



ROTARY CLUB OF BOX HILL



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A Message from the President

December is here already and with December comes the start of the season of summer and the approach to summer holidays and lazy days in the sun. It is also the season of Advent and the approach to Christmas. December is a joyous time for most of us with end of year celebrations and the receiving of gifts at Christmas time; but there are many people who through unfortunate circumstances will not be a part of these celebrations and many children who will not receive presents at Christmas.

Thanks to the generosity of our club members who brought along a wonderful collection of toys to our meeting last week many children will be able to have a happier Christmas. The toys which were placed under the Christmas tree presented a happy and festive sight and knowing that they will be distributed to needy people made it an even more joyous sight. These toys which are collected each year are taken to the Box Hill Citizens' Advice Bureau and then packed into hampers to be distributed to these needy people in the City of Whitehorse.

The C.A.B. will be packing and distributing approximately 160 hampers this year and the hampers will include toys, Rotary puddings, cakes and mince pies from our club along with shortbreads, tinned ham and essential items of food. This year the mums and dads will also receive a \$20 gift voucher to spend as they choose. The Box Hill Tax Office has also supplied some sets of sheets to be distributed. All of these items will be packed in a giant green bag generously supplied by Bunnings. Packing will be started from now on and delivery will be the week before Christmas. If any member would like to help with deliveries please let me or the C.A.B. know.

The C.A.B. greatly appreciates the assistance given by our club at this time of the year and indeed right throughout the year with the weekly collection of items of food. These food items help many people over a difficult period – people who would otherwise go hungry and there are many in difficult situations in our city.

The Box Hill Citizens' Advice Bureau services the City of Whitehorse mainly in the area north of Canterbury Road but does not refuse anyone. The C.A.B. is staffed five days a week entirely by volunteers and carries out many services throughout the year. Amongst the many services the Bureau offers is a free Taxation help service for people on low incomes who cannot afford a Tax Agent to prepare their return and need assistance. People who are elderly and people of ethnic origin are also helped to prepare their tax returns.

The Box Hill C.A.B. was the first C.A.B. in Victoria to be involved with the Tax Office in providing this service and regularly receives referrals from the Box Hill Tax Office. Those who assist with this service are trained by the Box Hill Tax Office and are required to pass an examination before they are allowed to assist with returns. The service has been in operation for a number of years and operates from July to October each year. Last year the Bureau assisted just over 500 people with their tax returns. A total of 4664 people were assisted by the C.A.B. in various ways throughout the year. This volunteer work is good example of the Rotary motto of "Service Above Self". Thanks to all our members for supporting this great organization.

Yours in Rotary,

Tom Thorpe

LAST WEEK'S MEETING

Sergeant Carol Pawsey in opening the meeting asked Robert Leach to propose the Rotary Grace and Loyal Toast. This having been done, Sergeant Carol requested President Tom to take the microphone and make his opening remarks. President Tom welcomed all members, and several partners – Margaret Cummins, Sue Fenton, Peta Iles, Judy Joyce, Jenny Leach, Nola Riehm and Alison Tolstrup. Tom also welcomed our Guest Speaker – Paul Mathieson, and our special guests – Sue Crawford – our successful nominee for the National Science Summer School, and Ken Beer – a candidate for the next GSE team to California USA, Joshua Cheng (Guest of Charlie Xu), and Karen and John Crawford, parents of Sue.

Tom also thanked members for their generous toy contributions which will be going to the Citizens Advice Bureau. Members were advised of the GSE Dinner being held at the Monte Carlo Restaurant, Jackson Court, Doncaster, on WEDNESDAY – FEBRUARY 3, 2010. Members were asked to pay for their tickets next week (December 8), with cheques being made payable to The Rotary Club of Box Hill Inc. The price per person is \$35, and members were advised there would be NO MEETING at the Golf Club on the preceding Tuesday night, as it had been decided to make the GSE Dinner, our Club meeting night. Money should be paid to Bruce McKenzie.

Tom then asked all members to consider taking on the role of New Generations Chairman for the balance of the Rotary Year (until June 30, 2010). Members should approach Tom after the meeting.

