

## ANNUAL REPORT 2021-2022

***The Rotary Club of Flemington Kensington Inc.***

***ABN 47 754 561 417***

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

***[rotaryflemington.org.au/](http://rotaryflemington.org.au/)***

***[facebook.com/rotaryflemington](https://facebook.com/rotaryflemington)***

***[instagram.com/rotaryflemingtonkensington/](https://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.

## 2021-2022 Office Bearers

### Board

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

### Directors

Club Service	Josie Magri
Community Service	Edith Chen
Environment & Sustainability	Jon Temby/Lesley McCarthy
International Service	Peter Cribb/Shraddha Sharma
Vocational Service	Anne Heyes
Youth Service	Cody Bettanin/ Lesley McCarthy
Foundation Chair	Lesley McCarthy

### Office Bearers

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



**District 9800 Representatives**

Lyn Borghouts  
Anne Heyes  
Lesley McCarthy

RIMERN Secretary  
WERN  
RIMERN, DiK Board,  
Environment & Sustainability Committee  
Facilitator, Leadership & Development Team

**Rotary International and District 9800:  
RI President Shekhar Mehta, Rotary Club of Calcutta-Mahanagar, India**



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



**District Governor Dale Hoy – Rotary Club of Brighton**

**Assistant Governor Tony Laycock:  
Rotary Club of Canterbury**



## President's Report 2021-2022

Lesley McCarthy

Thank you everyone for your support in what has been another very challenging year. After ZOOM changeovers in 2020 and 2021, we have enjoyed a marvellous get together and have been able to share and celebrate our work. Despite COVID our club has had an amazing year as we continue to have a positive impact on our local and international communities.



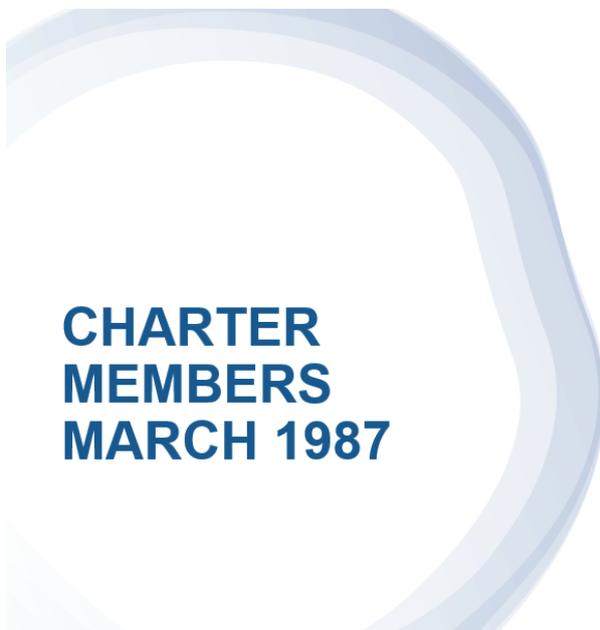
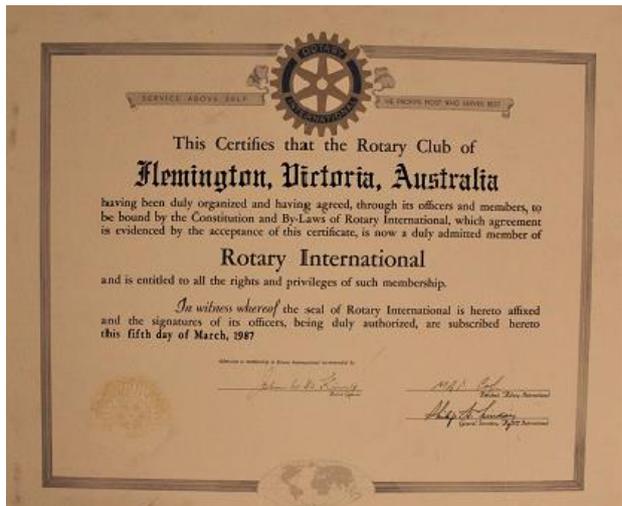
A major achievement was the club celebration of 35 years of service to the local, national and international communities.

While the Charter is dated 5 March 1987, Charter Member Geoff Cawsey PP reports that the official start was delayed until April.

