

Rotary Club of Fern Tree Gully Inc.

INCORPORATED REG. No. A0023463V

DISTRICT 9810 VICTORIA AUSTRALIA

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President, Rotary International

K.R. (Ravi) RAVINDRAN
& Vanathy

Rotary Club of Colombo

Sri Lanka



District Governor, Dist. 9810 –

DAVID TOLSTRUP & Alison
Rotary Club of Box Hill

President,

PAUL McALONEY & Kay

Rotary Club of Fern Tree Gully

Benefactor,

IVAN GIGOVIC,

Vale: August 2003

Rotary Club of Fern Tree Gully



WEEKLY BULLETIN



HEADSPACE (Andrew Gardiner)

Delivers health care to young people—Andrew gave us all an really interesting insight as to how this organisation operates, giving assistance in working out mental, relationship and other health issues for young people who might not otherwise qualify for assistance from other recognised organisations.

Andrew's dissertation on the problems of ICE in our community was enlightening!

Thank you Andrew.

UPCOMING MEETING RESPONSIBILITIES

Date & Time:	Monday 7th September [6.30 for 7.00]	Monday 14th September [6.30 for 7.00]	Monday 21st Sept [6.30 for 7.00]	Monday 28th Sept [6.30 for 7.00]	Monday 5th October [6.30 for 7.00]
Venue:	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club	FTG Bowling Club
Program:	Committee Meeting	National Oral Health Plan	Interplast	CFA	Committee Meeting
Speaker:	N/A	Morris White	Len Brear	Graham Crichton	N/A
Committee Subject	TBA	N/A	N/A	N/A	TBA
Chair:	Mike S	Paul W	Rob H	Sean C	Paul McA
Cashier:	Paul W	John R	Sean C	Paul W	Fran M
Rotary Toast	Graham F	Fran M	Mike S	Enid H	Sean C
Rotary Knowledge	Rob D Puffing Billy	N/A	Enid H WASRAG	N/A	Graeme A The Joy of Retirement
Sergeant-At-Arms:	Graeme A	Graeme A	Graeme A	Graham F	Graham F
Scribe:	Christine A	Sean C	John R	Bob H	Christine A

<i>Birthdays:</i>	7th—Rob Dawson 8th—Anne Flemming 10th—John Flemming
<i>Wedding Anniversaries:</i>	None
<i>Induction to RC of Fern Tree Gully</i>	None



PAUL'S PONDERINGS

It is with regret that we have learnt this week that Virginia Rutledge has put in for Leave of Absence, until the end of the Rotary year due to work commitments. We will miss you Virginia and we look forward to the day when you return. Even though you are on Leave of Absence, you are most welcome to attend any social event that we may be having.

Don't forget our membership drive at Knox City, on the 19th Sept, we need as many as can attend even if it is only for a couple of hours. We desperately need new members.

Our speaker last week was Andrew Gardiner from Headspace Knox, which is an organisation that looks after the young people of Knox by providing counselling and advice. It is very refreshing that we have an organisation in Knox that provides this service. Once again ICE rears its ugly head, and how organisations such as Headspace have to deal with the growing demand for help from users of this evil drug.

This Monday is committee meetings, and board meeting, so we will catch you then.

Yours in Rotary
Paul



Paul McAleoney
President 2015-16

"THE WEEK THAT WAS"

Monday, 31st August 2015

The meeting opened at 6:56 PM with a toast to Rotary and President Paul welcoming all members and our guest speaker Andrew Gardiner from 'Headspace'

President Paul announced:

Said it was a great weekend because Collingwood had a big win over Geelong. Now with the important stuff out of the way he got onto more mundane Rotary business of which there wasn't very much this week.

Asked members to read the article from Mike Spark in last week's bulletin regarding the fellowship weekend away in early 2016 and to mention it to partners.

On a sad note President Paul made mention of the passing of Bart Cummings one of Australia's most notable identities in the horseracing industry.

Chairman: Graham Faulkner

CHAIRMAN'S REPORTS:

Secretary: Christine Anderson

- In correspondence we received a thank you note from last week's speaker thanking us for our generous donation.
- Received a letter from SCOPE
- Received a notice reminding members of the district seminar to be held on 9th October
- Request from Virginia Rutledge to take leave of absence for the rest of the Rotary year due to pressing personal matters

Apologies: Fran M, Mike S, Enid H, Rob D, John R, Virginia R and Sean C

Treasurer: Enid Hughes

No report as away on AG duties

Vocational: Paul McAloney Nothing new to report

Community: Graeme Aspinall

The community raffle has been won but we don't know by whom yet, Graeme will look into it and advise members next week

International: Virginia Rutledge

No Report

Youth: Paul Wilson

RYPEN is moving along and doing well

Club Service: Paul McAloney

No report

Fellowship: Fran Mandergeddes

As Fran was an apology there was no report but she asked President Paul to thank those members who attended the previous Friday's theatre night (unfortunately the play was not up to their usual standard)

Also reminded members of the upcoming concert at the Bur-rinja Cultural Centre in Ringwood in the PM on Sunday 20th September

Other: PP Stuart Vize wants all members to make sure that they save the new \$1 stamps for collection by him when they come into use.

