

ANNUAL REPORT 2022-2023

The Rotary Club of Flemington Kensington Inc.

ABN 47 754 561 417

***P.O. Box 64,
Flemington 3031***

rotaryflemington.org.au/

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instagram.com/rotaryflemingtonkensington/

***Club 24401
Chartered 24 March 1987
District 9800***

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

2022-2023 Office Bearers

Board

President	Shraddha Sharma
Secretary	Lesley McCarthy
Treasurer	Edith Chen/ Lesley McCarthy
President Elect	Shraddha Sharma
Governance	Cody Bettanin

Directors

Club Service	Josie Magri
Community Service	Edith Chen/Melina Caccetta
Diversity, Equity & Inclusion	Matiu Bush
Environment & Sustainability	Lesley McCarthy
International Service	Peter Cribb/Shraddha Sharma
Vocational Service	Sandy Belcher/Anne Heyes
Youth Service	Lesley McCarthy
Foundation Chair	Lesley McCarthy

Office Bearers

Bulletin	Lesley McCarthy
Investment Committee	Cody Bettanin/ Lyn Borghouts/ Lesley McCarthy
Membership	Board
Onto Conference	Board
Opportunity Shops	Melina Caccetta/Shraddha Sharma/Lesley McCarthy
Program	Board
Protection Officer	Beate McManus
Public Relations/Marketing/Web	Lesley McCarthy
Sergeant at Arms	Josie Magri
RIMERN	Edith Chen/ Lesley McCarthy/Karolina Sevcikova
WERN	Anne Heyes
Donations in Kind Inc	Lesley McCarthy

District 9800 Representatives

Lyn Borghouts	RIMERN Secretary
Anne Heyes	WERN
Lesley McCarthy	ESRAG Oceania executive
	RIMERN, DiK Board,
	Facilitator, Leadership & Development Team





**Rotary International President Jennifer Jones,
Rotary Club of Windsor-Roseland, Ontario, Canada**



**Zone 8 Director Jessie Harman:
Rotary Club of Wendouree Sunrise, District 9780**



District Governor Amanda Wendt – Rotary Club of Melbourne



Assistant Governor Tony Laycock: Rotary Club of Canterbury

President's Report 2022-2023:

As I reflect on the completion of my one year as President of our Club, I am filled with a mix of emotions. When I initially took on this role, I must admit, I had a sense of sticking out like a "sore thumb" among such accomplished individuals. I took the role on inspired by the RI international theme which at the time, felt like was written just for me, "Imagine"!

It felt possible to do that & I imagined showing up!



But little did I know then that showing up would fill me with such a strong sense of belonging, and purpose. Now, I am here for another year, and once again, I will lean on the theme of the year by President-elect R. Gordon R. McNally – Hope! To create Hope in the world....

Three things really that re-enforced for me on why Rotary is unique:

One, Rotary, is 118 years old, set up to be of service to others, so it's got the objective very well set;

Two, it's voluntary; no one is here for anything other than maximising their potential both for themselves and for others – you've got the intention;

and third, as the saying goes, many hands make light work; there is much to be done, & it can feel overwhelming but when you have the setup, possibilities really are endless...

Throughout the year, there have been numerous activities that stand out in my mind & moments that will forever be etched in my heart. One such activity is "Members Behind the Badge," where I had the aim of connecting with each member through a set of 12 standard questions.

Though I haven't been able to get through all our members, I am positive the grace period of another year added will help me achieve this.

The catch-up sessions provided me with a new lens to peek into the incredible individuals we have within our club. What started as a simple questionnaire quickly transformed into profound conversations, lasting hours, where we embarked on a shared journey down memory lane. I am truly blessed and grateful that our members were willing to open up, share their past, their moments of joy and pain, and allow me to be a part of their stories.

As a club, we have achieved milestones and undertaken projects that have touched the lives of many in our community.

I take immense pride and joy in highlighting the recognition of our Past President, Lesley McCarthy, in the official parliamentary records known as Hansard. On the 4th of August, Danny Pearson MP for Essendon delivered a speech in Parliament, acknowledging and honoring Lesley's exceptional contributions to the broader community.

As you will have noted from the brochure shared, our club is uniquely placed for fund raising through our Op shop, which is run by our very talented and creative manager, Mel. Like all businesses, with costs increased we too must find a balance between keeping our prices low for those in need, while also bringing in revenue to cover our overheads and fund our various community programs. Mel, with her strategic vision, has been able to engage in various initiatives (including partnering with JobFind Victoria) to report a successful year with revenue of close to \$100,000 year to date.

We also have the most generous community volunteers like Deb, Fran, Barbara, Vinh, Rui, Nahla and an intake of work experience and Duke of Edinburgh Award students.

This year, seeing the need in the community, a food pantry has been set up at the Op shop to provide emergency relief to the local vulnerable community members; in addition to food, we also provide baby items and hygiene products.

We recently received a grant of \$3,500 from the Federal government through Bill Shorten's office and we aim to leverage this to strengthen our offering of the "Safe Space initiative". The aim is to have customers come and engage with volunteers and others in a comfortable, inviting space, they can drop in for a cup of tea, a chat, draw

a picture, read a book, mend a top - any activity which will improve their wellbeing and apprehension about venturing outside after COVID. The Op Shop at the heart of Flemington truly serves as an engine for community transformation. I congratulate Mel and the Op shop volunteers for their stupendous effort.

