



THE TIDE

Rotary
Club of Frankston



A0012719N

Chartered 17th May 1950

Volume No. 74 – Issue No. 7, 3 August 2023

Subject: MY LIFE BEFORE ROTARY

Speaker: ROTARIAN KATE CROSS

Chair: ROTARIAN KAY BARROW



**ZOOM Login time
7pm to 7.10pm**

For ZOOM, when available, at normal meetings the link is:
<https://us04web.zoom.us/j/703546388>

The President's Report



Dear Rotarians, Partners, and Friends

Last weeks' presentation

We were treated to a presentation by Charlotte Swayn, our recent Rotary Youth Leadership Awards (RYLA) participant. Charlotte was joined by her parents Karl and Julia, brother

Rotary Club of Frankston

President: David Cross
Secretary: Grant Wishnowsky
PO Box 278 Frankston 3199
www.rotaryfrankston.org.au



<https://www.facebook.com/RotaryClubofFrankston>

Meeting Apologies and
guest notifications to Bill
Redfern by 4.00pm on
Tuesday by email to
attendancercf@gmail.com

The TIDE

Editor: Bob Tanner
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for the TIDE must be received by 7pm
Monday.

**Meeting Venue: Mt Eliza Bowling
Club**

**90 Canadian Bay Rd, Mt Eliza
Phone (03) 9787 3047**

Benjamin and proud grandparents Peter and Angela Cecil, who attended via Zoom from Atherton.



Other guests at the meeting were Trish Carr, District 9810 RYLA Chair and President of the Rotary Club of Box Hill Burwood. Since 2019, RYLA has been a joint exercise between 9810 and our District 9820. Also in attendance were 9810 RYLA Board member Les Marton (RC of Box Hill Burwood), 9820 Youth Director and RYLA 9820 Board member Rob Cook (Rotary Club of Somerville Tyabb) and Rae Harding, PE of RC of Box Hill Burwood.

Charlotte spoke passionately about her RYLA experience, the challenges she and her peers addressed during the six-day long live-in camp and the firm friendships that were formed along the way. Charlotte is into her second year of a Bachelor of Psychology (Honours), majoring in Child and Family Psychology. The RYLA camp involved fast-paced, long days working in teams engaging in a range of activities, with many inspirational guest speakers. She finished up stating the RYLA mantra – developing the leaders of tomorrow. We wish Charlotte all the best as she continues her education, and I'm sure she will be applying her RYLA experiences and knowledge as she does.

RYLA 9810 Chair Trish Carr spoke briefly of the RC of Box Hill Burwood's Art Show, which has been run annually for 57 years and raised approximately \$1M over that time.



Welfare report

Unfortunately, Marie was unwell and wasn't able to provide details, but we do know that Jenny Cuddihy is making a good recovery and hopes to be back with us this week. Richard was another one missing in action on Thursday, along with Chris Van Der Laan, who has had a fall. Unfortunately, Glenda Viner has had a return trip to hospital, so we wish her well, as we also do to all Rotarian and family sickies.

BBQs for Frankston Council

Following on from the playground launch at Yarralumla Reserve the week before last, we made the decision that we would only invoice Frankston Council for the provisions supplied, as a gesture of goodwill, rather than include the profits we would have made.

They have now asked whether we would be able to run a BBQ at another playground launch, this time in Carrum Downs, on Friday 25th of August from 4pm to 5:30pm. This time we'll invoice for the profits we'd normally make, based on \$3.50 per sausage. If anyone is available to help out for approximately two hours, please let Luke know. As usual, wear your Rotary shirt, as this is a great way to promote ourselves in the broader community.

Wrap-up of the 2023 Rotary International Convention

Melbourne welcomed nearly 13,000 Rotarians and guests from 136 countries back in May. While promoting the 2023 Rotary International Convention, Rotary's social media channels generated 3 million impressions and 460,000 engagements, giving the public in Australia a better idea of who we are and what we do.

What's next?

This week we'll have our newest member, Kate Cross, speaking to us about her life before Rotary. The meeting will be chaired by Kay Barrow, who introduced Kate to us. I'll certainly look forward to hearing Kate, and being the first Thursday of the month, I'm sure there'll be a great turn-out for Partners, Family and Friends night. Don't forget to register the attendance of any guests at attendancercf@gmail.com by 4pm on Tuesday.

David Cross

President 2023-24

ROTARY MEETING ATTENDANCE

New Deadline for Registration of Apologies - 4 pm Tuesday

Bill Redfern is looking after our meeting attendance records for the purpose of arranging catering and recording any apologies each week.

It is assumed that all members attend each meeting.

Please use the 'attendancercf@gmail.com' email account to register any apologies or attendance notifications.