Geoff is our only Charter Member remaining {along with partner Dulcie}

At the 30<sup>th</sup> year celebration, Geoff was joined by Ted Frank, Vance Hilton and Eugene Odachowski.

Len Seddon is now the next longest serving member having joined in 1990, followed by Josie Magri who transferred from Rotaract.



Stuart Agnew	John Lemanis
Bill Bell	Dr Theong Low
Frank Benincasa	Geoff Maunder
Ross Bradfield	Tim Morgan
John Burton	Rod Mounsey
Geoff Cawsey	Eugene Odachowski
Kevin Coffey	Bill Porter
Bill Force	Ross Privitelli
Ted Frank	Mark Rantall
Norm Harper	Rob Rennie
John Herniman	Bob Ross
John Hetherington	Richard Rowe
Ken Hill	David Scholfield
Eric Hill	Robert Smith
Vance Hilton PDG	Mike Spark
Chris Hoppner	Shane Tolliday
Leigh Jones	Theo Violidis
Bill Kinsman	Doug West
Dr Bill Lawrence	Les Williams- Charter President

**This was a very sad year for the club as we farewelled 2 of our dedicated members.**

**VALE Honorary member John Heyes**, husband of Past President Anne, sadly lost his battle with liver cancer on 9 September 2021. John made invaluable contributions in the Op Shop, with the Art Shows, at the schools gardening projects and at the Wildlife Habitat planting days. John was always willing to put his hand up for a job and brought his vocational skills and experience to a number of tasks. He encouraged his sons to participate and enjoyed having his grandsons join in our activities. He was a stalwart support for Anne during her presidency.

John was awarded the James Hosie Trophy in 2020 for his consistent and dedicated work with our club.



John's funeral was during COVID lockdowns however a large number of Rotarians and community members attended via livestream where John's contribution to the wider community was recognised along with his Rotary work.



**VALE Charter member Ted Frank** passed away on 10 March 2022. Ted was made a Life Member in October 2021 in recognition of his 33 years of dedicated service. He was a dedicated and enthusiastic Rotarian who contributed across all areas of service, particularly in spreading the Rotary message to business owners and residents in the Flemington, Kensington and Ascot Vale areas. He knew everyone and the history of the community. Ted was awarded a number of recognitions by the club including a Paul Harris Fellow Sapphire, a Room 711 Award and the Jim Hosie Trophy on 3 occasions.



For 35 years, Ted was an enthusiastic, hard working and tireless member of the club participating in every activity and using his knowledge of the people and businesses in Flemington Kensington to gather support for activities. He worked with Allan Bruno, as a BBQ champion helping to organise and run countless fundraising BBQs and raising 100,000's of dollars for club service projects aiding people across the world.



Ted's funeral was attended by 37 current and former Rotarians as well as a number of community members.



I would like to thank the board: Edith, Lyn, Shradd and Anne for their work throughout the year. My particular thanks to Edith who continued as treasurer.

I am also especially grateful to Melina Caccetta for her fantastic efforts with the op Shop. 444 Racecourse Road has progressed into a vibrant, welcoming, light and airy space with so many regular visitors. She has spread the message wider than Flemington and Kensington and now attracts shoppers and donors from far and wide. Her work with FaceBook Marketplace has also seen an increase in sales of higher priced goods.

Lorry Rowe's retirement has also seen a major change with the Board deciding to hand over the management to the Rotary Club of Werribee. This was a hard decision, but without Allan's ability to visit regularly and offer support, there was no other member able to take on the role. Lorry will be missed but the FFU volunteers will carry on the great work.

I am particularly proud of the Board decision to fund an Australian Rotary Health PhD scholarship into children's mental health. Our scholar, Catherine Johnston has worked with former member Betty Kitchener and Prof Tony Jorm on Mental Health First Aid and knows the value of prevention and care in supporting children and young people. This scholarship will have long term impact and is a valuable use of funds raised by members over many years.

I was delighted to welcome Yvonne Farquharson as a member at our changeover. As a former Youth Exchange student, Yvonne brings enthusiasm, experience and a passion for education and health. We look forward to exploring how we can work together on the Kidney Health program.

In another most unusual and challenging year we have survived and thrived. We have connected with community, helped those less fortunate and developed relationships with other organisations, people businesses.

