



Presidents Piece

Welcome to my penultimate Presidents Piece for In Gear.

I was reading a piece from OZ Harvest this morning which said that out of the 1,900 charities they support 46% of them can't meet the current demand for food relief. Foodbank Victoria report the same situation, they are feeding 57,000 people every day. Yes, the comma is in the right place. You will remember that we recently collected non-perishable items for Bayside Community Care who face the same issues, demand up 90% on last year. We need to do it again. I hope the incoming Community team will take this on board and make it happen: - every month?



On Thursday a group of members and partners are off to Disaster Aid Australia in Endeavour Hills. We are going to learn more about what they do and the SkyHydrant in particular. After every disaster there is a need for materials to help people rebuild homes and safe drinking water. Their home rebuilding pack helps with the former, SkyHydrant provides the later. President Elect Denise is keen that we organise more of this type of vocational visit during the year ahead. There is no meeting at VGC on Thursday, but the usual suspects will be at Onyx on Friday if you would like to catch up.



Our Trivia Night fundraiser at Brighton Golf Club was a great success, raising over \$2,000. Rotary members and partners were joined by some 40 BGC members and friends. I think

everybody thoroughly enjoyed the evening. Thanks to BGC for making us welcome and Peter for a great quiz.

We will be holding our "changeover" board meeting on Tuesday evening. We will be looking at the draft budget for 2023 / 2024. As our projected income for 2023 / 2024 is almost \$30,000 down on 2022 / 2023 we will be facing some challenges and tough

Next Meetings

Thursday 15 June
**Vocational Site Visit
Disaster Aid**

92 Doveton Ave, Eumemmerring
Convenor: Lynda Douch

Thursday 22 June
Members Show and Tell

Chair: Chris D'Arcy
Attendance: Megan Glenwright, Peter Flude

Thursday 29 June
Changeover Night

Wednesday 5 July
**Fellowship
Frankston Art Centre**

Venue is VGC, 6:30 for 7:00 unless otherwise noted.
Hybrid by request. See page 2.

Contents

- 1) President's Message
- 2) Future Events Calendar, Club Calendar and Hybrid Meeting links
- 3) Speaker Reports
- 4) Highlands Foundation Packing Day Report, Medical Donations, Blood donor detail
- 5) RI Convention concludes
- 6) Sponsors
- 7) Links

Future Events Calendar

decisions. It is clear that we will need to undertake several ad hoc fundraising activities if we want to support the budget wish list. These start with a Bunnings Sausage Sizzle on Saturday 5th August.

Our meeting at VGC on 22nd June will feature an update on Victoria's Child Safe Legislation from Ken Mirams, a show and tell from Chris Mara and Tim Parsons and an update on the club website from me. The year concludes with our changeover dinner at VGC on the 29th.

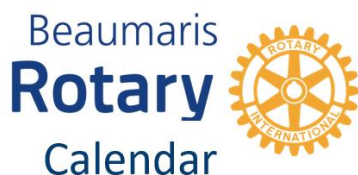
I look forward to catching up with those going to DAA on Thursday. See you at Onyx on Friday.

President Chris,



Calendar of Future Events. For more details click on links to Club Calendar below.

13	JUN, TUE	● 6 – 7:30pm	RCOB Board Meeting TBA
15	JUN, THU	● 6:30 – 8pm	Beaumaris Rotary Meeting: Disaster Aid Vocational Site Visit Victoria Golf Club
16	JUN, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
22	JUN, THU	● 6:30 – 8pm	Beaumaris Rotary Meeting: Members Show and Tell Victoria Golf Club
23	JUN, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
29	JUN, THU	● All day ● 6:30 – 8pm	Hari Raya Haji (regional holiday) CHANGEOVER NIGHT Victoria Golf Club
30	JUN, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
5	JUL, WED	● 6:30 – 8pm	Beaumaris Rotary Meeting: FELLOWSHIP FRANKSTON ART CENTRE
6	JUL, THU	● 7 – 8pm	NO MEETING AT VGC
7	JUL, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
11	JUL, TUE	● 6 – 7:30pm	RCOB Board Meeting TBA



Calendar QR code



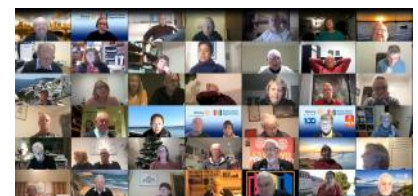
Hybrid by Request Login

Future Hybrid Meetings will only be available on request.

So if you want to login to a meeting please advise Roy Seager at least 24 hours before the meeting.

To login just click on the image to the right and follow the prompts.

You can test run this beforehand if you wish. Just remember to end your session.



Speaker Reports

Trish Yates

New life in more than one way!



