



Newsletter of the Rotary Club of Keilor East Inc.

Rotary Club 21222 - Charter granted 10th August 1983
September 21st, 2020 - Volume 38 Number 6
Club Motto - "Fun and fellowship whilst helping others"
Club Website - www.keiloreastrotary.org



Mental health and mental health difficulties

- ▶ Mental health and mental health difficulties are not the same
- ▶ Mental health is about feeling good emotionally, and functioning well psychologically and socially
- ▶ Mental health difficulties involve a significant disturbance to our feelings, thoughts, behaviours, perceptions, relationships and day-to-day functioning

PREVENTION UNITED

Stephen

On Monday 21st September we had as our Guest Speaker, via Zoom, Dr Stephen Carbone from Prevention United. His talk followed a set of PowerPoint slides outline the various aspects of mental health e.g. self care, reducing risk factors, indicators of mental health conditions and seeking help.

President's Report - President Michael Donnelly

September 21st, 2020



Fellow RCKE Rotarians

Again I am writing what I would otherwise have said at our Club meeting this coming Monday. This is to increase the time for you to 'connect' with each other at our Zoom meetings as well as getting information to those of you who cannot attend them. The format will be the same as in our last meeting and the Discussion topic to commence our Breakout sessions is:

What are the ways in which you hope the world will change for the better as a result of the COVID pandemic?

For those of you who will not be attending the Zoom meeting would you please consider writing a response to the question and sending it to Yvonne for publication in the next Newsletter.

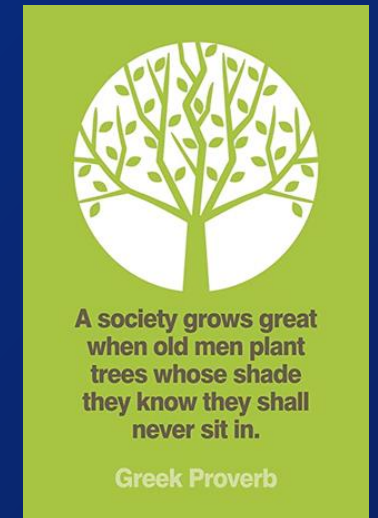
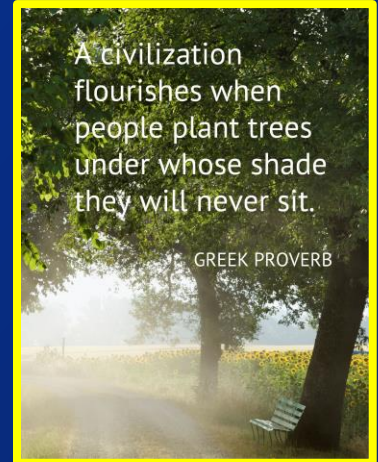
Be aware that you do not need to have a computer with a camera to attend. Smart phones are adequate, and Chris is still able to give assistance to tell you how to join in. Just give him a call.

THANKS ARE DUE TO:

Gerard, Athena, Yvonne, Chris and Vanda
for finding a way to use the COVID Writing Competition as a membership recruitment exercise

Phil and Cherrie

for creating a buzz about ways that we can all become better gardeners and Colour our World. They just might even sting us into action!!! This is an historic occasion because in line with Rotary's new Area of Focus, which in a sense underpins all the other six Areas, they have initiated our very first 'Supporting the Environment' activity by distributing the Colour your World newsletter and their associated competition.



President's Report - President Michael Donnelly

September 21st, 2020



Ginny and Alex

for their ongoing faithfulness in distributing so many images that bring smiles to our faces

Barbara and John

for maintaining their great 'connection' with Taylors Lakes Bunnings and increasing its COVID donation to the club. I expect that more will be said in a report at the meeting.

Phil and Gerard

For ongoing work in making it possible to proceed with the MV Art Show if there is sufficient support within the club to make it feasible. If you have not yet replied to Gerard's email (sent 25 August @4:59pm) asking about your capacity to help out, please do so asap. A determination about whether we can proceed - either in person or as a virtual art show; and also whether we can do it without RC Essendon if they cannot partner with us - needs to be made soon.

