

3<sup>rd</sup> October – 17<sup>th</sup> October 2023

## **PRESIDENT PAULINE's PONDERINGS**

- Our thoughts are with Don Blackley and family after the recent death of Rosemary. Members are advised that the memorial service will be held at 2.00 PM Wednesday next week at the Drouin Anglican Church. Our thoughts and best wishes to Max Hine who is having his ups-and-downs at the moment.
- The article in today's Gazette about the Labertouche Caves project was good to see. Well done.
- Our 'Peace Pole' is currently under construction and will be delivered to the WGAC from where council officers will take it and place it in Civic Park. There will be a formal 'unveiling' in a few weeks' time.
- There is a lot happening over the next few weeks and many members are actively involved in preparation and delivery of events & projects. Check the calendar below for details. But please note:
  - Would hope more members will help out at the *Garden & Home Show* on 14<sup>th</sup>/15<sup>th</sup> as that will enable the four hour shifts to be reduced to two, at least for some. Much better for all involved;
  - Our next meeting on 17<sup>th</sup> will have DG Linda Humphries as our guest. It will be a partner's night and hopefully we will have a good attendance for our District Governor's visit;
  - Check below for details of our fun night on 31<sup>st</sup> October for members, partners and Rotarians for neighbouring clubs in aid of '**End Polio**'.
- Glynn Fankhauser reported on the *Pie Night* footy tipping: Roger Playdon won twice by tipping "Collingwood by 3" and "Collingwood by 5". Paul Davine's winnings are awaiting his next appearance.

## **ANNIVERSARIES**

*In this coming period:* We might call this the "**Bennett fortnight**": Roger Playdon, Rob Coustley and Ian Bennett celebrate birthdays and Jan Bennett also celebrates a birthday TODAY; Ian & Jan Bennett celebrate their wedding anniversary; Ian Bennett joined Rotary 18 years ago and Dick van Leeuwen was inducted 46 years ago on the 4<sup>th</sup> October.

## **DATES for the DIARY**

**TUESDAY 10<sup>th</sup> October** – BOARD MEETING at 5.00 at the Hong Kong Inn

**Saturday/Sunday 14<sup>th</sup>/15<sup>th</sup> October** – *Garden & Home Expo* at Lardner Park

**Saturday 14<sup>th</sup> October** – *Oak St Arts Happening* where we be providing a Rotary promotional presence

**TUESDAY 17<sup>th</sup> October** – DINNER MEETING at 6.30 at Hong Kong Inn – *DG Linda Humphries' visit*

**FRIDAY 20<sup>th</sup> October** – *Big Blokes event clean-up at Lardner Park*

**TUESDAY 31<sup>st</sup> October** – *Social Night & End Polio Event* at 6.00 for 6.30 at the Drouin Hub

## **THE GARDEN & HOME EXPO – 14<sup>th</sup>/15<sup>th</sup> October**

Kevin & Ian have enough volunteers to fill all four-hour shifts **BUT** more volunteers prepared to give a couple of hours will lighten the load on others...the more the merrier. **Please give Kevin a call – 0408 457 505 or Ian Haughton – 0409 802 138 to discuss the options.**



Historic note: Until his life's destiny was further clarified, Robin Hood spent several years robbing from the rich and giving to the porcupines.



"Would you look at that? ... By thunder, you couldn't do that in our day—yessiree, the rocks were just a lot heavier back then."

I decided to change calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Dear paranoid people who check behind shower curtains for murderers.... If you find one, what's your plan?

He who laughs last thinks slowest.

**PROGRAM – Tanya Heaney-Voogt on ‘Creating Mentally Healthy Workplaces’**

*Tanya is a specialist consultant in mentally healthy workplaces, and safe & effective leadership. She helps leaders, teams and organisations to thrive in this rapidly changing & high demand world of work.*

*Tanya is an author, a certified ‘change’ practitioner and leadership coach. Tanya draws on an extensive background leading people, projects and change across the health sector in her consulting practice, which was established five years ago.*



**What I do...**

Enhance the aspects of work that make people more productive and satisfied in their jobs:

*Increase positive aspects of work*

Reduce the aspects of work that contribute to high levels of work-related stress and lead to disengagement, dissatisfaction, burnout, mental injury:

*Reduce negative aspects of work\**

*Tanya*  
HEANEY-VOOGT

[www.tanyaheaneyvoogt.com](http://www.tanyaheaneyvoogt.com)

**President Pauline with Tanya and Chair Judy Alexander**

**Examples of current work...**

- Support health service to develop safe and effective leaders
- Support aged care facilities to strengthen workplace culture
- Support community aged care to implement service wide reforms in a way that reduces staff impact and stressors
- Train national energy provider staff on workplace Psychological Health and Safety, how our mental health works, and the work stressors – demystifying
- Support large metro education provider to design guidelines for the management of workload.

*Tanya*

[www.tanyaheaneyvoogt.com](http://www.tanyaheaneyvoogt.com)

**Examples of current work...**

- Coach Executives and Leaders to lead self and others in this changing world of work
- Train leaders in common psychosocial hazards that increase the risk of WRS
- Train leaders in psychological safety – creating a speaking up culture
- Support HR/OHS/Wellbeing leads to implement change initiatives
- Work with customer service team to co-design own culture code and implement
- Support teamwork through strengths based coaching programs

*Tanya*

[www.tanyaheaneyvoogt.com](http://www.tanyaheaneyvoogt.com)

**The Factors Of Influence**

Leaders who control and command rather than coach.

