



Rotary
Box Hill Burwood

Box Hill Burwood Bulletin

Rotary Club No.18355 District 9810 DG - Alma Reynolds Club President - PDG David Tolstrup
Vol 64 No.21 June 2021 Editor: PP Lyndon Smith Email: lyndonmady@gmail.com

President David's Message



At the time of preparing this message our meeting on Tuesday June 15th will most likely be by good old ZOOM but it will still be a great meeting. It will in fact be our last "normal" meeting of the club prior to our Changeover Dinner on June 29th at The Golf Club.

At the meeting this coming Tuesday not only will we hear about a fantastic Rotary Fund Raising Project from a Club in Perth, we will welcome back **Lu Cheng** as a member of our Club. I am looking forward and excited about this event and are so pleased to have Lu, Ken and now Luke back into our family of Rotary.



Last week our Club had its annual Joint Board Meeting during which we paid respect and thanks to **Ray Riehm** and **Robert Leach** whose role on the Board has concluded, and officially welcomed **Charlie Xu** as President Elect, although Charlie has been a co-opted Board



Member since he was selected to be our President in 2022-23. We also welcomed **Trish Carr** who will serve a two year term as a Director. Late in the proceedings I had the greatest of pleasure in

handing over the Chairmanship of The Board to **Rob Fenton** as our incoming President.

Rob Fenton

President 2021/22



Charlie Xu
President Elect

Where are we?

The Rotary Club of Box Hill Burwood meets at 6.00 pm for 6.15 pm every 1st and 3rd Tuesday evenings of the month in the Upton Room, Lower Level, Box Hill RSL, 28 Nelson Road, Box Hill. Members are requested to contribute \$10 per meeting to meet the hire of the Upton Room. Meetings are followed by a meal at 7.30 pm in the RSL Bistro.

Also informal Fellowship meals are held on alternate Tuesdays as scheduled at 6.15pm at the RSL Bistro.

President David's Message continued



The Board has resolved to sponsor a suitable candidate to attend RYLA – Rotary Youth Leadership Award in January 2022. It will be a week long residential Leadership and Personal Development program for young people aged between 18 and 30. The program this year will be delivered in conjunction with District 9820 and be held at a resort in Rawson, in East Gippsland. A pleasing element of this program is that the D9810 RYLA Committee Chairman is our own **Les Marton** supported of course by **Trish**.



An important item of business for the Joint Board Meeting is to adopt an operating budget and thus set the annual subscription rate for the coming Rotary Year. I am pleased to advise that notwithstanding the club incurred a deficit in this current Rotary Year, with anticipated savings and revenue increase we have resolved to maintain the **Annual Subscription rate at \$305**. This will enable the Club to return to an operating surplus.

Another important, and pleasant task of the Joint Board Meeting is to consider the annual appointment of Honorary Members. For some of our newer members you may not know these folk but the Board have long valued their loyal and solid support of the Club whilst partners of now deceased long serving members, or as former long serving members themselves. Therefore invitations to continue as an Honorary Member will be sent to:

Barbara Shaw – wife of the Late Ted Shaw – Past District Governor + Past President

Marion Venus – wife of the late Len Venus – Past President

Janet Agnew – wife of the late Merv Agnew – Past President – Member for 58 years

Lloyd Cranwell – recently retired member of fifty years plus service

Colin Johnson – Past President and continuing consultant to our Art Show

I look forward to seeing you all at the Changeover Dinner. Remember to book with Rob Fenton. **David Tolstrup**

RC BOX HILL BURWOOD CHANGEOVER DINNER

This is one of the most important events for our club this year.

David Tolstrup will hand over the President role to Rob Fenton.

Box Hill Golf Club, Tuesday 29th June 2021, 6pm for 6.30pm.

RSVP to Rob Fenton by Tue 15th June.

(\$40 pp by EFT to RCBHB, BSB 633 000, a/c 143 134 245, and confirmation to Rob Fenton.)

Club Meeting Tue 1st June 2021



President **David Tolstrup** welcomed Rotarians, Partners, Guests and Speaker **Professor Judy Hope** to this Zoom meeting.

Guests for the meeting included: Glenys Grant, Claire Harrison, Suzanne Ballard, Anne Teese, Joseph O'Loughlin, Richard Groom and David Alexander.

Chair Ray McLeod-Dryden reiterated District Centenary Committee Projects such as Baton Relay and Deakin Award as covered in the last Bulletin and the future Mental Health One Project.

Section leaders to submit their reports ASAP to Ray for the RCBHB Annual Report.

Burwood One Market delayed by Covid to open now on Sat 3rd July 2021



Sergeant **Robert Leach** entertained us with current birthdays and anniversaries then a long list of fines but he still was unable to collect due to a further covid lockdown. Hopefully this will be fully resolved for our next meeting which is our Annual **Handover Dinner on 29th June** for the 2020-21 to the 2021-22 Rotary Year.

Joke of the week from Ray Riehm about an elderly dentist, but very funny.

Next meeting's joke will be from Vincent Li.