Talking about transformative power, we also extend our investment in education and sport, and as such we have an established and committed relationship with local schools and sports clubs; Mount Alexander College, Kensington Community High School, Ascot Vale Heights school, Kensington Soccer club to name a few, donating just over \$10, 000 to various sponsorships and leadership development opportunities.

In Rotary, we love acronyms, and they are mostly mouthful; We are very proud to support DiK, RIMERN, ESRAG to name a few. They are true homes and heroes for promoting environmental sustainability, climate action and circular economy.

Our club is blessed to have very talented and creative members & this past year has been musical for us, and it's not accidental. I personally grew up attending musical events organised annually by my dad's company, I have always understood music as a universally accepted and supreme art form; I am a big believer of the part it plays in bringing community together, dismantling walls and boundaries, helping to heal, reconcile and aid in education. I am sure through the programs our club supported this year, we have been able to extend some of those benefits and joy.

We provided entertainment and fellowship opportunities to our community members at the Seniors Festival event organised by our club board member, founder and creative director Sandy Belcher from Retro entertainment. We then took it a step further and entertained 250 guests in collaboration with 3 other clubs (Essendon, Keilor East and Footscray); welcoming 150 International Rotarians, we showcased our local talents, local artists and our iconic clock tower. Congratulations to Sandy, and her son Shane on putting up 2 successful events and there's one more to come - **Christmas in July!**

We also supported a musical developed by our member, Yvonne, through her **Filter your future** program. This is a FREE education program for schools to reduce the incidence of preventable chronic diseases. It brings immense hope when you involve yourself in preventive action, and it's exactly what Yvonne has dreamt of with her program. I thank Yvonne for the opportunity to be involved in this project & I have no doubt it will help change lives everywhere around the world.

This year will remain special for me in many ways, but mostly because I had the opportunity to attend my first Rotary International Convention held here in Melbourne in May with my parents. Together we witnessed, laughed and shed tears over the selfless stories shared by inspiring Rotarians from all over the world. My parents, who were able to attend our Club Changeover in June, have always shown that there's no better place to go without lifting everyone around you first.

This past year has reaffirmed the power of a united effort, where each member's unique skills and perspectives blended seamlessly to continue the wonderful contribution of our club in our community.

I'd like to thank the board members for their support, Lesley, Edith, Sandy, Mel, Anne, Cody, Lyn and Matiu. I am thankful for the encouragement & the trust you've extended personally to me.

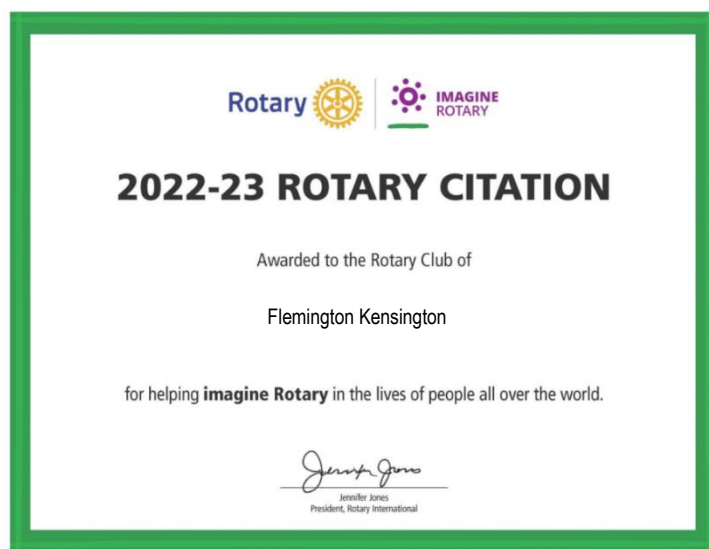
Looking ahead, I am filled with hope and enthusiasm as we set our sights on new horizons. We have 6 new members inducted into the club, 3 of which have joined our board.

One of the key aspirations & hopes that I have is to lead our club in a new direction. The inner west of Melbourne is rich with individuals from **various walks of life**, and I believe it is our duty to extend our reach and invite them to join our Rotary family. Increasing our membership from diverse backgrounds will not only enrich our club but will also ensure that our projects and initiatives resonate with the wider community we serve.

From our planning day, held in April, we have identified a singular voice among our members to be engaging in activities that will address the mental health concerns we've seen on the rise since the pandemic. We've also identified the need to provide & support the newly migrant community with education that will empower them to act, integrate and benefit from all the wonderful work that the local councils, rotary clubs in our cluster and organizations have on offer.

Engaging with the youth in the community and raising the profile and public image of the club were two other very important actions we've agreed to carry out. And it's exciting that with Emma from Moonee Valley Council's L2P program, we are progressing with the purchase of the car .

Having said that, I also want to remind all of us here that as a club we understand that we each have our own personal commitments and aspirations to fulfill towards our family, career health etc, as a club, we are here foremost here for each other, because we believe that when you thrive, our community thrives.



VALE:

Dr Theong Low was a Charter Member of the club, and a former GP in Pin Oak Crescent. Theong was encouraged to join by Ted Frank, local real estate businessman who sadly passed away in March 2022.



Theong was the force behind the establishment of ROMAC {Rotary Overseas Medical Aide for Children} and served as the Chair for many years.