At the start of the new month, we heard about "new life" from our (relatively) new member Trish Yates. Trish's family emigrated to Australia and started out in Adelaide. Trish's early career was at Radio 5AA in Adelaide and then at the Film Corporation where she was a secretary for the noted Australian film "Breaker Morant". After a detour to Woomera for family, she worked at Royal Adelaide Hospital where she obtained a four year degree and had 2 children, Tara and Chiara.

In 1989 Trish, with family, went to the UK and worked for Oxford Health doing medical audits. An audit on an Infertility Clinic lead to work in an Infertility Clinic. For the Donor service all stocks were kept at Trish's home, not something which would happen today! As time went on proper consulting rooms were obtained and the practice stored gametes for men and women undergoing cancer treatment. Trish reflected that 1 in 6 people need assistance to have a child.

Trish's experiences of IVF in Kuwait were enlightening, where there could be hope for new children, but sometimes little care for the women who were to bear the children. Trish's expertise lead her to talking and being filmed on the BBC, as well as presenting papers on infertility, and also the psychosocial impact of infertility. Trish came back to Australia and to Melbourne and was involved in IVF here. Now we are privileged to have her as a member of the Rotary Club of Beaumaris.

As always Trish's talk showed us the wide range of experiences and skills our members have and how lucky we are to have them with us

Trish Smyth

Tom Valenta

Dementia-The Growing Enigma

Tom Valenta OAM gave us a thought provoking talk about Dementia. Tom reflected on his family experience of Dementia, as well as informing us of some of the facts. In 2023 there are over 400,000 people suffering from Dementia in Australia, and Alzheimer's is the leading cause of death for Australian women.

Twenty years on from the death of Tom's wife Marie progress on treatment and solutions is negligible. Slowing progress on progression is a little closer and there is some progress on Dementia friendly communities. Tom considers it is puzzling why there has been so little progress on this last great frontier of health issues.

Tom considers that researchers need to work together much more in the neuro degenerative area.

Tom answered questions from his own deep knowledge : memory loss is not a key indicator of Dementia- it's Ok to lose your car keys, it's when you can't remember what the car keys are for, that dementia might be considered.

We can reduce Dementia risk factors but we can't prevent getting it.

The greatest risk factor for Dementia is old age.

A very interesting talk from a very professional speaker and committed advocate.

Trish Smyth



Highland Foundation Packing Day

Denise and I attended the Highland Foundation packing day on Sunday 4 June.

At the moment the Foundation's home is an old scout hall, located right next door to Altona Gate shopping centre. The container is stored in the driveway for ease of access and a storage shed holds all the items ready to be assembled.

We divided ourselves into groups – one group packing baby bundles, one group toddler bundles and our group were packing bundles for mothers. One of the items included in the mother bundles is a towel, so we were packing all the items on the list and wrapping them as neatly and compactly as possible in the towel. Some items, such as a small gift for the mothers ran out very quickly, but all the basic items were included.

Later in the morning we were assembling complete bundles consisting of a baby, toddler and mother bundle. These were packed into a homemade bag together with a brochure in pidgin English explaining where the bundle had come from and a bit about the Foundation. In the few hours we were there, we assembled 78 complete bundles which were then loaded directly into the container.

For part of the morning, I was packing next to a volunteer who had worked as a midwife in PNG. She assured me that the bundles were much needed and were received with delight by the mothers.

It was great to see so many volunteers attend. Some members from Williamston Rotary were there and many others who seemed to be regulars.

Next time I will organise a collection so that we can add to their stores as well.

Lynda Doutch

Got



a bit of time next month? Time to give blood and change lives? 1 in 3 people in Bayside will need blood, and they need people like you to give it. We're popping up in town from 3 to 7 July. Don't forget to pre-book your spot at lifeblood.com.au, on our app or on 13 14 95.

Bayside Pop-up Blood Donor Centre

3 to 7 July

Monday 3 July 12.30 – 8 pm

Tuesday 4 July 12 - 8 pm

Wednesday 5 July 12 - 8 pm

Thursday 6 July 8 am - 8 pm

Friday 7 July 8 am - 3 pm

Beumaris Uniting Church - St Martins

78 Dalgetty Rd, Beumaris

<https://goo.gl/maps/vjJaNZ39VtdWhww2A>

Medical Equipment for Highlands Foundation

Donations from Dr Suresh Chandra & clinical staff Bentleigh Surgicentre, 157 Jasper Road Bentleigh 3204.

Box of masks	Bag of theatre caps
Bag of sterile gauze packs (50)	Sterile drapes (20)
Packet of sterile dressing packs (40)	Bag of sterile cord clamps (50)
Bag of urine specimen jars (50)	Anesthetic masks (5)
2 Boxes of tapes (micropore)	Note pads (50) staff donation.
Instruments: Scissors, forceps, artery forceps, suture holders	

Mary Cunnington



Rotary International Convention concludes with a message of hope

After imagining the future of Rotary in Melbourne, Australia, members and speakers at the 2023 Rotary International Convention looked ahead to next year's gathering in Singapore and being able to share hope with the world by focusing on mental health and well-being.