However, if there is one thing that COVID has taught us all, it is that we need each other and that social connection to thrive. That is evident at each meeting or get together we have. I encourage you all to reach out to your friends, neighbours, contacts and share with them the benefit and joy of service and helping others through Rotary. We need more members to continue our work so make this our goal for the coming year.

I congratulate Shraddha on her efforts so far. She is bringing a new energy and direction to our club with new priorities and goals.

Lesley McCarthy  
President 2021-2022

## Secretary's Report - Lyn Borghouts

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 17<sup>th</sup> November via ZOOM.

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

Deductible Gift Recipient endorsement was approved on 24 October 2019.

## Treasurer's Report - Edith Chen

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}

Annual scholarships were awarded to students at Mount Alexander College and Kensington Community High School, Ascot Vale Special School, Ascot Vale West Primary. Offers of scholarships to Debney Meadows, Holy Rosary, Kensington Primary, St Brendans and St Marys were not taken up.

## 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 2022-2023 year.

Innovayt balance at 31 March 2022: \$157, 285.74

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 2022
Club	18,012.62	15,485.67	8,761.53
Op Shop	74,120	28,800	45,320
Fit4 Use	46915.57	39512	7,402.95
RORP	4751.40	12773.21	16.09
Art Show	6635.66	6052.40	583.26
Investment Account	326.31	6800.00	80,847.10

### Sundry Debtors:

Rotary Club of Werribee – Fit4 Use Store \$2000

### Creditors:

Mercure – balance for changeover \$2463

Nelson Alexander – Garage rent final payment \$101.60

Royce Abbey Foundation \$1195

## 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 and the Fit4 Use Store was =

**Nett income: \$52,722.95**

### Payments were made to:

Australian Rotary Foundation	\$3000	
Australian Rotary Health – PhD Scholarship	\$12,000	
Australian 4-Points Ride for Stroke	\$1000	
Christ Church Ascot Vale	\$800	
Donations in Kind	\$8500	
Farnham Street Neighbourhood Centre	\$3000	
Kensington Women’s Soccer Club	\$3000	
Hospital Beds to Sri Lanka	\$4215	
Moonee Valley sustainability	\$200	
NCWV	\$250	
Polyglot Children’s Theatre	\$1000	
Sanitiser to Timor Leste	\$1000	
SlamIn Tennis	\$250	
Sputnik	\$1000	
True Manila	\$7500	
RIMERN	\$3500	
WERN	\$2600	\$52,815

### Student Scholarships

NYSF	\$2425	
Del King Award	\$2000	
Eugene O	\$1000	
ASVSS	\$200	
ASVWPS	\$200	
Tiffany Bo	\$500	\$6,325

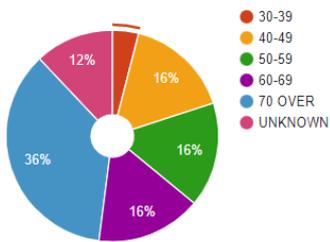
**Total donations:**

**\$59,140**

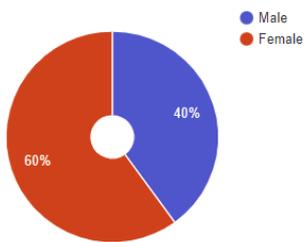
## Members 2021-2022

Sandy Belcher	Vance Hilton Award June 2021
Cody Bettanin	5 years
Lyn Borghouts	8 years
Allan Bruno {H}	33 years
Matiu Bush	3 years
Melina Caccetta	2 years
Geoff Cawsey {L}	<b>35 years</b>
Edith Chen	9 years
Peter Cribb	16 years
Yvonne Farquharson	inducted 29 June 2022
Anne Heyes	4 years
Josie Magri	30 years {including Rotaract}
Nicole Marshall	3 years
Lesley McCarthy	27 years
Beate McManus	28 years
Anthony McManus {H}	8 years {including honorary}
Lorry Rowe	5 years
Len Seddon {L}	32 years
Karolina Sevcikova	2 years
Shraddha Sharma	20 years {including Rotaract}
John Sklenar	28 years
Rebecca Smith	Vance Hilton Award 29 June 2022
Jon Temby {H}	11 years
Mount Alexander College –	3 years
Kate Stevanovic, Stephanie Balaburov and Ching Chan	

### Age Distribution

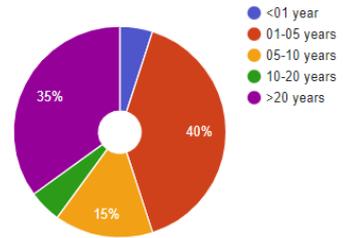


### Gender Distribution



### Year Of Service Distribution

Based on date joined Rotary.