Last Meeting Speaker:

Associate Professor Judy Hope

Associate Professor Judy Hope is a psychiatrist and researcher in mental health services, suicide prevention and psychopharmacology. Prof Hope has worked extensively across public and private services. She is committed to research that underpins high quality service delivery and psychopharmacological care of people with mental health challenges.



Most recently, Prof Hope has headed mental health research at Eastern Health in Melbourne, and has run the tracking of emergency mental health related presentations of COVID19.

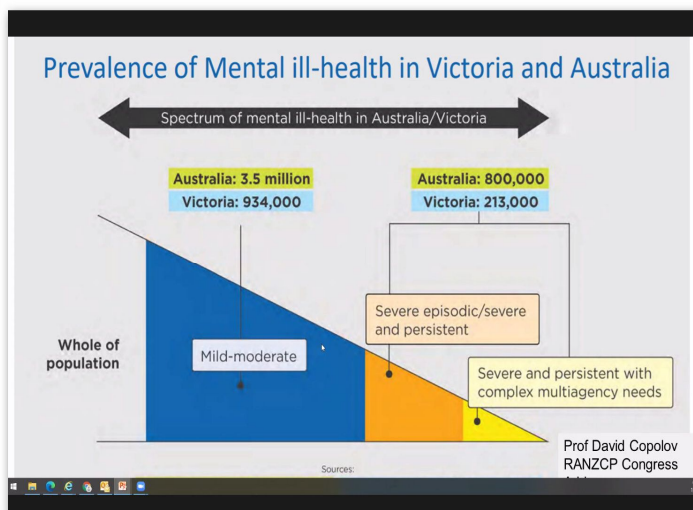
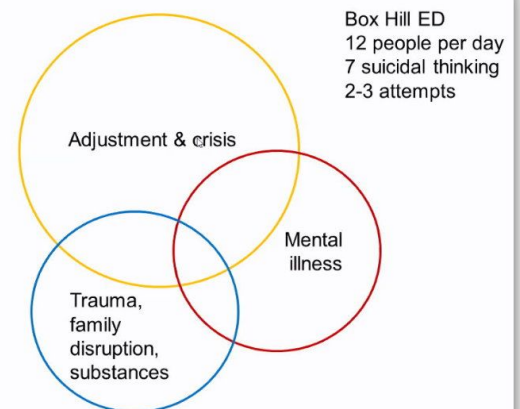
Professor Hope gave us a very clear and well illustrated presentation regarding mental health in Australia and Victoria, particularly using data from Eastern Health.

Judy covered the following topics:-

- Reflections from the emergency department
- Our local situation and services
- Suicide statistics and suicide prevention
- Mental health & service delivery problems
- Service navigation
- The wallet card project

Judy then presented a number of graphic slides to tell her story, Some of which are shown here:

- Distress & crisis
 - Mental illness
 - Social and psychological issues
- Finding appropriate care
- Suicide and other harm prevention
- Illness prevention
 - Trauma and family background



Challenges for people easternhealth

- Knowing when you need help
- Getting help early
- Finding help
 - Knowing the right sort of help
 - Finding help: accessible, affordable (too costly, wait time, too far away, entry criteria)
- Demand exceeds resource

Judy Hope Presentation Continued:-

Pathways to help

- AH mental health clinic
- Non-GP
 - Head to Help
 - EMPHN referral and access
 - Headspace
 - EACH, NEAMI
- Private
 - GP
 - Psychologist
 - Psychiatrists

Logos: HeadtoHelp (1800 378 377), STEPS MENTAL HEALTH (1800 595 212), headspace (1800 650 890), RACGP, The Royal Australian & New Zealand College of Psychiatrists, APS.

Suicide prevention challenges

- Most people go home
- Figuring out how to get help can be complicated
- What if the plan isn't OK?
- Other challenges: no internet, no phone, no money, no support

The Wallet Card

- Research & design:
 - 5 meetings with people with lived experience
 - Easy to decipher, yet comprehensive
- Production:
 - Something in your hand
 - Carry it away

Our aim: to support people in the East receiving best care

Thank you

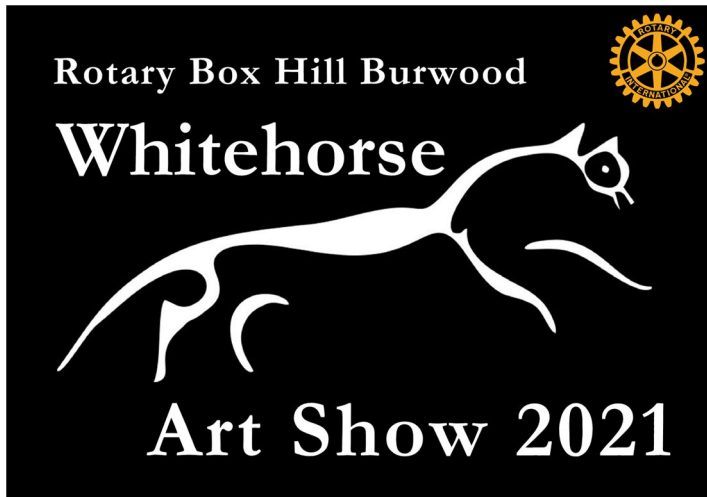
It was an excellent Presentation and Chairman Ray McLeod-Dryden thanked Associate Professor Judy Hope on behalf of all Club Members.