Apologies

- **Members who are not able to attend a meeting** must register an apology either in advance or by **4 pm on the Tuesday** before each meeting.
- If you have not registered your apology, it will not be noted, and you will be invoiced to cover our catering costs for your meal.
- If circumstances arise where you are a late apology (ie. after 4 pm on Tuesday), try contacting other members using our "**Members RCF**" on **WhatsApp** to find someone who may want to take your place.

Ongoing Apologies

- Registration of an ongoing apology will be accepted for those members who are travelling (please advise as to the start and end dates), have health reasons, or normally attend via Zoom. Existing cases have been noted.
- Any member with an ongoing apology who wants to attend a meeting needs to register their attendance by the **Tuesday** deadline prior to that meeting. If you have not registered your attendance by the deadline, a meal will not be arranged for you.

Guests

- Registration of attendance of any partners or guests at a meeting need to be submitted by the **Tuesday** deadline prior to that meeting. If the attendance of such partners or guests has not registered by the deadline, a meal will not be arranged for them.

HOSPICE WORKING BEE

SUNDAY 13TH AUGUST

After announcing an earlier date, it seems that Sunday 13th August is the most popular time. We have a lot to do so will run two shifts – 9.00 -12.30, and 1.00 – 4.30. Those up to it can stay all day. Lunch and morning and afternoon tea will be provided.

Many Rotarians are away so we will need everyone who is available to get the work done. There will be jobs for everyone –you don't have to be a gardener.

A board will come around on Thursday and more details of what is required will follow.

Ken Rowe

AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH



Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

ANNIVERSARIES

Members: Birthdays: Nil.

Partners Birthdays: Jacki Latham (5/8), Deirdre Harding (7/8).

Wedding Anniversaries: Keith and Margot Kimpton (4/8).

Induction Anniversary: Luke Provis (6/8), Wayne Gillan (10/8).

ATTENDANCE

Present: Trish Anderson, Neil Black, Graham Bryans, Suzanne Caldwell, David Cross, Peter Dusting, Graham Henderson, Campbell Johns, Terry Jones, Terry Jones, Max Lane, David Lee, Lyn Leigh, Lou Monteret, Greg Morgan, Luke Provis Bill Redfern, Ken Rowe, Lee Anne Smith, Robin Stewart, Grant Wishnowsky, John Wright.

Partners: Anita Cross, Ann Henderson,

Visiting Rotarians: Rae Harding, Les Martin, Trish Carr (RC OF Boxhill Burwood).

Guests: Charlotte Swayn, Carl, Julia, and Ben Swayn.

Apologies: Kay Barrow, Campbell Bolwell, Ken Broadbent, Angela Cecil, Peter Cecil, Chris Crewther, Kate Cross, Jenny Cuddihy, Alan Daniel, Nina DeSilva, Ann Enno, Norm Farmer, Wayne Gillan, Grahame Gordon, Marie Hardwick, Gerry Harrison, Brian Ivey, Terry Jones, John Latham, Peter MacKenzie, Quinn McCormack, Lyn Leigh, Audrey Mutton, Richard Parker, Geoff Pritchard, , Idris Olatunji, Shane O'Neill, Chris Sayers, Bob Seiffert, Terry Schneider, Ken Stallard, Bob Tanner, Nellie Tinga, Barry Thomas, Chris Van Der Laan, Dennis Viner, Greg Waterland.

Zoom: Angela and Peter Cecil, Alan Daniel, Geoff Pritchard, Bob Tanner, Barry Thomas, Cassie Leong.

FOCUSING ON MENTAL HEALTH CREATING HOPE IN THE WORLD



Rotary International President-elect. Gordon R. McNally has called for members to offer hope to those affected by mental health challenges — a crisis exacerbated by the COVID-19 pandemic. Many people have lost family members, many more have found their social networks uprooted, and young people especially have had their educational and developmental paths interrupted. As a result, more people around the world are facing mental health issues. And yet, seeking assistance is often perceived as a sign of weakness.

"Nothing could be further from the truth," McNally said. "Reaching out for help is courageous — and continuing on a path toward wellness is even more so." The third thing is a mental health initiative. Coming out of the pandemic, there are a lot of people who are struggling with poor mental health. I think it's the next pandemic. I've got experience with friends who have suffered poor mental health. I guess we've all suffered through poor mental health on occasions. Rotary has to be big enough and brave enough to enter that space and to start talking about where we can make a difference. At the most basic level, it's just opening up the conversation about mental health and helping people get access to any professional help that they might need, and then supporting them through that journey.

I lost my brother to suicide. It's still very painful. I share this not to get people's sympathy, but to make people realize that everybody is affected by this sort of thing. We can't sweep it under the carpet. As a global network of 1.4 million people, we do have an opportunity to make a difference in making it less of a taboo and less of a stigma.

He added that Rotary will work to improve mental health services in the next year and beyond. Rotary should be known as an organization that takes care of its members as well as the people it serves, McNally said. "Any mental health professional will tell you that by helping others, we essentially help ourselves."