ROMAC was founded in 1988 when Barrie Cooper, a Rotarian from Bendigo on a humanitarian visit to Fiji found the local surgical facilities inadequate for treating children. He spread the word and organised other Rotary clubs to join him to sponsor children from Oceania to be brought to Australia for treatment by Australian surgeons. ROMAC has now supported over 500 children {and their families} with lifesaving surgery and treatment.

PP Allan Bruno was the main help for Dr Low and helped with the work to bring the conjoined Bosin twins from Papua New Guinea in 1998. Others in our club provided transport, hospitality and support for the girls' mother.

Theong then went on to be Australia's representative on the UNESCO as a medical ethics director and worked on a team performing cleft lip/palate surgery in China. He personally sponsored the Samvedna (compassion) Project in Mussourie, Uttarakhand, North India providing care for the disabled in the surrounding villages. He started a foundation for this with Casey Tan from Rotary Carlton.



Charter members at the club's 30th anniversary:

Ted Frank, Geoff Cawsey, PDG John King { DG at the time of the charter}, PDG Vance Hilton, Eugene Odachowski, Theong Low, John Herniman, Ken Maxfield.

Theong died in March and is survived by his widow Sue and sons.

Peter Michael Donnellan who died in March was a lawyer in Flemington who was invited to join Rotary by Ted Frank and Allan Bruno.

Peter served as Secretary and Treasurer for many years and was the champion behind the formation of the Rotary Club of Flemington Kensington Foundation and the ACNC registration.



He was a regular at BBQs and the Art Shows, assisted at the Careers Days and was always willing to lend a hand.

He and his wife Kien hosted several Rotary Exchange students over the years and enjoyed sharing their culture and life with girls from the US, South America and Austria.

Peter was a dedicated volunteer in the Flemington community, mentoring students at Kensington Community High School, assisting at Flem-Ken News and Farnham Street Neighbourhood Learning House.

Secretary's Report - Lesley McCarthy

The role of the Club Secretary is to ensure that the administrative requirements of the Board; District and Rotary International are attended to. This involves processing incoming and outgoing correspondence; submission of reports; updating membership databases and the submission of annual returns.

The Annual General Meeting was held on Wednesday 2nd November..

The Annual Statement to Consumer Affairs Victoria was submitted in November.

The club has the following registrations:



61094

This allows the club to hold minor gaming activities such as raffles, fundraising events and other events such as bingo, lucky envelopes etc to the amount of \$5000. Raffles over this level still require authorisation.

Consumer Affairs Fundraising

FR-000015337.

This allows the club to conduct formal fundraising events including fundraising for other charities eg End Polio, Australian Rotary Health Lift the Lid.



RC Flemington Kensington Foundation Pty Ltd is a registered Australian Proprietary Company
ACN 632 136 406



RC Flemington Kensington Foundation is a registered charity.

ABN 75 591 148 794

Deductable Gift Recipient endorsement was approved on 24 October 2019.

During the 2022-2023 year, we inducted 6 new members:

Abdi Hassan and Mohammed Abbas Omar sponsored by Peter Cribb, Nina Farmer and Drew Sheehan sponsored by Melina Caccetta, Jeff Weitzel sponsored by Shraddha Sharma and Alex De Bortoli sponsored by Lesley McCarthy



Treasurer's Report - Edith Chen /Lesley McCarthy

The Rotary Club of Flemington is no longer registered for GST as our club income is below the threshold. All figures quoted in the report are net of GST.

All invoices were forwarded to signatories for verification prior to payment.

Signatories on Club accounts are Lesley, Edith, Lyn, Anne and Cody. {different signatories for the many accounts}

The financial statements are to be read with the explanations. Several project areas received or spent monies in previous financial years, so a clean breakdown is not possible in this financial year.

The club is in a strong financial position despite the reduction of income from BBQs, and the Op Shops due to COVID.

Area	Income	Expenditure	Balance 30 June 2023
Club	15,925	15,280	9,607.54
Op Shop	104,241	57,729	5,757.18
Investment Account	3,602	12,000	65,363.98
Project Account	14,764	15,780	69.70
RC Foundation	31,951	53,225	11,423.18

** ARH PhD Scholarship was paid from the Investment Account

*** Due to unavailability of LB and CB during the year, some payments for RC Foundation were paid from Op Shop account and contra'd at a later date.

**** a grant from Minister Bill Shorten funded the MHFA program in March. This was received in the previous financial year.

RICON financial statement:

Income -	Expenditure -
MVCC Grant \$10,000	Clocktower \$21,969.43
RICON payment \$6320	Silvie Paladino \$8000
Ticket sales \$4100	AWC \$2000
Contribution from other clubs \$3000	Tree Hearts \$1000
RCF funding \$10,000	

Investment Committee – Cody Bettanin

Following a difficult year with COVID, our investments have regained much of what was lost.

Nick Reilly, Investment Manager with Inovayt has provided quarterly reports to the Board. He anticipates stronger growth in the 2023-2024 year.

Innovayt balance at 31 March 2023: \$157,285.74

The Rotary Club of Flemington Kensington Foundation

ABN 75 591 148 794

The Foundation was established in 2019 to manage funds raised through the 2 Op Shops. The charitable status allows the club to manage and distribute funds more effectively and allows income to be GST exempt.



The Foundation also allows us to accept donations which can be tax deductible through our DGR status.