Gerard, Phil and Minh

for assisting with the material needs of those 'doing it tough' in our local community and for taking advantage of our WERN membership (there are 13 clubs that are WERN members) to increase that assistance. There is a vacancy for another delegate from RCKE on WERN's Committee of Management, which elects the governing Board, of which I am currently the interim Secretary.

The Board

For continuing to meet and give good counsel whenever issues arise which require knowledge of local history or the 'wisdom of the crowd'. There is another such matter requiring a decision before our next meeting and I will email you separately about it.

All of you

for continuing with the Telephone Tree as a strong means of 'connection' within the Club.

OTHER NEWS:

SBS News Sunday Night at 6:30

Tune in as there could be mention of our Rotary Club.

In the next issue of the Newsletter, presumably in preparation now, there will be a redacted letter from the Principal of a Secondary College that the club had supported in the past and which we again supported last month. Our support may or may not be highlighted, depending on the 'angle' the journalist takes on the news item and its subsequent editing.

President's Report - President Michael Donnelly

September 21st, 2020



COVID Writing Competition

I have been advised by the relevant MV City Council officer that the decision in regard to our funding submission will be deferred until the next round of COVID funding in late November/early December after 'caretaker convention' has concluded. All submissions that involved any 'event' whatsoever for people to attend were similarly deferred until lockdown restrictions are clearer in this regard. The upside is that the project can still go ahead and we are now on their grant-seeker mailing list.

Networker

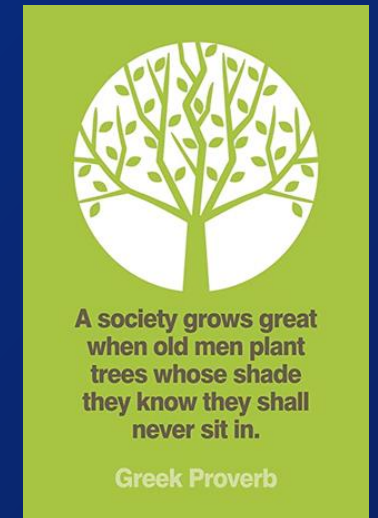
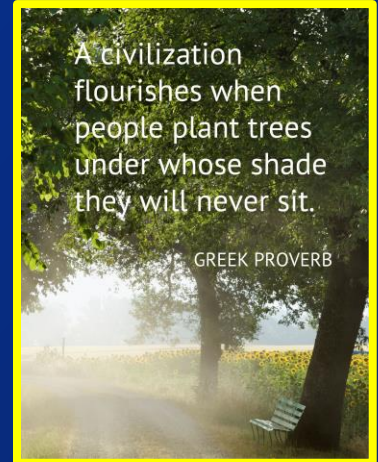
This continues to be a 'good read' each week and gives inspiration about what is happening across D9800.

DG meeting with the Gateway (East and West) Supercluster

Will be at 7:00 on Wednesday 7 October and from the way it has worked in other clusters has been very well received. All are invited.

Morning Tea with the DG

If Networker is a 'good read' then this is a 'great show'. It has the feel of morning TV, containing good informative segments about activities around the District interspersed with fun and uplifting items and even the very occasional Rotary infomercial! They occur every couple of Saturday mornings so please consider checking it out. You need to book on 'trybooking' so that you will then receive the Zoom invitation link a day or so beforehand.