Tom then passed the conduct of the meeting to the chairman Sue Bishop who called for the Secretary's announcements which consisted of a number of Make-ups, details of which are shown under the attendance section. Then followed Committee Reports.

Op-Shop – Clem Joyce.

Clem reported on the health of Don Case, and it appears as though it may be a long while before Don returns to the Op-Shop. Clem asked for assistance on December 18 at the Op-Shop, and PDG Mick Matthews will assist. Clem then presented the Club with a cheque for \$4,500 from November sales, which brings the total for



Clem presenting a Cheque for \$4,500 to Tom from the Op Shop and the Volunteers.

this financial year to \$23,000 which is up by \$500 on the same period results from last year. The total amount earned by the Op-Shop since inception is \$353,000.

Whitehorse Farmers Market – Colin Johnson.

Colin circulated the roster sheet for the upcoming market which is on Sunday December 13. Colin also reminded members that the February Market was our allotted month to provide the BBQ Breakfast at the Market. The date in February is SUNDAY 14th. All members were asked to make themselves available for that day.

ARH & District Conference – Bruce McKenzie.

Last chance for members to secure their Christmas Card requirements from Bruce, with our Australian Rotary Health Christmas Cards – value at 10 cards for \$10. Bruce also reminded members he has registration forms for the District Conference being held at Geelong in February 26 to 28, 2010.



Members at a District Conference enjoying a little fellowship.

Club Elections – Peter Cummins.

To fulfill the Club's requirement for a full Board, two more Directors are still required to fill positions for the Rotary Year beginning July 1, 2010. Elections are due next week (Dec 8), and two nominees are still required to fill the vacancies. Members were asked to seriously consider these positions, and lodge an application with Secretary Tim Lynn by the end of the meeting.

Various Activities for Club Members – Geoff Swain.

Geoff spoke about the three events he is currently organizing – The Christmas Dress Up Opportunities for members for our Christmas Dinner (Dec 15), the Farewell to Glencoe planned for December 7, and the last opportunity to purchase Christmas Puddings, Cakes or Mince Pies. Sheets for each activity were on the tables for members consideration.

Community Service – Carol Pawsey.

Carol added her thanks for the Toys for the Citizens Advice Bureau, and also reminded all members to make their weekly contribution of \$2 in the Rotary Wheel at the Reception Desk to assist the CAB in feeding the needy in our community. Carol also drew attention to the vacant New Generations Chairman's position, and asked for volunteers to see Tom.

National Youth Summer Forum Candidate – Sue Crawford

Sue opened her address by thanking the members of our Rotary Club for nominating her for the very competitive Youth Summer Science Forum. The program is being held in Canberra in January and runs for 12 days, during which time the students attend lectures by leaders in

the scientific world, and make field trips in connection with the forum. The opportunity to meet the leaders of the scientific community was a planned highlight of the program, as was the opportunities to meet fellow students with a similar interest in the sciences. One of the listed speakers for the event was Professor Tim Flannery – Climate Change Crusader, and Australian of the Year in 2007. Sue said she was very much looking forward to participating in the Science Forum, and promised a return visit to share her experiences with Club Members.



Sergeant's Session – Carol Pawsey.

Fines were levied on the following members – Charlie Xu, Joshua Cheng (guest), Merv Agnew, Robert Leach, Geoff Swain, Trevor Donegan, Colin Johnson (Val's Birthday), Mick Matthews (Anniversary), David Tolstrup, John Booth (induction anniversary), Robert Bishop. Cross Fines were raised by Lloyd Cranwell on Bruce McKenzie for having sold his house (No more swimming Lloyd !), and a cross fine on the Sergeant, and Colin Johnson paid a Guilt Fine for neglecting his duties as Greeter.

LAST WEEK'S GUEST SPEAKER

Chairman Sue Bishop introduced our Guest Speaker – Paul Mathieson – CEO of Big Brothers Big Sisters – mentors for young people. Paul grew up in Mildura, Graduated from The University of Adelaide with a BA, and in 2001 moved to Melbourne and now heads up the oldest mentoring service in Melbourne. Paul is a Rylarian, having been sponsored by The Rotary Club of Merbein (near Mildura) and attending the RYLA camp in Adelaide in 1987.