"Singapore is a city that embodies the spirit of service and giving back to the community," said Jennifer Scott, chair of the 2024 International Convention Committee. "This city-state is a hub of culture, cuisine, and innovation, and is renowned for its architecture, natural beauty, and bustling nightlife. There is something for everyone in Singapore." Jennifer Scott, chair of the 2024 International Convention Committee, talks about next year's event in Singapore during the closing session of the Rotary International Convention in Melbourne, Australia.

During the convention's closing session, 2023-24 Rotary International President R. Gordon R. McNally explained why he's asking members to make mental health a priority. When his only brother took his own life, McNally said, he became determined to fight the stigma around mental health issues and expand access to care.

"I might venture to suggest that one of the main reasons that my brother and so, so many others like him reach the point they do is that mental health remains such a taboo subject, and that mental health services remain in such short supply," he said. "I know that Rotary can do something about that. I am confident we can illuminate mental health needs near and far."

"We can help one another feel more supported as fellow Rotary members and as neighbors," McNally continued. "We can advocate for mental health services. And we can build bridges with experts in the mental health space to help expand access to treatment."

McNally urged Rotary members to Create Hope in the World by getting involved and taking action at a critical moment in history.

"To create hope, we must continue doing our important work, and do it better than ever before," he said. "We must refocus our efforts to build peace across the globe. And we must help each other find peace within — and share that ethic of care to the people we serve."

Earlier in the day, Kunle Adeyanju, president of the Rotary Club of Ikoyi Metro A.M., Nigeria, reflected on how to fulfill the promise of a polio-free world. In 2022, Adeyanju rode a motorcycle from London, England, to Lagos, Nigeria, to raise money and draw attention to the cause.

"We're in the last mile of the push toward polio eradication. That's quite encouraging," Adeyanju said. "But when you're so close to the tipping point, the whole gain you've achieved in the last 30 years could go away in one day." He compared the commitment to end polio to his marathon ride.

"There were several instances where I was in the Sahara and I kept asking myself, 'Why am I doing this? Why did I get myself here?' But the resilient spirit in us says, 'Yes, it's difficult, but it's doable.' That's the same mindset we need to put into eradicating polio around the world."

During another session that focused on the difficult but doable, past Rotary Peace Fellow Ryan Rowe introduced Haitian Rotarians who have been working to bring clean water to 770,000 people in seven counties throughout the country as part of HANWASH, or the Haiti National Clean Water, Sanitation, and Hygiene Initiative.

Over the last three years, the organization has raised US\$1.8 million to dig wells, build latrines, and modernize water systems around the country. Organizers also plan to invest US\$400,000 in a mentoring and training program for local engineers.

This "is an incredible story of Rotary impact that the entire world needs to hear," Rowe said.

In her closing remarks, Rotary International President Jennifer Jones, who made history as the organization's first female president, made the connection between imagining Rotary — the idea of her presidential theme — and hope, an element of McNally's.

"We don't imagine yesterday — and we also don't look for hope in past actions," Jones said. "'Hope' and 'imagine' are words for tomorrow — words that propel us forward. They build upon each other and offer a path forward. A path of continuity."





THE BAYSIDE CHARITY GOLF DAY MONDAY 22ND MAY 2023 ROYAL MELBOURNE GOLF CLUB

SPONSORS 2023



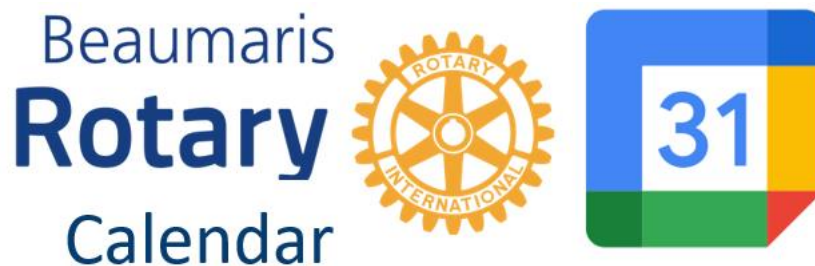
BRIGHTON



Evolution of Website and In Gear

Over the coming weeks we will be evolving the content of both the new website (link below) and In Gear with a view to ensuring that each is fit for purpose. Starting this week the Sponsors pages and Club Structure will no longer be available in In Gear as they are on the website.

In anticipation of possible further changes the forward club program has been uploaded onto the Club Calendar and is available by clicking on the image below or use the QR code below #:



The Calendar is best viewed in Agenda mode.

PLEASE GIVE THIS LINK A TRY AND LET ME KNOW HOW IT WORKS ON YOUR SYSTEM. LET ME KNOW AT:

beaumarisrotary@gmail.com



QR code updated to fix fault.

