

2021-2022 President's Changeover

24 June 2022

Flemington Kensington

Rotary





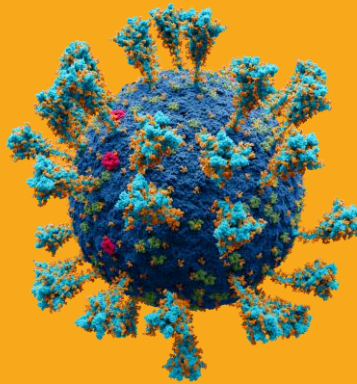
Rotary

Rotary's Vision Statement

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES

2021 – 2022

the second year of COVID



Rotary
District 9800



**SERVE TO
CHANGE LIVES**

2021-2022 CHANGEOVER

THIS WAS A VIRTUAL CHANGEOVER DUE TO ANOTHER LOCKDOWN

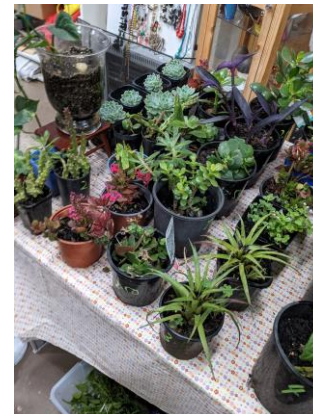
A large group attended our virtual changeover including District Governor Elect Dale Hoy and Assistant Governor Tony Laycock.

- Outgoing President Anne Heyes reflected on the year and how we had continued supporting our community. She thanked her board and members for their efforts.
- She announced Paul Harris Awards to Lyn Borghouts, Edith Chen, Peter Cribb, Betty Kitchener and Shraddha Sharma.
- The Vance Hilton Leadership Award was given to Sandy Becher.
- The James Hosie Award was given to John Heyes.
- Life memberships were given to Geoff Cawsey and Len Seddon.

OP SHOP



- New Manager Melina Caccetta and her team of volunteers have continued the work from the previous year and refreshed and revitalised the space.
- Sales have grown despite COVID lockdowns with a revamped FaceBook page and use of FaceBook marketplace for more valuable items.
- An Open weekend in October included entertainment from the Retro team, plants and veggies, a coffee cart, cakes and repairs.
- The shop is accredited with CentreLink to accept JobSeeker benefit recipients.
- We also accept Work Experience students.



THANK YOU TO OUR VOLUNTEERS

- Op Shop Managers Lorry Rowe and Melina Caccetta, supported by Past President Anne Heyes and the Board held thank you lunches for volunteers at both shops.
- Lunches were held at Christmas with a gift of a Christmas Cake.
- During Australian Volunteer Week, volunteers were all presented with a special Australian Volunteer recognition certificate.



FIT4 USE STORE



- Manager Lorry Rowe and her large team of volunteers have continued the work from the previous year.
- Changes to roads and a new bridge have reduced traffic on Railway Avenue which lessened passing cars during 2021.
- Lorry has now retired as Manager – the role is being shared by Patricia Weston and Minnie Simpson.
- We are relinquishing management of the store at 30 June and handing over to Rotary Werribee.
- An afternoon tea was held for Lorry on 21 May:
– 5 ½ years of dedicated service.





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



SUPPORT FOR 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 Hartcher and Sue Selleck of Wyndham Rotary working with Wyndham Park Community Centre.
- Manager Lorry Rowe was quick to respond with stock.
- I submitted the story to the Inner North West News.



October 2021, Issue 09

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"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 10 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 180 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 Harcher said.

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

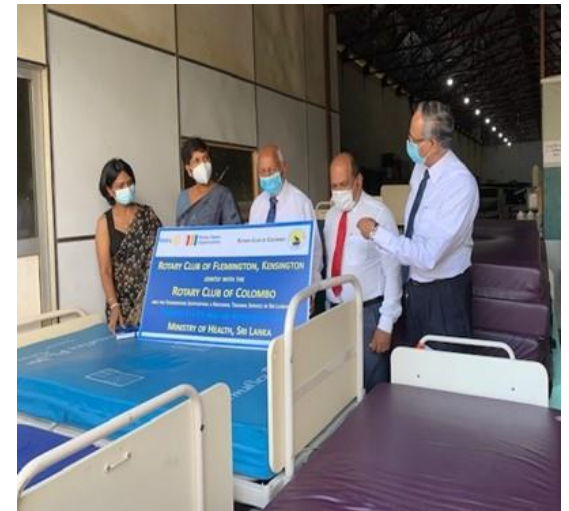
"We just do it because we know we can make a difference," Mr Harcher said.

