



"The Bulletin"
- Service above Self -



This Weeks Guest Speaker: **Bluebird**

AMANDA STEPHENSON & ALLAN CAMPBELL

BLUEBIRD - ADULT MENTAL HEALTH & WELLBEING

FRIDAY 15TH JUNE 2018 12:30 - 2.00PM

When: On Friday 15th June 2018

Location: Parmelia Hilton Hotel

14 Mill Street, Perth, WA

Time: 12:30 for a 12:45 start - 2:00pm

Two course Lunch, with cash bar

Cost: \$45.00 per person

Bookings essential to: info@rotaryperth.org.au

by COB Tuesday 12th June 2018



Bluebird's vision is to be Australia's leading provider of psychologist led, peer supported services championing adult mental health and wellbeing. Bluebird seeks to fill a gap in current service provisions for adult mental health, particularly in the 25+ year old community. Through collaboration with other young adults, Bluebird aims to make a difference in the lives of our next generation.

Amanda was diagnosed with depression at the age of 27 and experienced first-hand the gap in services for adults aged over 25 dealing with depression and anxiety in Perth. Amanda overcame her own mental illness and then founded GenWHY?, now Bluebird in 2009, to ensure no other adults experiencing mental illness would have to struggle alone.

Bluebird is a grass roots charity working the area early intervention, suicide prevention and recovery support services. Bluebird offers a unique and much needed service.

Bluebird is the only organisation in WA dedicated to running support groups facilitated by registered psychologists specifically for over adults 25's. Bluebird provides a cost effective community-based solution to the rising burden of mental health illnesses on the WA Health System and broader economy. Bluebird is a small mental health charity with a big vision, to 'To be Australia's leading provider of psychologist led, peer supported services championing adult mental health and wellbeing'. Bluebird has to date achieved a great deal with very little providing support groups to over 400 individuals last year from their Fremantle and Perth CBD locations.

Allan Campbell is an experienced business executive in both the private and NFP sectors with a strong background in business transformation and growth strategy development. As an independent consultant Allan has worked with a number of high profile international organisations to develop their strategic planning and risk management structures to drive positive growth and stakeholder engagement. Allan's aim is to expand Bluebird's reach and maximise the positive impact the organisation has on its members, whilst ensuring the group's long term viability and integration within the mental health sector. Allan joined the board as chairman in 2016.

Amanda Stephenson was always a positive motivated young woman with drive and determination to make a difference. She never expected to experience depression and start her own charity to help other adults with mental illness, however the community need called for action. Amanda has worked in Perth, South Africa and the UK in roles covering HR, payroll, finance, project administrator and most recently as an executive assistant to senior leaders in WA. This variety of roles and experience has ensured Amanda the breadth of skills and capability to manage the operations and funding of Bluebird for the last 8 years along with a team of volunteers and a committed board of directors. Amanda shares her personal story, in a candid and honest way to increase the understanding of, and raise awareness of adult mental illness in our community, to promote active mental health management and most importantly to generate hope that together we can change the face of mental illness in WA.

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Office Hours: Monday & Tuesday: 9.30am to 2.30pm
Friday: 11:15am to 11:45am
Re-opened: 3:00pm – 4:00pm

Email: info@rotaryperth.org.au
Website: www.rotaryperth.org.au
Rotary International: www.rotary.org

ROP Lunch Meetings - Future Guest Speakers

Friday 15 th June:	Amanda Stephenson - & Chairman - Allan Campbell Bluebird
Friday 22 nd June:	Dominique McCoy - CEO Leadership WA
Friday 29 th June:	ROP Changeover Event
Friday 06 th July:	TBC - Special Venue
Friday 13 th July:	TBC
Friday 20 th July:	Anna Nowak - Reflections

(Some of the speakers' dates and subject titles may be subject to change)

Reports & Bulletin Information

OFFICE HOURS: Monday and Tuesday: 9:30am - 2:30pm Wednesday and Thursday: (Generally Closed) Friday: 11:15am - 11:45am, Re-opened: 3:00pm - 4:00pm

BULLETIN DEADLINE: If you have information you would like in the Bulletin, please let the Office know 2 weeks in advance and by **Monday at the latest**, the earlier the better. Please keep information brief.

MEETING AGENDA DEADLINE: Fellow Rotarians please ensure that you contact **Kirstin** by email or phone by **NO LATER** than 11am Mondays to request a speaking spot on a Friday lunch time agenda.

Our Bulletin is now a fortnightly Publication.

Due to the new publishing schedule, you must submit any information to be published in the Bulletin at least two weeks in advance.



