

## From the President



Against the backdrop of The World Mental Health Day held on 10 October the Rotary in Harmony event was impressive – the singing and masterfully played classical music was as DG Philip Archer described ‘uplifting’.

To hear also how Rotary Clubs have supported the featured younger musicians in their studies and career development was also interesting.

Given the standard of musicianship that was displayed we have much to look forward to in forthcoming sessions of ‘Rotary in Harmony’.

The next session is on Sunday 25 October and features a rock’n’roll theme. Later sessions with feature jazz and Celtic musical styles.

In addition to the music the strong connection between Rotary and mental health was well demonstrated. Firstly, Chair of Australia Rotary Health, Greg Ross, spoke about the long commitment to supporting mental health and Funding medical research since 1981.

Through the generous support of Rotarians, Rotary Clubs, Rotary Districts, individual, commercial and government supporters, Australian Rotary Health has funded over \$46 million of research. <https://www.australianrotaryhealth.org.au>

Later Professor Patrick McGorry, CEO of Orygen Youth Health acknowledged Rotary’s financial support of research. He also commented that while Australia is ranked #5 in the world in terms of mental health research, there are ‘just not enough of us.’ <https://www.orygen.org.au>

Orygen’s vision is for all young people to enjoy optimal mental health as they grow into adulthood. Our evidence-based research, policy development, educational and clinical care work has delivered

some major changes – transforming the way we support young minds.

Founder of The Hush Program, Dr Catherine Crock gave some insight into the creation of the program some 20 years ago and the use of music in places like hospitals to soothe and calm patients and health care workers alike. She spoke about the engagement of composers and musicians to produce this music and noted that to date 19 albums have been completed. The strings composition played by the 4 young musicians to close this event lit up the chat line. <https://www.hush.org.au/gathering-of-kindness>

Last week Tania reminded us of ‘Lift the Lid’ as the signature mental health theme of Australian Rotary Health. So please **come to this week’s meeting wearing your finest hat!**



## Rotary Chadstone East Malvern Zoom Meeting – each Wednesday.

RCEM Weekly Meeting  
6:15pm for 6:30pm

\*\*\*Note new zoom link\*\*\*

link: <https://zoom.us/j/96621106605>

Meeting ID: 966 2110 6605

Passcode: 1975

\*\*\*Note new zoom link\*\*\*

## Upcoming Speakers

Wednesday 14<sup>th</sup> October

Member Behind the Badge

Wednesday 21<sup>st</sup> October

Elizabeth Reiss

Fundraising - Rotary Club of James  
City County USA

## RCEM Online Shop

<https://rccem-onlineshop.square.site/>

All funds raised at the RCEM On-line shop are going into the service account where they can be used for future projects!

Don't forget to visit the shop to purchase tickets for our weekly raffle! This week a Muffin Break Hamper.



## End Polio Now Walk with Us.



## Please Help Us Reach Our Goal

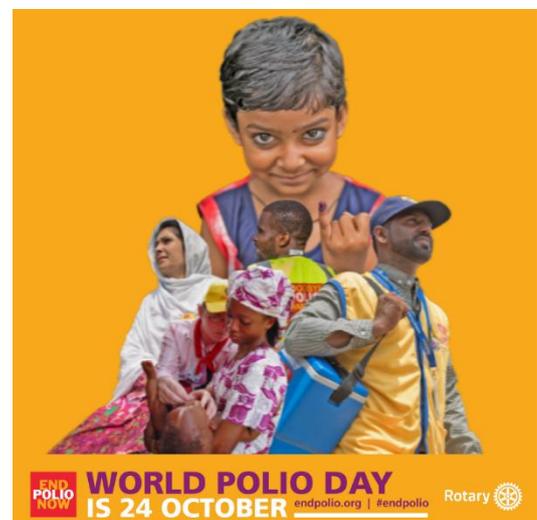
Raised  
\$1,687

Our Goal  
\$2,000

Thanks to all those who are walking – Sandi, Lyle, Raj Susarla, Louise, Paul, Alick, Frank, Lorraine, Sue and Cheryl.