"We don't need accolades, the accolades we get are by knowing we've done a good job." •

HOSPITAL BEDS TO SRI LANKA



- Sri Lanka was hit very hard with COVID. PDG Senake Amerasinghe reached out to Peter Cribb for help and we were able to send 2 containers of beds to Colombo before shipping became prohibitive. Thank you to Donations in Kind for their support. The Ministry of Health assisted with distribution.



WILDLIFE HABITAT & POLLINATION CORRIDOR



- See how they've grown!
- A small group attended planting day #2 where we weeded, removed tree guards and replenished understory and groundcover stock.



#WALKWITHUS TO END POLIO



Our team again clocked up the miles and donations as we walked to fundraise to continue the fight to end polio.

Anne, Betty, Edith, Karolina and Lesley all counted their kms and received donations totalling \$2319.



SCHOLARSHIPS AND YOUTH PROGRAMS



- We successfully nominated 2 students for 2022 NYSF: Inas Adel Ahmed and Zoe Le. This makes 8 students in 5 years from Mount Alexander College.
- The Del King Scholarship at MAC: Habon Sani
- The Eugene O. Awards at KCHS: Ari and Analiese
- Awards were given to year 6 students at Ascot Vale West PS, Ascot Vale Special School, Debney Meadows PS and St Brendan's PS.
- We had nominated students for RYLA but the program was cancelled due to COVID.



INTERNATIONAL WOMENS' DAY MOONEE VALLEY COUNCIL



- We were delighted to return to the Clocktower for this inspirational event.
- 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, Carol and Kiran.
- The Op Shop was represented by Barbara Ryan, Debra Ryan & Michelle Gaudry.



LET'S TALK ABOUT MENTAL HEALTH



- The club organised a forum at Kensington Town Hall which was well attended by members of the community.
- Keynote speaker Maria Ruberto spoke on the cause and effects, signs and symptoms, the 2 week rule and where to get help.
- Dr Parisa Shiran from the Centre for Multicultural Women's Health spoke on the challenges of language, stigma, financial and visa implications and access.
- Catherine Johnson, the club's sponsored ARH PhD Scholar spoke on her research and work with Mental Health First Aid and how she is focussing on educating teachers on signs and symptoms.
- Fatima Ibrahim, a young Eritrean woman attended with Catherine from Headspace and spoke of the lived experience, especially as a young woman from a multicultural background.
- Participants received handouts with details of help available, contact details.





Let's Talk About Mental Health

KENSINGTON TOWN HALL 18 MAY AT 7PM

KEYNOTE SPEAKER MARIA RUBERTO

Maria Ruberto
API, MIAAN, MANS, CRWC DPM
Psychologist

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>





RORP: Now a multi district project coordinated by Bob Allardice, Rotary Nunawading

COVID has impacted on shipping with significant cost increases and shipping delays. However, the program has now harvested 150 playgrounds and dispatched 100 overseas.





RORP: JJ Holland Park Kensington playground collection



PLAYGROUNDS TO NEPAL



- Not so easy when there isn't a port!
- With support from the RORP team, PP Peter Cribb, Sam Nicol and Shraddha Sharma, the first container of playgrounds shipped in August. It then travelled overland and over mountains, often by manpower, to reach Kathmandu.
- There, Shraddha's father took charge and has arranged allocation and transport to the selected disadvantaged rural schools.



1,000 STORIES PROJECT



- In between COVID lockdowns, members continued to support this project which collects picture storybooks for disadvantaged children.
- These are distributed through our 3 local maternal & child health centres: Wingate Avenue, Hopetoun Avenue and Maribyrnong Road.
- Our tally to date is in excess of 5,000 books over 5 years!