Despite the restrictions to trading through lockdowns necessitated by COVID both shops made good profits which were then directed to a number of charities and deserving people and organisations.

Nett income from the Op Shop was: **\$46,512.97**

Payments were made to:

Abbey Solo Foundation	\$1000	
Australian Rotary Foundation	\$3200	
Beyond Subsistence {Jimmy Musiime}	\$1000	
Donations in Kind Inc	\$8500	
Filter Your Future	\$2500	
Flemington Mission	\$1000	
Kensington Women's Soccer Club	\$4000	
Live For Lily	\$2000	
Manila Street Kids food	\$1000	
Polyglot Children's Theatre	\$1000	
Priority First Aid – Defibrillators for schools	\$8500	
RORP Port Blair	\$3000	
RIMERN	\$2000	
Sputnik Orphanage food	\$1000	
Tree Sisters	\$1000	
Unison Housing BBQ	\$4000	
WERN	\$1100	\$45,800

Student Scholarships

NYSF	\$975	
RYLA	\$1850	
Del King Award	\$2000	
Eugene O	\$1000	
Ted Frank Award	\$500	
ASVSS	\$200	
ASVWPS	\$200	
St Brendans PS	\$200	
Tiffany Bo	\$500	\$7,425

Investment Account:

Australian Rotary Health – PhD Scholarship	\$12,000	
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Total donations: \$65,225

Members 2022-2023

Mohammed Abbas Omar	March 2023
Sandy Belcher	Vance Hilton Award June 2021
Cody Bettanin	6 years
Lyn Borghouts	9 years
Allan Bruno {H}	34 years
Matiu Bush	4 years
Melina Caccetta	3 years
Geoff Cawsey {L}	36 years
Edith Chen	10 years
Peter Cribb	17 years
Alexandra De Bortoli	April 2023
Yvonne Farquharson	1 year
Nina Farmer	March 2023
Abdi Hassan	March 2023
Anne Heyes	5 years
Josie Magri	31 years {including Rotaract}
Nicole Marshall	4 years
Lesley McCarthy	28 years
Beate McManus	29 years
Anthony McManus {H}	9 years {including honorary}
Lorry Rowe	6 years
Len Seddon {L}	33 years
Karolina Sevcikova	3 years
Shraddha Sharma	21 years {including Rotaract}
John Sklenar	29 years
Rebecca Smith	1 year
Drew Sheehan	April 2023
Jon Temby {H}	12 years
Jeff Weitzel	April 2023
Mount Alexander College –	4 years
Kate Stevanovic, Stephanie Balaburov and Ching Chan	

THE FIRST OBJECT OF ROTARY

The development of acquaintance as an opportunity for service.

Club Service

Meetings continued to be a mix of online and face to face. We have continued to have difficulty with meeting venues, but most face to face meetings were held at Mama Bear Café.

Bulletins were provided fortnightly using the ClubRunner element.

Website

The club website based on ClubRunner contains a vast amount of information on our club events and activities, club bulletins and stories.

ClubRunner synchronises between District 9800 and Rotary International making member updates simple.

Program – Shraddha Sharma/ Lesley McCarthy

The speakers program served to enrich members knowledge and enable further relationships with local community groups. The program included:

Assistant Governor Tony Laycock

District Governor Amanda Wendt – Amanda chose to meet through a cluster event.

Sarah Briggs, RYLA

Rhys Williams {Central Melbourne} and Colleen D’Offray {Brighton} on Mentor Match.

Mary Keating, Flem-Ken News

Aaron and Katie Hester, Live for Lily

Parus Sen, Kensington artist

Peter Dunn {Strathmore} RICON23

Stephanie Balaburov and Ching Chan, Mount Alexander College

Cr Katrina Hodgson, MVCC

Catherine Johnson, Australian Rotary Health - Mental Health



Cluster Evening:

In lieu of individual club visits, DG Amanda visited clusters where attendees participated in meal packing with For-a-Meal.



Amanda also presented Mentor/Mentee awards to Shraddha Sharma/Peter Cribb, Melina Caccetta/Edith Chen and Yvonne Farquharson/Lesley McCarthy.



District Assembly

Lesley, Shraddha, Mel and attended District Assembly.

District Conference

In this year of the Rotary International Convention being held in Melbourne, a District Conference was not held. Shraddha, Lesley, Abdi and Peter attended RICON23.

District Changeover

Lesley attended the District Changeover at Essendon Fields.

The **Annual Club Presidents Changeover** was held at the Flem-Ken Bowling Club on 29 June. We were delighted with the attendance of so many members and friends. It was a joy to have Danny Pearson MP, Crs Katrina Hodgson and Rose Iser; visiting Rotarians AG Tony Laycock, David Dippie, Laurie Fisher, guests from JobFind, the Abbey Solo Foundation, Welcome Wagon West and

A Paul Harris Sapphire was presented to President Shraddha Sharma.

The **Jim Hosie Trophy** was awarded to Yvonne Farquharson for her enthusiasm, commitment and support of club events and projects.

The **Vance Hilton Award** was made to Welcome West Wagon.



Community Service Awards were made to Theresa Tran and Joanne Farrugia from JobFind and to Deb Penglase and Jeremy Burke from MHFA.

Certificates of Recognition were presented to: Sandy Belcher for her work at RICON and to the Abbey Solo Foundation.