Sergeant-At-Arms: P P John Fleming levied a tithe for some quotable quotes

Skill: one by Paul Wilson who drew the 4 of (?) (wouldn't have been any point in drawing the Jack as Graham F cleaned

out the kitty the week before)

PROGRAM: "Headspace" - Andrew Gardiner

Headspace is an organisation created to deliver healthcare to young people who too often do not qualify for assistance from any of the recognised organisations and government bodies in a conventional sense. It is aimed at the 12-year-old to 25-year-old age group and provides counselling for drug and alcohol issues, social relationships etc.

Many young people feel disenfranchised particularly when it comes to mental health issues and fall between the cracks for normal healthcare delivery.

'Headspace' has identified the barriers that young people face when they have to deal with issues like, family problems bullying, and relationships with both family and peers.

The program is national with federal funding, commencing in Knox 2 1/2 years ago and currently has 6 centres throughout Victoria with more on the way. Service is provided mostly free of charge to deal with mental health, drug and alcohol problems, money, vocational, sexual and medical health. There is a "drop-in" facility for young people at Knox, activities are provided free of charge are those such as:

Martial arts therapy group

Anger management group

How to cope with difficult relationships with parents, peers and authorities.

There is an online service called 'eheadspace' from 9 AM to 1 AM daily which provides online counselling which is ideal for young people in rural areas.

Andrew then went on to give the club members a rundown on Drugs in the Community particularly 'Ice'.

There are 3 major categories:-

- Stimulants
- Depressants
- Hallucinations

all of which effect the central nervous system differently. These drugs not only include more recognised drugs such as alcohol, heroin, amphetamines marijuana et cetera but speed and ice. On a scale of 1 to 10 speed would sit at the lower end of the stimulant effect whereas Ice is at highest being 10. These are dangerous drugs as they are manufactured out of a range of materials with no way of knowing what they contain. Generally as they passed from hand to hand from the original manufacturer to the end user they are diluted (cut) with whatever is available so that each supplier can pass on a similar quantity but lesser quality to make money out of the transaction. The end result being extremely dangerous.

Drugs affect not only the user but all of the people around the user including family, friends and the community at large. Ice is the worst type of drug to "get off" it can take anywhere from 3 to 6 months in detox.

Andrew provided a most enlightened insight into the lives of young people on the fringe of society and those in the drug world.

Meeting Closed at 8.35p.m.

Scribe: Robert Hurst

BRUNCH WITH ROTARY INTERNATIONAL DIRECTOR

GUILLER TUMANGAN & LETTE



In my role as Assistant Governor I rose early last Sunday and made my way into Carlton and Graduate House to gather with a roomful of other Rotarians representing just about all Victorian Districts where we all enjoyed brunch and a morning of terrific presentations from RI Director Guiller Tumangan and various District Governors (both past and present) from this multi-District gathering.

Great morning and well worth the effort of driving into the city on a Sunday morning!

Enid Hughes
Bulletin Editor

A fine Melbourne morning greeted us all, with a great brunch, lots of fellowship, and sharing ideas.

Yet another reminder of the great work done by Rotarians and partners, our many untold stories, and how much more there is to do.

Let's get stories of our work out there for more to see you never know, they may be inspired to join in our work.
[#WeAreRotary](#)



Rotary



Rotary Club of FTG

Proposed “Weekend away” at a Timeshare Resort

Many members have enjoyed “weekends away” at the Bright Resort (at Bright, obviously!) or at the Bellbrae Resort, near Torquay (that one’s a few years ago now!). It has been suggested that we repeat the “great away” experience in late February, 2016, and I have talked to the Resort company about availability of units for a group booking – if we book reasonably quickly, units are still available. (Note - the units are allocated and charged on a Friday-to-Friday basis, whether we stay the whole 7 nights or just a few weekend nights.) We have used my timeshare weeks in the past, and I’ve charged \$250 per room/couple for 3 nights from Friday afternoon to Monday afternoon (regrettably, nobody has been able to stay on for the rest of the week). I have only recovered \$500 per unit per timeshare week, but the cost per week has risen from \$640/week in 2011 to \$770 in 2016. This is because the resorts company has changed their basis of recovering refurbishment fees for the timeshare units. I now have to recover \$770 plus a non-member usage fee of \$50 for each unit I book = \$820 per week.