Rotary  Flemington
Kensington

THE 1000 STORIES PROJECT

Providing books for children 3 months to 5 years from disadvantaged and refugee backgrounds in the Ascot Vale, Flemington & Kensington area, through Maternal & Child Health Nurse visits.



For many of these children, books in the home are rare; and results in them starting school without the recommended 1,000 Books before school or 5,000-word vocabulary identified as a necessary learning base.

Can you help us with good condition used books?

Labelled books may be dropped off at one of our Op Shops:
444 Racecourse Road Flemington or
135 Railway Avenue Wertheim or call for pick up

Lesley – 0417 532 259 Lillico2009@gmail.com

MEETINGS AND SPEAKERS



Following relaxation from lockdown we reconvened meeting twice monthly.

- 1st Wednesday of each month we gather at Mama Bear Café.
- 3rd Wednesday is an evening meeting at the Doutta Galla Hotel.
- We have heard from Susie Cole on RIMERN Tommy Quick on his 4 Points Australia ride.
- Catherine Johnson, our Australian Rotary Health PhD scholar on her research and MHFA.
- Dr Suresh Marcandan from the Rotary Club of Melbourne on Australian Rotary Health
- District Governor Dale Hoy
- Stephanie Balaburov, Leading Teacher student wellbeing at MAC on the new building works, and her role in student empowerment.
- Yvonne Farquharson, Filter Your Future on her work in developing educational materials on kidney
- Councillor Katrina Hodgson on what's happening in Moonee Valley.
- The Rotary Regionalisation Pilot



Social events

We've gathered when we were able and have enjoyed several social dinners where friends and partners could join in. Both Op Shop Managers have held functions for their volunteers with Rotarians attending.

Alternating breakfast meetings with evening dinners has allowed a number of visitors and partners to attend and has developed relationships, giving people more time to chat.

The Christmas event at the Doutta Galla Hotel saw a large group including students and teachers from MAC and PLC and rotarians from other clubs join us.

Mama Le in Kensington was a wonderful opportunity to network, connect and enjoy fellowship again.



VALE

Ted Frank was a Charter Member of the Rotary Club of Flemington and 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 passed to higher service on 10 March. His funeral was attended by over 30 Rotarians and their partners – an indication of the high esteem in which he was held by all.

VALE

John Heyes was an Honorary Member of the Rotary Club of Flemington Kensington and was a strong support for Anne Heyes during her Presidency.

He 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.

John passed away suddenly after a battle with cancer on 9 September 2021.



PUBLICITY AND MARKETING

- * Our publicity chair has submitted numerous stories, articles and photographs to Flem-Ken News and the Inner North-West City News. The club also has an advertisement in each issue of Flem-Ken News focused on volunteering, the op Shop, our events and membership.
- * We have received several enquiries from people who have read/seen these resulting in more traffic through the Op Shop, feedback on activities and needs in the community, and donations.
- * The club website and FaceBook pages are updated regularly, as is the Op Shop FaceBook page.
- Newsletters are distributed widely to other Rotary Clubs, our corporate and council contacts, friends of Rotary and local social welfare organisations.
- Lifting our public image!

Rotary is for everyone

“

One of the great strengths of Rotary is the networking and connections it can facilitate.

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Through our members, clubs and activities, Rotary connects people in business, education, service and government and is able to join people from all walks of life and thus strengthen our ability to make a difference.

This was brought home to many members of Flemington Kensington Rotary at a recent meeting when we were joined by some of our Rotary alumni. We chatted with Riley from Texas who had come to Melbourne as a 16-year-old exchange student in 2014 and is now just starting her law career – here in Melbourne.

She was a delightful young lady who spent her year staying with four Rotary families, attending school and exploring Victoria and Australia before heading back to the USA.

Then there was Yvonne who in 1977 left Ballina in NSW and travelled by ship to Cape Town in South Africa for an unforgettable year and experience living through apartheid. It was an incredible learning journey that had a profound impact on her life choices.

Zoe and Jules are two young people who participated in the youth leadership program and

who learnt about their own leadership skills and abilities, gained resilience, made connections and grew in confidence.