### Community Participation

Discussion Posts	0
Comments	0
Likes	0

## 2021-22 ROTARY CITATION



Awarded to the Rotary Club of

Flemington Kensington

for helping **Rotary serve to change lives** of people all over the world.

*Shekhar Mehta*  
 Shekhar Mehta  
 President, Rotary International

## THE FIRST OBJECT OF ROTARY

The development of acquaintance as an opportunity for service.

### Club Service

Partly due to ZOOM meetings and lack of speakers, several **Club Forums** were held allowing fellowship, feedback and discussion of projects and events.

**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.

Meetings continued in a combination of ZOOM and face to face as possible with meetings being held at a number of venues as COVID and the weather allowed. We met at Crown Street Stables, Mama Bears, Quest, The Fresh Prince and ZOOM.



### Program – Josie Magri/ Lesley McCarthy

The speakers program operated throughout the year via ZOOM and occasionally at a face to face meeting. This served to enrich members knowledge and enable further relationships with local community groups. The program included:

Assistant Governor Tony Laycock - ZOOM

District Governor Dale Hoy – ZOOM

Stephanie Balaburov and Ching Chan, Mount Alexander College

Cr Katrina Hodgson, MVCC

David Dippie, DiK

Catherine Johnson, Australian Rotary Health - Mental Health

Dr Suresh Marcandan from the Rotary Club of Melbourne on Australian Rotary Health

It has been very difficult to obtain speakers with the meeting time and our lack of attendees to guarantee an audience.

## District Conference

Lesley attended the District Conference in Albury.



With former member Paul Perrottet; with PDG John King who was DG when our club was chartered; the ESRAG stand, the Scots School Pipers

## District Assembly

Lesley, Shraddha and Josie attended District Assembly by ZOOM.

## District Changeover

Lesley and Shraddha attended the District Changeover at Essendon Fields.



Lesley with former AG Austen Burleigh, Rotary Melbourne and President Peter Boudville, Brunswick-Tullamarine.

Our club was recognised with 2 awards:

Public Image for our stories published in the 2 local newspapers – Flem-Ken News and Inner North News.



Membership growth for a small club:



**As always, social events were held for the Op Shop volunteers:**  
 During Volunteer Recognition Week in May, all volunteers were presented with Certificates of Recognition.

Due to Lorry's retirement, the Fit4Use volunteers met at the shop and were presented with their certificates at the farewell.

Flemington volunteers met at Mama Bear Café.



Volunteers enjoyed a Christmas lunch at Hardimans and each volunteer was presented with a Rotary Christmas Cake or Plum Pudding and thanked for their service.

Club members celebrated the end of the year with a Christmas function at the Doutra Galla Hotel attended by most members, a number of visiting Rotarians, teachers from MAC and scholarship students.



**Blue Moon Social** events were held: Dinner at Mama Le in North Melbourne, dinner at I Love Dumplings.

The **Annual Club Presidents Changeover** was held at the Mercure Hotel in North Melbourne on 29 June. We were delighted with the attendance of so many members and friends. It was a joy to have Helen Frank, Danny Pearson MP, Cr Katrina Hodgson; visiting Rotarians AG Tony Laycock, Colin Styles, Michael Redding, David Dippie, Laurie Fisher, Ching Chan from MAC, Carol XI & Tiffany Bo and the Op Shop team.

A Paul Harris Sapphire was presented to past President Anne Heyes.

The **Jim Hosie Trophy** was awarded to Karolina Sevcikova for her consistent and reliable participation at every event and club meeting.

The **Vance Hilton Award** was made to Rebecca Smith, Manager, Kensington Neighbourhood House for her leadership in supporting community during COVID.

2 Community Service Awards were made:  
Melanie Del Monaco, Community Engagement Officer, City of Melbourne, for her effort and support of the Kensington Community during COVID.

Mary Keating, editor of Flem-Ken News for 17 years of dedication to the community.



A 30-year Membership certificate and letter from RI President Shekhar Mehta was presented to Josie Magri.



