



16th MAY 2017

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NEW MEMBER - DES BENJAMIN

WELCOME DES



Des was inducted at Tuesday's meeting.

GUEST SPEAKER - NEXT MEETING

Mille Swann

"It's All About You. Money, Business, Life Can be Easy."

Many millions of \$\$ are going towards depression and stress on employees. No one speaks about the tragic effect of stress & anxiety on leaders and business owners, especially for men and women who are struggling.

Life has its ups and downs, the effects are terrible on their families and on a wider scale - the whole economy - many millions of dollars lost due to low productivity. According to Millie, the reality is that men are the majority of leaders, the silent ones who are struggling. They never seek help. They are stoic and they are desperately unhappy and unfulfilled.

If we could address stress & anxiety before it becomes depression, many marriages, business and family situations would be improved and people would live happier lives.

Millie is an executive business change strategist and a member of Rotary Central Melbourne.



NONH HAS CAUGHT OUR IMAGINATION

Readers of the BULLETIN are aware that our Lao lad, Nonh, will be returning to Phnom Penh in June to be checked by the French surgeons who will be conducting their twice yearly visit to Phnom Penh.

Owing to complications in the first round of surgery Nonh and his father were required to stay in Phnom Penh an extended time, with resultant unbudgeted additional cost. In Past President Roy's words "we need to pass the hat around again". That was done at Tuesday's meeting.

THE RESULT WAS OUTSTANDING....

...those present at the meeting pledged \$4,710.

Meeting Responsibilities

Chair
MACKEY, George

Greeter
NEIL, Cecily

Reporter
ROLLS, Russell

Photographer
THORNTON, Roger

Door
ROBINSON, Therese

Presenter
THOMAS, Tony

Bulletin Editor
JONES, David

Upcoming Events

[DIK Working Bee](#)
Woolshed 40
May 13, 2017
9:00 AM - 1:00 PM

[Cafe International](#)
International House
May 13, 2017
6:30 PM - 10:30 PM

[Board Meeting](#)
RACV City Club
May 17, 2017
5:30 PM - 7:00 PM

[Wine and Spirit Auction](#)
Victoria Tower
May 20, 2017
7:30 PM - 10:30 PM

[District Training Assembly](#)
May 21, 2017
8:30 AM - 2:00 PM

[Echuca Moama Steam Rally](#)
Rotary Park
Jun 10, 2017 - Jun 11, 2017

[Board Meeting](#)
RACV City Club
Jun 21, 2017
5:30 PM - 7:00 PM

[District Changeover Lunch](#)
RACV City Club
Jun 25, 2017
11:30 AM - 3:00 PM

[Rotary Central Melbourne Changeover Dinner](#)
Jun 30, 2017
7:00 PM - 11:30 PM

Speakers

Other members may like to contribute too, let's try and knock \$5,000 off the perch.

Donations can be paid direct to the club Westpac account as follows;

BSB 033 000
Account 791085

Please note "Nonh" and your surname on the deposit.



NONH EXPRESSING HIS THANKS -after first surgery.

May 16, 2017

[Millie Swann](#)

It's all about you. Money, business, life can be easy.

May 23, 2017

[Solomon Hanks](#)

Soldier On: Helping Our Wounded Warriors

[View entire list](#)



GUEST SPEAKERS PRESENTATION 9th MAY

Posted by Tony THOMAS

Guest Speaker – Steven Wells, Austin Health - Royal Talbot Hospital

Steven outlined the lengthy history of rejuvenation and creation of garden spaces for the acquired brain injury patients, staff and visitors at Royal Talbot. He recounted our club's assistance annually since Lyn McBain, then a nurse at Royal Talbot, sparked the idea in 2004.

The garden role has grown from a mere hour per week in 2003, to a full-time position last year.

He described how his combined role of nurse/gardener caused some amazement to a patient's relative when Steven, who the relative thought was only the gardener, announced that he was about to give the patient a swag of pills.



Austin Health which is a complex of 980 beds, 3 campuses, and 9000 staff, now has garden ventures around the sites totalling \$750,000 in costs, nearly all from external charity funding.

He showed excellent before and after pics of the Royal Talbot and other grounds. The many benefits include tranquillity and reduced depression for patients, a favourable impression on visitors entering the unit, plus socialising or privacy in different garden spaces, and reduced institutionalisation.

Thanks Steve, great talk and great achievements on your part.

Some before and after examples;



PAEDIATRIC COURTYARD



PAEDIATRIC COURTYARD



JAN 2005

THE FRIENDS SENSORY GARDEN



NOV 2007

THE FRIENDS SENSORY GARDEN

FOUNDATION CENTENNIAL CELEBRATION DINNER



The Rotary Foundation Centennial Celebration – 31 May 2017

An invitation from 'District':

The celebration of 100 years of 'doing good in the world' comes only once in a lifetime. The celebration dinner is an opportunity to bring your non-Rotary friends and corporate networks, to see and hear about the work of Rotary. You can now also nominate your club so that you are seated together.

We have added a 'Donate' button to the dinner website so that those who are unable to attend can donate. Further, a bequest campaign for The Rotary Foundation has not been conducted in our district for a very long time and, as you well know, the financial support that the Foundation provides the projects our clubs develop is well spent.

The Foundation deserves consideration of our support both during our lifetime and beyond.