A 10-year membership certificate was presented to Edith Chen.

Rotary Avenues of Service Awards were presented to Peter Cribb, Yvonne Farquharson and Melina Caccetta.



THE SECOND OBJECT OF ROTARY:

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

1. **Rotary Inner Melbourne Emergency Relief Network** – providing household goods to disadvantaged families and those who have experienced loss through trauma, fire, flood, domestic violence. Members volunteer on the 4th Thursday of each month
 2. **Rotary Overseas Relocated Playgrounds** – Peter Cribb, John Sklenar, Shraddha Sharma and Sam Nicol participated in extracting and loading playgrounds for shipping to overseas countries.
 3. **Garage Working Bee** – several members assisted as we cleared out the garage at the rear of 290 Racecourse Road where the BBQ trailer and a quantity of club records were held. The garage was needed for the new tenant at 290 Racecourse Road.
 4. **Op Shop Working Bee** – members cleared out the weeds and rubbish from the access way beside the shop, and then assisted Mel with an Op Shop clear out. Allan Bruno did some testing and tagging.
 5. **National Tree Day** – club members joined with MVCC and Keilor East Rotary to plant 1000 seedlings at the Canning Reserve (and to run the BBQ). District Governor Amanda Wendt attended as did DGN Michael Laipna, Danny Pearson MP and Ben Carroll MP, MVCC councillors.
 6. **Op Shop Open Day** – we ran a BBQ and joined in the fun with a book and plant sale as the Op Shop held an extraordinary sale day for Fathers' Day.
 7. **Flood relief** – following the Maribyrnong River flooding, members assisted with filling sandbags with Essendon SES, and provided food and clothing assistance.
 8. **A cluster evening** with DG Amanda Wendt was held at the Yarraville Club. A large number of members attended and several members were presented with Rotary Mentor/mentee certificates.
 9. **Food Pantries** – both Ascot Vale and Kensington Food Pantries were stocked weekly throughout the year September to March. Ceased when the Op Shop pantry opened.
 10. **Intergenerational Maps** – members assisted Maureen Ryan from VU in running the intergenerational mapping project at Debney Meadows PS over 3 after school sessions.
 11. **Carols by Candlelight** – we ran the BBQ at Queens Park for 2022 Carols. Members were joined by members of the Kensington City Soccer team.
 12. **It's in the Bag** – members contributed handbags, toiletries and sanitary items for this year's Share the Dignity/It's in the Bag drive through Danny Pearson's office. 25 handbags filled with goods were donated by our members.
 13. **1,000 Stories** – over the year, in excess of 800 books were donated to Wingate Avenue and Hopetoun Maternal & Child Health centres for children from disadvantaged backgrounds. These books were sourced from the Op Shop, DiK and donations.
 14. **Christmas party at Maribyrnong Park Bowling Club** – a great evening where Dulcie Heard was presented with an Honorary Member certificate for her outstanding contributions to the club and support for Geoff over 35 years.
 15. **International Womens Day** – members joined with 8 students and teachers from Mount Alexander College for this year's event.
 16. **Mental Health First Aid – using a grant from the Federal Government, we organised a MHFA program at Kensington Neighbourhood House.**
 17. **Tour of Duty** – the club supported Sandy Belcher of Retro entertainment with a Tour of Duty musical afternoon and afternoon tea at Maribyrnong Park Bowling Club. Mel, Karolina and Shraddha organised afternoon tea.
 18. **Defibrillators for schools:** We purchased and donated defibrillators to Ascot Vale West PS, MAC, KCHS and RIMERN.
- RICON23 Club Hospitality evening** – a team led by Sandy Belcher with Shraddha, Lesley, and presidents from Essendon, Footscray and Keilor East Rotary organised an extraordinary event at the Clocktower on 29 May. Over 250 attendees from across the globe attended.

Community Service – Melina Caccetta/ Edith Chen

Edith continued our involvement in the Kensington Community Network attending monthly meetings and providing communication on events across Kensington and Flemington. We supported the food pantry at Kensington Neighbourhood House during 2022-2023 with weekly donations.

Edith also continued her involvement with a number of local senior and multicultural groups.

During the floods along the Maribyrnong River, Shraddha, Anne and Lesley assisted the Essendon SES.



Due to ongoing community need, the Op Shop inaugurated a Food Pantry in 2023. Thanks to Mel, a partnership with FoodBank was established which supports with groceries.

RIMERN- Our club is one of 14 supporting RIMERN. Lesley, Edith, Karolina, Yvonne and Shraddha have volunteered at the store.



In December, Lesley presented the store supervisor Ros with a defibrillator to support volunteers.



MVCC Carols by Candlelight:

We again provided the BBQ. Thanks to members of the Kensington Soccer Club for assisting.



In March, the club funded a **Mental Health First Program** held at Kensington Neighbourhood House. This was supported by a grant through Bill Shorten MP's office.

Deb Pengelly from the Wish Foundation ran the program which was attended by members, volunteers and community workers from Jobs Victoria, MVCC and the Venny.

In conjunction with member Sandy Belcher, and Seniors Festival, the club supported 2 functions at **Maribyrnong Park Bowling Club by Retro**. These musical afternoons provided socialisation and entertainment for the elderly. They were supported by Maribyrnong PROBUS, Geoff Cawsey & Dulcie Heard.