Lesley was surprised with a Royce Abbey Award in recognition of her years of leadership.

This was presented by former Assistant Governor Clin Styles from Rotary Hoppers Crossing.



## 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;

### Community Service – Anne Heyes/ Edith Chen

Edith and Anne continued their involvement in the Kensington Community Network attending monthly meetings and providing communication on events across Kensington and Flemington.

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

### OP SHOPS

Despite the challenges of 2020-2021, trading at the Op Shops continued in fits and starts with lockdowns. Thanks to the efforts of Melina Caccetta and Lorry Rowe, a strong financial return was achieved thanks to the volunteers. Sincere thanks to Anne, Edith, Betty, Karolina. We also attracted a number of new volunteers who have contributed skills.

Thanking and acknowledging the work of the volunteers was again a priority with 2 lunches, Volunteer Recognition Certificates and Christmas cakes.

In May 2022, Fit4 Use Manager Lorry Rowe retired after 5 ½ years of dedicated and tireless work. An afternoon tea was held on 21 May which was attended by almost all her volunteers – past and current, as well as many Rotarians from clubs across the district.



Particular mention was made of the work done by Allan Bruno and Ted Frank in bringing Lorry's dream of an Op Shop to fruition.

With Lorry's retirement, the club Board decided to hand over management of the Fit4 Use Store to the Rotary Club of Werribee.

A formal hand over was held on Saturday June 29<sup>th</sup>.



**At 444 Racecourse Road**, 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. Sandy and Shane from Retro Entertainment provided fabulous music to entertain during the day.



The Flemington store faced similar challenges to that of Werribee. 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.

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**

Despite COVID lockdowns, both shops made good profits.

Note: rent is much higher at Werribee. Manager fees were not paid from Flemington from November to April. Insurance is higher at Flemington.

**RIMERN-** Our club was one of the first to put our hands up and support this fantastic project in our local community. We joined with Prahran, Albert Park, Balwyn, Carlton, Camberwell, Canterbury, Central Melbourne, North Balwyn and North Melbourne.

In August, Quest contacted us with a donation of blankets, pillows and doonas and Susie Cole and partner Peter joined Lesley for collections. The Op Shop also donates excess goods.

Our volunteer team assists on the 4<sup>th</sup> Thursday of each month which sorting, packing and picking orders.



**AFGHAN REFUGEES** - The Fit4 Use store was able to assist with a large quantity of clothing and household goods for recent refugees. A request came in from Phil Harther and Sue Selleck of Wyndham Rotary working with Wyndham Park Community Centre

## “All hands-on deck” to help Afghan refugee arrivals

WORDS BY *Brendan Rees*  
HEALTH

For Amelia Tauoqoqo, a Cohealth nurse on the COVID-19 frontline in West Melbourne and the CBD, the call to assist Afghan refugees has been heartbreaking but concedes “you’ll never find a more pragmatic, resilient group of people”.

“I’ve been working in the migration health space for 12 years and I definitely think this is probably the worst I’ve seen in terms of immediate separation of immediate family members,” she said of the hundreds of Afghans who fled the Taliban for Australia.

“All the scenes you saw on the news four or five weeks ago were a fairly accurate depiction of what we’re hearing firsthand.”

Ms Tauoqoqo, who is part Cohealth’s Refugee and Asylum Seeker Health team, which has been working in partnership with other agencies, said it had been “all hands on deck” in supporting several hundred Afghan refugees who arrived last month and were currently staying at hotels in Melbourne’s CBD after



completing their quarantine period.

“Everything has been really difficult the past couple of weeks, getting their immediate needs met because the services were quite overwhelmed,” she said.

“We’re hearing lots of stories ... there are mums who have been separated from young dependent children, and husbands and wives who have been separated.”

It comes as thousands of Afghan people endured a traumatic evacuation from their home country in the chaotic days after the Taliban stormed the capital Kabul in August.

While interview requests with Afghan refugees were declined due to security reasons, Ms Tauoqoqo spoke of the heartbreaking scenes she had witnessed among the new arrivals with some carrying just a backpack of belongings including their mobile phones and birth certificates.

“People are arriving really cold ... they weren’t prepared for Melbourne weather,” she said.

“It’s obviously devastating but you’ll never find a more pragmatic, resilient group of people who are seeking asylum,” she said, adding “they’re excited to get on with it and get jobs and start their lives”.

