

Rotary



Central Melbourne



the BULLETIN

WHAT'S IN THIS BULLETIN

8th September 2020

- **NEXT MEETING (via ZOOM)**
- **Meeting Report September 1st**
- **Fundraising During Lockdown**
- **DGR Webinar**
- **GALLERY**

NEXT MEETING (virtual) - TUESDAY 8th September

Posted by Allan DRIVER



Philip Archer: District Governor's presentation

The Governor is an administration officer of Rotary International and is directly responsible to the Board of RI for the administration of the District. During the year, the District Governor carries out an official visit to each Club. This visit is to provide an opportunity for the DG to meet with the president, board and club members. The DG will address the club on Rotary International President's theme and emphasis for the year. He will also highlight the District goals and focus and may comment on our club's plans and objectives.

Meeting Responsibilities

Chair
EBRAHIMI, Rana

Greeter/Zoom Host
DRIVER, Allan

Reporter
GANGULI, Suvam

Photographer
THORNTON, Roger

Door
MILLER, Alice

Bulletin Editor
CLIFT, Nick

Social Media
LIM, Daniel

Upcoming Events

[RCM September Board Meeting](#)
Sep 16, 2020
5:30 PM - 7:30 PM

[School holidays](#)
Sep 19, 2020 - Oct 04, 2020

[Cambodia and Laos international
projects dinner](#)
Kooyong tennis club
Oct 15, 2020 6:00 PM

[RCM October Board Meeting](#)
Oct 21, 2020
5:30 PM - 7:30 PM

[RCM Casual Breakfast Meeting](#)

Spanning a career of over 30 years, Philip Archer has provided strategic management consulting, executive coaching and mentoring, human resource advisory and executive search services for high profile companies across a diverse range of industries. A key aspect of his consulting services has been assisting many organisations with business and strategic planning, training, restructuring and change management whilst mentoring and coaching leadership groups and individuals.

Philip has a strong personal interest in providing the guidance and support that aids the development of leadership careers. He is the Managing Director of The Archway Group, a boutique human resource consulting firm that focuses on building teams for businesses.

Meeting Report September 1

Rotary Central Melbourne Meeting Report, September 1, 2020

Chair: Allan Driver

Reporters: Ignacio Inchausti, Tony Thomas, Malcolm Fielden

President Therese Robinson welcomed everybody to the meeting and the 1st day of Spring.

Guests: Teresa Carlson (Echuca Moama Rotary), Temi Salami, Rhys Williams

Guest Speaker:

Pete Jensen acknowledged that he was a Rotary Exchange student in 1983.

Pete Jensen: *“Lessons in Happiness from the Third World. What we can learn about happiness from COVID-19”*

Health (Physical & Mental) are in increasing decline since COVID-19 pandemic: 78% of surveyed Australians felt worse

Peter made a distinction between Depression vs Anxiety:

- a. Depression quicksand – not caring about what’s next
- b. Anxiety – caring too much; simple decision-making becomes excruciating

The BIG Question? How come more joy springs from such scarcity

The challenge - Sustaining Happiness

1. Happiness is a daily intentional ritual
2. 3 core ingredients
3. Recovery is never a straight line – you need to put safety nets, guard rails in place

Key Elements – Community

1. Belonging: self or others (The Australian Coalition to End Loneliness); 25% of employees have zero interactions
2. Identity: what defines you? Many people in the west are job-defined
3. Customs, traditions and rituals – these are very strong in the 3rd world
4. Mentoring and rites of passage

Cup Day

Nov 03, 2020

7:30 AM - 9:00 AM

[View entire list](#)

Speakers

Sep 08, 2020 7:40 AM

[District Governor Philip Archer](#)

District Governor's official visit

Sep 15, 2020 7:40 AM

[Dick Whitaker](#)

The forecast for D-Day

Sep 22, 2020 7:40 AM

[Ignacio Inchausti](#)

Project and program management – the art and science of delivery

Sep 29, 2020 7:40 AM

[Tania de Jong AM](#)

Changing the world, one voice at a time

Oct 06, 2020 7:40 AM

[Adele le Roux](#)