It seemed from the recent popular press reports that one could easily get the impression that young people's lives were outrageously excessive – viz the recent coverage of Schoolies Week in Qld. But this was truly a skewed perspective in the lives of young people. The work of the Big Brother Big Sister movement in Victoria was to provide a service of mentoring for those young people who need assistance on their pathway to adulthood.

The service provided by Big Brothers Big Sisters currently has some 250 matched mentors in a 1:1 relationship, and it is the role of the mentor to provide a basis of trust, and also a basis of adding value to the lives of the young people being mentored. Mentoring is NOT a substitute for parenting, it is NOT a teaching service or a counseling service, but mentors ARE change agents in the lives of the young involved in the mentoring programs. The experience of the young people when being exposed to the mentoring service suggests that for the first time they have found someone who WANTS to be with them, and is interested in their development. There is an enormous build-up of trust, friendship and fun to be enjoyed in a mentoring situation as the involvement of the mentor and candidate grows.

Initially the mentor and candidate would meet three or four times per month for the first 12 months, but many of the friendships which develop will last for years and the impact of the bonds which are formed last forever.

The original Big Brother Big Sister programs were founded in New York in 1904, and in 1980 the program was introduced to Australia, and having been involved with church based religious organizations over the years, finally evolved in 2004 to the stand along organization it is today. The candidates for the program range in age from 7 to 25 years, and a recent

study suggested that there were some 300 candidates on their waiting lists, and still to be matched to a mentor.

With the recent Global Financial Crisis, their funding base had been eroded as 55-60% of their funding came from Trusts, with a further 20-30% coming from State and Federal Government, with the balance coming from individual donations, fundraising, and the Corporate Sector which contributed only 2-3% of their total funding. Current Patrons of the Big Brother Big Sister organization included Professor David DeKretser A.C and Governor of Victoria, and Simon Overland Chief Commissioner of Victoria Police.

A 2 year long study conducted in the USA suggested that persons who had been through the Big Brother Big Sister mentoring program were better suited to the school environment, were more confident, made better students and were less likely towards the undesirable aspects of life and it was estimated that the savings from a positive change in one person's outlook on life saved the community something like \$2.6 to \$3.2 million dollars.

In highlighting the benefits to be gained by participants in the program, Paul cited a case he called "Karen" who 15 years ago needed the services of Paul's organization. Karen was about 15 years old at the time and had a history of unstable mental health and had lived in and out of several institutions. Karen became a candidate of the Big Brother Big Sister program and teamed up with a mentor. That was 15 years ago, and the relationship between the mentor and Karen exists today visiting Karen in her psychiatric facility, welcoming Karen home for Christmas Dinner, and making sure Karen's pets are fed, her rent is paid, and her household is looked after. The value of friendship cannot be under estimated and it all started with a mentoring program.

In answering members questions, Paul said that yes, there were Victoria Police involved in the Big Brother Big Sister mentoring program, but the numbers were small. Paul cited the situation in Wangaratta where the local police have allowed the local coordinator to work out of their police station. Clem asked if the mentors and candidates were matched on a same sex basis, and Paul indicated that this

was usually the case, but on occasions young boys will be cross matched with older women, albeit mentors had to be over the age of 18.

Geoff Swain asked if there was a possibility within the Big Brother Big Sister movement to move some of their administrative staff into the roles of mentoring, and have the admin work done by volunteers, to which Paul replied that he virtually had no admin costs, as they currently share a facility with TRI Youth Services at their Showgrounds head office, and all administration was done by the TRI group.

In thanking Paul for his informative presentation Sue wished him well in pursuing the groups vision of ensuring "Every young person who needs a mentor, has a mentor".



Chairman Sue thanks Paul Mathieson from Big Brother Big Sister for his presentation.

Sue then asked the Fundraising Chairman to conduct the weekly raffle which was won by Sue Fenton with number 9. Sue then invited President Tom to the microphone for his closing comments.