If we stay in a 2-bedroom unit as in Bright Resort, the Weekend (or week) away will cost each couple (or pair of friends) **\$410**, a big increase on our past expenditure!

However, if we decide to book the 3-bedroom units available at Bellbrae Resort, the cost per unit/couple would be \$820/3= **\$273**.



The Bellbrae Resort is just out of Torquay, and is thus quicker and easier to get to than Bright. The resort facilities are pretty much the same as at Bright (pool, spa, members lounge, etc.), and are maintained to the same

high standards. The things to do around the area vary, of course, but there are a lot of them (last time, we went on the Otway Fly through the treetops, for example).

In either case, we would share the cost of any common food used (e.g., for the BBQ on the Friday night as people arrive) between all participants, as usual.



I will not be at the meeting on Monday 31/8/15, but I would like to discuss this the following week, to see who wants to go and where. Please chat with your partners and friends to see which option they would prefer (Bright or Bellbrae), as we will have to decide fairly soon (and I would need payment from the attendees within 2 weeks of me making the booking on credit card).

Kind regards
Yours in Rotary fun – Mike Spark
29/8/2015



Community Kitchen Roster - 2015

Guide Hall

Underwood Rd

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

DATE	ROTARIAN
9th September	Paul McAloney
23rd September	Christine Anderson
7th October	Graeme Aspinall
21st October	Paul Wilson
4th November	Enid Hughes
18th November	John Flemming
2nd December	Graeme Aspinall
16th December	Christine Anderson

Dinner provided
Contact Graeme Aspinall for more
information
0425 432 290

Friday 9th October 2015
Mt Waverley Youth Centre
45 Miller Crescent, Mt Waverley
MEL: 70 E1
6.30pm for 7.00pm

Rotary



District Community Seminar

Put it in your diary today!!

Does your club support any Indigenous projects?
Feed those who are less fortunate than ourselves?
Want to host a forum on the ICE epidemic

Who needs to Attend?

Club Community Officers, Club Presidents
Club Members interested in hearing about exciting Community Projects they can get involved in

Tell us Who's Coming - by 2nd October 2015

Please RSVP name, email & telephone number to: shia.duncan@gmail.com

Quotable quotes....

'I'm going to graduate on time, no matter how long it takes.'

(Peter Bell - Fremantle - on his University Law studies).

FROM THE PAST.....

The article which appears below concerns a past local speaker at this club. "Maddy" has competed successfully since then. How many of the current members remember the girl with only one arm speaking to us? "Maddy" has done very well since her visit to the rotary club of Fern Tree Gully.



Madeleine Hogan
27, elite athlete

SUCH force, such accuracy. Madeleine ("Maddy") Hogan is one helluva javelin thrower and aiming for gold at the 2016 Paralympic Games in Rio. "That's the goal," the powerful righthander says between throws at the Victorian Institute of Sport. "One year to go, we Paralympians are really getting down to the business end of things."

But Hogan, a charismatic and openly gay member of the Australian Paralympic team, also has an eye on broader issues to do with tolerance and respect. "I've got a great opportunity to share a bit of my experience with younger ones coming through, and that's not just preparing yourself, mentally and physically for competition but conducting yourself in a professional manner — on and off the field."

Hogan got her start in sport through women's cricket and "being an athlete with a disability", she knows what it means to face adversity. "I wasn't an unhappy adolescent but it took me a long time to be comfortable in my own skin. Now, I'm in a place where it feels great to be different."

Swapping bat and ball for a javelin, Hogan made a big impression at the 2008 Beijing Paralympics. Three years later, she triumphed at the IPC athletics world championships in New Zealand. Then came a bronze medal at the 2012 Paralympics.

Is Maddy feeling confident in the lead-up to Rio? "Each week, the confidence improves. The training is tough but I'm seeing improvement, I'm feeling it."

Cathryn Fitzpatrick, former Australian women's cricket coach: "Maddy was no fuss. It was always, 'Here I am, I want to play' and she never wanted to be treated differently. "Maddy's other standout quality is her sense of humour. That puts everyone around her at ease and normalises any situation. Yeah, I think she's a great role model."

SP

Madeleine Hogan

WEEKEND, Saturday, August 29, 2015 09