Defibrillators for schools:

We funded the purchase of defibrillators for Ascot Vale West PS, MAC, KCHS and RIMERN. They are automatic with a recorded message telling the user what to do.



FILTER YOUR FUTURE – the musical:

The Board was pleased to support member Yvonne with her project on Kidney Health education through a musical performance.

The event held at the Florida Club in May drew attendance from local schools and community members.

The musical focusses on educating children on the importance of water/sugar in the diet. Kidney health through a fun, entertaining promotion.

Yvonne also had a booth at RICON where she caught up with Jimmy Musiime.



OP SHOP

Despite the challenges following COVID, trading at the Op Shop continued to grow. Thanks to the efforts of Melina Caccetta and the volunteers a strong return was achieved. We also attracted a number of new volunteers who have contributed skills.

Volunteers were recognised with certificates and lunch during National Volunteer Week in May, and also with a Christmas lunch and a Rotary cake.



Melina held a special community open day in September which was well attended and showcased not only the shop, but a number of community efforts.



The shop continues to be the face of Rotary in the community and provides a social and connection opportunity for many people. Volunteers are dedicated and continue to be a great support.

Melina continued to strengthen our relationship with community groups. A new partnership with JobFind has provided Job seekers to gain retail experience with us.

Volunteer numbers are up and with the approval from Services Australia of the shop's authority to accept Centrelink volunteers has enabled a bigger group. Our Authority Number is: **690917**



THE THIRD OBJECT OF ROTARY

The application of the ideal of service in each Rotarian's personal, business, and community life.

ENVIRONMENT & SUSTAINABILITY

We continue to partner with Moonee Valley Council on tree plantings. On National Tree Day, the team worked at Canning Reserve in Avondale Heights. We partnered with Rotary Keilor East who used our BBQ trailer to run the BBQ lunch.

DG Amanda, DGE Michael Lapina and Rotarians from Carlton, Essendon North and Keilor East assisted.



International Service:

RORP

Whilst our members have taken a step back and shipping constraints halted work – as well as COVID lockdowns, the program managed by Bob Allardice at Rotary Nunawading has continued.

The playgrounds sent to Nepal are in the hands of Shradha's father, Santosh. The first playground has been installed at the Gram Sudar school, Gokarneswor



Rotary Club of Port Blair has received their playground which has been installed at Long Island. The park was inaugurated in association with Gram Panchayat, Long Island.

YOUTH

The club's focus on youth programs continued strongly.
The Del King Scholarship at MAC was awarded to Nasteha Salaat.

The Eugene O. Scholarships at Kensington Community HS were awarded to **Clay and Eden**.



A new scholarship was created this year in Ted Frank's name for vocational.
It was awarded to Anh Tranh.



The scholarship in Edith Chen's name was awarded to **Tiffany Bo**, a year 12 student.



Sebastian Timpano received the Ascot Vale SS scholarship.

We also provided scholarships to students at Ascot Vale West PS, Debney Meadows PS and St Brendans.

The 2022 NYSF student Zoe He was the MAC Dux.



Kensington City Soccer Club Awards night:



The **1,000 Stories project** continued intermittently with additional picture story books delivered to the Maternal & Child Health nurse at Wingate Avenue.

Members were delighted to return to the **MVCC International Women's Day** breakfast at the Clocktower in March.

The club sponsored 4 students from Mount Alexander College:



The **Intergenerational Mapping Project** in conjunction with Victoria University and MVCC was run at Debney Meadows PS. Maureen Ryan sought assistance from members, and Yvonne Farquharson, Lesley McCarthy and Sheila Byard assisted.

This program involved discussing the history and places of Flemington with students, and the having them draw and write about their favourite places.



THE FOURTH OBJECT OF ROTARY

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Following COVID, there are many requests for assistance from other countries.

We provided support to:

Sputnik Girls School for food \$1000

Lorry Rowe's Manila Street Kids program \$1000

Sanitiser to Timor Leste \$1000

Jimmy Musiime Trees for Subsistence \$1000

RORP:

Playgrounds were shipped to Nepal and Port Blair India.

We funded transport costs of \$4000 to Nepal and \$3000 to Port Blair.

These playgrounds are now being installed:

PORT BLAIR, INDIA



NEPAL

Gram Sudar School, Gokarneswor



LORRY ROWE'S MANILA STREET KIDS PROGRAM:

Member Lorry Rowe has been supporting an orphanage in Manila and working with to fight hunger and poverty. The club has supported her work for several years and this year, contributed towards a Food Bank in conjunction with Edwin Nombre, *True Manila Street Kids* and the *Rotary Club of Bial-na-Bato*, Quezon City .

Lorry and Michael Redding from Werribee Rotary visited in December 2022 to provide funds and assist with the work.

Funds have also been used to create a store employing 4 people and providing low cost basic food to the community.



RICON23

Supported by a grant from MVCC, the club held a hospitality evening at the Clocktower on Monday 29 May during the international convention.

This was a spectacularly successful evening showcasing Silvie Paladino supported by Wendy Stapleton and the Australian Women's Choir. Over 250 guests from across the globe attended!

Our sincere thanks to Sandy Belcher who provided creative leadership and management of this event. Members from the cluster clubs Keilor East, Essendon and Footscray assisted us.