There are many other youth leadership and development programs provided by Rotary clubs around the world. Our club strongly supports the National Youth Science Forum where Year 12 students have the opportunity to participate in a 12-day science immersion program at a major university meeting, and being involved in science events, lectures and visits which impact on their further studies and career options.

During the past eight years our club has sponsored 11 students from local schools who have gone on to study science in fields as diverse as genetics, aerospace, medicine, international law, nursing, zoology and environmental science.

Rotary is not just for businesspeople, adults or men. Rotary is for everyone who wants to make a difference in the world in some way and to give back. If you would like to join with us, make a call, send an email or when COVID restrictions lift, call in to our Op Shop at 444 Racecourse Rd, Flemington •

For more information:
rotaryflemington.org.au or email
info@rotaryflemington.org.au



What is Rotary, you ask?

Flemington Kensington Rotary has been working for the local community for more than 30 years.

But what is Rotary you ask? We are not a dovecot or an eagle, and not a rooster. And we don't just cook sausage at Buntings either!

Rotary is a service organisation, which raises funds to help people in communities locally and across the world. We are ordinary people who want to give back and help others.

You may have heard about our work with the Bill Gates Foundation to end polio, which is now almost unheard of except in Afghanistan and Pakistan.

Or how we enable Youth Exchange sending year 11 students to live in another country for 12 months, or perhaps the work we do with scholarships for local schools.

Flemington Kensington Rotary does all these things and more.

Our main income comes from the Op Shop we run at 444 Racecourse Rd in Flemington, where a team of volunteers help by receiving, sorting and selling donated clothing, books, toys, household goods and bric-a-brac. We are much loved by collectors, young people in search of a special item of clothing, and people setting up a new home. We are also there for a chat!

With the announcement that supporting the environment is a new priority for Rotary, we have partnered with Monne Valley Council and are developing a wildlife habitat and pedestrian corridor along the Maribyrnong River. We have already planted more than 500 trees, groundcover and understory plants near Fairhairs Park with more to come.

In recent years we have planted gardens at Debeney Meadows and Ascot Vale West Primary Schools, helping students learn about where fruit and vegies come from and attracting birds and insects for pollination.



Our members have collected and helped to seed 60-plus awarded council playgrounds to children in Asia and Africa, bringing joy to them and saving landfill.

The Art Shows allow people to come together to celebrate and connect with others and appreciate the skills and talents of our local artists.

So, as you can see, we have many projects and activities and welcome those who would like to "give back". We provide networking, connection, learning and friendship to everyone. Get in touch or visit our website to see the range of our work.

Rotary – we are people of action •

For more information visit:
rotaryflemington.org.au or email
info@rotaryflemington.org.au



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

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!

Old playgrounds welcome overseas

Stephen Taylor
steve@mpnews.com.au

CHILDREN frolicking in playgrounds in Sri Lanka, Tanzania, Papua New Guinea, Timor-Leste, Nepal and soon the Philippines can thank an initiative by Rotary clubs, including Mount Martha, for their equipment.

The project, called Rotary Overseas Recycled Playgrounds, sends old, redundant playgrounds overseas when they are no longer wanted and destined for landfill, providing a new-found world of fun for children in the Third World who often do not have even a swing or slide to enjoy.

On Saturday 1 May the Rotarians loaded playgrounds from Alameda Avenue, Mornington, Barber Reserve, Somerville, Robertson Reserve, Balaclava and Iluka Road, Tyabb, into containers.

Their revival and reuse are a win-win for all involved.

The project is being driven by Rotarian Wayne Jenkins of Mount Martha Rotary, who is also the chairman of Rotary District 9820, which covers the peninsula, Frankston and east of Dandenong to the NSW border and then back along the coastline.

Six of the 10 shire councils in the Rotary district have joined the project – including Mornington Peninsula Shire – while the remaining four are being invited to become partners.

Mr Jenkins said when a playground is harvested, project organisers draw up detailed plans as well as codes for each piece so it can be re-assembled at its destination. Rotarians also



HELPING lead a slide that's bound for children overseas are Roger Annera, Phyllis Scales, Sam Nicol, Wayne Jenkins, Bob Alandice, Melinda Bell and Kapila Fonseka. Picture: Yarnli

clean, service and store them before shipping.