Member's Rotary Information Update



ROP LUNCH MEETING DOMINIQUE MECOY - CEO LEADERSHIP WA CONNECTING COMMUNITIES THROUGH DIVERSE LEADERSHIP THINKING

When: On Friday 22nd June 2018

Location: Parmelia Hilton Hotel
14 Mill Street, Perth, WA

Time: 12:30 for 12:45 start - 2:00pm

Two course meal, with cash bar

Cost: \$45.00 per person

Bookings essential to:

info@rotaryperth.org.au

by COB Tuesday 19th June 2018

With over 22 years working for both Federal and State Government agencies, Dominique has a diverse range of experience spanning elite sport, science, food industry development, zoos, cemeteries the Department of the Premier and Cabinet, WA. She took on the role of Chief Executive Officer of Leadership WA in January 2018.

She has a long history of maximising revenue opportunities, whilst well balanced with a philosophy of delivering public value and creating positive impact on the community. Dominique has a history of building strong relationships with government, industry, non-government organisations and individuals to create results that matter.

With a demonstrated commitment to fostering learning and leadership, Dominique has reviewed public sector leadership and management programs on a state and national level, delivered policy workshops on consultation and decision-making and is frequently invited to speak on leadership thinking, bring unique and engaging insights to her presentations. She provides mentoring support for a diverse range of emerging and current leaders.

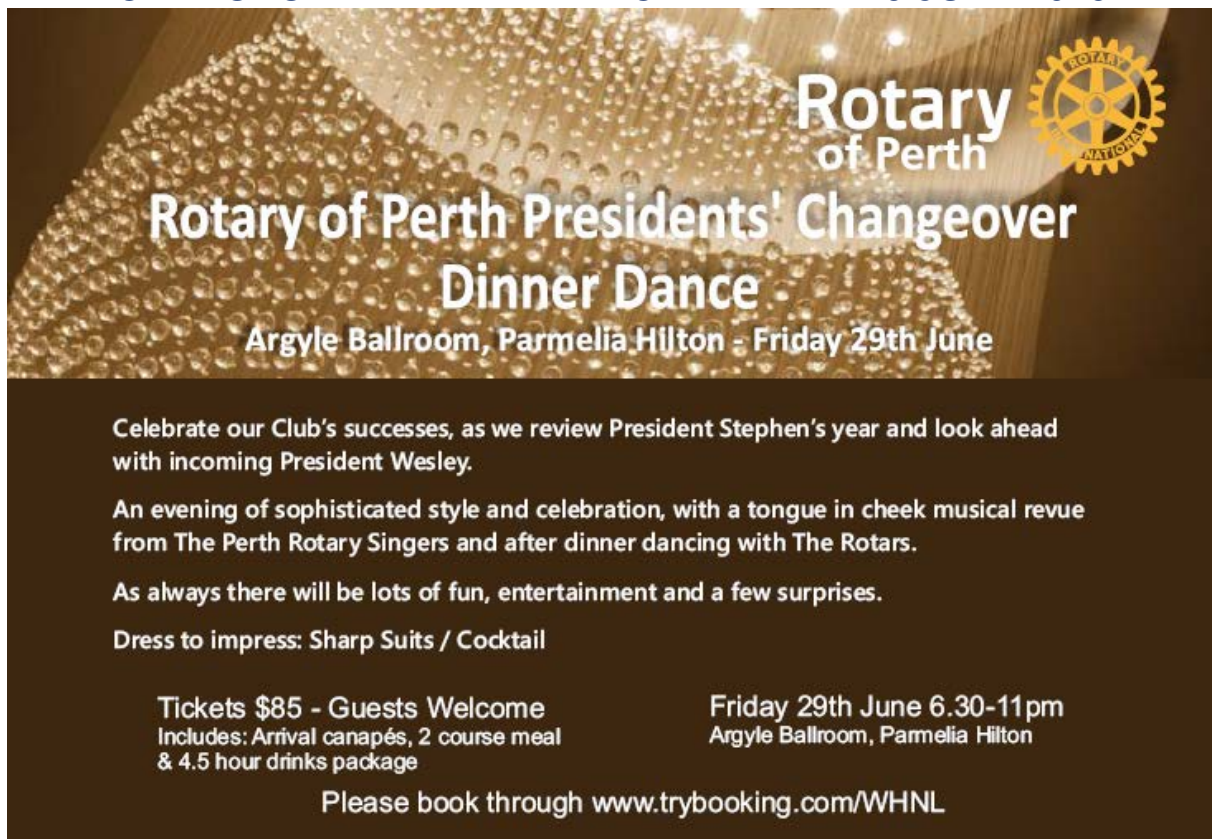
Dominique holds an Executive Masters in Public Administration, a Bachelor of Arts with language majors and a Graduate Diploma in Marketing. She is a Graduate of the Australian Institute of Company Directors, is trained in the Australasian InterAgency Incident Management System and is also a qualified Civil Marriage Celebrant. She is currently on the board of not-for-profit organisation, Technology Assisting Disability WA (TADWA).