Our latest official Australian figures released in July 2022 by the Australian Bureau of Statistics (ABS) released the National Study of Mental Health and Wellbeing results reflects that we are highly affected with over two in five Australians aged 16–85 years (8.6 million people or 43.7 per cent) have experienced a mental health condition at some time in their life.

- **Over one in five Australians aged 16–85 (4.2 million Australians or 21.4 per cent) experienced a mental health condition in the 12 months prior to the survey.**
- **Females (24.6 per cent) were more likely than males (18.0 per cent) to experience a mental condition in the past 12 months.**
- **The most common mental conditions over the past 12 months for all Australians were social phobia (7.0 per cent), PTSD (5.7 per cent), depression (4.6 per cent) and agoraphobia (4.6 per cent).**

We need to be concerned that in young people almost 2 in 5 (39.6 per cent) young people (aged 16–24 years) had a mental health condition in the past 12 months. – This is the highest among all age cohorts and almost twice as high as the general population rate.

Younger adults (aged 16–34) have far higher rates of self-harm (18.2 per cent) and suicidal behaviours (5.2 per cent) than the general population. Females in this age group are approximately twice as likely as males to have self-harmed over their lifetime (24.7 compared to 12.4 per cent) and within the past 12 months (7.0 compared to 3.6 per cent).

Support Gordon's call to action and focus on how your club members, friends, family, business, and everyone can become Mental Health Champions.

You can start by just supporting Australian Rotary Health. One of the largest independent funders of mental health research within Australia.

FORT GREY WILD DESERTS



We have had to amend the dates booked to return to Fort Grey.

The new dates are **Monday 21st to Friday 25th of August 2023**. These are all working days so we may have to work out a day off on say Wednesday.

So, arrive on Sunday 20th ready to start work on Monday.

The changes are a result of the new staff accommodation being installed during the week we were intending to go as the installers require the accommodation.

- We will be doing the annual trapping of bilbies/bandicoots/mulgaras etc. and
 - establishing a garden/fence/landscaping associated with the new staff accommodation.
 - Installing separation discs into traps
 - Constructing more transportation boxes
- **Note:** Those attending will need to have a Working With Children Card and also had a Form 3 check completed.

I will circulate a new attendance sheet.

Please contact me if you have any questions.

Robin Stewart

0419383160

robstewart1952@outlook.com

FORT GREY TRAVEL ARRANGEMENTS

As we did last year, some of us have booked the following accommodation.

Friday 18th August – Mildura Golf Resort.

Standard room \$110 , Phone: 03 5023 1147

Drinks in our room and dinner at the Golf Club

Saturday 19th August – Packsaddle Roadhouse

Silver City Highway \$85 Double room. Phone : 08 8091 2539

Dinner at the pub.

They also have powered sites.

Saturday 26th August Broken Hill – Return trip

Last year we stayed at the Broken Hill Tourist Park, Phone 08 8087 3841

You may have different options for your return trip.

Ken Rowe

WEEKS AND WEEKENDS AWAY 2023/24

PHILLIP ISLAND – COWES WEEKEND

COWES – NRMA PHILLIP ISLAND BEACHFRONT HOLIDAY PARK

Friday 10th Nov – Tuesday 14th 2023

You may have been emailed details about ten new en-suite powered sites available for us. The additional cost is \$20 per night. If you wish to upgrade, call the park on 59 522 211. They will add the \$20 per night to your account when you arrive and pay. You have all paid deposits.

Ken Rowe

2024 WEEK AWAY – WARRNAMBOOL

Friday March 1st to Thursday March 7th

SURFSIDE HOLIDAY PARK

The latest Warrnambool Bookings

We still have cabins and powered sites available. Book even if you are unsure. Pay the deposit to Campbell – Social Account

BSB 633 000 Social A/C 162 387 666

Ken Rowe

THE CLUB'S BANK ACCOUNTS EXPLAINED

The CLUB has Three Bank Accounts:

GENERAL: Account No: 147 471 700 – All Club matters,
SERVICE: Account No: 147 486 880 – Anything with Donations & Fund Raising.
SOCIAL: Account No: 162 387 666 – All Club Social Functions
ALL have the same: BSB: 633 000

SPEAKERS PROGRAMME – A LOOK FORWARD

Date	Venue	Speaker	Subject	Chair
10 Aug	MEBC	PP Geoff Pritchard	Membership District Presentation	Bill Redfern
17 Aug	MEBC	Mardi Sucevic	Transgender Athletes in Sport	PP Suzanne Caldwell
24 Aug	TBA	Social Evening		
31 Aug	MEBC	Dr Megan Deutscher	Do I Want to Walk Today	Kate Cross
P, F & F = Partners, Family and Friends Focus, but welcome to any meeting!				