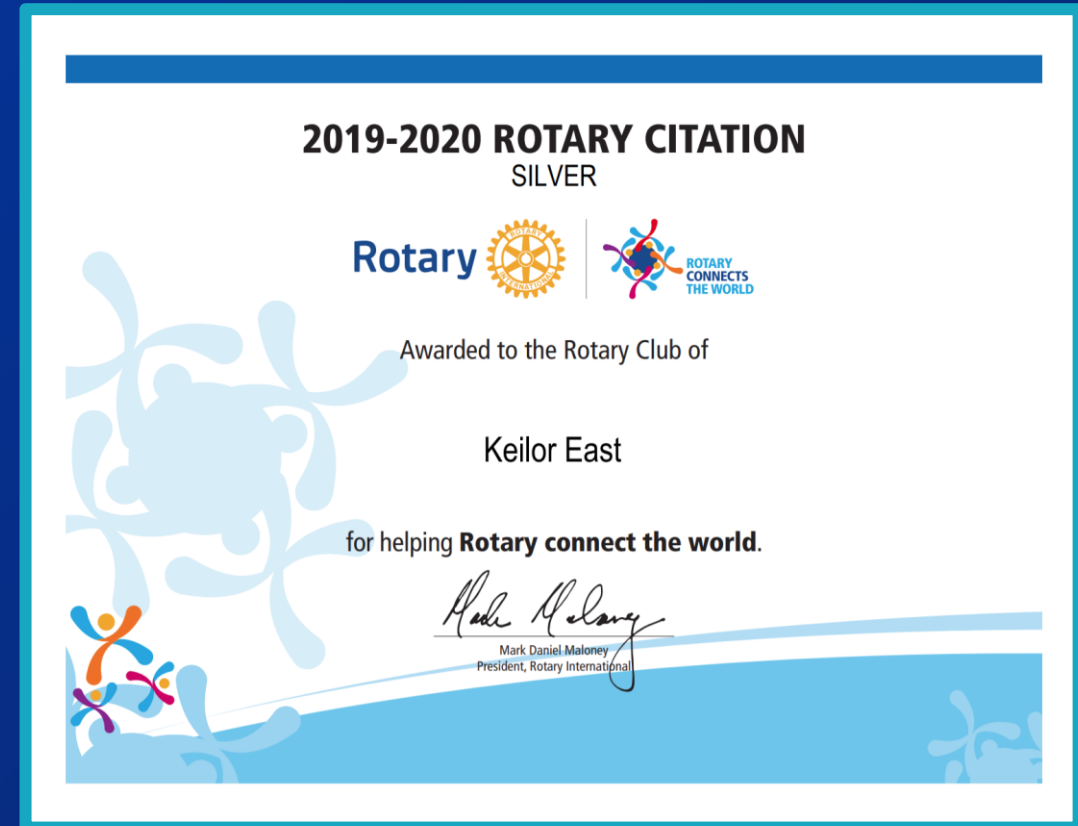
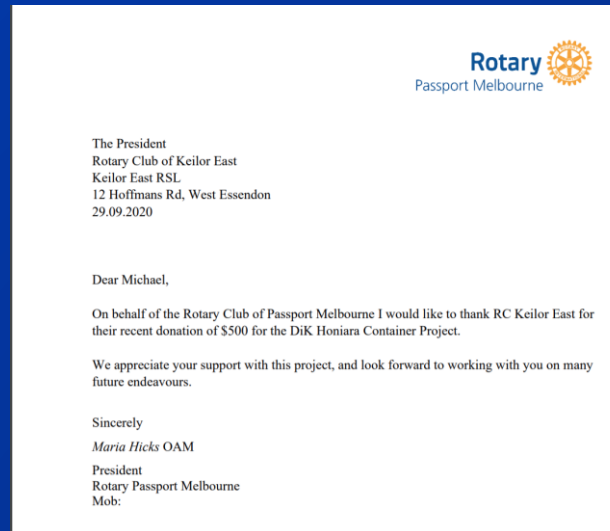
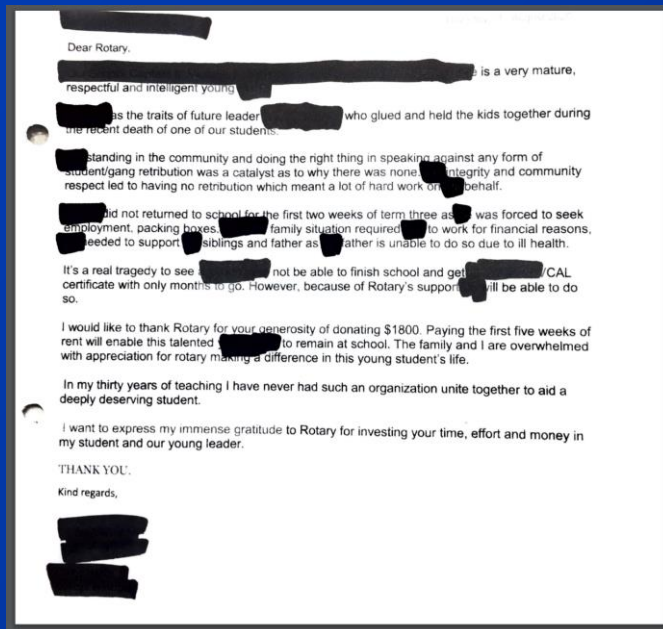


President's Report - President Michael Donnelly

September 21st, 2020



What's in the mail?