And of course, thank you to all our sponsors!

<https://www.rotarywalkwithus.org/fundraisers/thechaddychatters>



## Sleep Out for Avalon Centre Friday 27<sup>th</sup> November



### Sleep Out and raise funds for Avalon Centre.

Calling all RCEM members to sleep rough on **Friday 27<sup>th</sup> November** in your backyard, on your balcony, or wherever you can without breaching COVID-19 restrictions.

As members know we have been supporting the Avalon Centre and the work they do in providing homes and comfort for the homeless.

This year our support is in the form of a fundraising activity – on Friday 27<sup>th</sup> November we will be sleeping rough to raise money for Avalon.

You can spend the night in a sleeping bag in your backyard, on your balcony, or in the garage. Or you can couch surf.

## Fundraising

### Raffle

George is working on a raffle to be run in November and December. We have some goodies we can put together as prizes, and a \$500 Bunnings voucher to be one of the major prizes. The raffle will be run online and promoted on social media.

If you can help George with preparations, please let him know.

### Christmas Trees & Cakes

We are planning to deliver Christmas trees on Saturday 5, 12 and 19 September.

There will be two modes for sales.

The first will be the RCEM Online Shop where customers will be able to choose the tree size (medium or large) and the delivery date.

The second will be in conjunction with schools and other local partners. Customers will order via their school and these orders will be bulked up and added to our own direct sales.

Prices to the customer will be the same regardless of the mode. We will make a \$10 contribution per tree on orders through schools.

I saw this on Linked-In and got all sentimental 😊. Come on Victoria – let's get out again!



We are very excited to announce that our well-loved community sausage sizzles returned to ACT last weekend, and will be returning to selected stores this weekend in NSW.

Community groups in the ACT fired up their BBQs ready to resume the fundraising favourite, with many keen customers just as ready to pick up a snag for a worthy community cause.

Rosemary, Peter and Denis from the Rotary Club of Aurora Gungahlin were very happy to be back at Bunnings Gungahlin, raising money for local projects and Polio Plus.

We can't wait to start sizzling in NSW this weekend – don't forget to pick up a sausage to support your local community!





**Rotary**  
District 9800

**An invitation to**  
**ROTARY DISTRICT 9800 ZOOM BREAKFAST**  
*Organisational Culture & Spirit*  
Guest Speaker: David Landgren

MC: District Governor Elect Dale Hoy  
Introduction: District Governor Nominee Amanda Wendt

**ZOOM MEETING**  
Wednesday 28<sup>th</sup> October 2020  
7.00 am – 8.30 am

**Rotary Opens Opportunities**



David Landgren,  
Executive Director, Ferner Dunlop –  
Southern Hemisphere, a  
division of Michelin Company

**Rotary**  
Australia & New Zealand

**100**  
YEARS

RSVP: 27<sup>th</sup> October 2020  
<https://www.trybooking.com/BKRGN>  
Zoom link will be sent upon RSVP



**Rotary**  
Chadstone/East Malvern

**Rotary Opens Opportunities**

**World of difference**

**Simply an event not to be missed!**  
**Friday 13 November 7-10pm**  
**Escape Covid lockdown fatigue**

**CAMBODIA GALA GATHERING**  
**via Zoom**  
**A FUN night to FUND a better life for children and families in Cambodia**

**The evening will include:**

- ❖ Prize for best team karaoke and best team dress up theme
- ❖ Live video links to the villages in Cambodia – where the money goes
- ❖ Fun sessions with friends in zoom breakout rooms
- ❖ Live auctions

To participate please make a tax-deductible donation of \$20 to start the build up of funds for our project. Donate at <https://donations.rawcs.com.au/91-2018-19>

**THIS IS YOUR CHANCE TO BREAKOUT!!**