My experience since joining Rotary Central Melbourne

Oct 13, 2020 7:40 AM

[Ben Vasiliou](#)

Helping young people to be the best they can be

Oct 20, 2020 7:40 AM

[Francesco Fedele](#)

Rotary Central Melbourne Mentoring Academy

[View entire list](#)



5. Acts of service – give, contribute without expectations

Purpose – key elements

1. Having a sense of purpose
2. Clearly identified and I can articulate it
3. Connect with it daily, reflect and revisit
4. I live and express my purpose by...
5. I actively visualise my success
6. I connect with something bigger than myself

Gratitude – key elements

1. Consciously show my gratitude, daily

Set yourself up for happiness

1. What's going to be my big adventure
2. Who can I show kindness to today, what will it be
3. What kindness I will show for myself today

Put your 'Safety Nets' in place ahead of time

Birthdays, Anniversaries:

- Birthdays
 - Rob Hines 7 September,
 - Sue Duras 2 September,
- Rotary Anniversaries
 - Brett Jones 5 September 2017,
 - Campbell Chambers 6 September, 2016,
 - Neville Taylor 7 September, 2011

Announcements:

1. Guest Speaker Selection Process: Francesco Fedele reiterated the need to obtain a bio in order to support selection.
2. Neville John: Travelled to Echuca-Moama (via MS Teams) and successfully attended the club's meeting. Highly recommended by Neville.
3. Peter Duras: additional progress report on Caprice Donations via various sources. All suggestions welcome from additional donation sources.
4. Allan Driver: Trivia Night move has been suggested I from Friday to Thursday
5. Francesco Fedele: Introduced Robina Bradley (Nth Melbourne Club) to share the work with homeless
6. Therese Robinson: Provided a summary update on the last board meeting

Additional Guest:

Robina Bradley shared her history (personal and professional) describing her long involvement with benevolent 'for purpose' organisations. She took up the role of CEO of the House of Welcome in Fitzroy, Victoria, which provides shelter, care and respite for in-danger members of society. House of Wellness is also a small NDIS Provider; Robina shared with us the story of a specific individual and the continuing struggles and relief he received from House of Wellness, as one example of

the work the organisation does and services it provides. In spite of COVID-19, the House of Wellness has adapted and found ways to continue to provide care and support services.

Fundraising during Lockdown



Launch of the Raffle

We are delighted to announce the launch of the Rotary Central Melbourne monthly raffle.

Ticket sales are now open, please click here to go the website and purchase your tickets:

<https://www.raffletix.com.au/?ref=sky93>

This month all funds raised will go towards the establishment of the Youth Projects Social Enterprise Cafe at the Royal Alfred Hospital. This project will help young people at Risk of Homelessness.

Tickets are \$5 each or 3 for \$10 or 6 for \$20

The prize is a \$100 gift voucher that can be used at any Woolworth's owned outlet including Dan Murphy's.

Ticket sales will close at Midday on Friday September 18 and the draw will take place during the Club meeting on Tuesday September 22.

Voluntary contributions

To everyone that's made or intends to make a donations towards club projects, thank you!

If you are in a position to make a donation or even a series of weekly donations then please arrange to transfer those funds to the club bank account with the reference "Donation".

Bank Account Details:
BSB 033-000
Account number: 791085

Thank you for your support!



Regards,
Rob Hines

DRG Webinar - Victoria Harbour 6pm 9th Sept

Docklands
REPRESENTATIVE GROUP

VICTORIA HARBOUR WEBINAR
IMAGINE IF...

Our harbor is central to the identity of Docklands. And its future will shape the nature of our precinct.
The DRG is hosting a webinar for locals around possibilities for Victoria Harbour.



Three groups will give a snapshot of our harbour:
What lives beneath? Is the water healthy? What about its construction?
Then four local groups – historic fleet, community boating, recreational boating and residents – will each share their vision of Victoria Harbour in a 3 ½ minute pitch.

Supported by:


Join us at 6pm Wednesday 9 Sep 2020
and be part of the local discussion.
To register, please visit <https://docklands.org.au>

GALLERY

Meeting Photos



President Therese



Guest speaker Pete Jensen



Francesco Fedele



Teresa Carlson RC Echuca Moama