The Principal of a school, which has had students involved in Rotary Youth activities funded by RCKE in the past, sent the above letter. It has been redacted to ensure that the school, its Principal and the student and family identity will remain hidden. This has been done to meet Privacy and ChildSafe guidelines as well as to respect the dignity of the disadvantaged family we were supporting. The Principal is known and highly respected by several Club members and significant 'due diligence' was done by the Board, particularly our Youth Director, before approving the request for assistance.

Other Reports

September 21st, 2020



Members in Attendance : Ginny Billson, Gerard Mahoney, Minh Nguyen, Cherrie Osborn, Barbara Rafter, John Rafter, Steve Pennicott, Deb Sloggett, Helen Penna, Chris Rundell, Daryl Cornish, Michael Donnelly, Phil O'Brien, Assistant Governor Domenic, Bruce Cameron, Annie Webb, Yvonne Osborn, Athena Vass, David Barnes, John Walsh, David Bennett, Paul Perrottet, Vanda Mullen, Bob McMartin, Sam Di Natale.

President Michael Donnelly welcomed everyone to our Zoom Meeting and was pleased to see the number of attendees. He also welcomed Assistant Governor Gateway West, Domenic Cichello (RC Wyndham Harbour) and Guest Speaker Stephen Carbone of Prevention United.

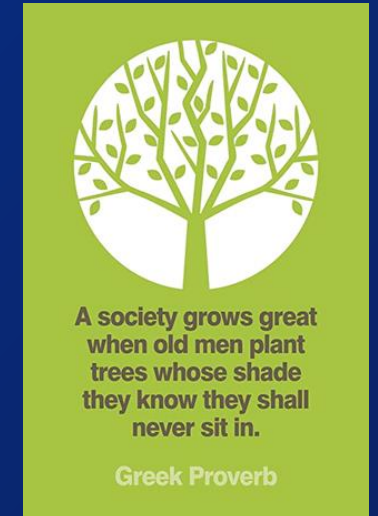
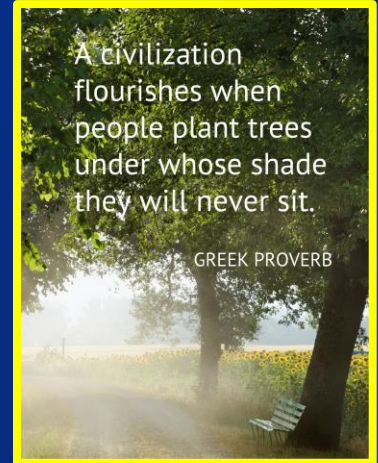
Other Reports were called for

Gerard Mahoney - The Student Writing Competition details went out to 68 schools within a 10kms radius of our Club. Entries are coming in already, but a reminder will be sent out when school returns.

Art Show - The North Park Mansion will not be sold, though the surrounding vacant land probably will be sold. If Covid conditions improve we may be able to hold our Annual Art Show there in April or May 2021, or later in the year.

Phil O'Brien - Keep the bee photos and pictures of your gardens rolling in. We may be receiving a generous gardening hamper from Bunnings to assist us.

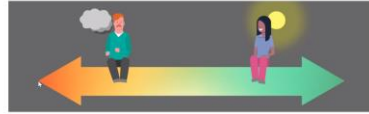
Guest Speaker - Stephen Carbone - His talk on mental Health was very topical due to this year's Covid -19 pandemic and subsequent shutdowns. Home schooling and unemployment, as well as anxiety, loneliness, sadness and anger are challenges many of us are facing. Rotary may be able to play a part in recovery from this stressful time by becoming part of [Rotary's Peace Building promotion](#)



Mental health and mental health difficulties

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The mental health continuum

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The mental health continuum

- Everyone has a level of 'mental health'
- Our mental health is not fixed, and varies according to our life circumstances
- There are several steps we can take to promote and protect our mental health
- There are also steps we can take if we are experiencing mental health difficulties

