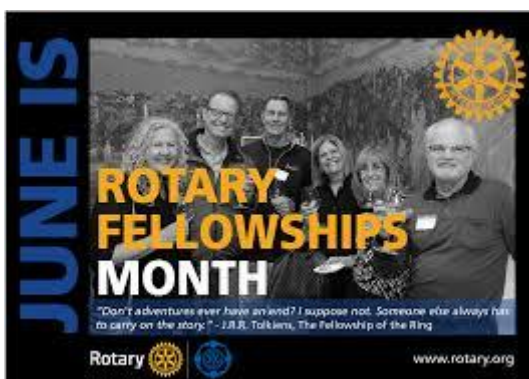


WEEKLY BULLETIN

Date & Time:	Thursday 22nd June [6.00 for 6.30]	Thursday 29th June (6.00 for 6.30)	Tuesday 7th July (6.00 for 6.30)	Thursday 14th July (6.00 for 6.30)
Venue:	FTG Bowls Club	FTG Bowls Club	FTG Bowls Club	FTG Bowls Club
Speaker	Sam Heyden	Des Mahoney & Entertainment	Gary B & Brian M	TBA
Program	RYLA	Club Changeover	Planning for New Rotary Year 2023- 2024	TBA
Vote Of Thanks	Paul W			
Scribe:	John F		Graeme A	



FRAN'S FAIRYTALES



Hello everyone,

A reminder about our Changeover Dinner next week, on Thursday, 29 June 2023 at the Bowls Club.

It has been negotiated with the Bowls Club that they will provide us with a 2 course meal, consisting of an entree and main, for \$30.00 per person.

As usual it will be served on an alternating basis, the mains being either a Pork Roast OR a lamb shank, both seniors meal sizes. The lamb shanks are no longer on the regular menu at the club, and are being ordered in specially for us.

*As a result, we must insist that **payment by all those attending MUST be made by this coming Friday, 23 JUNE, AND NO LATER.** This is because the shanks will have to be ORDERED AND PAID FOR BY THE CLUB ON MONDAY, 26 JUNE,*

*Unfortunately, unless you have paid by THIS FRIDAY, **NO MEAL** will be ordered for you for the night, to avoid the Club having to pay for anyone who books but hasn't paid on time.*

This was explained in no uncertain terms when discussions were held with the club and to which we had to agree. It was also pointed out at that time that across the board the prices of the meals there have increased substantially and the meals offered for our \$30 was because of our long association and support of their club.

It is hoped that everyone understand the rationale behind this rule, so please don't risk being unable to get a good meal on the night because you haven't paid on time.

AND PLEASE, ABSOLUTELY NO CASH IS TO BE HANDED TO OUR TREASURER, YOU ALL HAVE OUR BANK DETAILS AND **PAYMENT MUST BE MADE THROUGH THAT AVENUE**

Bearing in mind that many of us enjoy some kind of dessert to follow our main course, the club will provide a small cake or other type of sweet on the night.

It was very rewarding to have last week's Speaker, Catherine Eagleson, ask to attend our Changeover, to which of course we readily agreed and will welcome her attendance. Maybes we could convince Catherine to provide us with some kind of puzzle on a regular basis – perhaps to include in the bulletins!

Don't forget to bring along your sense of humour, wild dance moves and great enthusiasm on the night, to ensure President Elect Gary can look back on it with pleasure.

Of course, we all wish Gary a wonderful time as our President, and are looking forward to the joys and successes he will bring us as he leads our club into the future.

See you Thursday !

Fran

Foothills Slice and Soup Schedule

28/06/2023	12/07/2023	26/07/2023	9/08/2023
Slice	Soup	Slice	Soup
Lemon Slice	Kay's Klever Pumpkin Soup	Fruit slice	Easy Tomato Soup

Future Bunnings Sausage Sizzles



Friday July 14th

Friday August 11th

Friday September 8th

Sunday September 17th with Bayswater Rotary

FREE Fun Fridays for 12-18 year-olds from FTG

A safe, inclusive place for everyone

Meet new friends, join fun activities

Basketball, Street Dance, Circus Skills, Soccer, Life skills and more!!

Fortnightly 6.30 –9.30 pm July 14–December 15, 2023 at Carrington Park Leisure Centre , Knoxfield

Fantastic food, amazing youth workers, and a bus home if needed.

Registrations Essential: <http://knoxnocturnals.org>

Participants must be connected to FTG (live, go to school, volunteer or work in FTG)

Enquiries: info@knoxnocturnals.org

Phone: 0460311268

Rotary 
EMPOWERING COMMUNITIES


Knox City Council

Knox Nocturnals is funded by the Victorian Government's Empowering Communities initiative as part of Building Safer Communities Program.



Catherine Eagleson – our guest speaker 15 June 2023

“Puzzling for Mental Health” was the theme of Catherine’s excellent address which was enjoyed by members of our own club and Bayswater club who were our very welcome guests for the evening.

Catherine told us of her own journey with a history of extremely debilitating depression and how she has employed puzzles as a “diversion” from the effects of her depressive episodes. She not only loves puzzles but has developed a business compiling and publishing puzzles, with four books so far in Australia and one in the USA. Catherine now also publishes puzzles on the internet and she has established the Clue Detective Puzzle Agency

In her own words on her internet sites:

“I help individuals and organisations have fun and build resilience in order to become stronger and more productive with the use of educational, mentally stimulating games.”