Dominique is a 2009 Fellow of Leadership WA, and in 2016 she was the recipient of the Leadership WA Distinguished Fellow Award. She was highly commended in the 2017 Institute of Public Administration Awards for Leader of the Year working within an Organisation.

www.leadershipwa.org.au

<https://www.linkedin.com/in/dominique-mecoy-b4253658/>

**2018-2019 PERTH ROTARY
CHANGEOVER DINNER-DANCE - FRIDAY 29 JUNE 2018**

The poster features a background image of a large, ornate chandelier with many glowing lights. In the top right corner, there is the Rotary of Perth logo, which consists of a yellow gear-like wheel with the words 'Rotary of Perth' and 'Rotary International' around it. The main title 'Rotary of Perth Presidents' Changeover Dinner Dance' is written in a large, white, serif font. Below the title, the location and date 'Argyle Ballroom, Parmelia Hilton - Friday 29th June' are written in a smaller, white, sans-serif font. The bottom section of the poster has a dark brown background with white text. It includes a paragraph about celebrating the club's successes, a paragraph about the evening's entertainment, a paragraph about the dress code, and a section for tickets and booking information.

Rotary of Perth

**Rotary of Perth Presidents' Changeover
Dinner Dance**

Argyle Ballroom, Parmelia Hilton - Friday 29th June

Celebrate our Club's successes, as we review President Stephen's year and look ahead with incoming President Wesley.

An evening of sophisticated style and celebration, with a tongue in cheek musical revue from The Perth Rotary Singers and after dinner dancing with The Rotars.

As always there will be lots of fun, entertainment and a few surprises.

Dress to impress: Sharp Suits / Cocktail

Tickets \$85 - Guests Welcome
Includes: Arrival canapés, 2 course meal
& 4.5 hour drinks package

Friday 29th June 6.30-11pm
Argyle Ballroom, Parmelia Hilton

Please book through www.trybooking.com/WHNL

A Brief overview:

Date: Friday 29 June 2018

Time: 6.30 for 7pm sit down.

Concludes at 11pm

Cost: \$85/pp

Dress: lounge suit/cocktail dress

Entertainment: The Rotary Singers along with our very own after dinner dance band – The Rotars

RSVP: www.trybooking.com/WHNL

Please rsvp by going on line and booking your ticket as soon as possible, this helps enormously with planning for the event. Should you not be able to join us, please email me and let me know. (jill@quairadingearthmoving.com.au).

We are looking forward to celebrating the enormous successes of the Perth Rotary Club, Acknowledging the massive effort of President Stephen and the 2017/18 Board and welcoming President Elect Wes along with the 2018/19 Board.

Your presence at this event is vital to the success of the evening, and we hope that on this important club occasion, you will join us.

Should you have any queries in regards to the evening, or if I can assist you with finalising your booking, please do not hesitate to contact me by return email and/or phone. With thanks, Jill.

VALE - PDG LIZ WESTOBY

It is very sad news to hear that ROP Member and PDG Liz Westoby has passed away. We received word this week that PDG Liz Westoby died peacefully in her sleep early Sunday morning. While not unexpected she had had a good day with her family.

Liz's funeral will be held at 11.00am on 18th June at All Saints' Collegiate Chapel, Ewing Ave, Bull Creek.

**ROTARY DISTRICT 9455 CHANGEOVER 2018
30 JUNE 2018**

RI District 9455 – Changeover Dinner 2018



**Invitation to Rotarians and Partners
from DG Lindsay Dry and DGE Charles Johnson**

Date: Saturday June 30, 2018, 6:30 pm

**Location: WA Golf Club
60 Hayes Avenue Yokine WA**

**Tickets \$70 per person with tables of 10
Payment through**

<https://www.trybooking.com/VNVR>



WA Golf Club, 60 Hayes Avenue, Yokine, Western Australia

Bookings at : <https://www.trybooking.com/VNVR>

**THE SLEEPING BAG PROJECT - 2018
DONATE NOW**

The Rotary Clubs of Perth and Swan Districts together with Stitches of Hope, have combined forces to provide 500 sleeping bags to Perth's homeless for the winter of 2018.

