



## From the President Alick Osborne

What a big week for our fabulous Rotary Club!

Firstly a mighty big CONGRATULATIONS to Paul Rake, Louise Matthews and all of the team who organised the absolutely fantastic Cambodia Gala Dinner on Friday evening.



It was close to a full house with almost 200 people attending. And they were very generous people with the live auction, silent auction and other activities all combining to raise more than \$20,000 to support the work that will be done by Build Your Future Today, Rotary Chadstone East Malvern and World of Difference travellers in Cambodia.



Paul did a great job as MC, though I would have to say he was outshone by the auctioneer!

From dinner on Friday night we followed up with the MS BBQ in Albert Park on Sunday. Rotary Chadstone East Malvern has been doing this event for a number of years and it is always a lot of fun.

We had watched the weather forecast with some trepidation as rain was forecast but it turned out to be a lovely day with sunny breaks in the late morning so the crowd was good and with some excellent spruiking from our enthusiastic BBQ crew, they were hungry too! We were kept pretty busy by the crowds and sold out of eggs (twice!) and sausages.



MS Walk & Run Start Line



Front of house in a rare quiet moment.



Back of house – busy ALL DAY!!!

Thanks to Mark, Dave & Julie, Tania, Rosemary, Frank, Tawanda, Richard, Tracey, Kathryn (great induction!) Paul, Louise, Sandi, and Walter.



After expenses we will have close to \$2,500 for our fundraising and to make a contribution to MS.

Not to forget our visit to the Oakleigh Army Barracks (on Tuesday night Hein!?!?) where we were able to inspect the facilities.

We spent a short amount of time in a simulation room with loud gunfire and helicopters playing over the speakers. Very disorientating and distracting – luckily we didn't have to perform any exercises but this is a facility where soldiers train to operate in active conditions.



RCEM on parade in front of the Lone Pine

Thanks to our hosts from the 22<sup>nd</sup> Engineering Regiment and Trevor for organising – it was a very interesting evening.



We were joined by Bob Slater who is a former CO for the Oakleigh Barracks (and he has a room named after him).



We also learned this is a MUD (multi user depot) with regular army, army reserve and engineers all on site.

## Meetings & Roster

### Wednesday 5<sup>th</sup> June

#### Renewable Energy

Speaker organised by Paul Rake  
(Possibly Paul himself!)

Welcome: Rosemary & George  
Chair: Paul  
Sergeant: Richard

### Wednesday 12<sup>th</sup> June

#### End Trachoma Now

Update from Sandi Fulcher

#### NYSF

Meet candidate Mary

Welcome: Sandi & Frank  
Chair: Trevor  
Sergeant: Hein

Please note Pres. Alick will be away on the 5<sup>th</sup> and 12<sup>th</sup> and with VP Chris Don on leave we will be letting PE Tania loose with the training wheels and L plates. I know she will enjoy your support!

### Wednesday 19 June 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

### Bunnings BBQ – Sat 22<sup>nd</sup> June

Six sensational snag sizzlers required – see Lyle!

### Changeover Dinner – Wed 26<sup>th</sup> June Please RSVP to Tania soon.





Fun times and familiar faces at the Cambodia Dinner



Planning manoeuvres.



Nurse Tania will see you now!



Casualties.