



Paul Katz, Executive Clinical Director of Mental Health and **Paul Leyden**, Mental Health Program Director, Eastern Health Foundation, gave us an insightful and penetrating presentation into the Mental Health of Australia. Kept us spellbound for long after the usual length of time for presentations. The questions and comments were many!



Fellowship, and Camaraderie
Service to the Community
Support of Each Other
Peace Through Service

Rotary Club of Fern Tree Gully Inc.

Volume 50 No 41

20th May 2013

INCORPORATED REG. No. A0023463V
DISTRICT 9810 VICTORIA AUSTRALIA

CHARTERED: 16th May, 1963

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Website: www.ferntreegullyrotary.org.au

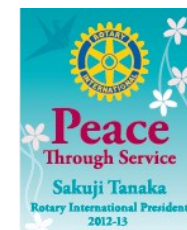
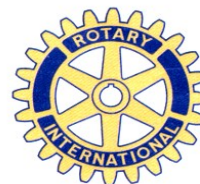
WEEKLY BULLETIN

ROTARY CLUB OF FERN TREE GULLY
50TH ANNIVERSARY
2013

President, Rotary International - **SAKUJI TANAKA & Kyoko**,
Rotary Club of Yashio, Saitama, Japan

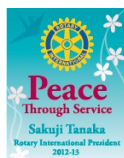
District Governor, Dist. 9810 – **BRIAN MARTIN & Sue**,
Rotary Club of Box Hill Central

President, Rotary Club of Fern Tree Gully – **GRAEME ASPINALL**
Benefactor, Rotary Club of Fern Tree Gully – **IVAN GIGOVIC**, Vale: August 2003





THE ROTARY CLUB OF FERN TREE GULLY INC., 2012-2013



The Board

PRESIDENT	-	Graeme Aspinall
PRESIDENT ELECT	-	Phil Walters
SECRETARY	-	John Flemming
TREASURER	-	Enid Hughes
PAST PRESIDENT	-	Enid Hughes
COMMUNITY	-	Julie Goodchild
VOCATIONAL	-	Phil Walters
INTERNATIONAL	-	Paul McAloney
NEW GENERATIONS	-	Greg Downes

Office Bearers

FOUNDATION	-	Robert Dawson
MEMBERSHIP & MARKETING		Graeme Aspinall
FELLOWSHIP	-	Fran Mandergheddes
PROGRAM	-	Mike Spark
BULLETIN EDITOR	-	Enid Hughes
Aus. Rotary Health	-	Graham Faulkner

THE FOUR-WAY TEST

Of the things we think, say or do :-

- Is it the **TRUTH**?
- Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned?



PAST PRESIDENTS :

1963-64	HALL Frank	1989-90	FREGON John
1964-65	THOMSON Ken	1990-91	VIZE Stuart
1965-66	CLARKE * Harold	1991-92	ADAMS Brian
1966-67	MARTIN Laurie	1992-93	WYLIE * Peter
1967-68	ELDRIDGE Jeff	1993-94	ASPINALL Graeme
1968-69	RUSSELL Harry	1994-95	MOORE Robert
1969-70	CHAPPILL Geoff	1995-96	WILLINGHAM Ed
1970-71	COOK Duncan	1996-97	EDMUNDS Hilton
1971-72	CASTRICUM * John and MILLER Ken	1997-98	SPARK Mike
1972-73	LANGFORD * Greg	1998-99	FLEMMING John
1973-74	de JONGE Lawrence	1999-2000	OGLE Tony
1974-75	CRANE * Reeve	2000-01	YEATS Sandy
1975-76	BROWN John	2001-02	HALL Marilyn (First Woman President).
1976-77	FOSTER Ken	2002-03	McALONEY Paul
1977-78	CALLAHAN * Jack	2003-04	DAWSON Rob
1978-79	MILLER Ken	2004-05	MANDERGEDDES Fran
1979-80	RICHARDS John	2005-06	WALTERS Phil
1980-81	BEASLEY * Royce	2006-07	GOODCHILD Julie
1981-82	SHORTER Barry	2007-08	ASPINALL Graeme
1982-83	BOSCOTT Bob	2008-09	FAULKNER Graham
1983-84	BARUDAY George and DASBOROUGH Don	2009-10	LINCOLN Merv.
1984-85	MITCHELL * Ron	2010-11	LINCOLN Merv
1985-86	HURST Robert	2011-12	HUGHES Enid
1986-87	GLADWIN Bill	* Have "Passed on to meet Paul HARRIS".	
1987-88	ELLIOTT John		
1988-89	GUINEY * David		

Community Kitchen Roster - 2013

Guide Hall
Underwood Rd
Ferntree Gully (Next to train station car park)
Rotary roster - every second Wednesday, 5.30pm

DATE	ROTARIAN
22nd May	Caroline Wilhjelm
5th June	Paul Wilson
19th June	John Flemming
3rd July	Graeme Aspinall
17th July	Paul Wilson
31st July	Fran Mandergeddes
14th August	Virginia Rutledge
28th August	John Flemming
11th Sept	Paul Wilson
25th Sept	Graeme Aspinall
9th Oct	Enid Hughes
23rd Oct	Paul Wilson
6th Nov	John Flemming
20th Nov	Fran Mandergeddes
4th Dec	Virginia Rutledge
18th Dec	Enid Hughes

