

# Rotary

## Rowville Lysterfield



### Rotary Youth Leadership Awards (RYLA)—Paris Hindby

In a passionate and engaging presentation, Paris shared with us some details of the RYLA program which she attended in late June. Of great impact was the excerpt she read from her diary, written on the first night, where she reflected on the new experiences she was facing. As a natural introvert who is happy with her own company, Paris felt she was often reluctant to meet new people and get to know them. The 2 hour trip on the bus, with rounds of 'Speed dating' was very challenging and made her feel like putting her headphones in and shutting out the world. But knowing a bit about a few people and having had a lot of laughs along the way helped with the arrival at camp. Her reflection for the day ended with 'I met so many awesome people today and it has kind of been a bit overwhelming, but it is pushing me out of my comfort zone.'

One session that left an impact on Paris was on public speaking. The gold nugget takeaway from this is that you can flip a negative character trait into a positive trait. Col Fink, the presenter, encouraged them to be authentic and present from the heart. Another tip was that tiny courage is big courage.

Paris' favourite session was on goal setting, which involved four steps:

1. Intention
2. Motivation
3. Presence
4. Adapt

This is a very useful framework for forming long term goals, which Paris has since used to great effect with a group of young people with whom she works.

The final session on the first day was on self-care, which is an aspect of life that Paris felt did not receive enough of her attention as she did not often find the time. Her approach of always being willing to take on a task made finding time for self-care difficult, but she realized from this session that it was important to change this aspect of her life.



Paris Hindby

### Meeting Details

#### Where:

Tosaria's Café  
60 Henderson Rd  
Rowville

#### When:

Tuesday, 6.30 pm  
for 7.00 pm start

**Meetings are  
hybrid unless  
indicated other-  
wise**

**Visitors are  
warmly welcomed**

*For information  
contact:*

Kevin Harrison  
0419 919 011

**Meeting Zoom link  
[here](#)**



**Home Club of  
PDG Daryl Moran**

Contd on page 2

**While working in teams it is important to be able to work with each other's values and learn the difference between values and judgements**

At the end of the first day Paris was 'a very nervous puppy, thrown in at the deep end without any floaties'.

But, as she reflected, she learnt to swim quickly. Over the next few days more in-depth workshops followed, based around Communication and Body Language, Leadership Dreaming, Personality tests, learning about leadership networks and tools, learning about stress and burnout, diversity, and inclusion, leading from within and learning about your values and so much more!

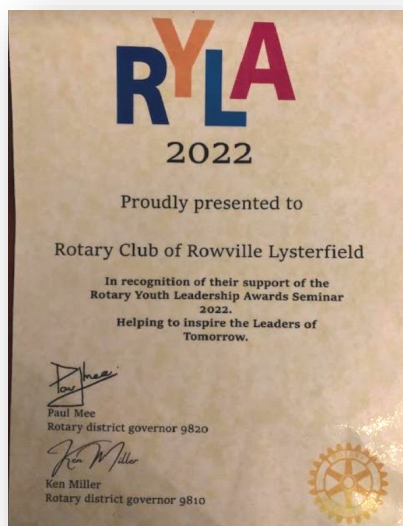
The attendees completed the Myers-Briggs personality test and Paris found that she met the criteria for the group who have extroverted, observant, feeling and judging personality traits; people who are attentive and people focused and enjoy taking part in their social community.

Another workshop which was a favourite with Paris was Leading from Within, which helped her identify her top 5 values, which are Faith, Growth, Community, Authenticity and Happiness.

Wednesday night was a special night as it was attended by a number of Rotarians. The RYLarians organised entertainment, including a Trivia Night and some musical performances, where Paris was able to demonstrate her love of singing.

It was very unfortunate that on Thursday COVID struck and the camp had to be disbanded very rapidly, with the majority of the RYLarians transported back to Melbourne by bus. It was devastating to know that they wouldn't get to complete the last few days of camp all together face to face, but from the strong connections that they had made with one another, they left camp in high spirits due to the unbreakable bond that they had formed over the week.

They have kept in contact since via Facebook and the camp experience has been completed with Zoom meetings and other activities such as rock climbing still to come.



The first two weeks after camp, Paris reflected and journaled a lot about her experiences from camp. She acknowledges that she feels stronger as a human being and has felt different since returning from camp. She came back with a glow and came back more motivated to achieve her goals and dreams and determined to make a change in the world. She is constantly thinking: 'What's next? What is next to achieve the goals I have set out for myself.'