In addition to vaccinations at pop-up clinics at the Melbourne Multicultural Hub and in West Melbourne, Ms Tauoqoqo and her team have been providing telehealth consultations as well as creating individualised health plans and liaising with case managers to get the Afghan arrivals the care they need.

“A lot of the work has been around trying to coordinate build relationships with local providers who are happy to see this group without Medicare,” she said.

As the needs of the Afghanistan refugees become more apparent, Cohealth chief executive Nicole Bartholomeusz said it was vital that the wider community was able to “extend their support, understanding and assistance to the Afghan community”.

Among those stepping up to help has been Wyndham Rotary Club which has teamed up with community organisations to distribute meals, toys, clothing, and other essentials for the Afghan refugees.

“We provided to Wyndham Park Community about 150 packs of Indian-style food which was five kilos of rice, one kilo of lentils and another kilo of broad beans and dried peas plus a few packets of biscuits, and a jar of Indian pickles,” community director of Wyndham Rotary Club Phil Harther said.

A further 150 family-size toiletry packs and a hundred individual toiletry packs donated by Pinchpoo were also distributed by Rotarians.

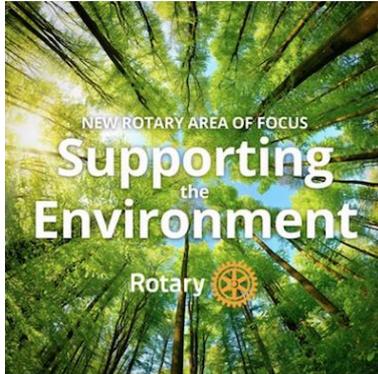
“We just do it because we know we can make a difference,” Mr Harther said.

“We don’t need accolades, the accolades we get are by knowing we’ve done a good job.”

### THE THIRD OBJECT OF ROTARY

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

### ENVIRONMENT & SUSTAINABILITY



The announcement of the environment saw the club become a member of ESRAG with Lesley, Jon and Peter as our reps.

A second planting/tidying day was held in November building on the initial planting day.



See how our plants have grown?



## 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 continued albeit in a different format.

The program has now collected over 150 playgrounds which have shipped far and wide. Sri Lanka has really struggled with COVID and many playgrounds are still lying in storage with PDG Senake Amerasinghe awaiting the opportunity for Rotary clubs to install them.

The playgrounds sent to Nepal are in the hands of Shradha's father, Santosh, who is coordinating their distribution and transport to the rural schools.

A Memorandum of Understanding was signed with the **Rotary Club of Port Blair** and the playgrounds are waiting at John Arena's facility for a berth on a ship. Our contributed financially towards shipping as with COVID costs escalated beyond what had been a fee sufficient to cover.



The playground at **J J Holland Reserve** was extracted on with assistance from Peter Cribb, John Skenar, Jules Borghouts, Karolina Sevcikova and Lesley McCarthy.



After a request from **Rotary Colombo**, our club was able to send 2 containers of hospital beds to Sri Lanka, just getting in before the lockdowns and delays to shipping.



## YOUTH

The club's focus on youth programs continued strongly.

**Inas Adel Ahmed and Zoe Le** from MAC attended the National Youth Science Forum online.

The Del King Scholarship at MAC was awarded to **Habon Sani**.

The Eugene O. Scholarship at Kensington Community HS were awarded to **Ari and Annaliese**.

We also provided scholarships to students at Ascot Vale West Ascot Vale Special School.

A new scholarship was created this year in Edith Chen's name. It was awarded to **Tiffany Bo**, a year 12 student whose mother sought assistance. Tiffany attended our Christmas breakup with her mother.

**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: Habon, Muna, Amelia and Lexie with teacher Stephanie Balaburov, and Caitlin from Penleigh & Essendon Grammar.



Rotarians in attendance were Lesley McCarthy, Edith Chen, Nicole Marshall, Karolina Sevcikova Yvonne Farquharson. Edith's friends Carol and Kiran also attended.

The Op Shop was represented by Barbara Ryan, Debra Ryan & Michelle Gaudry.