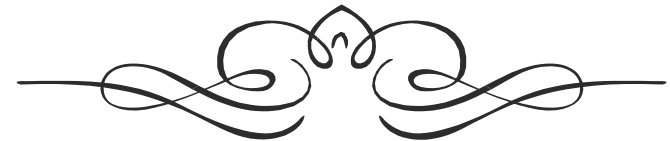
Dinner provided

Contact Julie Goodchild for more information: 0418 567 318



UPCOMING MEETING RESPONSIBILITIES

Date & Time:	Monday 20th May [6:30 for 7:00]	Monday 27th May [6:30 for 7:00]	Monday 3rd June [6:30 for 7:00]	Monday 10th June [6.30 for 7:00]
Venue:	Knox Tavern	Knox Tavern	Knox Tavern	Knox Tavern
Program:	Cambodia Today - Rural Poverty	No	Committee Meeting	Queen's
Speaker:	Dr King Gan	Meeting	N/A	Birthday
Committee Subject	N/A	Following	TBA	
Chairman:	Paul McA		Phil W	No
Cashiers:	Phil W & Stuart V	50th	Julie G & Bob H	Meeting
Grace & Toast:	Julie G	Anniversary	John F	
Rotary Knowledge	Mike S Rotaract & Inter- act	Celebration	Graham F Friendship Ex- change	
Sergeant-At- Arms:	Bob H		Paul McA	
Scribe:	Rob D		Angela L	



<i>Birthdays:</i>	None
<i>Wedding Anniversaries:</i>	None
<i>Induction to R.C. of F.I.G</i>	None

MINUTES OF MEETING: Monday 13th May, 2013

The meeting opened at 7.15 p.m. with President Graeme welcoming all members.

President Graeme announced:

- Introduced Paul Katz and Paul Leyden as the speakers
- District Presidents' meeting was held 10th May—DG did a wrap-up for the year.
- Tickets for the Great Community Raffle are now available—volunteers required for selling June-July.
- Red Shield Appeal intersection collection (25/26th May) —Roster circulated.

Chairman: Graeme Aspinall

CHAIRMAN'S REPORTS:

Secretary: John Flemming

- Distributed the mail

Apologies: Paul McAloney, Greg Downes, Stuart Vize, Rahul Mediratta

Treasurer: Enid Hughes

No report

Vocational: Phil Walters

- Peter Wylie Award—there has been a management change at AGA but this should not prove to be a problem.

Community: Julie Goodchild

No report

International: Paul McAloney

Absent—No report

New Generations: Greg Downes

Absent—no report

Club Service: Phil Walters

No report

Fellowship: Fran Mandergheddes

- Plans for the Fellowship dinners should be well advanced.

Other:

- Bowel Scan—100 sold so far; 50 or so returned for diagnosis.

Sergeant-at-Arms: Bob Hurst

Ripped us off with Murphy's Laws and other trivia.

Skill: Rob Dawson drew the 2 of Spades

PROGRAM: MENTAL HEALTH—Paul Leyden and Paul Katz

If we eat well, exercise, live in communities, we will live longer.

May 2013

As we are coming to the end of the Rotary year our thoughts are now with planning for 2013-14 with the annual District Assembly on this Sunday at Deakin University.

Don't forget that the District Changeover on Saturday 15 June at Kingston Links, Rowville. We look forward to celebrating the 2012-13 Rotary year with you on this important night.

This is the last What's On for this year. I would like to thank the editor, Lesley Arnolda for all her efforts to produce such a great set of electronic bulletins during 2012-13.

Regards

Brian Martin

District Governor 2012-13

Rotary District 9810 Victoria Australia

Australian Rotary Health Month

MAY is Australian Rotary Health Month

to read about unique and life-changing work that Rotarians around the country have helped to achieve!

Rotary Clubs : Please consider donating to ARH as the financial year comes to an end.

Learn more at: <https://www.australianrotaryhealth.org.au/>

FRI 24 MAY

6:30 pm

The Rotary Club of Templestowe

invites you to

2nd Annual Gala Dinner

for the

ABCD Lavena Primary School Project

Silent Auction - including fantastic artwork from the children at Lavena. See the ABCD website.

Book online at

www.trybooking.com/CQBS

CHANGE-OVER IS COMING !

ARE YOU GOING TO BE A PART OF THE TEAM ?
IF YOU HAVEN'T BEEN ASKED YET, PRESIDENT ELECT PHIL
WOULD BE MORE THAN HAPPY TO HEAR FROM YOU IF YOU'D
LIKE TO HELP.....
THERE ARE LOTS OF POSITIONS TO FILL !



Merv Lincoln
2009-11



Enid Hughes
2011-12



Graeme Aspinall
2012-13



Philip Walters
2013-14

Note the Blue Zones" (Google it) - a concept used to identify a demographic and/or geographic area of the world where people live measurably longer lives.