Paris reflected further:

*'RYLA has a special place in my heart, and I am so fortunate and grateful for the nomination and acceptance to attend such a beautiful journey. This camp came at a pivotal time in my life, and it was an experience I will never forget.'*



**IMAGINE  
ROTARY**



At this week's meeting, Immediate Past District Governor Dr Daryl Moran had the pleasure of presenting a Rotary International Presidential Citation 2021-2022 to Immediate Past President Murray Wilson. Daryl commended Murray and the Club for their achievements during the 2021-2022 Rotary year, particularly with the added challenge of supporting him in his DG role. Daryl also highlighted the effort made by Club Secretary Heather Morris to ensure that recording progress toward fulfilling the criteria to achieve a Citation was carried out diligently.

It is particularly notable that there were only 10 clubs in District 9810 that received the RI Presidential Citation for 2021-2022 and this is not the first time our Club has received this award.

The Certificate of Recognition shown on page 2 was presented to the Club by the RYLA Chair, Trish Carr, in acknowledgement of the support given by our Club. Trish also mentioned the presence at RYLA of Max Williams, Youth Chair, IPDG Daryl Moran and Jenny Moran. The assistance of the DG (at the time) in quickly arranging transport to bring the RYLA attendees home once COVID transmission became evident was also acknowledged.

### **Rotary theme for each month**

**July**— New leadership

**August**— Membership and New Club Development

**September**— Basic Education and Literacy

**October**— Economic and Community Development

**November**— Rotary Foundation

**December**— Disease Prevention and treatment

**January**— Vocational Services

**February**— Peace building and Conflict resolution

**March**— Water, Sanitation and Hygiene

**April**— Maternal & Child Health

**May**— Youth Service

**June**— Rotary Fellowships

An email will be circulated soon with the opportunity for people to indicate the times they will be available to help with the Art Show. **There is a lot of manpower needed so all members are asked to give careful thought to their availability and to keep time free to help out.**

The specific times to be covered and the tasks required are as follows.

**Thursday 10th November** 10 am to 1 pm  
1 pm to 4 pm  
Receiving art works

12 people needed from the two Clubs involved.

**Friday 11th November** 10 am to 1 pm  
1 pm onwards  
Receiving and hanging art works

12 people needed again from the two Clubs involved.

**Friday 11th November** From 7 pm  
Attending the Opening Night  
Some sales people required.

All Club members are encouraged to attend Opening Night. There will be a \$20 cost to attend to cover drinks and nibbles. Please encourage friends and family to come along as it will be a fun night and a chance to view the work of some very talented artists, perhaps even to acquire an original piece of art.

Booking will be via Trybooking.

For the latest edition of the Rowville Lysterfield Community News, click [here](#). Our article on page 8.



**Saturday 12th November**

Sales people are required during the open hours

**Sunday 13th November**

Sales people are required until 4.30 pm

From 4.30—8.00 pm, 12 helpers will be required for dismantling the show, assisting buyers and artists to collect their art works.

This year the Art Show will also be virtual and can be accessed until Thursday November 24th.

For more details go to <https://knoxartshow.org.au>







**IMAGINE  
ROTARY**

### Sweet treats— Upwey Baptist Church between 9-11 am

October 13th	Heather, Pam, Corinne, Olivia and Tahlia
October 27th	Marg, Fiona, <b>2 volunteers needed</b>
November 10th	Heather, Pam, Corinne, Olivia and Tahlia
November 24th	Marg, Fiona, Jenny, Anita
December 8th	Heather, Pam, Corinne, Olivia and Tahlia

### Soup—FTG Guide Hall between 2—4 pm

October 19th	Marg, Jenny, Fiona, Heather/Bob
November 16th	Marg, Jenny, Kate, Heather/Bob

### BUNNINGS BBQ DATES

October 21st

November 18th

December 16th



## SHEBA Fundraising Dinner and Cultural Event

**Members are encouraged to come along to support this event.** Tickets are \$40 each and include a wonderful Bangladeshi meal and entertainment. Bring your own drinks.

Click [here](#) for the Trybooking link to purchase tickets—bookings close on October 15th.

The Guest of Honour will be IPDG Dr Daryl Moran (well known to us all!)