## 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.

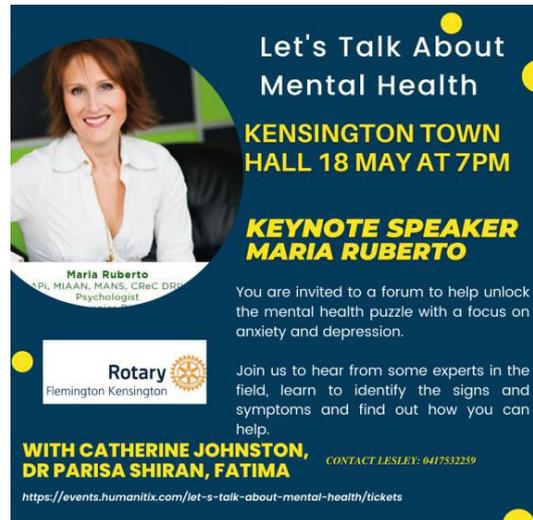
In May we held a community **Mental Health Awareness Forum** at Kensington Town Hall.

Keynote speaker was former Department of Education psychologist Maria Ruberto. She kept the audience enthralled with her presentation.

She was followed by Catherine Johnston, our Australian Rotary Health funded PhD scholar who spoke of the work being done in schools.

Parisa Shiran from Rotary Carlton spoke on the issues facing members of the multicultural community, especially women in attaining support.

Then Fatima, a young Eritrean woman spoke on her lived experience with mental health as a multicultural woman facing barriers of language culture and parental expectations.



Let's Talk About  
Mental Health

**KENSINGTON TOWN  
HALL 18 MAY AT 7PM**

**KEYNOTE SPEAKER  
MARIA RUBERTO**

You are invited to a forum to help unlock the mental health puzzle with a focus on anxiety and depression.

Join us to hear from some experts in the field, learn to identify the signs and symptoms and find out how you can help.

**WITH CATHERINE JOHNSTON,  
DR PARISA SHIRAN, FATIMA**

CONTACT LESLEY: 0417532259

<https://events.humanitix.com/let-s-talk-about-mental-health/tickets>

Rotary  
Flemington Kensington



## 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.

### 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 professional 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.

(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



**Introducing Shraddha**  
Rotary Flemington Kensington

**A**t 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.

## 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, Member (City of Melbourne) 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 Yvonne Hillon 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 progress 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's The Varsity - a free community backyard and safe space for children aged 5 to 16 located in JJ Holland Park.

### Lat's talks 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 ABH FND 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 Parina Sharma 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 health care; 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 African background who has "lived" experience of mental health in a CALD setting. Fatima was interviewed by Catherine from HealthSpace 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 communities, knowing where to go, how to ask for help and the dialogue between parents and their children. ■



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For more information:  
[rotaryflemington.org.au](http://rotaryflemington.org.au) or email  
[info@rotaryflemington.org.au](mailto:info@rotaryflemington.org.au)

**Rotary**  
 Club of Flemington Kensington Inc.

## ARE YOU LOOKING FOR A VOLUNTEER OPPORTUNITY?

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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
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**444 Racecourse Road Flemington next to the childcare centre**

Rotary Flemington Kensington

IMAGINE ROTARY

For almost 35 years, members of **Flemington Kensington Rotary** have given their time, skills and energy in community service.

We are a group of professionals, businesspeople and community minded individuals who believe in giving back and do so through Rotary, the oldest service organisation globally.

You may have heard of us through our work in eradicating **Polio**: a program started by an Australian Rotarian. Through this work, Polio is now eradicated in all but 2 countries.

But that's not all we do. We also support education and literacy, promote peace and conflict resolution, provide disease eradication programs, support water and sanitation in underprivileged countries and focus on economic development and the environment.

Does this sound like you?  
 Come along to one of our meetings to find out more or visit our Op Shop at 444 Racecourse Road to chat to a Rotarian.

Ordinary people achieving extraordinary things!  
 #Doinggoodintheworld #RotaryPeopleofAction #RotaryService  
[www.rotaryflemington.org.au](http://www.rotaryflemington.org.au)

Flemington Kensington  
**Rotary**

## WE'RE LOOKING FOR...

Community Minded People  
 Passionate & Fun People  
 Practical & Resourceful People  
 Helpful People

If you're one of these people, then get in contact to see how you can change the world starting in your very own community!