*“Through their research Clue Detective has established that (puzzles) are also **an effective way to manage anxiety and panic attacks**. They have developed the CUSP Principle (Catching up (with Friends to) Solve Puzzles, an initiative that has been rolled out in public libraries combined with digital where patrons gather to solve puzzles on their iPads and then go out for coffee afterwards.*

This activity has many advantages. People are often still struggling to re-socialise in the post-pandemic era and this gives them incentive to get out of the house and

come to the library. They meet new people, learn and have fun.”

Catherine explained that some puzzle enthusiasts like word puzzles (including crosswords of various types and levels of challenge) while others might prefer numeric or logic puzzles. She herself compiles “non-cryptic” puzzles.

Catherine outlined the severe impact of depression and mental illness for both the individual sufferer and on the community generally. There has been some encouraging progress in understanding mental illness though it can significantly affect work and career opportunities – and has great economic cost.

Her own contribution has been to provide excellent tools to provide mental stimulation through challenging and fun activities.

The range and number of question and comment after Catherine’s address confirmed the level of interest that her subject-matter and knowledge provided.

Catherine is now a member of Glenferrie Rotary Club, and her impressive Rotary experience since becoming a member in 2006 has included being Past President of Rotary Bellarine North (2017-2018), a Paul Harris Fellowship and a Past District Chair for Australian Rotary Health.

You can find more about Catherine’s work at:

<https://digitales.com.au/clue-detective-puzzle-agency-desonl168.html>

https://www.thriftbooks.com/w/crack-the-codeword-1-48-brain-teasing-puzzles-to-improve-your-logic-and-increase-your-word-power_catherine-eagleson/10218273/#edition=9688377&idq=14373189

Scribe – Martin Howard

Record of meeting 15 June 2023.

President Fran opened the meeting at 6.30 pm

Present

President - Fran Mandergeddes, Christine Anderson, Graeme Aspinall, Gary Braddock, Rob Dawson, John Flemming, Martin Howard, Robert and Margaret Hurst, Brian Mandergeddes, Rosie Massey, Kay McAloney, Allan Tierney, Paul and Jill Wilson and guests from Rotary Club of Bayswater

Apologies

Graeme Harrison, Mike Sparks

Opening of meeting and welcome

President Fran welcomed members of the two clubs and their partners and especially our guest speaker, Catherine Eagleson.

Guest speaker

Catherine Eagleson spoke for about 20 minutes on "Puzzling for Mental Health" and answered several questions from members (reported separately in this bulletin).

Gary Braddock gave a vote of thanks, strongly supported by the gathering.

Reports

President Fran reported that the changeover on Thursday 29 June will be held at the Bowling Club and will cost \$30 per head for entrée and main. **All payments were required before Monday 26 June** because the Bowling Club must be paid by then.

Anyone able to help in organising the night was asked to advise President Fran.

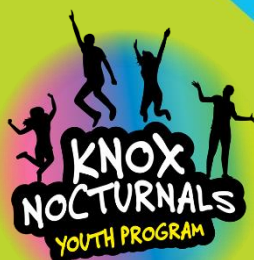
Treasurer Brian delivered a brief treasurer's report.

Fund-raising Co-IPP Graeme Aspinall advised that the latest Sausage Sizzle had made about \$700 profit.

Community Chair and IPP, Christine reported on the Knox Nocturnals project, with the first activity night now only a month away on Friday 14 July. Colourful publicity material has been delivered locally to attract young people with school or work or other significant connection to FTG and an excellent website is now operating. Christine expressed great appreciation to members of the cluster of clubs involved in the project and Knox City Council for their excellent contributions to the overall effort. She also urged members to offer their help as volunteers on the (alternate) Friday evenings on which the program will be run. Volunteers will need a Police check and Working with children check.

Youth Chair Paul advised that the club will be sponsoring one person, Peter Zamora, to go to RYLA at Flinders 26 June to 1 July. Paul and Martin are to join the RYLA program for part of their proceedings on Thursday 29 June and will also have an exhibit displaying information on the Knox Nocturnals project. They will also attend the RYLA closing ceremony on Saturday 1 July.

Close of meeting President Fran closed the meeting at 7.30pm. Members adjourned to the dining room.



What is the Knox Nocturnals Youth program?

The Knox Nocturnals Youth program is a great community initiative that supports and connects young people in the Ferntree Gully area aged 12 to 18 years, providing a safe and inclusive environment in which to interact. Participants may include those with special needs or who may be vulnerable or socially isolated.

The program, run by the Rotary Club of Ferntree Gully with the support of the Knox Cluster of Rotary clubs, combines a healthy dinner with a rotation of sport, dance, art, music, fitness, personal development and life-skills workshops, all run by qualified youth workers in the relevant area. The aim of the program is to provide the opportunity for healthy socialisation, to build connections with other young people and the adult mentors, to increase confidence and self-esteem, to learn life skills and to have fun, with increased positive behaviours as an outcome.

The sessions will be held every second Friday night in term time, 6.30 pm to 9.30 pm, starting 14 July 2023. The venue will be Carrington Park Leisure Centre, 20 Oconnor Road, Knoxfield. Volunteers will be required from 6pm – 10pm

Are you interested in volunteering with the Knox Nocturnals Youth program?

There is a range of rewarding volunteer roles just waiting for you! Be valued for the skills you have, meet new people, share a meal and most of all, have fun!

We are now recruiting volunteers to assist with activity groups, catering, transport and general helpers.

All volunteers will require a Police Check and current Working with Children Card, must complete Child Safety training, and be available to attend a Volunteer Induction and Training Night on June 26th.

For more information about the Knox Nocturnals Youth program, volunteer opportunities and to submit an Expression of Interest, visit the website <https://knoxnocturnals.org> or phone: 0460 311 268.