



ROTARY CLUB OF BEAUMARIS WEEKLY BULLETIN

Edition 17 18 March 2024

President Message

It's a bumper edition this fortnight. Our club has been very active.

We began with a very successful day at the Sandy Links Golf Competition on March 4th. Proceeds of the day are shared between RCOB and the Black Rock Sports Auxiliary.

At the regular meeting on March 7 we bestowed PHF honours on those members who have served on the Golf Committee for many years. We honoured Richard Jones, Peter Flude, Jim O'Brien, Tony Phillips and James Glenwright (photo page 4). We had a great night reminiscing about the old days! Our speaker that night was Mathew Gallop from the Sandringham Community Bank who emphasised the extent of community involvement and contributions from the bank over many years.

This past Thursday we had a visit from eight Noble-Park Dingley members, including President Steven Brough and DG Nominee Peter Behm. Our speaker was Valerie Ogorodnyk, a qualified art therapist, who illustrated her "Active Kreative" program for refugees from the Ukraine, living here in our community who are separated from their loved ones back home in the Ukraine. Many refugees suffer from PTSD, and Valerie explained it is difficult to get financial support because the money is sent back to the Ukraine rather than donated to the needs of people living here.

The Highlands Foundation has announced the next Packing Day for April 20th, from 10am – 4pm. Robyn Vincin is the contact person. Please let her know if you are coming. The Highlands Foundation is asking for specific items for the Mothers and Babies Pack – see the list on page 7.

During the week we learned that the Rotary Club of Brighton North are donating \$1000 toward the kitchen refurbishment on Sabu Island. We are grateful for their support. We also attended the annual Fundraiser for the Sandringham Hospital this week (photo page 4). Proceeds from the day will go to supporting patient care and a special mention was made about the new ophthalmology equipment.

The Lume are offering 20% off tickets to see *Leonardo da Vinci – 500 years of Genius* which opened on March 16. The

Next Meetings

Thursday 21 March

No Meeting due to District Conference

Thursday 28 March

No Meeting due to Easter

Thursday 4 April

Speaker: Interviewer-Chris D'Arcy

Topic: PHF Community Service Evening

Chair: Lynda Douch

Attendance: Bridget Hage, Max Manks

Thursday 11 April

Speaker: Rob Saunders

Topic: Alternative Bayside Nature Strips

Chair: Robyn Vincin

Attendance: Ken Mirams, Gail Anderson

Venue is VGC, 6:30 for 7:00 unless otherwise noted.

Zoom by request. See page 2.

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Future Events Calendar

limited special offer is for Rotarians and is a 20% discount on all single-entry tickets. It is valid until April 30, 2024.

Next week we are off to conference in Warrnambool. This is the final conference of District 9810

and 34 RCOB members and partners are registered. Following this we have a break for Easter.

Please remember the Special meeting Tuesday March 19th at VGC, Rotunda, 5:30-6:30, to discuss the Zero School Dropouts project. All welcome.



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

21	MAR, THU	● 6:30 – 8pm	Beaumaris Rotary Meeting: NO MEETING DISTRICT CONFERENCE Victoria Golf Club
22	MAR, FRI	● All day	DISTRICT CONFERENCE
23	MAR, SAT	● All day	DISTRICT CONFERENCE
24	MAR, SUN	● All day	DISTRICT CONFERENCE
28	MAR, THU	● 6:30 – 8pm	Beaumaris Rotary Meeting: NO MEETING EASTER Victoria Golf Club
29	MAR, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
4	APR, THU	● 6:30 – 8pm	Beaumaris Rotary Meeting: PHF Community Service Evening Victoria Golf Club
5	APR, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
9	APR, TUE	● 6 – 7:30pm	RCOB Board Meeting TBA
11	APR, THU	● 6:30 – 8pm	Beaumaris Rotary Meeting: Alternative Bayside Nature Strips Victoria Golf Club
12	APR, FRI	● 4 – 6pm	HAPPY HOUR, 4 TO 6 Onyx Cafe, Restaurant & Bar
13	APR, SAT	● 8am – 12:30pm	Black Rock Farmers Market Royal Avenue



Calendar QR code



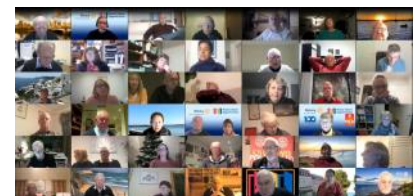
Zoom by Request Login

Future Zoom 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.



