



WHAT'S IN THIS BULLETIN

10th December 2019

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GUEST SPEAKER 10th December

Posted by Bruce HERON

Gabe Denmark – Community Ambassador for NBN Co.

"NBN Progress Update – what it means for you"

Gabe Denmark is part of the NBN local Community Affairs team in Melbourne. His role is to meet with local community and residential groups to help educate them about NBN and what it means for them.

Gabe will be speaking on the progress and status of NBN, what it means for our members and important information like tips and tricks on how to choose the right plan, how nbn affects existing devices, landlines, medical alarms etc. and how to protect yourself from scams.

A commerce graduate from University of Western Australia in 2017, majoring in marketing, Gabe has been extremely active in engaging the community on behalf of NBN to help us understand the significance of the new infrastructure, what it means for us and helping all to get the most out of the new infrastructure.



BBQ SAUSAGE SEASON

Posted by Peter DURAS

Sustainable fund raising activity -

JUST received, the dates for first half of 2020 at Bunnings, Port Melbourne:

- **Fri 3rd Jan - volunteers required please.**
- **Sat 15th Feb**
- **Fri 20th March**
- **Sun 5th April**
- **Fri 26th June**

Peter would appreciate members of the Port Melbourne Sausage Team contacting him with advice of dates and times that suit through to June. In particular there is a pressing need to complete the team for Friday 3rd January. Please contact Peter; tel. 0413 599 121, e-mail; peter.duras@bigpond.com

Help to lighten the load on the regulars, become a Sausage Team Member.

If you have not yet volunteered for this highly successful fund raising activity you are especially welcome to get your name on the list. Two locations are available to suit your domicile - Port Melbourne or Collingwood - call Peter or Frank.



CHRISTMAS HAMPER PROJECT

Posted by Alison CHAN

Our club Christmas Hamper project – let's make Christmas more festive for those in need.

Bags are available from Alison at Tuesday meetings

Red bags for Steps Outreach Service

Red bag with a Green Ribbon for Lentara Uniting Asylum Seeker Service

Please bring your red and 'green' bags to the club Christmas meeting on Tuesday 17th December.

Meeting Responsibilities

Chair
CHAMBERS, Campbell

Greeter
JOHN, Rebecca

Reporter
HINRICHS, John

Photographer
THORNTON, Roger

Door
JONES, David

Bulletin Editor
JONES, David

Social Media
LIM, Daniel

Upcoming Events

[Bunnings Collingwood](#)
Dec 08, 2019 9:00 AM

[Board meeting – zoom](#)
Dec 11, 2019 7:30 PM

[Bunnings Collingwood](#)
Dec 15, 2019 9:00 AM

[Christmas Hampers](#)
Dec 17, 2019

[School Holidays](#)
Dec 18, 2019 - Jan 28, 2020

[Bunnings Collingwood](#)
Dec 20, 2019 8:30 AM

[BBQ – Port Melbourne](#)
Dec 22, 2019 8:30 AM

[Australia Day dinners](#)
Jan 24, 2020 7:30 PM

[View entire list](#)

Speakers

Dec 10, 2019
[Gabe Denmark – Community Ambassador for NBN](#)
NBN Progress Update – what it means for you

[View entire list](#)



Can you make a positive contribution towards the health of the residents of Kalinga, especially the children, this year?
Donations over \$2 are tax deductible.



Cecily proudly displays one of the 'rather unusual' Christmas cards

[Read more...](#)

SHINE ON AWARDS

Posted by Rebecca JOHN



Nominations NOW OPEN

Rotary's Southern District 'Shine On' recognition program is an outstanding annual recognition program, acknowledging exceptional service by people with disability to their local and wider community.

The Southern Districts covers five districts, including our own District 9800.

- Do you know of somebody with a disability who provides outstanding support to others with disability?
- Are they a community leader or involved in a community group?
- Do you have a relationship with a local organisation that supports people with disability who may want to nominate somebody for Shine On?

Well it is time to get to it and reach out to your local community and identify people with a disability, who are worthy of a **Shine On** Certificate of Commendation.

To be eligible, nominees should:

- Demonstrate the active involvement of the nominee in community service for the benefit of others and have demonstrated a significant level of personal achievement whilst managing a specific medical disorder/disability, and
- Be endorsed by your Rotary Club.

