



Rotary

Club of Fern Tree Gully



Chartered May 16th 1963

Weekly Bulletin

Vol 63 No 43 20th June 2024

President
2023 - 2024
Gary Braddock

District Governor
2023 - 2024
Ian Ballantyne
Bentleigh Moorabbin Central
Rotary Club

Meeting Details:
Weekly Thursday Evenings
6.00pm for 6.30pm

Venue:
Ferntree Gully Bowls Club Glenfern Rd
Ferntree Gully

Diary Dates

20th June Club Meeting
27th June Club Chang Over
29th June District Chang over
2nd July Board Meeting
4th July Presentation of Club Budgets
11th July Guest Speaker
18th Team Meetings

www.ferntreegullyrotary.org.au



CREATE HOPE
in the **WORLD**



Presidents Message

No Presidents Message this week
as Gary is in hospital

Club Board 2023 - 2024

President	Gary Braddock
Secretary	Graeme Harrison
Treasurer	Brian Mandergeddes
Community	Christine Anderson
Youth	Paul Wilson
International	Martin Howard
Fundraising	Graeme Aspnall



A very profitable day last Friday at Bunnings. Thanks to those who gave their time.

The club gained a profit of \$845.00

SERVICE ABOVE SELF

THE OBJECTS OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First The development of acquaintance as an opportunity for service.

Second 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.

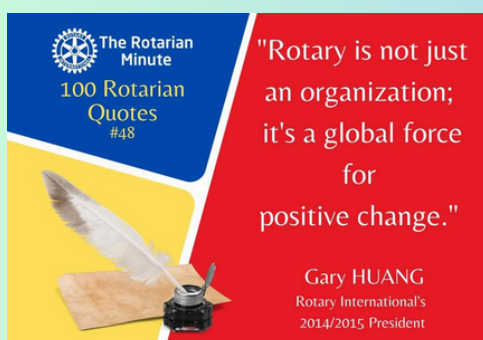
Third The application of the ideal of service in each Rotarian's personal, business, and community life.

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

THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. will it build **goodwill** and **better friendships**?
4. will it be **beneficial** to all concerned?



Rotary Theme 2024 - 2025

The magic of Rotary by RI President
Stephanie Urchick



The Week That Was

President Gary opened the meeting at 6:30 PM and asked members to stand and offer a toast to Rotary and Australia.

He then invited our guest speaker Jasmine Scampton to inform members of an organisation called Headspace Knox and Lilydale and the assistance it offers and makes available to troubled young people. .

Basically, it is a mental health service offering support to people aged 12 to 25, and their family and friends.

In our region there are 2 locations where they can access this support, they are situated in Lilydale and Knox, apart from the physical presence they also offer an online or telephone counselling service.

The services cover mental wellness by determining any mental health problems or mental illness.

The mental health continuum:

- Feeling good by spending time with friends etc
- Concerns about exams, trouble sleeping, just general worries
- Arguments with friend or unmotivated and feeling down
- Hopelessness avoiding friends and feeling help

What stops young people from talking about their problems:

- Unable to Recognise They Need Support
- Stigma and Embarrassment
- Prefer to Work It out on Their Own
- Feelings of Hopelessness scared family or friends will find out
- Concerns about the Cost of Getting Support

This Is How we can support a young person feeling the aforementioned conditions

Jasmine said that if you are concerned about a young person's mental health it's important that you talk to them directly and gave us some tips for doing so:

- Talk openly and honestly
- Let them know you are concerned about their safety
- Acknowledge the difficulty they might have in opening up and let you know their thoughts or feelings

If you are concerned that they might be feeling suicidal seek professional help or call 000

Perhaps offer to work together to find information access appropriate services such as headspace and offer to go along with them

Always remember that it's okay to raise your concerns with them and keep trying to help by using different approaches.

Work and Study Program

Individual Placement & Support (IPS)

What is IPS?

The individual placement and support team aim to empower young people to reach their work/study goals in a highly accessible, strength-based, clinically integrated and youth friendly framework.

To access to this program, they need to be referred internally by either an intake worker or clinician.

Headspace Knox and Lilydale has received funding to provide in-school support to young people. At present they are supporting young people at the Healsville High School and the St Helena Secondary College in Greensborough but do not have sufficient funding to increase capacity beyond these 2 schools

Headspace Knox and Knox Youth Services also have a support program for rainbow young people who live, work, study or hang out in the city of Knox.

The Headspace program can be accessed through Centrelink

At the conclusion of Jasmine's talk, Rotn. Martin thanked her for a very enlightening address and asked members to show their appreciation.

As the Rotary year is drawing to a close there was no further business to be discussed and President Gary closed to meeting at 7:30 PM

Salvation Army Games Night

1. A reminder about the Salvos games night on 29th June at the hall from 6 pm.

Pizza is served .

There are loads of games some old and some new .

It was great fun last time and finished around 8 pm.

2. Also we are collecting unwanted jumpers jackets and coats for those in need.

Clean and serviceable are the only criteria.

As winter sets in and it looks as though temperatures are plummeting to unusually low levels, please check your cupboards for any warm clothes no longer wanted.

All of us feel miserable when we are cold. Your gift could save someone's life.

Thank you my friends.

Fran



Club Speaker Program

Date	Speaker	Topic	Vote of Thanks	Scribe
June 20th	Hamish Reid	Acupuncture	BM	JF
June 27th		Club Changover		
July 4th		Club Budgets		
July 11th	Kath Ronan	Operation Cleft Palate		

Foothills Slice & soup Roster for 2024

3.7.2024	17.7.2024	31.7.2024
Soup	Slice	Soup
30min Frozen Pea Soup	East Chocolate Slice	Easy Curry Carrot Soup