Next meeting:- “Duck Derby” by Rotary Club of Heirisson, WA.

The Duck Derby for Rotary is conducted by Rotary Club of Heirisson Inc. (a member of Rotary International). Our Duck Derby began in 2011 at Claisebrook Cove in East Perth, Western Australia, and ran there until 2016. In 2019 the Derby re-located to Sorrento Quay at Hillarys Boat Harbour. We will see this mammoth annual event on Zoom at our next meeting on Tue. 15th June.



ART SHOW NEWS

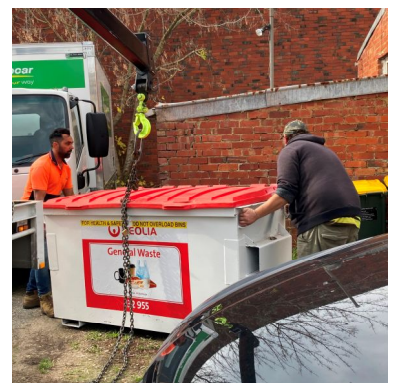
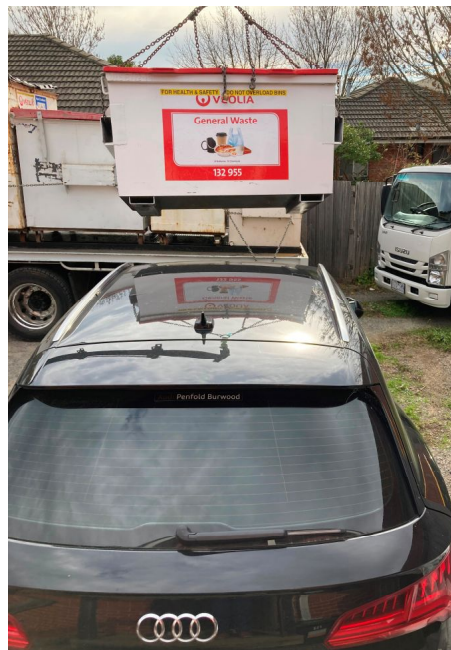


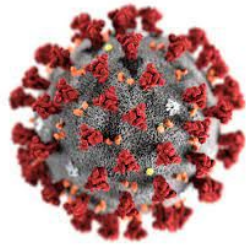
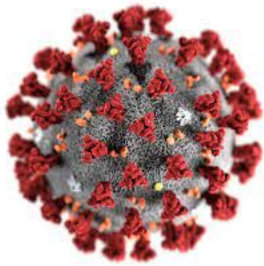
We are often asked where the design of the stylised white horse in our Artshow logo came from. The answer is above, it came from the giant ancient white horse figure carved in the English countryside.

After several years use it is now accepted by the art community as a unique artistic design symbolic of the Rotary Box Hill Burwood Whitehorse Art Show, held annually at the historic Whitehorse Town Hall.

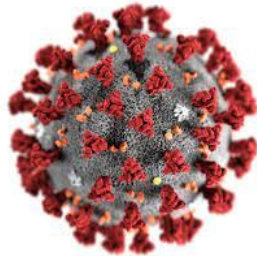
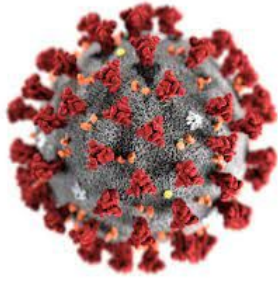
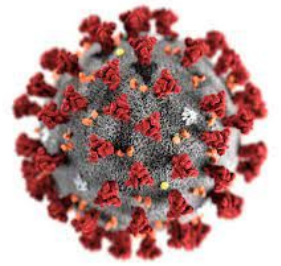
New Op Shop Rubbish Skip:—

- How did they get the new skip into a tight space at the back of the Op Shop when Volunteer Alison Tolstrup's new car was in the way?
- Did they knock on the door and ask her to move her car?
- No that was too much trouble, they just swung the skip precariously right over the top of her car!
- Did it drop or hit her car? NO! Thank goodness!

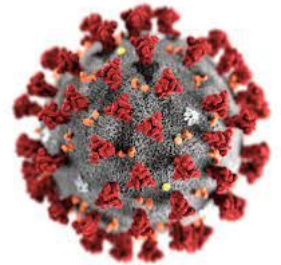




**This Bulletin is again late
due to Covid-19**



**(That's the Editor's story
& he is sticking to it!)**



Next Meeting:

Date: Tue 15 June 2021 7.00pm

Venue: Zoom Meeting

Speaker: Zoom connection to Rotary Club Heirisson in WA. (Duck Derby).

June Birthdays:

1st Dabak Lynn

13th Tiffany Lu

June Anniversaries:

Induction - nil

Wedding - 30th Charlie & Chen Xu



Bulletin Editor Lyndon Smith would welcome lots more information from members to enhance our communication during Covid-19