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Promoting good mental health

- High levels of mental health are associated with many benefits including better study, work, relationship and health outcomes
- It's therefore just as important to look after our mental health as our physical health
- This can improve how we feel and function and reduce our risk of experiencing mental health conditions like depression and anxiety

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Self-care

- Healthy behaviours
- Relaxation
- Managing our feelings
- Foster a helpful mindset

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Self-care: Healthy behaviours

- Establish a routine
- Stay physically active
- Maintain a good quality diet
- Get a good night's sleep
- Reduce or avoid alcohol and other drugs
- Have fun - schedule-in downtime to enjoy pleasant and relaxing activities



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Self-care: Relaxation

- Clear your mind and focus on the here and now, rather than the past or future, through mindfulness meditation
- Relax your body, through deep breathing exercises, progressive muscle relaxation, yoga, Pilates, body balance or anything that reduces tension for you
- Connect with nature, listen to music, read a good book
- It's about slowing down to dial down our flight or fight centre and stress hormones



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Self-care: Managing our feelings

- Worry, sadness and anger can be very normal reactions to stress and will generally pass
- Check-in with how you're feeling - self-awareness and self-reflection are important
- Acknowledge your feelings and don't bottle things up - talk to people you trust
- Be aware of how you relate to yourself and others - self-criticism is damaging, while self-compassion can boost your mood



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Self-care: Fostering a helpful mindset

- What we think has a strong influence on how we feel
- Don't assume. Assess the facts, maintain perspective and avoid negative bias, challenge negative self-talk
- Maintain a growth mindset - life's about trial, error and improvement - you'll get there
- Sometimes we just need to accept things and move forward - things are bad now, but they will get better
- Focus on the big picture of what's important to you, not just what's happening here and now
- Be part realist and part optimist!



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Reducing risk factors

- Our home, school, work and community environments all have an influence on our mental health and wellbeing
- We need to address these 'big picture' factors as well as taking steps to look after our own mental health

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Reducing risk factors

- Adverse childhood experiences
- Intimate partner violence
- Bullying
- Job stress
- Racism and discrimination
- Financial stress, unemployment, homelessness

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Indicators of mental health conditions

- It is common to experience mental health issues
- Can vary from mild stress, psychological distress, through to a severe mental health condition
- Signs and symptoms vary but typically involve a change in the way people feel, function, and relate to others



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Guest Speaker - Dr Stephen Carbone - Prevention United

September 21st, 2020





7:22 pm Mon 21 Sep

Zoom



Physical changes

- ▶ Trouble sleeping (hard to fall asleep, or hard to get back to sleep)
- ▶ Lacking energy and feeling fatigued
- ▶ Feeling tense, restless, fidgety
- ▶ Change in appetite (low appetite or binge eating/comfort eating)
- ▶ Aches and pains (e.g. headaches, tummy aches) and becoming unwell more often





Emotional changes

- ▶ Intense and/or persistent emptiness, sadness, or depression
- ▶ Loss of interest or pleasure in the things you used to enjoy
- ▶ Intense and/or persistent worry, anxiety, fear, panic
- ▶ Intense and/or persistent moodiness, irritability, frustration, anger



Thought changes


- ▶ Unable to focus, concentrate, or remember things
- ▶ Pessimistic, overly critical, negative thinking about yourself, your life, or your future
- ▶ Constantly worried, distracted and preoccupied
- ▶ Catastrophising and thinking about all the bad things that can happen
- ▶ Having too much going on in your head and finding it hard to 'switch-off'
- ▶ Thinking that life is not worth living



Seeking help

- ▶ It's Ok to not feel Ok
- ▶ Don't bottle things up, talk to people you trust about your concerns
- ▶ Don't wait until rock-bottom or a crisis to seek advice.
- ▶ Support and assistance is available if you need it


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Seeking help

- ▶ Websites (info resources, DIY programs)
- ▶ Telephone help-lines
- ▶ Email and chat support
- ▶ Group forums
- ▶ Mental health professionals
 - ▶ Telehealth counselling sessions available through Medicare