## When people ask “what do you do?”

In the last 5 years we have

**Rotary**   
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<p><b>Promoting Peace</b> Club and individual contributions to The Rotary Foundation, supporting Peace Scholars to attend Global Peace Education Programs.</p> <p>Donated funds, clothing and food hampers to Bolton Clarke's Homeless Persons program.</p> <p>The Intergenerational Multicultural Choir allowed participants from varied backgrounds to come together to sing.</p>	<p><b>Fighting Disease</b> Sponsored an Australian Rotary Health PhD scholar in Children's Mental Health. Donated to Australian Rotary Health. Raised funds for the Stroke Foundation. Participated in Lift the Lid/Med Hat Day to raise funds for mental health research. Fundraised for research into Parkinson's Disease. Supported the Kensington Youth Mental Health Program. Donated towards a COVID Container of sanitiser and PPE to Timor Leste. Fundraised and walked for End Polio Now program Ran a Mental Health awareness Forum Applied for grants to fund Mental Health First Aide courses for local support workers</p>	<p><b>Clean water, sanitation &amp; hygiene</b> Contributed towards funding for a toilet block in a school in Kenya.</p> <p>Helped fund the building of toilets and water supplies to rural schools in Bangladesh.</p> <p>Donated to Beyond Water, bringing clean water and sanitation to communities and schools in East Africa.</p> <p>Funded sanitiser to Timor Leste</p>
<p><b>Ending Polio forever</b> Donated to End Polio Now every year. Participated in a 100km Walk for Polio and raised funds. Provided an information and promotion booth at the Kensington Festival on Polio.</p> 	<p><b>Rotary's 7 Areas of Focus</b></p>  <p><b>ROTARY'S AREAS OF FOCUS</b></p>	<p><b>Saving mothers and children</b> Completing forms for mothers with poor literacy skills at Wingate Avenue Maternal &amp; Child Health Centre.</p> <p>The 2 Opportunity shops provide access to good quality clothing and household goods at low cost.</p> <p>Support WERN - the Western Emergency Relief Network which provides free household goods to families in need.</p> <p>Support RIMERN - the Inner Melbourne Emergency Relief Network which provides free household goods to families in need.</p> <p>Shipped 2 containers of hospital beds to Sri Lanka.</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>Donated to Wheelchairs for Kids Vietnam.</p>
<p><b>Protecting the environment</b> The club is a member of Donations in Kind, recycling quality hospital, medical, educational and general equipment, clothing, computers and bicycles to disadvantaged countries. We have established 2 Opportunity Shops to reduce, reuse and recycle unwanted items.</p> <p>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>Created an edible and sustainable garden for students at Debney Meadows Primary School.</p> <p>Created a sensory garden for students at Ascot Vale West Primary School.</p> <p>Planted 110 trees and 380 groundcover and understorey plants to develop an urban forest and extend the wildlife and pollination corridor along the Maribymong River.</p> <p>Collect surplus phones and tablets for Mobile Muster. Send unwanted textiles for recycling through the Ragmen. Collected and shipped over 7 sets of excess playground equipment to Sri Lanka; 2 containers of playgrounds to Nepal, and playgrounds to Timor Leste and Tanzania.</p>	<p><b>Growing local economies</b> The club is a member of the Flemington Traders group and supports initiatives to grow business.</p> <p>Sponsors who support the club are promoted in our newsletter, on the website and on social media posts.</p> <p>Participated in the monthly Kensington Market.</p> <p>Funded the purchase of industrial sewing machines for disadvantaged women in Negombo, Sri Lanka.</p> <p>Ran 3 Art Shows which showcase, celebrate and connect artists and buyers.</p> <p>Funded food stores/kitchens in Manila's poorest streets to provide food and employment.</p>	<p><b>Supporting education</b> Fund students to attend: - International Women's Day breakfasts. - National Youth Science Forum each year. - Debating through Model United Nations. - Rotary Youth Leadership programs. - Science Experience.</p> <p>Scholarships: - 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.</p> <p>Funding to: - the Venny to establish programs for disadvantaged children. - Fernham Street for an English tutor - Careers Day seminars at MAC.</p> <p>Nominated students from Ascot Vale Special School for the Shine On Awards. Sponsor Kensington Women's Soccer Club.</p> <p>1,000 Stories Literacy Project supplying picture story books to Maternal &amp; Child Health Nurses Provided fiction books to students at Debney Meadows Primary School.</p>

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves. We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional and community leaders.