Other Activities

DATE	CONTACT - LOCATION	SUBJECT	CHAIR
Sat 30 Sep 2023	Bunnings Frankston	Bunnings BBQ	Graham Bryans
Sat 2 Dec 2023	Bunnings Frankston	Bunnings BBQ	Graham Bryans

MEETING DUTY ROTA – 2022/23

Month	Welcome	Cashier	Clean-up at end of meeting	
August	Dennis Viner	Gerry Harrison	Gerry Harrison	Dennis Viner

If you are absent from a meeting where you are rostered on, please find a replacement, and inform PE David Cross.

BAR ROSTER - UP TO 28TH SEPTEMBER 2023

3 August	Bill Redfern & Geoff Pritchard
10 August	Richard Parker & Graham Bryans
17 August	Lee Ann Smith & Bill Redfern
24 August	Graham Henderson & Richard Parker
31 August	Graham Henderson & Ken Rowe
7 September	Graham Henderson & Ann Henderson
14 September	Graham Henderson & Graham Bryans
21 September	Graham Henderson & Geoff Pritchard
28 September	Graham Henderson & Lee Anne Smith

Notes :-

- (1) Where Graham Henderson is listed, this date may be substituted by Ann Henderson or another RSA Certificate holder.
- (2) Those rostered on Bar Duty must find a substitute if they are unavailable to do their duty on the nominated date.

RSA – Responsible Serving of Alcohol Course

The Mt Martha Bowls and Petanque Club is running an RSA course on 1 September 2023. If you are interested in helping out at the Bar and wish to do this course, talk to PP Graham Henderson.

Details are set out below.

Good morning to whom it may concern,

I am the Bar Manager at Mt Martha Bowls & Petanque Club, and I intend to hold a face-to-face RSA Course sometime soon at our Clubrooms (before the end of September). I have about 7 or 8 (minimum is 10) of my Club members wishing to do the course so far, and I was wondering whether you would have any of your members interested - to boost the numbers and to enable the face-to-face training to go ahead?

Cost is \$60 per person and is endorsed by the Victorian Liquor Commission, and conducted by Rod Glenn-Smith.

Most likely date at the moment is: **Friday 01 September 10am - 1pm**

Please get back to me asap, with any names of your members that would like to participate, via this email address and I will lock in the above date.

Many thanks and kind regards,

Vaughan King

Bar Manager Mt Martha Bowls & Petanque Club

0409 092 230

GOLF DAY UPDATE

Members, I really hope that you have been making good use of the two Golf Day flyers that were recently emailed to you all, by sending them to anyone you know who might be interested in participating in our event and/or sponsoring it. I cannot encourage you more to 'talk up' our Golf Day over the next several weeks as it is key to our fund-raising efforts.

As explained before, Bob and Nellie will follow-up any potential sponsors that you identify.

Hard copies of the flyers can be obtained from Max L, John W or Gerry.

So, let us all start talking up the Golf Day to make it bigger and better than last year.

Bob Sieffert

Golf Day Committee Chair

LAST WEEK CARLOTTE'S RYLA PRESENTATION



Charlotte Swayn

- 19 Years Old
- Studying a Bachelor of Psychology Honours (Majoring in Child and Family Psychology)
- A Servant Leader



10 Principles of Servant Leadership:

The diagram illustrates the 10 Principles of Servant Leadership arranged in a circle around a central point. The principles are:

- Listening
- Conceptualization
- Healing
- Self-awareness
- Commitment to growth
- Foresight
- Stewardship
- Persuasion
- Building community
- Empathy

Lynette married to a
man that was much
more intelligent than
you are with different
see you later on another
psychologist

Chickadee: you have been a wonderful friend and support since moving out of the Blue. Actually, to have friends when I was in the hospital, ~~was~~ it was such a relief. I don't do it unless you are personally and completely helped. Please, let me know if you can help. I hope you are all well with you. Love, Chickadee

Notary

SOME FUNNIES AND ONE WORD ESSAYS

Doctor says I have
to cut out drinking.



EXCITEMENT



TENACITY



DETERMINATION



CURIOSITY

ROTARY-WRANGLERS CHARITY GOLF DAY

Sunday 22 October 2023



A Fun Day for All
Top Public Course
Heaps of Prizes
Ladies, Mixed and Men's
teams welcome

Entry Fee
\$75 per player includes
BBQ breakfast
& Catered Lunch



4 Ball Open Ambrose Competition

at Centenary Park Golf Course, Frankston
\$10,000 HOLE IN ONE Prize

Enquiries; email rotarywranglersgolfday@gmail.com

Sponsored by Frankston Wranglers Charity Trust, Frankston City Council,
Centenary Park Golf Club and  Clublinks

Major beneficiary of proceeds of the Golf Day to



to support and prevent homelessness