ROTARY IN THE NEWS

We continued to have good cover in Flem Ken News published quarterly and in the Inner North West City News published monthly. This is a good opportunity to share stories and have some coverage of our Op Shop, activities and areas of focus.



Introducing Shraddha
Rotary Flemington Kensington

At Rotary Flemington Kensington's celebration dinner on 24 June, President Lesley McCarthy handed over the chain of office to incoming President Shraddha Sharma.

An Ascot Vale resident, Shraddha was

born in Kathmandu, Nepal.

She was the foundation President of the Rotaract Club of Thamel in 2002-2004. She was encouraged to take on the role by one of her teachers and by her father Santosh who was an active Rotarian.

She has 2 siblings, a younger brother and sister and they all studied in Melbourne. Shraddha studied a Bachelor of Information Systems and started an internship at Australia Post.

While her brother and sister returned to Nepal to help their father in his business, Shraddha met her husband Rakesh and stayed. They have a 9-year-old daughter. They love travelling and try to find a new destination each time they return to Nepal and India to visit family. Shraddha was actually stuck in Nepal for 8 months last year during COVID.

She has held many varied technical roles



at Australia Post and has worked as a Project Manager for the last 10 years. She is a problem solver by nature and is constantly excited by the challenges in her work.

Community involvement is her passion, and apart from Rotary she participates in fundraisers when time allows. In 2015, in a cure for cancer event organised by Peter McCallum Foundation, she cycled 200km in 2 days around the Bay and raised over \$2000.

In 2018 she was involved with the Nepalese community in Victoria to organise a 'Walk for women's Welfare' event which brought together more than 100 women from the Nepalese community to share their experiences.

Shraddha is a Yoga instructor and loves sharing Yoga with others. As a busy working mum, she loves spending her weekends with friends, and when she has time you will find her at home curling up with books. Lately, due to a lack of time to sit down with a book, she listens to them on Audible. Her latest obsession is Edith Eger's 'The Choice'.

Shraddha is looking forward to Rotary being out in the community again after the COVID lockdowns and is keen to identify opportunities for members to work with and support community organisations. She imagines Rotary at the heart of the community and encourages everyone to connect with the group.

Flemington Kensington News
Spring 2022

Vox Pop Spring 2022

What are you looking forward to in Spring?



Melina:

"The smell of flowers in the air is a sensory delight."



Len:

"The Spring Racing Carnival and opportunities to enjoy the weather."



Beate:

"I am off to Europe on a profession study tour with my daughter."



Rotary awards Editor
Lesley McCarthy

community as Editor of the Flem-Ken News for 18 years. Enjoy your retirement Mary.

Congratulations Mary Keating who was recognized with a Rotary Community Service Award at our meeting.

(Barbara Ward and David Fisher, the two new Co-Editors for the Flem-Ken News will take on the operations of the Paper for the first edition for 2023. Mary will step down as Editor at Christmas.)

Mary has been a stalwart in the Flem-Ken

Rotary wins thanks to support from *North West City News*

The Rotary Club of Flemington Kensington has been recognised with a "public image" award by its Rotary District Governor Dale Hoy following a successful nomination.

Thanks to *North West City News*, and the materials on our website, newsletter and social media, we won the category – thanks to the team at *North West City News* for its support.



▲ Rebecca Smith, Melinda Old (North West City News) and Lesley McCarthy

Neighbourhood House manager awarded for "outstanding leadership"

The highly respected manager of Kensington Neighbourhood House Rebecca Smith was recognised for her outstanding community leadership at the recent Rotary Flemington Kensington president's dinner.

The Vance Wilson Community Leadership award is presented annually recognising a member of the community who has gone beyond what could be expected of them. The award is in memory of one of the club's founding members and a past Rotary District Governor who was passionate about community and developing leaders to help others.

In presenting the award, president Lesley McCarthy spoke of the significant strategies and programs implemented by Kensington Neighbourhood House during COVID, and the support given to local residents and their families.

From food parcels, to homework packs, technology and digital support and health and wellbeing, the breadth and depth of support provided to the community across these three priority areas was extraordinary.

The award comprises a certificate of recognition, membership of the club and a donation to the charity of the recipient's choice. Rebecca chose to donate to Kensington The Nursery – a free, fenced backyard and safe space for children aged 5 to 16 located in Al Highway Park.

Let's talk about mental health

After becoming aware of a need in the community, the Rotary Club of Flemington Kensington held a mental health forum in May titled, "Let's Talk About Mental Health".

A large group attended including many from the culturally and linguistically diverse communities living in Flemington, Kensington and North Melbourne.

Featuring a keynote address by well-known local psychologist Maria Roberts, who has worked in local schools for more than 20 years, the audience heard about the reasons behind some mental illnesses, the signs and symptoms, the "two-week rule" and how to support family and friends experiencing distress. Maria also spoke about mental health first aid (MHFA) and its importance in training community members to better understand and support people experiencing mental illness.

The club's A&P/PD adviser Catherine Johnston focused on mental health in primary school aged children and how teachers and school staff can recognise, understand and support children with mental health issues. Her presentation focused on teachers having the skills to support children and work with parents.

Dr Parisa Skirrow from the Centre for Multicultural Women's Health spoke on the challenges facing women and their families in the culturally and linguistically diverse (CALD) setting. She challenged the audience to explore

how migrants are able to seek and find support when their visa/migrant status does not allow them to access Medicare, when unemployment or economic issues prevent private healthcare, how racism impacts on mental health, the waiting lists and time difficulties to access help, and the language challenges when there is no vocabulary for anxiety, depression, mental health in your ethnic language.