Tom thanked our Guest Speaker – Paul Mathieson, and our special guest Sue Crawford and wished her well in the up-coming NYSE program in Canberra. Tom also thanked members' partners for accompanying them to the meeting. Special Guests Joshua Cheng and Ken Beer were also thanked for their attendance. Tom again thanked members for their generosity with the Toy collection, and reminded all members and partners of our Christmas Dinner on Tuesday December 15 – 6.00pm for 6.30pm. Tom then closed the meeting.

ATTENDANCE

| | |
|--------------------------------|--|
| Total Attendance: | 40 |
| Club Members: | 26 |
| Partners: | 8 |
| Visitors & Visiting Rotarians: | 5 – Ken Beer, Joshua Cheng, John Crawford, Karen Crawford, Sue Crawford. |
| Guest Speaker: | 1 – Paul Mathieson |
| Apologies: | 4 – Kath Binns, Vincent Li, Joe Mardjetko, Melissa Mardjetko |
| Leave of Absence: | 2 – Greg Paine, Geoff Weeks |
| Make ups: | 6 – Kath Binns, Peter Cummins (2), Robert Leach, Ray McLeod-Dryden, Carol Pawsey |

Ed's Wisdom.

Well folks, at the time of writing, Ed's mailbox is EMPTY, despite his asking for your very best ideas on how we can increase membership in OUR ROTARY CLUB.

Maybe it was the pre-occupation with buying the Christmas Toys for our CAB friends; Maybe it is that you have so many ideas, choosing the best one has bogged you down; Maybe you didn't read that far in last week's bulletin; Maybe you don't have any idea how to increase the membership of YOUR club. Well, my friends and associates, I can give you one secret which may motivate you to gaining more members for YOUR club. My suggestion is simple.....ASK SOMEONE.....that's how YOU became a member in the first place. Worth Trying ?You Betcha!

PS – Word has reached ED we have lost a member recently, so we are now starting from “behind the eight-ball” so to speak. **NOW is the time for ACTION.**

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REPORT FROM AUSTRALIAN ROTARY HEALTH SEMINAR – NOVEMBER 29

Those members who didn't attend the Australian Rotary Health Seminar on November 29, missed a great program showing an insight into this great AUSTRALIAN organization. Those who did attend will have gained much, just from being there.

The program had only 4 speakers – Professor Tony Jorm, Veronica Kyle, Gonny Rundell and Judy Nettlefold. Their individual presentations were thought provoking, and at the same time informative and showing just what a difference this organization makes in the world of medical research.

On the one hand, and even lackadaisical observer would have guessed that funding for the ARH is down because of the Global Financial Crisis, and as a consequence only the top most research programs are funded. Programs classified as only GREAT, miss out – simply due to a lack of funds.

Just one of the programs Professor Jorm highlighted was the development of a “Mental Health First Aid” program which currently consists of a 12 hour training program usually split over 4 sessions. Thus far this program has some 100,000 graduates and 800 accredited trainers. The aim is to have National Accreditation for this program, and make it mandatory as a prerequisite for some jobs.

Research dollars were hard to come by, said Professor Jorm, but we should be both encouraged and inspired to know that the Rotary through the ARH is the biggest Non-Government supporter of Research in Australia.

Professor Jorm as head of the adjudication panel which evaluates research proposals said, “If we only had more Dollars – more Research projects could be undertaken, and the benefits to Australia would be enormous”.

One of the hand-outs provided to attendees showed the dollar amount contributed by each club, and the District as a whole. The District comparative figures for the Period July to October each year – 2008 and 2009 show a significant drop in donations to the ARH. **Total District** contributions to October 2008 were \$24,639, but this year have slumped to only \$5,751. Our Club's performance for October YTD, 2008 was only \$60, but through October this year we have contributed \$210. Since the inception of the fund, our Club has contributed \$85,632, and the total of the District's donation total \$2,241,810. Our contribution is therefore 3.82% of the District Total, and we rank 6th on the total since inception table, and 4th on the donations this year – but we have only contributed only \$210. Many Clubs are yet to make a donation to the ARH this year. It should also be noted our total contribution for the financial year ended June 30, 2009 was \$5465. The sale of Christmas Cards assists our total gift to the ARH.