The 500 sleeping bags are being manufactured at a Cambodian sewing centre and will be shipped to Perth and distributed to the homeless before the winter of 2018.

The project is about creating employment opportunities for Cambodians and to keep our homeless population much warmer during the cold winter months.

The sleeping bags will be sold at \$50 each to raise \$25,000 before April 2018. The plan is to 'sell' the sleeping bags as presents, people can buy one by donating \$50 to Rotary and the club will present the sleeping bag to a homeless person before this winter.

Homeless people have almost no choice, their shelters are either on the sidewalk, a park bench or any other public place. In shelters the homeless will be provided a bed and some blankets, which leaves the others to miss out and are forced to sleep out in the open. In this case, a sleeping bag can make a huge difference, especially in winter to stay warm. A sleeping bag is the only protection that a homeless person has against the winter elements.

<https://startsomegood.com/rotary-sleeping-bag-project>

NEW ROP WEBSITE: & CLUB RUNNER APP for MEMBERS ACCESS to THE ROTARY OF PERTH'S "New Members Site"!!!

The web-site is at <http://www.rotaryperth.org.au>

Members: are invited to log into our new website and its members section to learn more about contributing to news items and updating personal information. For more information, contact Jacques Phillips jacques@88to1.productions or phone 0400 830 193



Down load the ROP club runner App to your Smartphone now! <https://site.clubrunner.ca/page/mobile>

We're very excited to announce that the ClubRunner Mobile App (which will link to our ROP website)

is available for download! The ClubRunner Mobile App is your key to connect to your ClubRunner website on the go! Completely, free to download and use, this app will let you access the key info you need while you're on the go. Password protected just like your website, the ClubRunner Mobile app allows you to view your member directory, contact your members and executives, read the latest articles posted to your website, learn more about your upcoming events and speakers, view your meeting details and track your attendance statistics, right from your smartphone or tablet!

To download the app from the Apple App Store or from Google Play, simply type in 'ClubRunner' in the search bar. Our mobile app is compatible with all versions of the iPhone, iPad and iPod Touch sets that have iOS 8.0 or later and with versions of Androids that are 4.0.3 or better. **Please Note: Before using the ClubRunner app, members will need to update their password on the ROP website.** <https://youtu.be/eAqGvRh25E>

<http://rotarydistrict9455.org/>



LEARN AND DISCOVER MORE ABOUT ROTARY!

Visit the Rotary International Website:

Visit the Rotary Down Under Website:

Visit the Rotary District 9455 Website:



<http://www.rotary.org>

<http://rotarydownunder.com.au/>

"SHOW YOUR CLUB COLOURS!" ROTARY OF PERTH APPAREL"

We have chosen a range of apparel options for members to wear when working on club projects and build recognition of Rotary and the work done in the community. The selection includes Basically three types of polo, Sporty Breathable, Plain breathable / Cotton back, Traditional. Then vests and fleece jackets to keep the chill off on early morning starts or evening projects, along with the ubiquitous cap. Items may be ordered by using the dedicated Rotary Club of Perth web-store <https://perthrotary.emestore.com/>

This contains full details of the garments and sizing information.

All items are at the quality end of the market and most sourced from local suppliers, to speed up supply and reduce costs. They will be delivered to the Friday lunch, unless the delivery option is specified.

For additional information please contact:

Ashley Whitworth @ EmbroidMe Perth CBD on 9228 1238

or email Ashley.PerthCBD@EmbroidMe.com.au



LOGGING INTO THE ROTARY OF PERTH CLUB WEB-SITE

Non-Members: If you're not a member of the Rotary Club of Perth, you are receiving this because you are a recipient of our Weekly Bulletin. You will also need to login to our web-site, to keep up with all club activities. If this applies to you, please contact Jacques Phillips jacques@88to1.productions to have you added in as a "friend" of the Club.

ROTARY OF PERTH WESTERN AUSTRALIA FACEBOOK & LINKED IN PAGES

<https://www.facebook.com/pages/Rotary-Club-of-Perth-Western-Australia/375404612477639>

<https://www.facebook.com/ROPerth>

The Rotary of Perth's FaceBook pages. **Make sure you "like" them both, so you don't miss out on information we share, news on club projects, pictures of club events and your comments!**

Like the ROP Page Now!!!



Find us on
Facebook

Also follow the link below to the Rotary of Perth - Western Australia LinkedIn Page [ROP LINKED IN PAGE](#)

Thought of the day

Begin somewhere.

You cannot build a reputation on what you intend to do.

-- Elizabeth Smith

End

Rotary
Club of Perth



ROTARY:
MAKING A
DIFFERENCE