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Support services

Adult


Lifeline 13 11 14
Lifeline.org.au
Suicide Call Back Service 1300 659 467
Suicidecallbackservice.org.au
Beyond Blue 1300 224 636
Beyondblue.org.au/forums
MensLine Australia 1300 789 978
Mensline.org.au

Youth

Kids Helpline 1800 55 1800
Kidshelpline.com.au
Headspace 1800 650 890
Headspace.org.au
Reachout
ReachOut.com

Other resources

Head to Health: mental health portal
Headtohealth.gov.au
Life In Mind: Suicide prevention portal
Lifeinmindaustralia.com.au



What have we been doing during Lockdown 2.0? - Deb Sloggett

Hi Everyone,

Thankyou for your lovely words on Facebook. I have a couple of photos for Newsletter. I had to take off the screen so resolution may be a bit fuzzy but hopefully works for us,

I want to thank everyone at the club for their kind words and best wishes. I am enjoying what I do and am happy to be of use and care for the public. I am a number among many of my colleagues who are working hard in providing the best and safest care with compassion and maintaining a sense of humour .

PS The chasing of people to swab were not my only words. I had imparted a lot of words of wisdom but obviously not newsworthy.

Cheers
Deb

Debra Sloggett

Care For Cambodians [Australia]
Rotary Club of Keilor East
Rotary- Donations in Kind



What have we been doing during Lockdown 2.0? - Ginny and Alex Billson

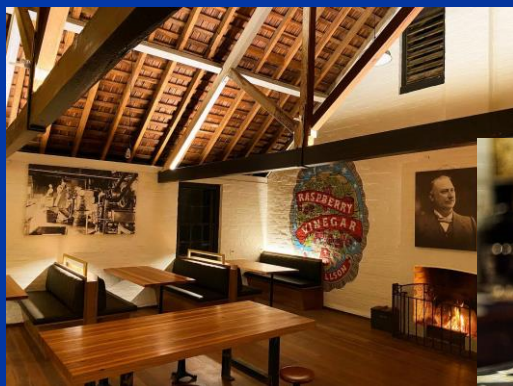
A message from Ginny Billson -

Although they are distant relatives, I feel we must support our regional producers and will get a bottle. Love a little G&T now and then and the Queen Mother was well into her hundreds and had a gin every day. I might be forced to have one, for medicinal purposes of course. The pic could be used in our Newsletter if you like.

Lawrence Billson's First Father's Day



Billson's
Brewery



What have we been doing during Lockdown 2.0? - Lloyd Lancaster

It is 6 months since Betty passed away and so many people ask me how I am coping. I realise that my life will now be different but it doesn't have to be awful and so I have been spending heaps of time and effort in my gardens as the first two photos can show. My little dog Demi has been an enormous help and we have a daily routine of throwing the ball as part of our exercise routine as per photo 3. The greatest joy I will have as time goes on will be watching my two great grandchildren Lucas and Penny grow and to be part of their lives. The dress that Penny is wearing was made by Helen from one of Betty's dresses. I was always going to be able to feed myself, but my granddaughter gave me a crash course in using the slow cooker so during the colder months I had various soups and casseroles on the menu. Like everyone else the lockdown can be difficult but with the many phone calls etc. from so many friends from rotary clubs and our church families I have been very fortunate not to have had too many. My family are keeping an eye on me and regularly are dropping in or phoning. Finally I haven't been able to photo any bees but the colours in the garden give us all great joy and will only get brighter as we go deeper into spring. Yes Phil, I am still making the best home brew in East Keilor.

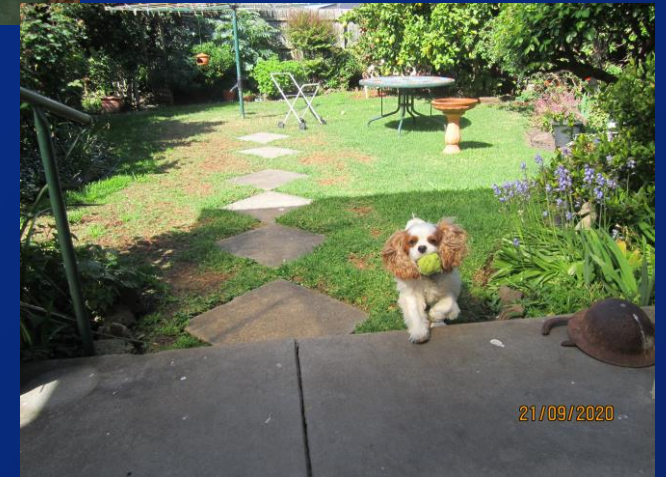
Thanks Lloyd



Lloyd with his great-grandchildren, Lucas and Penny.