Market Report

Market Report

The March Market, held on a very hot & windy day in the middle of a long weekend definitely affected the attendances by stallholders and patrons - and therefore income & sales for both.

22 Stallholders attended, almost the same as the month before

Funds raised for Rotary was a little over \$1200

Tim Parsons and Gail also raised around \$70 in jigsaw puzzle sales

Thank-you to all the Members who volunteered over the course of the morning. FYI each market involves about 30 hours of volunteer time and costs around \$400 to operate.

Charmaine Jansz, Marilyn Murie

Peter Murie, Ian Slater

Robyn Vincin, Chris D'Arcy

Heather D'Arcy, Richard Potter

Chris Mara , Gail Anderson

Tim Parsons, Raj Subramanian

Raj is Team Leader for our April Market. Look out for his Roster for April, to be circulated in the next week or so.

Glenda Stevenson

Team Leader





Speakers Reports

Speaker: Matthew Gallop (photo page 9) Topic: Bendigo Bank Service

Highlights

Branch Manager for 21 years

Who we are: Community Bank Sandringham

- Opened on 6 September 2002
- Not one bank account, not even \$1 worth of business on the books
- But with very strong community support
- We are a Full Service local bank & only bank in Sandringham Village servicing Beaumaris, Black Rock, Hampton and Sandringham
- Donated \$500,000 to Sandringham Community Bank Day Procedure Centre at Sandringham Hospital
- December 2021 - Purchased Beaumaris branch customers and combined them with Sandringham – Including Beaumaris Rotary
- \$387,000,000 on the books
- 9,300+ bank accounts
- \$3,400,000 delivered back to our community

Bayside Community Engagement Fund (BCEF)

- There are 3 areas to our program:
- Grants (through Foundation) – offered via invitation only
- Community Partnerships & Projects
- Annual sponsorships and projects
- Grants
- All grants are made via the Bendigo Bank Foundation as Government guidelines are strict.
- Must be for charitable purposes.
- As such all applications must be invited to ensure they meet the criteria.
- Occasionally applications for other areas are moved into Grants if they are appropriate

Community Partnerships & Projects

- To create Projects and Programs in the Community and build Key Partnerships with organisations that have the values that we aspire to support in the community.
- Look to build these project and relationships over multiple years – eg. 3-5 year programs allowing them to build with confidence of funds over a longer period and removing annual application process for volunteers.
- Applications through Matthew and myself with approval at Committee, then Board level
- Applications taken throughout the year based on discussion with partners
- **Annual sponsorships and projects**
- Annual process to apply for funds (\$500-\$2500)
- Funds to be spent within the year on the area/project agreed

to in Application

- Expectation of Logo, newsletter and other media to be shared within organisations members
- Sponsorships allow for Community Bank branding to be prominent in our Community
- Evaluation form at end of year/project
- Many annual applications build to become Key Partnerships over time – Eg Golf Days!

Community DeFib project

- A special Community project:
- To build a network of Defibs within our Bayside Community – that are accessible to all community members 24/7 in a safe and secure way.
- Method:
- We offer local organisations the opportunity to access a defib or external cabinet (if in possession of a Defib) funded by Community Bank Sandringham
- To support registration to Ambulance Vic “Register your AED” system which ensures the units are visible on all Emergency service and Good Sam systems.
- Signage to clearly show location of accessible DeFib and stickers for doors/windows that shows there is a Defib available. Signage will include bank branding and colour ways and be consistent on all installs.
- *This project funding is only available for externally installed DeFibs and not internal/clubhouse Defibs*

What can Rotary members do to help us help the Community?

- Tell the Community Bank story to family & friends
- Bank with us!
- It's not as hard as you think to switch.
- Tell the Community Bank story to family & friends

No need to do it all at once

Product Offering – Term Deposits

Insurance Products – Did you know we can quote on...

What about your Travel Insurance?

Pop into the branch and speak to an Insurance Specialist

Speaker: Valerie Ogorodnyk (photo page 9)

Topic: Ukrainian Refugee Project

My Story

I was born in Crimea, the picturesque spot on the Black Sea. Studied master's degree in visual communication Kharkiv State Academy of Art and Design

Have been part of Rotary family and had an opportunity to travel around the globe with Rotarians.