Examples of personal achievement may include:

- Leadership and/or mentoring of others with the disability
- Membership and/or leadership in community groups
- Service to the community and/or a history of community achievement
- Other special awards or forms of recognition

Nominations may be made by anybody in the community, and are open to people aged over 15 years.

If you know of anyone you feel is worthy of recognition please **contact Rebecca John** before Christmas.

[Read more...](#)

MEETING REPORT 3rd DECEMBER

Posted by Frank O'BRIEN

Chair – Tom Callander

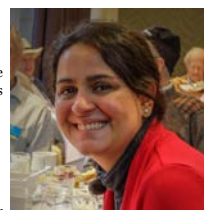
Guests: Suzette Taylor and Peter Jankowski

Announcements – (Watch out for the name "Rebecca")

- Neville John – Advised of a fundraising Film night for End Trachoma in 2 days time, Thursday 4 December.
- Gerard Hogan – Sought **volunteer Choristers** for the forthcoming Annual Christmas Breakfast on Tuesday 17 December.
- Rebecca John – Requested **nominations for the Rotary Shine on Awards** which close on 1 January 2020. The Awards focus on the abilities of those with disabilities. Further information available from Rebecca or District9800 website.
- Alison Chan – Promoted our Annual **Christmas Hamper project**. Collect Red or Green bags from Alison each Tuesday, to be returned (with goods included) on 17 December, our Christmas Breakfast morning. Beneficiaries are Steps Ministry and Lentara.

Pres Warwick:

- Thanked Neville and Rebecca John for the very successful BBQ at their home on Saturday 30 November.
- Mentioned firstly that it was Rana Ebrahimi's birthday today and that Rebecca John had baked a cake to celebrate. Candles were lit and all members sang Happy Birthday whilst Rana proceeded to blow out 10 candles. Secondly that it was Rana and Peter's 2nd Wedding Anniversary.
- Birthdays: Rebecca John on 6 December and Des Benjamin on 8 December.
- Club Anniversary: 3 years up for Rohan Williams.



Tom then decided that it was time to highlight those who **Lifted the Lid on Mental Illness** by wearing "Funny Hats" and thereby saved themselves \$2 over those who came empty handed and "donated" \$7. An amount of \$200 was raised towards Australian Rotary's Support of Mental Health Research programme. **[Photos in Gallery below]**

Guest Speaker – Detective Snr Constable Michael Beilken
“Adverse health effects for youth exposed to family violence”.

It was fitting that Chairman of the day, Tom Callander, introduced our Guest Speaker, Detective Snr Constable Michael Beilken who is currently with the Family Violence Command Taskforce. For many years, Tom has been our Club representative on a Committee which selects suitable candidates from Victoria Police to undertake the 2 years Graduate Diploma of Adolescent Health and Wellbeing at the University of Melbourne. Michael is our Silk Miller Scholar for 2019.

Our Club provides half the funding for the student, known as the Silk Miller Scholarship. This year, members will recall that the funds raised by our Club at the Sunday Camberwell Market went towards funding the Scholarship named in honour of officers Sergeant Gary Silk and Snr Constable Rodney Miller who lost their lives in the line of duty in 1998.

In a wide-ranging talk, Michael highlighted that family violence can have a devastating effect on child development. It leads to numerous problems including emotional adverse child experiences, household dysfunction, stress and anxiety and even suicide. Alcohol and drug use affects cognitive development and lowers perceptions and risks. The linking of domestic violence with alcohol/drug use leads to ongoing health and psychological issues which becomes a merry-go-round of health and wellbeing issues.

The police response to this growing problem covers prevention measures and support programs. The Course objectives of the Graduate Diploma are most relevant e.g. encouraging behavioural change, family reunification etc

The Children’s Court Youth Diversion Services also gives hope, particularly to youths who are positive about it. Not all diversions work out for the better.

In closing, Michael thanked the Club for its support. As one listened to Michael, it was easy to understand why he was selected as a Silk Miller Scholar, especially as he demonstrated his great connection between learning and application.

Raffle Winners – Martin Langton & David Jones (alias Davey Crockett for the day).

GALLERY

Posted by Roger THORNTON

LAST TUESDAY'S CANDIDS:
Herb and Tom, long term supporters of the Silk Miller program, with guest speaker and program participant Michael Beilken.

A selection of 'Lift the Lid' creations.