Arrive from 6.15 pm for a 6.30 pm start.



### Fundraising Dinner and Cultural Event 2022

**Glen Waverley Community Centre**

700 Waverley Road, Glen Waverley 3150

**22nd October 2022, Saturday  
6:30 pm**

**Sheba Primary Health Care Initiative**

**Women Empowerment Project**

[www.sheba.ngo](http://www.sheba.ngo)

Contact: [shebanet@gmail.com](mailto:shebanet@gmail.com)





Two members of the Spangles visited us this week—Emma Clark and Gayle Barrot from Emerald Rotary Club (as shown in this photo).

Their task was to provide up-to-date details regarding the District 9810 Conference, 3rd—5th March 2023, to encourage Club members to book for this exciting event.

Two outstanding speakers that have been confirmed are:

- Brett Sutton, Victorian Chief Health Officer
- Dinesh Palipana, Qld Australian of the Year in 2021, the first quadriplegic medical intern in Queensland and a disability advocate.

While the Conference will commence on Saturday, there will be a program of activities to choose from on the Friday. These are: golf, bowls, continental brunch at the National Gallery, Hop-on-hop-off bus tour.

Friday night as usual will be chance to gather for a Club dinner.



### Accommodation:

Please contact Lynn Whelan, Accommodation Committee Member on  
lynnwhelanevents@hotmail.com  
Or phone 0409 938 694

## Details of the District 9810 Conference 2023

**Conference theme:** Diversity

**Venue:** Realm Hotel 18 National Circuit Barton ACT

**Date:** 3rd —5th March 2023

**Cost:** \$295 including the Gala Dinner in the Great Hall of Parliament House  
Early bird discounted price \$245 until 30th November

**Saturday Gala Dinner Theme:** 20s, 60s, 80s and the 'naughtys' or black tie.

**Website** via conference webpage link on Rotary District 9810 website: [www.9810rotary.org.au](http://www.9810rotary.org.au)

[Conference link](#) for booking

- Birthdays this week for **Alan** on October 10th and **Robyn** on October 18th. We hope you had a good celebration Alan and wish Robyn a special day on the 18th.
- Also with a birthday on October 18th is **Jenny** who will be celebrating a big milestone - 70. Best wishes from all of us.
- We send good wishes to **Anita & Rajeev** who will be heading off next week for a visit to India.
- President **Kev** presented an idea from Gayle Dye for Christmas, to support women who are on their own at this time. More details to come.
- **An enormous vote of thanks must go to Alan and Bob for their work with the audio at our meetings. It has been evident for a while that the audio has not been satisfactory and Alan in particular has spent countless hours, at home and at Tosaria's, adjusting, replacing and rewiring to eliminate the echo. Last week he again spent hours, this time with the assistance of Bob, and the outcome was success at last—with very clear audio throughout the meeting. Fabulous effort—we thank you.**
- Thank you also to the 'production team' helpers who come early each week to set up the equipment. **Ian** in particular often comes early, just in case he is needed. Thank you!



**IMAGINE  
ROTARY**

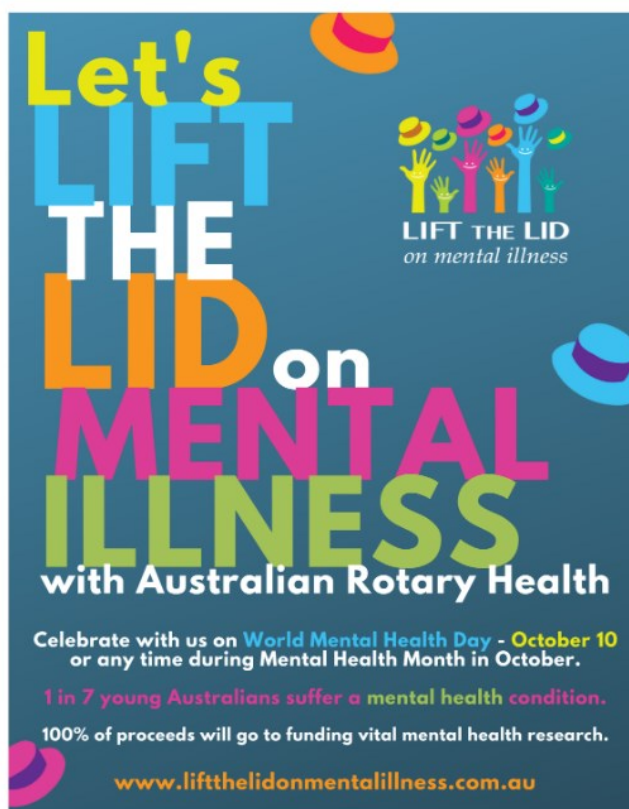
As mentioned last week, the proceeds from the next BBQ, on October 21st, will go to the Lift the Lid on Mental Illness Campaign. This campaign is run by Australian Rotary Health (ARH) which is the largest independent provider of funds for research into mental health.