Came to Australia at the age of 22 to do a bachelor's degree in visual arts at Melbourne Monash University

From 2012 opened up a Design Studio

During Covid moved out from husband with a little son and went through divorce.

During the hardest lockdown she has met her new partner and started a blended family

When Russia invaded Ukraine in February 2022 was already pregnant with the second baby.

Started helping refugees and newcomers through the art therapy while still pregnant.

Started the Advanced Diploma of Transpersonal Psychology, certificates of neurographics and Flow psychology to come up with the new methodology in art therapy that could benefit everyone on their journey with the personal help or self-guided way. This is how Active Kreative business appeared.

Ukrainian refugees in Australia

Australia has now granted more than 11,500 visas for people from Ukraine. (2022)

Since the invasion of Ukraine around 5,000 refugees have arrived in Australia. Many of these refugees from the conflict will have experienced significant trauma and may be experiencing mental distress and settlement difficulties.

Factors influence the mental health of Ukrainians in Australia include:

- Pre-migration experiences of war, violence, political repression and displacement resulting in a high prevalence of mental health issues such as post-traumatic stress disorder (PTSD), depression and anxiety.
- Increased use of alcohol and other drugs for those with experience of conflict and displacement.
- The ongoing collective and individual psychological impact of living in a totalitarian society, including depression, a sense of inferiority, distrust and fear.
- Intergenerational impact of trauma on succeeding generations.
- The use of psychiatry as a tool of repression in the Soviet era resulting in distrust, stigma and fear of asking for help.

- A lack of mental health help seeking culture in Ukraine,
- Lack of knowledge about mental illnesses, appropriate treatment and services available.
- Somatization of mental health issues.
- Settlement difficulties and acculturation stress.
- Experience of discrimination can contribute to increased emotional distress.

We want to provide a safe and therapeutic space for Ukrainian individuals who have faced the challenges of relocation from war-torn country.

Emotional Healing: To assist participants in processing and healing from challenges resulting from their experiences, such as anxiety, high stress, sleeping disorders, lack of motivation, and depression.

Self-Expression: To offer a creative and non-verbal platform for participant express their emotions, thoughts, and experiences through art therapy

Coping Strategies: To educate participants on effective coping strategies mindfulness, grounding exercises, and self-care practices, to help manage emotional well-being.

Community and Connection: To foster a sense of community and conn among participants, allowing them to share their stories, support one and create a network of understanding.

Empowerment Through Art: To empower participants to explore their in-gain insights into their emotions and discover strength and resilience thro expression.

Healing and Renewal: To support participants on their journey of healing renewal, enabling them to process past experiences and find hope for the

Bringing People Together

The program is conducted in a group setting, fostering a sense of community and belonging among participants.

The program focuses on creating a supportive and empathetic community. Facilitators encourage open communication, active listening, and empathy among participants to establish a safe and nurturing environment.

Participants learn practical coping techniques, such as relaxation exercises, mindfulness, and breathing techniques.

Project Components

Financial resources are essential to cover program expenses, including facilitator and supervisor fees, art supplies, space rental, and promotional materials.

- 1 Facilitators and Counsellors
- 2 Therapeutic Space
- 3 Art Materials
- 4 Administrative Support, Community Engagement

What we need



What we need 18/02/2024

	Item	Size
Baby	singlets	000
	Onsies	000/00
	Baby Wraps	
	Blankets (knit / crochet)	1 mt square
	Booties / socks	
Mothers	NEW FULL Cut Underwear	14 - 18
	MATERNITY PADS	
	POLO TOPS (coloured)	14 - 18 (mens S/M accepted)
	LONG DRAWER STRING SKIRTS	
	X - LARGE Knitted Hats	
	SCARVES	
	Gifts: Bead necklaces Wide Toothed combs Toothbrushes	
	Towels (used/ no stains) New	Kmart Madison brand \$2.50
	facewashers	
	Single bed quilt covers	

Message from Impact Board



5th March 2024

It is with a mixture of sadness, pride and celebration that Impact announces the retirement of its Founder and President, Kathy Kaplan OAM.

Eighteen years ago, Kathy and a small group of friends gathered together to create gift boxes for domestic violence survivors. Their aim, to provide some hope to women in some of the darkest moments of their lives, was the seed that grew to become the organisation we all know today - Impact for Women.