Bullying, harassment,

Work demands  
Exceed reasonable person's  
ability to cope

Time pressures



Unreasonable working hours  
can create tensions at home

Fatigue/stress from work  
carries over into home  
relationships

*Transforming Norm  
pages 26-31*

*Tanya*  
HEANEY-VOOGT

[www.tanyaheaneyvoogt.com](http://www.tanyaheaneyvoogt.com)

## REMINDERS & Invitations

### 1. West Gippsland Healthcare Group invites you to participate in a survey:

Breathe Easy is here to create a healthier future for Gippsland and our first step is a community survey. We'd love to hear what you have to say about smoking and vaping! The results will affect how we address smoking and vaping in Gippsland.

The survey will ask:

- If you smoke or vape
- How you would feel about smoke and vape free spaces being introduced
- If you want more action to reduce smoking and vaping

The survey is anonymous and open to anyone living in Gippsland aged 12 and above.

To complete the survey visit this link: [www.surveymonkey.com/r/BreatheEasySurvey](http://www.surveymonkey.com/r/BreatheEasySurvey)

We would love to get your member's opinion on local tobacco and e-cigarette related prevention initiatives.

The survey is short and could easily be undertaken by members on their phones.

### 2. Chloe Waddell, a PhD student at Federation Uni, invites you to participate in a project:

My project, which has been approved by the Human Research Ethics Committee, Federation University, focuses on the topic of Ageing Well. Specifically, what does it mean to age well in today's Australia? At present, we do not have a consistent definition of 'ageing well', and this makes it difficult for policies, programs, and organisations to support older Australians to age well. I am looking to develop a definition based on the perspectives of older Australians (65 years+). To do so, I need to understand what factors may contribute to, or act as a barrier for, ageing well.

### 3. October: Family OPEN DAY at Olivia's Place on Saturday 21st



USE the QR code...it is better



### BOOKINGS and APOLOGIES

Members are reminded that they need to make contact with William Wong 0418 391 586 **not later than 11.00 AM** on the Tuesday of our meeting if you are not going to attend, or if you will have a guest.

*You will be charged if no apology has been received.*

#### 4. SOCIAL EVENING – OCTOBER 31st




As there are 5 Tuesdays in October, Tuesday 31st will be a social evening.


It will be held at the Drouin Hub. Entry cost will be \$10.00 and everyone is asked to bring a plate of finger food to share.

The aim is to have a Social evening with proceeds going to the Rotary End Polio Campaign. The organising committee has been very creative with ways to raise funds and ensure a good night is had by all.

Bring plenty of Gold Coins as there will be Lucky Door prizes, competitions and fun opportunities to donate to this very worthy cause.

It has been strongly suggested by President Pauline that we need to have entertainment to make it “an evening not to forget”.

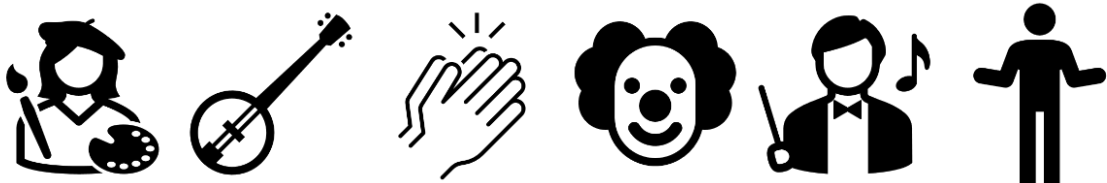
With this in mind Lois and I requested a BUDGET , to in our President's words, “provide the highest possible quality entertainment”.

After learning the actual Budget figure was \$0 , she has assured us that Drouin Rotary members are extremely talented and able to provide the entertainment.

Here's a chance to showcase your hidden talents.  
Can you sing? Play an instrument? Tell a joke? Recite a poem?  
Whatever you can do within 5 minutes. Be Brave.



So it goes without saying that we probably will not be able to fit you all into the programme, so those who wish to enter our Social event, from this time on referred to as :-



***DROUIN'S GOT TALENT***

Please contact Mike Kelleher (0417 365 324) or Lois Ryan (0400 185 336) so that we can organise the Running Sheet for the evening.

Yes that's right we will even have a running sheet, the level of professionalism is breathtaking.





*Be inspired and learn  
from some of our top Rotary talent!*



The 2023 Zone 8 Conference (Institute) will be held on  
**Saturday October 28 and Sunday October 29 online.**



**Saturday 28 October**

1pm to 3pm AEDT,  
3pm to 5pm NZT  
Followed by Business Session  
starting at 3.30pm AEDT

**Sunday 29 October**

1pm to 3.30pm AEDT,  
3pm to 5.30pm NZT

*Register for  
\$25 AUD per  
person via:*

2023 Zone 8 Virtual Conference  
Zone 8 ([rotaryzone8.org](https://rotaryzone8.org))

2023 Zone 8 Conference Institute  
Rotary Oceania

**Program**

Our global keynote speakers will share examples of how clubs and Districts can: **Increase your Impact, Expand your Reach, Enhance Engagement and Increase our Ability to Adapt.**

Listen to outstanding international presenters, updates from across Zone 8 and fabulous entertainment, all from the comfort of your home!

*These are “Moments that Matter.”*

