

From the President Alick Osborne

What a busy and engaging week for Rotary Chadstone East Malvern!

Once again our Youth Team put together a wonderful and I think very valuable Transition from School to Career evening. Thank you Caroline and Rosemary for your work with invitations, RSVP's, sound systems and planning.

I have enjoyed this event every year I have been and it was no different on Wednesday night. Listening to our panellists and their life experiences is for me a real joy – and I think we were blessed to have such an interesting group in Keely Simpson-Bull, Amanda Wendt, Tristan Arioli and Mitch Beulke.



The highlight is of course when the students ask questions about the pressure and anxiety they face during year 12, and how to deal with setbacks and failures. And when the panel is strong enough to answer honestly and with empathy. All of which came together on Wednesday.



Thank you to members for your kind words on my efforts as moderator. My job was made easy with a well organised event and a high calibre panel.

The Market was another successful day with a large number of stallholders and reasonable takings from our own stalls. Tracey did a great job finding stallholders and promoting The Market on social media – and bringing Matt along - Thanks Tracey. And Chris worked behind the scenes to get the necessary permits, insurance and bookings in place.

The Café was once again a highlight and we all benefitted from Christina's wonderful cooking!



In total we will raised a little over \$3,100 – an excellent result. So many people contributed to this Mother's Day edition of The Market – THANK YOU!



Meeting Attendance!
Please contact Richard Dixon if you
can't attend a meeting!
0418378185
house_of_australia@bigpond.com

Wednesday 15th May Currajong School Visit



In the week ahead we are off to Currajong School for our annual gathering there – another great evening. This year catering is likely to be wine and pizza so do come along and enjoy.



The kiddies with their favourite sock puppet!

Chair: Frank Warner
Sergeant: Tania Aisbett

Wednesday 22nd May Speaker: Dr. Steve Carbone

Preventing depression, anxiety and other mental health conditions

Dr Stephen Carbone has a passion for promoting people's mental wellbeing.

He holds qualifications in medicine, psychology and social work and has firsthand experience in supporting people with mental health conditions in both his professional and his personal life.

Stephen worked as a medical officer in Victoria's specialist psychiatric services and as a general practitioner for over two decades, before moving into mental health policy and research.

He was an active contributor in several key mental health reforms in Victoria and nationally and has held senior positions in organisations such as VicHealth, headspace and Beyond Blue.

He is currently the Chair of a new mental health charity called Prevention United which focuses exclusively on the prevention of mental health conditions such as depression, anxiety, behavioural disorders and other serious conditions.

Stephen's talk focuses on the importance of preventing depression and anxiety by tackling the underlying causes of these conditions, rather than waiting until people are unwell before we act.

UPCOMING EVENTS

BOOKINGS OPEN

High time *for a* High Tea

Rotary 
Club of Malvern

Celebrating 60 years of
Doing good in the world

Saturday 25th May 2019

The Gables
15 Finch Street, Malvern
1pm to 4pm

Cost: \$80 pp (includes glass of French champagne,
sumptuous hot and cold delicacies)

Bookings close 16th May 2019



60th
ANNIVERSARY
CELEBRATION

**District Assembly
Sunday 26th May 9:00am
Tabcorp Arena - Melton Park**

A fantastic opportunity for the President Elect and their incoming Board to receive heaps of relevant information.

MS BBQ – Sunday 2nd June

We would love some more volunteers for this BBQ so please contact Mark Perree to join in the egg, bacon and sausage flavoured fun.

Mark advises we have more than a dozen people willing to come and help early in the morning beside Albert Park.

That is a great start but a few more willing hands will make the day more manageable and fun for everyone. Even if you can only come down for a few hours it would be great to have you along!



Envision Hands



Before he went away Lyle dropped of about 1.5 kg of bottle top lids to envision hands. Thanks Lyle – let's keep collecting!

Some of the lovely stalls at The Market



Entertainment Guides

It is time to renew your Entertainment Guide. If you have the digital version you would already be

receiving renewal emails. Remember our club gets \$14 for each one that is sold.

It may be too late to get one for Mother's Day but it's never too late to get one for yourself!

Project Cambodia Dinner



World of difference
Rotary

Rotary
Chadstone/East Malvern

PROJECT CAMBODIA

FRIDAY 31ST MAY 2019
The International Brighton

Together lets support the people of Cambodia

Tickets: https://cambodiagaladinner.ticketspice.com/cambodia-gala-dinner?fbclid=IwAR0nwX9z_TCKgAqS_Ma1OzL9B5Evvqm6VCCnv32lFsjtJ_zbgKORc20YCE

Save the Date!

Rotary Chadstone East Malvern Changeover Dinner
Wednesday 29th June
Riversdale Golf Club