Spring in Wyoming Street. Lloyd's front and back gardens are looking wonderful.



Demi brings Lloyd her ball and lots of good company.



Lockdown 2.0 Activities - Athena Vass and Wayne Parker

A message from Athena Vass -

Just sending you a little update on how we are keeping busy....have been meaning to do this for some time

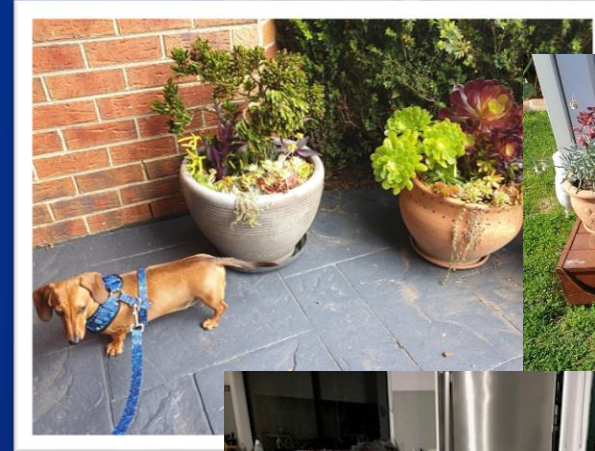
Life in Isolation-Wayne Parker and Athena Vass

Well isolation is keeping us all busy. Wayne and I are doing what we can for our parents. Wayne's mum had a mild stroke recently, but luckily pulled through with minor setbacks. We are supporting his mum and dad the best way we can. My parents are doing ok, and just needing lots of love and care through this isolation.

I am cooking for three households, and this is definitely keeping me busy and improving my repertoire of meals. I am also doing Tai Chi and Yoga online, and Wayne is keeping up with Pilates classes. Walking in the local area is also a daily thing, as we get to chat with all the neighbours.

Both Wayne and I are still working, and trying to keep things as positive as possible at home. Wayne has beautified our home with amazing succulents, and Cisko the Dachshund is loving time with family. I think succulent potting may be a retirement job down the track!

Having purpose, and creating things that give you purpose, are very important. Stay focused, maintain connections, keep busy and stick to routines; all of these factors improve our coping capacity. Not only in a pandemic. Take care everyone, stay well and see you on the other side.





Spot the Rotarian - Name that Baby



?? Who is this “Problem Child”?

Ginny Billson and Annie Webb are organizing a “Spot the Rotarian” Competition.

Email your guess to
billsons@bigpond.com




YOU'RE INVITED TO

Gateway Clusters & the DG

Wednesday 7th October
7:00 PM Start

GATEWAY EAST:
Essendon
Essendon North
Flemington Kensington
Footscray
Footscray West

GATEWAY WEST:
Brunswick Tullamarine
Gateway Rotaract
Keilor
Keilor East
Melbourne Passport



Zoom Link: <https://zoom.us/j/81948702686>
Meeting ID: 819 4870 2686
Passcode: 9800

WE DO HOPE YOU CAN JOIN US

Now would be a great time to look for these and put them aside for the end of Lockdown

PLEASE DONATE YOUR UNWANTED FOREIGN COINS AND NOTES



THEY HELP SUPPORT
ROTARY PROJECTS

Contact Barbara Rafter
Rotary Club of Keilor East



You are welcome to join us via Zoom on Wednesday 7th October at 7.00pm. Meeting ID: 819 4870 2686 Password: 9800

What's Next?

Club Meetings at Keilor East RSL are suspended for the future (at least, until restrictions on gatherings are lifted).

ZOOM Meetings are held fortnightly.

The next Meeting will be held at 6.45pm on Monday 24th August.