There's minimal cost, with Rotary charging councils and other parties only \$750 a playground which covers shipping costs.

"This is a very economical option for councils and ratepayers as it saves them going into landfill or having to go down the recycling pathway," said Mr Jenkins, adding that it would

otherwise cost councils \$3000-\$3500 to remove and tip the old playgrounds.

"As Rotary is all voluntary labour, no additional costs are included."

He described the program as "cost effective, environmentally friendly, carbon neutral, and landfill negative, while improving the lives and enjoyment of less fortunate children in the Third World".

Mr Jenkins said Rotary worked

with shire councils, schools, other organisations and individuals who have playgrounds needing removal.

There's no shortage of demand, with a Rotary Governor from Sri Lanka saying they "could take 1000". About 2000 of the more than 20,000 playgrounds in Victoria are replaced each year and destined for landfill as they can't be reused due to legal liability.

Flemington Kensington

Rotary
Club



We're back - We've missed you.

The Op Shop at 444 Racecourse Road is open again for you to enjoy some of the vast amount of new goods donated during the last 3 months.

COVID lockdown has seen many people taking the opportunity to clean out and we are the lucky recipients.

Come in and say hello to Mel and the volunteers.

Don't forget your mask and to have your vaccine status available either in hard copy or on the Services Victoria APP.



DONATIONS AND SUPPORT:

THE ROTARY CLUB OF FLEMINGTON KENSINGTON FOUNDATION



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Australian Rotary Health PhD scholarship: \$12,000

Australian 4-Points Ride for Stroke: \$1000

Donations in Kind: \$5000 plus membership

Del King & Eugene O. scholarships: \$2000

Farnham Street English Mentor program: \$3000

Kensington Women's Soccer Club: \$3000

Lorry Rowe's Philippines Orphanage: \$7500

Moonee Valley Sustainability: \$200

Polyglot: \$1000

School scholarships: \$1300

Sputnik School: \$1000

RIMERN: \$2500 plus membership

Slammin Tennis: \$250

WERN: \$1500



Thank you to the Board

The Board members have met onthly via ZOOM during the year. They have also met for follow up discussions as required at fortnightly meetings, as well as numerous emails and phone calls.

Thank you:

Lyn Borghouts – Secretary {and also Secretary for RIMERN}

Edith Chen – Community Service and liaison with Kensington Network

Anne Heyes – Past President

Cody Bettanin – Investment Chair and Governance

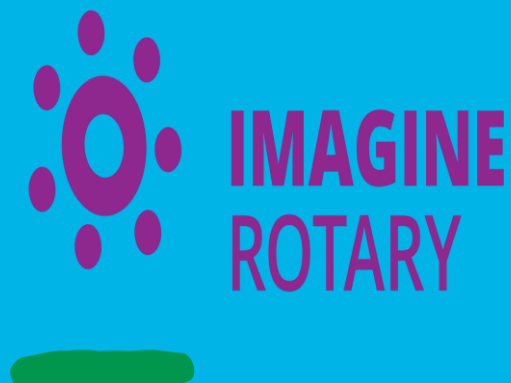
Shraddha Sharma – President Elect who also zoomed in from Nepal when she was able to

Melina Caccetta and Lorry Rowe, who with their volunteers have kept our social welfare/community network and fundraising arms operating.

To all members for their continued participation, involvement and fellowship during another tough year.

To our families, partners, friends, Friends of Rotary, and members of the community who have supported us in our efforts to do good in the world. Thank you all!

Shraddha, you have been chosen by the members to lead and represent them in the new Rotary year. You have completed the required leadership training and have the support of your Board and members in this coming year. We look forward to “Imagining Rotary” in the 2022-2023 year under the leadership of RI President Jennifer Jones, District Governor Amanda Wendt and yourself.



RICON23

In May 2023, the Rotary International Convention comes to Melbourne!

Hosted by the Rotary Club of Melbourne with multi district involvement and support this promises to be an event of a lifetime. It is 30 years since Melbourne hosted RICON and 8 years since Sydney were the host.

President Shraddha has indicated her wish to have the club involved in a special event on 29 May.
Diarise this event and participate in an international Fellowship event.