Since that simple beginning Impact has expanded beyond what anyone could have thought possible. Through Kathy's leadership over the last 18 years, alongside the generous volunteering of thousands of Victorians, 5,000 Bags of Love are distributed to women and children who have fled domestic violence each year.

Impact has also expanded into numerous other services to impact and improve the lives of women and has been extremely active in advocating on behalf of domestic violence issues – speaking out about the often terrifying statistics that plague the Australian community and addressing key issues like the availability of childcare in family court.

Kathy's role as an ambassador for the issue of domestic violence cannot be overstated. Over the last 18 years, she has addressed countless thousands of people about this problem, bringing it to the attention of community groups, the government and schools among many others. She has won numerous awards and recognition for her service to the issue of domestic violence and her work in the Jewish community, including an Order of Australia Medal in 2011.

To all of us who volunteer at Impact in some way, Kathy has been the consistent, caring and energetic presence at Wrap & Packs and Drive and Deliver days, and our ever-present champion, in person and online.

After 18 years, her retirement is a great loss. However Impact for Women was set up to continue the fight and, between the Board and the incredible volunteers, Kathy's legacy continues to go from strength to strength.

On behalf of the Impact Board, the volunteers, donors, supporters, and everyone else who has come into contact with Impact or received our services at some time, we would like to thank Kathy and wish her every success and joy for the future. May her contribution be an inspiration to all of us to do more and to give back to the community.

Thank you Kathy

The Impact Board

The Lume

THE LUME Melbourne opened its latest experience *Leonardo da Vinci – 500 years of Genius* presented by Webuild on Saturday March 16. To celebrate its opening we are delighted to extend to all your Rotary Club Members a limited special offer of a 20% discount on all single entry tickets, valid until April 30, 2024.

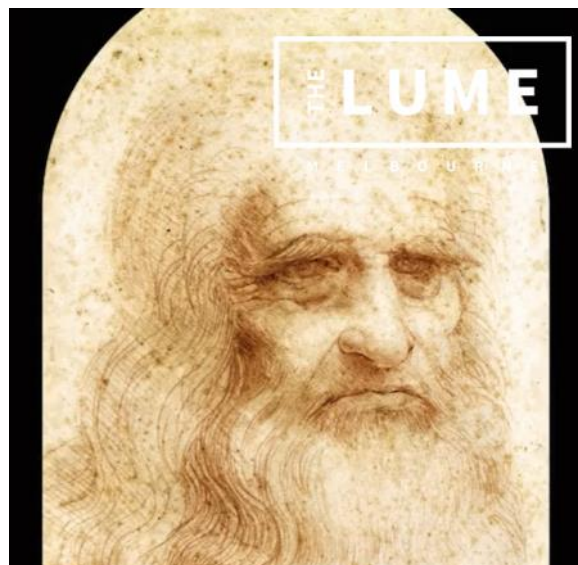
THE LUME Melbourne is now regarded as a highlight and must-see in Melbourne's world-renowned arts cultural precinct.

- ⇒ This latest experience is highly anticipated as visitors will have the once-in-a-lifetime opportunity to step inside the world of Leonardo, featuring original drawings and writings from the Codex Atlanticus, penned by the master himself.
- ⇒ This is the first time in history the Codex Atlanticus has been in Australia, underscoring THE LUME Melbourne's commitment to bringing this new extraordinary experience to Australia.

The showcase also features;

- To scale machine inventions brought to life by Italian artisans
- The only exact 360° replica of the Mona Lisa in the world,
- A breathtaking immersive digital art experience featuring Leonardo's artworks plus additional Renaissance art
- Plus Caffé Medici where you can enjoy an Italian inspired culinary menu

If you would like to redeem this offer, please contact Jennifer North, Head of Commercial at jnorth@thelume.com and we shall provide you with a unique code and flyer that can be shared with your membership.



Links

Club Program


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.



Key Club Documents

Bylaws of the Rotary Club of Beaumaris Inc.

Article	Subject	Page
1	Definitions	1
2	Board	1
3	Elections and Terms of Office	1
4	Duties of the Officers	2
5	Meetings	2
6	Dues	3
7	Method of Voting	3
8	Committees	3



Rotary

**Constitution of the Rotary Club of
Beaumaris Inc.**

ABN: 77172677132 INC: A 13606 F

Beaumaris Rotary Strategic Plan 2023 – 2024.

This plan aims to consolidate and extend the strategic plan that was developed for the club between 2022-2023

Rotary Links

