



WHAT'S IN THIS BULLETIN

18th June 2019

- Next Meeting - Guest Speaker
- Donations in Kind Working Bee
- Changeover Celebration
- Meeting Minutes 11th June
- Gallery

NEXT MEETING - GUEST SPEAKER

Posted by Bruce HERON



Dr Stephen Carbone – Chair of Prevention United

"Preventing depression, anxiety and other mental health conditions"

Mental health conditions such as depression, anxiety and other serious conditions are common and exact a heavy toll on affected individuals, their loved ones and society more broadly. While treatments are available, not everyone has access and regrettably many people still experience relapses or persistent difficulties despite treatment. While efforts to provide better treatments and services are vital, there is more that we can do. Mental health conditions are not inevitable and there is now good scientific evidence to show many conditions can be prevented. The problem is we are just not using this knowledge effectively. This talk focuses on the prevention of mental health conditions. It discusses what prevention is, why it's important, how we can prevent depression, anxiety and other conditions from occurring, and what our organisation and others are doing about it.

Dr Stephen Carbone has a passion for promoting people's mental wellbeing. He holds qualifications in medicine, psychology and social work and has first-hand experience in supporting people with mental health conditions in both his professional and his personal life. Stephen worked as a medical officer in Victoria's specialist psychiatric services and as a general practitioner for over two decades, before moving into mental health policy and research. He was an active contributor in several key mental health reforms in Victoria and nationally and has held senior positions in organisations such as Vic Health, Headspace and Beyond Blue. Stephen is now the Chairperson of Prevention United, a new mental health charity that specializes in the promotion of mental wellbeing and the prevention of mental health conditions.

DONATIONS IN KIND WORKING BEE

Posted by Russell ROLLS



The International Services Team has organised another "working bee" at Rotary's Donations-in-Kind warehouse for the morning of **Saturday 22nd June**. Please keep this morning free in your diary. This is an ongoing activity and a really "feel good" activity of our club. If you haven't been to DIK before, it is a massive hive of activity and a real eye opener as to Rotary at work for the local and international communities.

Where : Store 39, 400 Somerville Road, West Footscray

(Parking inside the complex, along side store)

When : Saturday 22nd June, 8.45am - 12.30

Club contact is Russell Rolls

E: rjr@rolls13.com.au

CHANGEOVER CELEBRATION

Posted by Marjorie GERLINGER

You are invited to join
 President Neville and Suzette Taylor
 President Elect Warwick and Jill Cavell
for our 32nd Changeover Celebration
 Friday, 08th June 2019
 Angliss Restaurant, 550 Little Lonsdale Street, Melbourne 3000
 6.45pm to 11.15pm – Cost \$100 per person
 • Canapés / 3 course dinner / Drinks • Entertainment • Lounge Suit/After Five •

Please book only by Trybooking: <https://www.trybooking.com/619R>
 or charge by credit card: Visa Mastercard

Card Number: _____ Expiry Date: ____/____/____
 Cardholder Name: _____ Signature: _____

*Direct Deposit to Westpac Account 791000 902 033 000 - Use surname as reference

Please RSVP by **14th June** and contact Marjorie Gerlinger if you intend to pay via Credit Card or Direct Deposit.

MEETING REPORT 4th JUNE 2019

Posted by Therese ROBINSON

Chair **Neville John** opened the meeting with a toast to Rotary International.

President **Neville Taylor** welcomed the **Walklate family, Heather, Mercedes and Simon** to the meeting.

Announcements:

- **Russell Rolls** reminded the members that the DIK Working Bee is Saturday 22 June. Please let him know if you can assist for a few hours in the morning.
- **Neville John** reported on President Neville Taylor's retirement function at which RCM was well represented
- **President Neville's** announcements included:
 - Thanked everyone for their support and kindness at his retirement function
 - Reported that the Club had donated nearly \$18,000 to the Rotary Foundation this year
 - Asked Club members attending the Club Changeover Celebration on Friday 28th June to let Marjorie know by Friday 14th June
 - The District changeover is being held on Sunday 30th June at Taylor's Lakes, club members should book directly through Trybooking and let President Neville

Meeting Responsibilities

Chair
ROBERTSON, Doug

Greeter
SWANN, Millie

Reporter
VOICE, Mary

Photographer
THORNTON, Roger

Door
ROLLS, Russell

Bulletin Editor
WILLIAMS, Rohan

Social Media
LIM, Daniel

Upcoming Events

[DIK Working Bee](#)
Woolshed 39
Jun 22, 2019
8:45 AM – 12:30 PM

[32nd Changeover Dinner](#)
Angliss Restaurant
Jun 28, 2019
6:45 PM – 11:15 PM

[View entire list](#)

Speakers

Jun 18, 2019
[Dr Stephen Carbone – Chair of Prevention United](#)
Preventing depression, anxiety and other mental health conditions

Jun 25, 2019
[NO WEEKLY MEETING THIS WEEK](#)

Jul 09, 2019
[Emmanuel Kusasira Edwin, and Anne-Marie Reddan](#)
Yimba Uganda - Equipping Ugandan youth with sustainable, income generating skills

Jul 23, 2019
[District Governor Grant Hocking](#)
Rotary CONNECTS The World

[View entire list](#)



know in order to coordinate seating

- Congratulations to **Therese Robinson** on graduating from the Rotary Leadership Institute (alongside Rohan Williams)
- Donation of just over \$800 from the Walklate family in place of flowers. In consultation with the family, President Neville reported that the funds would be donated to the sensory gardens at Royal Talbot, a passion of the late Kevin Walklate

Member Speaker: Present-Elect Warwick Cavell, Club kick-start and planning for 2019-20

Warwick joined the club four years ago and has worked with organisations and other clubs on strategic planning. He has noticed just how strong our club leadership is and thought it would be a good opportunity to run the kickstart as part of a club breakfast rather than a forum on a weekend. He also demonstrated his remarkable new pointer.

Warwick was keen to build on the one page plan started in Past President Frank O'Brien's year, and built on again by President Neville with the addition of the four words (connected, networked, catalyst and progressive). To take this work to the next level, Warwick wants the avenues of service to focus on achievements and impacts, and to tell the stories that this creates. For example, our Club has built five schools and to position ourselves as "people of impact".

Warwick also announced that the new Rotary International theme is "Rotary Connects the World".

President Neville closed the meeting.

GALLERY

Posted by Roger THORNTON

Photos from RC Echuca-Moama Steam Rally



Suzette and Jill preparing scones



Neville and Warwick brewing tea



Nick looking after the oven

Photos from our Breakfast Meeting



Chair Neville John



Heather Walklate



President-Elect Warwick Cavell with his new toy



President Neville Taylor and Therese Robinson



Simon Walklate and Mercedes Walklate



Marjorie Gerlinger and Heather Walklate