Foster health:

- | | | |
|--------------------------|-------------|---------------|
| • Service 750,000 people |] | Child & Youth |
| • 90,000 staff |] 3 streams | Adult |
| • \$760 m. budget |] | Aged |

Treat around 2,000 "clients" at any one time
Assess 6,000-7,000 emergency 'clients' each year.

Mental Health:

Seems to be increasing—1,000,000 in 2009—1,100,000 in 2019 (10% increase in 10 years). 100,000 of these are in Eastern Health Region.

National Recovery Model

- Changing the focus on the treatment of mental health
- Patient identified recovery
- A fundamental shift to care

Mental Health Act Changes

- To "modernize" treatment options
- Will give more control to patients and less 'mandatory' care

Depression

- One of the most common illnesses
- WHO rank as 4th on the most urgent health problem; expected to be No. 1 by 2020.
- 120 million worldwide have major depression
- Australia's most debilitating illness
- More than just feeling "down" and may last for several weeks or months.

Symptoms

- | | |
|---|---|
| <ul style="list-style-type: none"> • Change in sleep patterns • Change in appetite or weight • Change in sex drive • Decreased energy levels • Reduced motivation • Poor concentration/energy • Low self-esteem • Less ability to control emotions • Anxiety, loss of interest in usual activities | <ul style="list-style-type: none"> • Most undiagnosed and/or poorly treated • At risk <45 • Single/recurrent episodes • 5-10% of populations at any one time • Lethal condition—10-20% fatal (by suicide) |
|---|---|

Causes

- Biological—genetic/hormonal/biochemical
- Sociological
- Psychological

An excellent presentation that evoked deep thought and many questions and comments.

Meeting closed at 9.00 p.m.

Scribe: **Phil Walters**



PRESIDENT'S REPORT

Next weekend we have a busy period. On Saturday and Sunday many of our members have volunteered to assist with the intersection collection for the annual Red Shield Appeal. As a reminder, I have published below the times that Rotarians indicated there are available.

Saturday

9.00—11.00 a.m.

Phil & Pam Walters, John Flemming & Graeme Aspinall

11.00 a.m.—1.00 p.m.

Julie Goodchild, John Flemming, Graeme Aspinall, Enid Hughes

1.00—3.00 p.m.

Bob Hurst, Mike Spark, John Flemming

Sunday

9.00—11.00 a.m.

John Flemming (10.30), Phil & Pam Walters

11.00—1.00 p.m.

Paul Wilson, Graeme Aspinall

1.00 0 3.00 p.m.

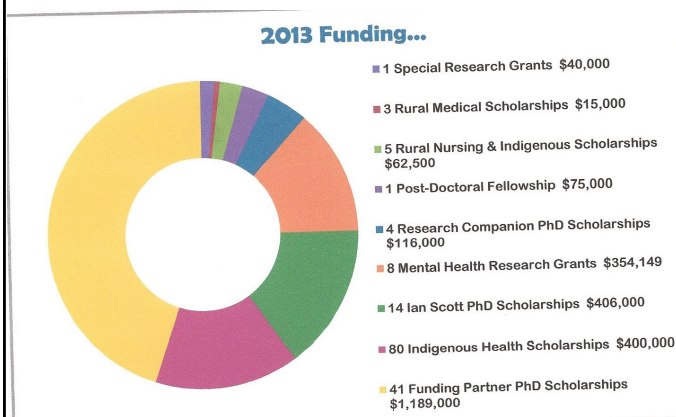
Enid Hughes

On Saturday evening we will celebrate our 50th Anniversary Dinner with a “Sixties” theme. Unfortunately there has been a disappointing response from former members of the club as far as attending this evening. Having followed up many of our more recent members we have not managed to increase the numbers. However, those past and/or honorary members who will be there will be given a warm welcome.

May is Australian Rotary Health Month. Rotary clubs and Districts will, this month, celebrate the largest national, multi-District project they have embarked on in Australia. Over 210 countries in the world have Rotary organisations and Australia is the only one to have, and name, its own health fund.

Australian Rotary Health has been funding research into SIDS, Bowel Cancer, Breast Cancer, Motor Neuron Disease, Diabetes and a variety of other health areas for over 31 years—expending \$31 million in the process. In 2000 they directed funds into Mental Health research as 45% of the Australian population will suffer a mental health difficulty during their lifetime and mental illnesses are now the leading cause of the non-fatal disease burden in our country.

Below is a pie chart showing 2013 funding:



That's all for this week.
See you on Monday.

Graeme Aspinall
President



Hi guys

Thanks again for your outstanding efforts in volunteering and supporting our Ferntree Gully Community Meal Night, this year our numbers have soared, and we are averaging around 64, which is great and also makes life a little more hectic in that tiny kitchen

Just to let you know your work does make a significant difference in the lives of the people we meet,

In case you hadn't heard, this coming Monday at 12 noon at the Arboretum in FTG is the memorial service for Doreen who sadly passed away recently

Also on Wednesday May 29 we have the mayor Karin Orpen coming along especially to recognize our volunteers, that's you, we would love to have you all there is you are able to make it even for a short while around 6.30pm

Have a good weekend

cheers

Stephen

Stephen Barrington
Foothills Community Care