective Government and corporate offices and private homes.

It will also be a great opportunity to invite guests, and provide a demonstration of Rotary in action to help disadvantaged communities to help themselves.

MEMBER HIGHLIGHTS

MEMBER MILESTONES

Membership Milestones celebrated recently: Legends!

- 04/10 - Eleanor Onibere 1 year
- 05/10 - Peter Dakin 30 years
- 08/10 - Bill Philip 37 years

OTHER INVITATIONS

RSVP/Enquiries to John Peberdy
Email jpeberdy@bigpond.net.au or mobile 0417 943 524
23 October: RC of Southbank, Octoberfest Dinner
09 November: RC of Horsham, 90th Anniversary Dinner
28 November: 26th RC Central Melbourne, Paul Harris Fellow Breakfast

'PRANCE IN THE PARK’ for POLIO

Rotary Prahran's PP Susie Cole is promoting a walking event on Sunday, 18 November which all Members are welcome. “Prance in the Park” invites us to sponsor a Prince, Princess or favourite Punk, push, walk, run 5 kms. around Albert Park Lake to support the End Polio campaign. https://endpolioprance.raiseley.com

LATEST CONFERENCE NEWS

KATIE WILFORD - GLOBAL SCHOLAR
Katie gave a presentation to the Rotary Club of Diamond Creek recently and from that event, Katie has been invited to be a Speaker at the Multi-District Conference in February.

Katie wrote: "I have graciously accepted DG Bronwyn Stephen's offer. At this time, all I know is that I will have 10-12 minutes to speak at the D9800 session on 17 February to a crowd of 600-700. I wanted to spread the good news to you and am looking forward to this great experience!" We wish you well Katie.

VALE

VALE - PDG VANCE HILTON

As a Charter Member, Past President and Paul Harris Fellow, Vance served the Rotary Club of Flemington as Secretary from its Charter and in 1987-1988, as President in 1995-1996. The Club made him an Honorary Life Member in July this year.

Vance Hilton was selected to serve as the District 9800 Governor in 1999-2000 and led a very successful District Conference in Canberra. He later served on the Australian Rotary Council of Governors and as a Board Member of Rotary Down Under from 2004-2010. He was Rotary Down Under chairman from 2008-2010, and was awarded the RDU Distinguished Service Award in August 2011.

Vance was also a Knight of the Order of St John of Jerusalem, an invitation extended to him by Royce Pepin of the Rotary Club of Footscray in 1978.

During Vance’s year as District Governor, one Ian Riseley also served as District Governor in his district. The Rotary theme for that year under then Rotary International President Carlo Ravizza, of the Rotary Club of Milano Sud-Ovest, Italy was “Act With Consistency Credibility Continuity”. This was an ethos which Vance followed. He embodied the ideals of Rotary in all his business dealings and was a dedicated Rotarian.

Our sympathies are extended to his widow Olga, Past President of the Rotary Club of Melton and to his family. Vance will be farewelled at a service at Overnewton Castle, 51 Overnewton Road, Keilor on Monday October 8th at 1pm. A Private burial will follow. Donations to Parkinson’s Victoria in memory of Vance are welcomed.

GREETINGS

Happy Birthday this week to Austen Burleigh (TODAY!), Peter Doherty, Nick Pelham, James Pullar

LAST WEEK’S GUESTS

Guests of the Club: Warwick Gately (Speaker).
Guests of Rotarians: John Capel (John Green).

On Duty this week: Serena Low, Keith Callinan, Trevor Hill, Bill Philip, Rob Helme (Wine), Cheryl Lacey (Photos)

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