We look forward to seeing you at the dinner. Please ensure that bookings are made via the following website this coming week: <http://rotaryfoundationcentennialdinner.org.au/>

WINE AND SPIRIT AUCTION - 'BYFF'

LAST DAYS FOR BOOKING, please contact Peter



ANNUAL ECHUCA STEAM RALLY WORKING BEE



June 10-11th

Working Bee With Our Sister Club.

Rotary Park, Rose Street, Echuca.

Date for the diary.

Further info closer to date or have a chat with Frank

MEETING REPORT 9th MAY

Posted by Tony THOMAS

Chair: Michael Lapina.

Guests: Kris Hopkins, Rev Michael Hopkins, Lyn McBain, Maria Groner, Suvam Ganguli, Julie Cookson, Bruce McBain (Hon. Member).

Announcements:

- Stuart Ellis wants to know whether we have the necessary series of volunteer family hosts for a **student exchange Swiss girl** who would be here for

12 months. Contact Stuart.

- Frank O'Brien spruiked for helpers for **Donations in Kind warehouse Saturday morning 13 May**.
- Russell Rolls spruiked the **International House** annual gala dinner for evening 13 May.
- Peter Duras spruiked the International Teams **Wine and Spirit Auction** at his and Sue's apartment, Saturday 7.30pm May 20. Wine ranges from \$1000-plus Grange to \$15 rough reds (the equivalent of Grange in this reporter's household).
- George Mackey thanked organisers of last Sunday's 30th anniversary lunch at RACV. He remarked that the **Sgt session** was a great example of why the club's Sgt Session should stay squarely locked away. President Justine commented, "Harsh but true."
- Justine **thanked Tom Callendar and Marjorie Gerlinger** and all others for their sterling preparatory work for the 30th celebration
- Justine commended the **Rotary Foundation 100th Celebration Dinner May 31** to all. *More details in separate item in the BULLETIN.*

Induction: Des Benjamin.

Justine said she was delighted to accept Des' application to re-join Rotary and presented Des with his new badge. Neil Salvano is to be mentor.



Des apologised humorously for raising the age profile of the club. He outlined his many past roles in business and not-for-profits, including Presidency of Save the Children; chair of Life Education and deputy chair of RMIT Graduate School, "although I left school at age 14". We are his third Rotary club after Toorak and South Yarra, where his colleagues included our Russell Rolls. He is impressed by Rotary's low admin take on its charity funds, contrasting with high salaries and costs at other charities he knows of. It was noted that Des was responsible for the transfer from his former club to our club of \$20,000-25,000 accumulated funds some years back.

The Nonh project.

Roy Garrett updated on our lad Nonh, from Laos, who is afflicted with the debilitating and potentially fatal 'M.E.C'. Surgery was started in 2016 and a medical complication caused unbudgeted costs, including the need for Nonh and his father to incur additional flight costs owing to the extended time required at the hospital in Cambodia. Sadly, the return leg of the ticket was non-refundable.

This is a project we wish to see through to a successful conclusion and it is time to pass the hat around again.

Members responded generously with pledges to continue Nonh's treatment - *see separate report.*

Guest Speaker - Steven Wells.

Following the presentation Bruce McBain awarded our guest speaker Steven Wells with a **Paul Harris award**, for his years of combining nursing and horticulture roles at Austin Health and in particular for the patients of Royal Talbot Hospital.



Steven mentioned he is well aware of the significance of a PHF, his father was the proud recipient of a PHF in South Australia just a few months ago.

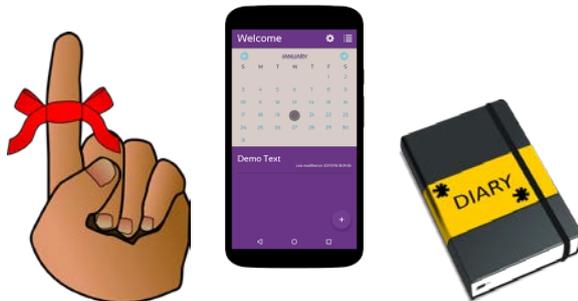
[Please see separate report of Steven's presentation in this BULLETIN.]

Swindle and conclusion of meeting.

Tony Thomas for the first time conceded it was indeed a Swindle rather than a Golden Opportunity Draw. He admitted overstating the take home prize in the past when the correct figure today is \$2800. There were only 12 cards left today, [i.e.11 at the next meeting]. The pack evinced the "Curse of the 7 of Diamonds". Bruce McBain and Yanpu both drew the 7 of Diamonds in the contest for the final pick, and the winner of the three, Elias, drew the 7 of Diamonds in lieu of the coveted \$2800 Joker.

DIARY DATES

TIME TO MARK YOUR DIARY WITH NEAR FUTURE EVENTS
Please refer to right column of this BULLETIN "Upcoming Events"



GALLERY



OUR OUTSTANDING CHOIR



From left; Father Brown, John Steed, Captain Tom, Laurel, Mad Hatter, Bugsy Malone, Odd Job.

MORE CANDIDS FROM OUR 30th CELEBRATION




Rotary Central Melbourne Sunrise
 2017 DISTRICT 9800 CONFERENCE
 29 MARCH - 7 APRIL
www.rotaryconference.org.au



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