



## Rotary Club of Central Melbourne-Sunrise

### eBulletin

Friday, November 18, 2011

 [Club Web Site](#)

**Editor:** [Rebecca RIEBELING](#)

If you have any comments or questions, email the editor.

#### Future Speakers

**Nov 22 2011**

[Ms Debra Maiden](#)

*"Improving Safety in Victoria Police"*

**Dec 13 2011**

[Assistant Commissioner Andrew Crisp](#)

*"My Policing Career – Highlights and Challenges"*

**Dec 27 2011**

No weekly meeting  
Christmas Break

**Jan 3 2012**

No weekly meeting  
Christmas Break

**Jan 31 2012**

[Professor Danny Samson](#)

*"The future of local manufacturing – who cares?"*

#### Upcoming Events

**Vocational Visit**

Nov 18 2011 - Nov 18 2011

#### This Week's Meeting - Ms Debra Maiden

by [RIEBELING, Rebecca](#)

#### Improving Safety in Victoria Police

Debra is the first non-sworn officer to participate in the Mentor Program. She has over 25 years experience in health and safety and workers' compensation field in a variety of industries including manufacturing, retail, transport, warehousing, automotive repairs, petroleum industry and more recently policing.

She has been working for the past six years in the Health, Safety and Wellbeing Division of Victoria Police where safety and injury prevention has some unique challenges.

#### Duty Roster 22nd November 2011

by [STEVENS, Kay](#)

**Note:** Duty people are expected to be on duty at RACV at **7am** as many guests start arriving from this time.

**Please note; if unable to attend please arrange to swap your role with another member.**

<b>Chairperson</b>	<b>Thomas Boyle</b>
<b>Sergeant</b>	<b>Edward Stockdale</b>
<b>Reporter</b>	<b>Rebecca Riebeling</b>
<b>Greeter</b>	<b>Brian Downie</b>

- Royal Botanic Gardens Cranbourne**  
Nov 27 2011
- Club Christmas Party**  
Dec 20 2011
- Steam Rally with Rotary Club of Echuca Moama**  
Jun 9 2012 - Jun 11 2012

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<b>Photographer</b>	<b>Peter Lake</b>
<b>Door</b>	<b>Koren Harvey</b>

**Annual Paul Harris Breakfast**

*by Tom CALLANDER*

Over 280 Rotarians and guests, the majority of whom were Paul Harris fellows, attended this year's Paul Harris Breakfast at the RACV City Club on Wednesday 16 November 2011.



President Walklate opened the meeting with a welcome, the Loyal Toast and Rotary grace.

District Governor Keith Ryall proposed the toast to Rotary International.

District Foundation Committee Director PDG John Davis addressed the meeting about the Rotary Foundation and the recognition of Rotary Foundation contributors and recipients. He sought support for the Rotary Foundation. The financial pressures from the GFC of 2008/09 are now behind us. The 2010/11 Annual Report will show a strong position. In the 2011 year District 9800 contributed US\$214 per Rotarian. He noted the danger of the Rotary Foundation message being lost in the plethora of other charities. He welcomed Ambassadorial Scholars, GSE Team Members and Rotary Health representatives.

Kevin Love introduced our guest speaker Professor Patrick McGorry.

Professor McGorry paid tribute to the Australian Rotary Health Foundation and its assistance over a decade to research and mental health.

He sought to set out a scorecard of mental health in Australia, praising the Federal Government but suggesting the State Governments were still in limbo phase.

Mental health is a 21st century issue. It is a top Australian worry where



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35% of Australians rate mental health as one of the top three issues. There is now political competition at the Federal level to be seen supporting mental health.

The World Economic Forum report shows mental health is the major threat to developing countries.

Mental health strikes at the most productive years of life with mental health issues affecting the young up to age 25. It is a massive economic threat not just to human happiness.

Mental health reform is economically achievable but must be led from the top. There are transformative programs "shovel ready" which just need scaling up with Government assistance.

More research and development is required. We need to move from 19th century to 21st century concepts and thinking.

He noted advances such as "Headspace" centres with a youth friendly environment and particular expertise in assisting young people. The problems for young people are that the transition to adulthood starts younger and finishes later, it takes longer to grow up, to marry and to have kids. Major mental disorders appear for the first time between secondary school and mid twenties. They peak in their early twenties. A New Zealand study shows that 50% of young people up to the age of 30 are diagnosable with mental disorders, one-third mild and two-thirds moderate to severe. Fifty-four percent are recurrent cases. This is a clear threat to the future as it reduces earning potential, loss of friends, etc. They don't all need heavy therapies but need help as do their families.

Social change is needed to create an environment for improvement. Only 13% of young men and 31% of young women with mental health issues are receiving treatment.

There is a need for equity of access and quality of care for mental health disorders. Late intervention leads to long delays, slower recovery, serious mental issues and suicide.

Early intervention is required. This is now getting support around the world. New treatment approaches include diet (e.g. fish oil) and vocational recovery. The system needs to be strengthened where it is weakest with

centres like Headspace, and 21st century approaches to community awareness programs and shopfront facilities.

Professor McGorry was then presented with a Paul Harris recognition.

Raffle prizes were drawn. Michael Bromby announced the very special auction prize of a Qantas simulator which was auctioned for \$1,200.

### **Contributions to the Rotary Foundation**

*by RIEBELING, Rebecca*



The mission of the Rotary Foundation is to enable Rotarians to advance world understanding, goodwill and peace through the improvement of health, education and the alleviation of poverty.

Find out how you can support Foundation grants and activities worldwide at the following [LINK](#)