

# Chelsea Rotary *Whispering Waves*

3341

8<sup>th</sup> April 2024



**CREATE HOPE  
in the WORLD**



**Presidents**      [Simon Pearson](#)  
                         [Lynn Harrison](#)

**Presidents Elect**

**Secretary**      [Lesley Pichler](#)  
**Treasurer**      [Noel Jenkinson](#)  
**Club Contact**   [Kevin Harrison](#)  
                         0407 772 225

**International  
Community  
Youth  
Vocational  
Foundation  
Marketing &  
Membership:  
Sergeant  
Governance  
Newsletter**

[Regina Murcia](#)  
[Graham Smith](#)  
[Keith Chamberlain](#)  
[Peter Batten](#)  
[Peter Batten](#)  
[Kevin Harrison](#)  
  
[Graham Smith](#)  
[Hans Wehmoller](#)  
[Ian Button](#)

**RI President**                      [Gordon McNally](#)  
**District Governor**              [Ian Ballantine](#)  
**Assistant District Governor**   [Reny Frighetto](#)

**Please click on any of the people above  
to send them an email.  
They'd love to hear from you.**

Reward Rotary Club of Chelsea by doing your banking.

Drop into your branch at Aspendale Gardens Shopping Centre,  
Aspendale Gardens or phone 9588 0610 to find out more.

Bendigo and Adelaide Bank Limited. ABN 11 068 049 178. AFSL 237879. CLUB14 (168421\_v1) (22/10/2012)



Aspendale Gardens-Edithvale **Community Bank®** Branch



**ROTARY'S MOTTO  
IS "SERVICE  
ABOVE SELF"**

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

**FIRST:** The development of acquaintance as an opportunity for service.

**SECOND:** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society.

**THIRD:** The application of the ideal of service in each Rotarian's personal, business and community life.

**FOURTH:** The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.

**INDUCTIONS**

Michael Martin	1 April 1987
Maree Vinocuroff	1 April 2008

**BIRTHDAYS**

Grant Gittus	5 April
Barry McArtney	15 April
Terre Caughey	30 April

**ANNIVERSARIES**

Marion and Keith Chamberlain	10 April
Maria Albuquerque and JJ Baptista	13 April
Kerry and Olaf Zalmstra	19 April

## Rotary Club of Chelsea Annual Art Show

**Entries are now  
open for the 2024  
show.**

**Entries close Friday  
3rd May 2024**

[Click here for more information](#)

The Weekly Newsletter of the ROTARY CLUB OF [CHELSEA](#) (INC) [DISTRICT 9810](#)

Charter granted 12/10/[1954](#) ABN 19057 610 183

P O Box 103 Chelsea Vic. 3196

Normally, our Club meets weekly at the [Chelsea RSL](#) Thames Promenade. Chelsea Tuesday Evenings 6.15pm for 6.45pm start however some meetings are occasionally held online.

Club Bank Details: [Bendigo Bank](#) BSB 633 000 Accounts: 1424 861 33 (Admin.) 1497 181 24 (Fundraising)

*Guests, family, and friends are very welcome to come to our meetings.*

*PLEASE book them in by contacting Kevin Harrison 0407 772 225*

*Meetings are held at the Chelsea RSL unless otherwise stated.*

## **CHELSEA ROTARY MEETING 3328**

**TUESDAY 2<sup>nd</sup> April, 2024**

President Lynn opened the meeting to a small number of quality members. After a brief report by Keith and Sandy on the Junior Mayor and Junior Councillor Program, Regina gave us an excellent recap of her experience at the 2024 District 9810 Conference in Warrnambool.

### **ROTARY CONFERENCE IN WARRNAMBOOL 2024**

Just a brief overview of this year's conference in Warrnambool.

As always, it was really good! The weather was exceptionally welcoming, with barely any of those cold breezes which can come up in Warrnambool. I think there were about 300 people there.

On the Friday, it was mostly a free day for bowls, golf and there were also tours around the area, and a tour of the Maritime Village nearby with a brunch.

It's quite an interesting place, sort of like Sovereign Hill, but all about the shipwreck coast and its history.

In the evening a cocktail party was held for us with lovely finger foods and superb local wines. After that each club had its own Club Dinner.

I was invited to go with the Rotary Club of Mt Waverley and we went to The Whalers Hotel opposite the convention venue, The Lighthouse Theatre. The food was really good there with great service and a lovely atmosphere.

On Saturday the convention started and there were so many great speakers. The theme of the Convention was "Mental Health" and at first, I thought this wouldn't be very interesting, but it really was engaging as it covered so many topics.



Rotary International sent Mr Haresh Ramchandani all the way from Jamaica as the RIPPR (Rotary

International Presidents Personal Representative - I hope that's right!). He came on stage dancing to the music of Bob Marley's song "One Love". He brought a message from the RI President and he seemed to really enjoy himself throughout the conference.

Here is a brief rundown of some of the interesting

speakers:



MR LEON MOORE came on with his guitar, and spoke about the LAARF Choir (can't remember what it stands for), but it has people with lots of different conditions and he told of how music stimulates the brain.