1	Date	Day	Speaker / Event Title	Speaker (if applicable)	Organiser
2	31-Aug-20	Mon	NO MEETING		
4	7-Sep-20	Mon	State Trustees Limited (STL) BOARD MEETING	Michael Spiegel (Exect GM) (E 17/8)	Chris/ Mark
5	14-Sep-20	Mon	NO MEETING	Sarah Caldare (Exect Assistant)(E 27/8)	
6	21-Sep-20	Mon	Mental Health "Prevention United"	Dr. Stephen Carbon (Exect Director / "Prevention United" (E 23/7)	Michael / Mark
7	28-Sep-20	Mon	NO MEETING		
9	5-Oct-20	Mon	Malaria & Covid 19 Vaccine Research BOARD MEETING	Bill Oakley (R/C Sandy Bay) (E 28/7)	
10	7-Oct-20	Wed	Gateway Cluster Clubs / DG - 7-8.00pm	(Email 18/8)	Michael
11	12-Oct-20	Mon	NO MEETING		
12	19-Oct-20	Mon	Vietnam / "Farming & Children's Education"	Rowan Mc Clean / Club Service (E 23/7 & 14/8 & 15/8)	Mark /Annie
13	26-Oct-20	Mon			
15	1-Nov-20	Sun	Bunnings BBQ / Taylor Lakes Dependant on C19 Rules	(E31/8/20)	Barbara Rafter
16	2-Nov-20	Mon	Meeting / TBC BOARD MEETING	(email 14/8)	Michael
17	3-Nov-20	Tues	MELBOURNE CUP		

Meeting ID: 514 079 0305-

Password : KERC2020

No Club Meeting on Monday October 5th. Meeting instead on Wednesday 7th October (Details see page 13).



Our Club gratefully acknowledges the sponsorship we receive from the Keilor East Bendigo Community Bank and Smart Storage World to assist us in providing services to the Community.

For Club Membership or Sponsorship information
Contact: Past President, Joe Albioli (0438133123)

<http://www.keiloreastrotary.org>

Rotary Thanksgivings

*We give thanks for our daily food. May Rotary friends and Rotary ways, help us to serve all our days.

* For good food, good fellowship, and the privilege to serve, we give thanks.

September and October Birthdays and Anniversaries

Birthdays

September 4: Ken Allan
September 7: Khaled Ebrahim
September 13: Deborah Akers
September 17: Annie Webb
September 18: Pamela Vandenharn
September 21: Bruce Cameron
September 21: Colin Akers
September 22: Helen Penna, Laraine Barnes and Kim Nguyen
September 23: Greg Osborn (70)
September 25: Terry Badenhope
September 26: Janet McMartin
October 8: Lloyd Lancaster
October 10: Marianne Potgieter
October 14 : Tina Ballos
October 15: Ian Wright
October 18: Dawn Watson



Wedding Anniversaries

September 4: Khaled & Emma Ebrahim
September 7: John & Marjorie Youings
September 9: Paul & Alison Perrottet
September 21: Raj & Jeselee Vytilingam
October 3: Howe Tan and Lyn
October 16: Yew Kong and Linda Lye
October 20: John and Barbara Rafter



Rotary Anniversaries

September 3: Gerard Mahoney 2012
September 5: Mark Tognon 2016
September 7: Tina Ballos 2015
September 19: Joel Hewish 2016
September 30: Phil O'Brien 2002
October 15: Chris Rundell 2012
October 21: Minh Nguyen 2002
October 26: Alex Billson 2015



Member News -

Lockdown Life



The Bee Search -



Annie and her friend take their "babies" for a walk.

Out walking with my friend Faye & dear old Basil & Ernie.



Marianne's lavender is flourishing, and the bees love it.



Lucky Vanda and Barry Mullen's Victorian travels



I spied this very full Spoonville in Parer Rd Airport West. Annie Webb.



Holiday travels around our state of Vic. this week. (Ballarat, Great Ocean Road, Macedon Ranges, Echuca, Rochester & Rutherglen). Thankful to be regional residents during Vic. COVID lockdown. Vanda Mullen.



We would love some of your photos and/or holiday shots for this page. Text to 0411773360 or email keiloreastrotary@gmail.com