Obviously the greater our Donation to the ARH, the more research can be commissioned.

Veronica Kyle is an indigenous medical student and she spoke of the difficulties she and her peers faced in going through university. There were the obvious problems of being away from home (she previously lived near Mt Isa) and family, but the not-so-obvious problems of having no network at university which is considered a requisite support mechanism for students.

The ARH had funded a scholarship for Veronica which had enabled her to be more diligent with her studies than having to work part time to support herself. The ARH had been a wonderful support, she said.

Gonny Rundell spoke of her experiences and motivation in completing the recently conducted Around Australia Bike-ride for Rotary Dollars. Gonny who is Past President of the Wantirna Club had a personal motivation to get involved with the ARH. Her daughter suffers from a condition which requires on-going research if a cure is to be found. The dedication and warmth of Gonny's story clearly showed she needed to complete the ride, all 17,500 Kms of it around Australia and she had a REAL reason to compete, and to ensure as much money as possible was raised for the ARH.

The final speaker was Judy Nettlefold who is a Director of the ARH. She focused on the contributions from Clubs story and she told us how difficult it was to raise sufficient funds to make a real impact in the medical research field. The immediate priority for expenditure on Research was in the mental health field, and this continued to be the number one priority. Current projects centered on Mental Illness in the work-place and how much of this appeared to be stress related, which was causing a loss of productivity in the workplace, and she had witnessed the almost destruction of one of her own employees through this problem. No data was available to suggest the magnitude of this problem (mental illness in the workplace), but suffice to say it is considered by industry bodies to be the major debilitating factor affecting employees on the one hand, and productivity on the other. It is thought to be costing the country billions of dollars in health support schemes, and productivity losses. This is why it is one of the highest profile research programs being undertaken at the present time.

The consensus of those who attended was that this was a great learning experience of the work of the ARH, and probably one of the best two hours spent to understand the issues presented.

It was a great seminar.

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[Extracted from Limbs4Life Website](#)

Nov 24th 2009

2009 National Disability Award recipients announced!

It is with immense excitement that we announce **Melissa Noonan** has been presented with the **2009 National Disability Award for Social Inclusion**.

The finalists were selected from more than 240 nominations received across the five award categories. Nominations were of extremely high calibre, and brought to light many remarkable outcomes and achievements. The 2009 award finalists

attended the ceremony held in the Great Hall of Parliament House Canberra last night, and one recipient for each of the five award categories was announced during the evening.

International Day of People with a Disability Patron Therese Rein, Minister for Families, Housing, Community Services and Indigenous Affairs the Hon Jenny Macklin MP, Parliamentary Secretary for Disabilities and Children's Services the Hon Bill Shorten MP, Minister for Ageing the Hon Justine Elliot MP, and the Minister for Employment Participation Senator the Hon Mark Arbib presented recipients with their awards.

Other guests in attendance included Prime Minister Kevin Rudd, Members of Parliament and representatives from the disability sector. Families and friends of the finalists, National

People with Disabilities and Carers Council members.

We know that you will join us in congratulating Melissa, and celebrate the outstanding achievements she has made both personally and through her work at Limbs 4 Life, providing countless amputees in the community with her unfailing commitment of support.

"Social inclusion is imperative to the general well being of the disabled community.

I am thrilled to accept this award on behalf of everyone connected with Limbs 4 Life”
Melissa Noonan.

ooOoo

Some members will recognize Melissa Noonan’s name as being one of the candidates in Rotary’s Shine On Awards, and she was sponsored by OUR Club.....Well Done Melissa.

ooOoo

Members are encouraged to nominate persons with a disability for the SHINE-ON-AWARDS being conducted at Monash University on Sunday May 30, 2010, and Nominations Close on THURSDAY February 25, 2010. More details are available on the Notices for your Fridge later in this bulletin,

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NOTICES FOR YOUR FRIDGE December 8

The latest notices for your information.