He had us all singing along to many well-known songs and we all felt good and energised after that.



SUE CORNELISSEN who is a Rotarian, and works for Red Energy, informed us that Red Energy are a sponsor of this conference and other Rotary conferences and that they are 100% Australian owned. They donate \$5 from every bill paid, to Rotary I think, and have now donated about 1 million dollars so far! I have now switched to them.

TOM BOYD a former footballer, gave a talk entitled "Avoiding Burnout: achieving balance in a high-pressure world". He spoke about how the pressure of the game affected his mental health and how he gave it all up at the peak of his career.



MR STEVE LONG from the Rotary Action Group Against Slavery or RAGAS spoke about how the PING-PONG-A-THON has raised over 3.5 million through playing ping pong!

See <http://www.pongathon.com.au>

It looked like fun and may be something our club could do.



PROFESSOR ARNOLD DIX, an engineer and tunnel expert, who is called to mining rescue jobs all over the world, spoke about how he recently went to India to help rescue the trapped miners there.

He was a wonderful speaker, with a very calm demeanour, obviously super smart and he was so enthralling while telling this tale.

He spoke about how he promised, right from the very start, to free the miners before Christmas, and how he stayed "Mr Calm" throughout the ordeal, even when things looked very grim. His talk was titled "The Promise".

At the beginning of the rescue, he went to the small temple or shrine at the entrance to the mine and bowed there and offered prayers. He said several times that "this was the right thing to do".

As time wore on and things were looking grim and people were losing confidence in him, he wondered what he could do to restore confidence and hope. He decided to have the helmets of some of the other engineers blessed. This did help, and at the end of the successful rescue, he gave thanks at the temple.

This was widely reported with the about 100 TV stations that were there reporting on the drama every day and went down well with the whole country.

He said that the trapped miners were just very young guys, from the poorest areas of India.

He showed us video of the rocks and earth at the tunnel and it was just super-crumbly rock there. Unbelievably so!!

He stressed that he was not paid anything for his work.



KIRSTY PORTER spoke about the [DEMENTIA CAFES](#) she has set up here in Australia. These cafes are places that people with dementia can go and spend time in. This was also really interesting. She said she would be willing to come and speak to clubs about this.

Dementia Cafes were started in the Netherlands in 1996. She said there are 5 key areas for a Dementia Cafe:

1. The leader of the group is most important. (I think this is the leader working in the cafe).
2. Funding is important.

3. Community - it is important where they have the cafe.

4. Volunteer Team - There should be 10 to a cafe, so they can bring in 20 people (with dementia), that is, 1 volunteer to 2 people with dementia.

Some meet monthly or fortnightly.

There is a cafe in Blackburn, the Umbrella Cafe and also in Box Hill and others. I was taking notes hurriedly and have written down there are 1592 cafes, but that seems a lot and not sure if I got that right. A dance-a-thon was held in Box Hill (thru Rotary Club of Box Hill?) and \$3800.00 was raised.

I would have liked to learn more about these cafes.

IAN RISELY spoke on both days about the various projects of different clubs, which was really interesting and amazing to hear of some of the things.

He mentioned the Rotary Club of Chelsea and our Junior Councillor program at great length.

When Ian got up to speak, he mentioned that the RIPPR had made a big mistake by inviting people to drop in on him if they are in Jamaica, saying that he, the RIPPR didn't realise that Australians are great travellers!

By the end of the conference, it was announced that already there was a small group already planning to visit him in Jamaica. (I think Ian and Juliet were in that group).

PSYCHS ON BIKES or Psychiatrists on Bikes, represented by Darren Eger is an organisation of psychiatrists that travel all around Australia on their Harleys, to small towns. The bikes attract a lot of attention and so that enables them to interact with people and gradually find out about their

mental health. They then offer Blood Pressure Checks and again, further engage with people. Apparently, it is a very successful program and they do help a lot of people.

I didn't always note down which Rotary Clubs assist the above projects, so my apologies for that. There were also other great speakers over the course of the 2 days.

On the Saturday evening, the GRAND DINNER was held and the theme this year was "Masquerade". It was held at the Warrnambool Racetrack, a lovely, modern venue, and it was decorated beautifully for us. Again, there were wonderful finger foods and wine before the dinner was served.

The Rotary Club of Beaumaris had fabulous costumes, with court jester masks and maroon neck ruffles and black capes, They looked amazing.

Another club (can't remember which) had blue capes and masks and yellow shorts with white stockings and they were like caped hero rescuers (sort of like superman) and they also looked great.

The Rotary Club of Emerald decided to come dressed in Indian dress and although the outfits were gorgeous, it didn't seem to fit with the theme.

The band were absolutely fabulous and everyone danced and had a great time.

I was invited to sit with the Rotary Club of Noble Park and also the Oakleigh-Huntingdale Club and so I got to know many of them and have been invited to visit several of the clubs. (Nothing like spreading oneself around!)

Next year the conference will be in beautiful BENDIGO!! - I hope some of you will attend.



Cheers,

Regina



CREATE HOPE  
in the WORLD