All those on the roster for the BBQ are asked to wear a hat, maybe a silly hat.

There will also be an information table that will be manned, with a collection tin and information about Lift the Lid and ARH.

Bunnings has also offered to provide a prize for a raffle, the proceeds of which will also go to Lift the Lid.

Please respond to the email from Corinne asking for helpers on this day.



Let's support our members in their business endeavours.

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Date	Registration	Chair	Setup and production	Program
<b>October— Economic and Community development</b>				
<b>18</b> in-person/ hybrid	Kate	Jenny	Alan Daryl Stephen	<b>Bruce McEwen</b> Operation Cleft  <b>Rotarian Behind the Badge</b> Pete Batterham
<b>22</b>	SHEBA Fundraising and Cultural Event—see page 5 for details			
<b>25</b> In-person/ hybrid	Julienne	Marg	Stephen Bob Ian	<b>Scott White</b> McCains Renewable Energy  <b>Rotarian Behind the Badge</b> Kate Kidd
<b>November— Rotary Foundation</b>				
<b>1</b> No meeting				No meeting due to Cup holiday
<b>8</b> In-person/ hybrid	Corinne	Steve	Bob Carol John	<b>Greg King</b> End Polio Program <b>Lee Baker</b> Living with post polio syndrome
<b>11th—13th</b>	48th Knox Art Show			
<b>15</b> in-person/ hybrid	Nathan	Jeff	Carol John Alan	<b>Tread Lightly Recycling program</b>
<b>16</b>	Fundraising Night—1812 Theatre 'The Woman in Black'			
<b>22</b> in-person/ hybrid	Ayanthi	Marg	Alan Ian Bob	<b>DG Ken Miller</b> District Governor visit A special night—all members are encouraged to attend.

Website: [www.rowvillerotary.com.au](http://www.rowvillerotary.com.au)

Facebook: <https://www.facebook.com/Rotary-Club-of-Rowville-Lysterfield-171446576246728/?ref=bookmarks>

District 9810

Website: <http://www.9810rotary.org.au>

## 2022-23 BOARD MEMBERS

<b>President</b>	Kevin Harrison
<b>Vice-President</b>	Marg Vesey
<b>Secretary</b>	Heather Morris
<b>Treasurer</b>	Neil White
<b>President Elect</b>	Carol Constantine
<b>Immediate Past President</b>	Murray Wilson
<b>Director</b>	Steve Macdonald

## 2022-23 COMMITTEES

<b>Community</b>	Marg Vesey (mentor) Kate Kidd Pete Batterham
<b>Youth Service</b>	Max Williams Jeff Somers (mentor)
<b>Environment</b>	Gary Forrest Ayanthi Gunatilake
<b>Foundation</b>	Neil White (mentor) Adrian Klep
<b>International</b>	Alan Lunghusen (mentor) Arshad Samsudeen
<b>Vocational</b>	John Williams Neil Marshall
<b>Membership</b>	Ayanthi Gunatilake Gary Forrest

## OTHER ROLES

<b>Rowville Secondary College Council Rep</b>	Rajeev Wadhwa
<b>Newsletter</b>	Jenny Moran Heather Morris
<b>Facebook Website</b>	Kevin Harrison Alan Lunghusen Stephen Palamara
<b>Club Protection Officer</b>	Adrian Klep
<b>Program Committee</b>	Marg Vesey Jenny Moran Kaye Sharman
<b>On-to-Conference Art Show Committee</b>	Heather Morris Rajeev Wadhwa James Wilson
<b>Rowville Lysterfield Community News Correspondent</b>	Jenny Moran
<b>Fundraising Committee</b>	Carol Constantine Julienne Hyams Adrian Klep Bob Morris Stephen Palamara Arshad Samsudeen Kaye Sharman