DISTRICT CONFERENCE – Feb 26 to Feb 28 2010. Registration Forms NOW available. See Bruce McKenzie for details. Accommodation at Mecure Hotel, Geelong.

CHRISTMAS CARDS – CORPORATE OR PRIVATE. See Bruce McKenzie \$10 per pack of 10 Cards. Stock available NOW.

TRADITIONAL CHRISTMAS BREAKFAST MEETING – DECEMBER 22. All members are advised of our Traditional Breakfast meeting on this day. A Cooked Breakfast will be offered for \$21. Time 7.00am for 7.15am

CHRISTMAS DINNER MEETING – All members should be advised the Club's Christmas Dinner meeting will be held on **TUESDAY DECEMBER 15.** Special Christmas Menu but the Price is Unchanged. Time 6.00pm for 6.30pm

HELP NEEDED – Members will be aware of the importance of the Whitehorse Farmers Market both to our Club, and to our Local Community as it provides funds to meet Community needs. The original committee is still administering the Market – 4 years after its inception. The Market Committee is seeking volunteers from the Clubs who benefit from the Market, to offer themselves to serve on the Admin Committee. Members expressions of interest should be made to President Tom.

FARMERS MARKET – Breakfast BBQ Stall – **SUNDAY – FEBRUARY 14.** Be There ! Start

CHRISTMAS CAKES, PUDDINGS & MINCE PIES - See Geoff Swain to order your needs.

GSE DINNER – Welcome the Team from Turkey and See our Australian Team in Action..... **WHEN – WEDNESDAY February 3 2010** at Monte Carlo Restaurant, Jackson Court, Doncaster East – Price \$35 per head – that's just \$8 per head more that out club meal price, a small premium to see the GSE Talent. Bruce McKenzie will take your booking – tables of 10.

CLUB ELECTIONS – TUESDAY DECEMBER 8. The election of President for the year 2011/12, and Treasurer 2010/2011), and the four(4) Directors for the Rotary Years 2010/12 will be held on this night.

FARMERS MARKET – Members NOT going to the District Conference. Are you available to assist the Templestowe Club on **February 27** by spending time on their entry gate to collect a Gold Coin admission ? Please contact Keith Anderson on 0412 558 066.

SHINE ON AWARDS – Applications are now open for candidates in two categories – Youth 15-20 Years, and Adult – over 21 years. Nominations will close on February 25, 2010. Awards being held on May 30, 2010.



Rotary Club of Box Hill CLUB PROGRAMME December 2009



| Date | Topic | Speaker | Chair |
|------------------|----------------|---------------|---------------|
| December | | | |
| 8 th | Small Business | Barry Henwood | Colin Johnson |
| 15 th | Xmas Party | Santa Claus | Geoff Swain |

**** PLEASE NOTE:** *If you are unable to fulfil the chair duty on your nominated evening, it would be greatly appreciated if you could arrange a suitable substitute. ***

CLUB DUTY ROSTER

| Date | Desk | Greeter | Grace / Toast |
|------------------|------------------------------------|-------------------|----------------|
| December | | | |
| 8 th | David D'Silva Ray McLeod-Dryden | Merv Agnew | Bruce McKenzie |
| 15 th | Geoff Iles Mick Matthews | Ray McLeod-Dryden | Sue Bishop |

**** PLEASE NOTE:** *If you are unable to fulfill the allocated duty on the occasion, it would be helpful if you could arrange a "swap" with another person listed.*

BIRTHDAYS & ANNIVERSARIES

| Date | Member | Event |
|------------------|-------------------|----------------------------------|
| December | | |
| 8 th | Bruce McKenzie | Birthday & Induction Anniversary |
| 11 th | John Booth | Induction Anniversary |
| 15 th | Rob Bishop | Induction anniversary |
| 16 th | Mick Matthews | Induction anniversary |
| 22 nd | Merv Agnew | Birthday |
| 26 th | Melissa Mardjetko | Birthday |
| 28 th | Geoff Swain | Birthday |