Finally, the audience heard an interview with a young woman from an Iranian background who has "lived" experience of mental health in a CALD setting. Fatima was interviewed by Catherine from Neighbourhood House who asked Fatima to describe her early symptoms her response to the illness, where and how she was able to access support and how support from a counsellor helped her heal.

At the end of the presentations, audience members were encouraged to ask questions either in the main forum, or individually as our presenters offered their time and counsel.

One issue which arose during the evening, was the lack of support for teenagers and their parents in accessing assistance, and for the CALD community, knowing where to go, how to ask for help and the dialogue between parents and their children. ■

For more information:

rotaryflemington.org.au or email info@rotaryflemington.org.au



Club of Flemington Kensington Inc.

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ARE YOU LOOKING FOR A VOLUNTEER OPPORTUNITY?

We are seeking community minded people to work in the Op Shop.

Are you:

- Over 16 years old
- Available to work Tuesday to Saturday between 11am-4pm
- Able to commit to at least one shift each month
- Honest, reliable with initiative
- Looking for a friendly and rewarding situation


Contact Melina
0402 752 257



444 Racecourse Road Flemington
next to the childcare centre

Rotary
Flemington Kensington



<p>Promoting Peace The Rotary Foundation supports Scholars to attend Global Peace Education Programs.</p> <p>Rotary Youth Leadership program helps candidates promoting peace and positive relationships.</p>	<p>Growing local economies</p> <p>The club is a member of the Flemington Traders group and supports initiatives to grow business.</p> <p>Support for the Manila Street Kids program establishing grocery stores and providing employment in Manila.</p> <p>Royce Abbey scholar to promote agroforestry in Uganda.</p>	<p>Clean water, sanitation & hygiene</p> <p>Provided funding for toilets in Bangladesh.</p>
<p>Ending Polio forever</p> <p>Rotary was integral in the establishment of the Global Polio Eradication program, immunising hundreds of thousands of children in 3rd world countries. Polio is now eradicated in all but 2 countries.</p> <p>We donated to End Polio Now every year. Participated in a 100km Walk for Polio and raised funds.</p>	<p>Rotary's 7 Areas of Focus</p>  <p>The logo consists of seven circular icons arranged in a circle around the text 'ROTARY'S AREAS OF FOCUS'. The icons represent: a sun and leaf (Environment), a dove (Peace), a stethoscope (Disease), a water drop (Water), a handshake (Hygiene), a graduation cap (Education), and a stack of coins (Economy).</p>	<p>Fighting Disease Australian Rotary Health PhD scholarship. Donated to Australian Rotary Health.</p> <p>Supported the Filter your Future program promoting water and kidney health.</p> <p>Donated towards Liver Cancer research.</p> <p>Funded Mental Health First Aid Programs. Funded COVID PPE and sanitiser to Timor Leste. Fundraised and walked for End Polio Now program. Donated to Polio eradication programs.</p>
<p>Protecting the environment The club is a member of Donations in Kind, recycling quality hospital, medical, educational and general equipment, clothing, computers and bicycles to disadvantaged countries.</p> <p>Our Opportunity Shop reduces, reuses and recycles.</p> <p>We established the Rotary Overseas Recycled Playgrounds Project collecting unwanted playgrounds from councils and schools and shipping them overseas to disadvantaged countries, saving landfill and delivering joy.</p> <p>Development of an urban forest and extension of the wildlife and pollination corridor along the Maribyrnong River.</p> <p>Collect surplus phones and tablets for Mobile Muster. Send unwanted textiles for recycling through the Ragman.</p>	<p>Saving mothers and children Completing forms for mothers with poor literacy skills at Wingate Avenue Maternal & Child Health Centre.</p> <p>The Opportunity shop provides access to good quality clothing and household goods at low cost.</p> <p>Established a Food/toiletries Pantry at the op Shop.</p> <p>Food Pantry support at Kensington Neighbourhood House and Ascot Vale Little Pantry.</p> <p>Funding for Flemington Mission for food and bills.</p> <p>Support RIMERN - the Inner Melbourne Emergency Relief Network which provides free household goods to families in need.</p> <p>Provided bags of personal items for Share the Dignity.</p> <p>Supplied Christmas packs to disadvantaged mothers and children through Wingate Avenue</p>	<p>Supporting education Fund students to attend:</p> <ul style="list-style-type: none"> - International Women's Day breakfasts. - National Youth Science Forum each year. - Debating through Model United Nations. - Rotary Youth Leadership programs. - RYPEN - Science Experience. <p>Scholarships:</p> <ul style="list-style-type: none"> - year 6 students at 6 local primary schools. - The Del King Award at Mount Alexander College for the VCE years. - students in Year 10 at Kensington Community High School to continue into VCE. - Ascot Vale Heights Special School VCE award <p>Funding to:</p> <ul style="list-style-type: none"> - the Venny to establish programs for disadvantaged children. - Farnham Street for an English tutor <p>Sponsor Kensington Women's Soccer Club.</p> <p>1,000 Stories Literacy Project supplying picture story books to Maternal & Child Health Nurses Provided fiction books to students at Debney Meadows Primary School.</p>