



## District 9820

RI President: Jennifer E. Jones

District Governor: Paul Mee

Assistant Governor: Con Demopoulos

### ROTARY CLUB OF FRANKSTON NORTH. INC

Chartered 7 May 1973

Web:  
[www.rotaryfrankstonnorth.org/](http://www.rotaryfrankstonnorth.org/)

President: Simon Gillham

President Elect: Maree Hutchins

Past President: Charles Mallia

Secretary: Tony Spring

Treasurer: Brian Capon

Sergeant at Arms: Ron Cook

#### Directors:

Maree Hutchins Club Service

Keith Hopkins Fundraising

David Hanlon Membership

Maureen Gillham Foundation

John Tame Service Projects

Judi McKee Youth

Linda Tinney Public Relations

#### Club Meetings:

Mornington Hotel—Stratton Room

917 Nepean Hwy Mornington

5.30pm for 6.00pm or by Zoom

#### Club Contact

Secretary Tony Spring

Mob 0467 663 985

P.O. Box 132 Frankston 3199

#### The Four Way Test

Is it the TRUTH?

Is it FAIR to all concerned?

Will it Build Goodwill & better Friendships

Will it be Beneficial to all concerned

## ROTARY HO!

The Official Bulletin of Frankston North Rotary



**IMAGINE  
ROTARY**

**VOL 50 Issue 35**  
**Meeting Date: 18/04/2023**



### President Simon's Musings

Hello !

What an amazing speaker Parwin was last night. She spoke with passion and clarity and her talk was liberally dosed with humour which made a very difficult and sad topic somehow easier to understand.

It is very difficult for any of us living in this beautiful and free Country to understand what the Afghanis are going through, and indeed have been going through for, possibly hundreds of years. The bravery of these people who make their escape, often through hostile territory to eventually reach Australia is truly remarkable, such is their desire to make a better life for themselves and their families. Upon reaching Australia they are physically safe, but as Parwin pointed out, they have no English, very little money if any and nowhere to "call home" Then, they have the challenge of finding work and as so many are now being settled in the far outer suburbs which lack adequate public transport, they have the additional challenge of obtaining driving licenses etc.

Parwin also touched upon the distress that recently settled Afghanis in Australia feel as they see what is happening in their homeland.

Organisations like Parwin's are critical to the successful settlement of these people, and if we as an organisation can assist in any way we absolutely should, and open lines of communication can certainly assist in this regard.

I was reminded of my friendship with an Afghani man during my time on the trams. We spoke a lot about his Country as it is a subject that fascinates me, always has. He always maintained that "peace will never come to my Country" Distressingly, probably not but we in Australia can welcome refugees, care for them and assist them to get on their feet, contribute and make a life here. "A hand up, not a hand out"

Have a good week, Anzac Day commemoration next meeting.

S

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**Apologies:**

Linda Tinney  
Bev Unitt  
Eric Neill  
Judi McKee  
David Shimshon  
David Louden

**Leave of Absence:**

Nil

**Guests:**

Nil

**Zoomers:**

David Brook  
Brian Capon  
Simon Gillham  
Don MacDonald

**MILESTONES:**

**Birthdays:**

Nil

**Rotary Anniversaries:**

Nil

**Wedding Anniversaries:**

Nil

**APRIL DESIGNATION IS**

Photo by Joseph Tan Ming Lim © Rotary Club of Miri-Design layout by Gilbert Thien.



**MATERNAL AND CHILD HEALTH MONTH**

*"What is the value of the life of one child saved? No one will ever know, but if the child were our own, the price tag would be marked: Not for sale - this life is invaluable."* 1979-80 James L. Bomar Jr



**TAKE ACTION:** Join a Project

## **Club Announcements**

### **President Simon**

Welcome to all members present and on Zoom. Also a warm welcome to Parwin Miazoi, our guest speaker from The Victorian Foundation for Survivors of Torture.

Thanks for the messages of support and good wishes for my rehabilitation from a knee replacement. I am into the rehab program and all is progressing well.

### **PE Maree**

Thanks to Club Members who stayed back after last week's meeting to pack the toiletry bags with goodies for the **End Trachoma** project. There are a few items to source before we send them off to the school in remote NT.

We are planning for Changeover Night and need to know numbers of Rotarians, Partners and Guests intending to attend. Please let Maree know as soon as possible.

### **Secretary Tony**

The District Assembly for the next Rotary year will be held at Nossal High School in Berwick on Saturday 22nd April. Directors and interested Rotarians are invited to attend, but must register with District.

### **Treasurer Brian**

The recent Bunings bbq raised \$2500: another good effort. An update on the financial status of our 50th Anniversary bookings, and our involvement in the Ballarat Rotary Raffle, will be provided next week.

### **John Tame**

The door for the L2C container is expected to be delivered next week, and Stuart Ellam is planning to cut the hole and fit the door when his schedule permits. John and David H have painted the shed and set up the garden for planting. The container still needs to be painted once the door has been fitted. Ross has been asked to procure some plants for the garden.

We have spent over \$3760 on plants and minor expenses on the Banksia planting Project, and Ross is expects to spend many more plants this month. We have scheduled a planting day on Sunday, 16th April, as this is the ideal time to put the plants in the ground.

### **Russell Cock**

Russell reported that his Mt Martha Men's Shed colleagues have suffered thefts of/from cars while at meetings, and reminded members to be careful when leaving cars unattended in public places.

### **Keith Hopkins**

We have sold 41 books of tickets for the Ballarat Rotary Community Raffle. Those who still have not paid for theirs are asked to settle up asap.

We have met with the Council Business Collective about our upcoming project and still need help with sponsorship for the event.



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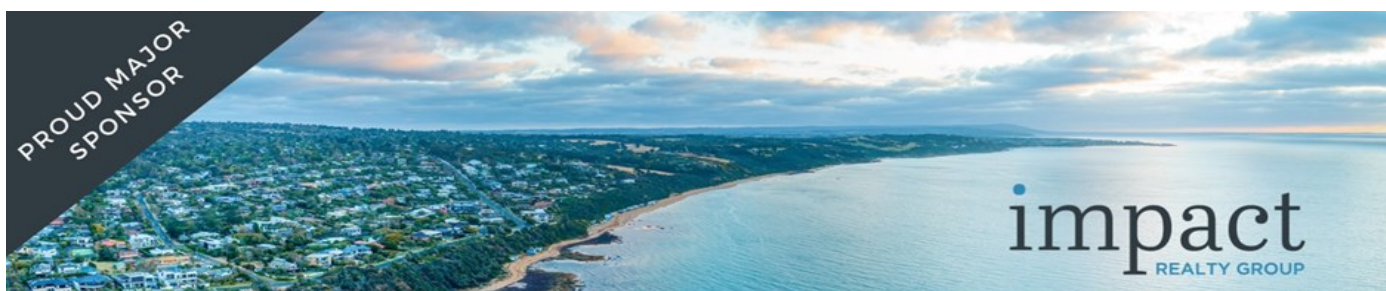
The **Local2Community** garden restoration project is nearing completion. It has progressed:

**From This**



**To This**

through the work of FNR Rotarians led by John, Eric and David H.



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**Parwin Miazoi** is a Team Leader at the *Victorian Foundation for Survivors of Torture*. She holds a Master of Social Work, Graduate Certificate in Developmental Psychiatry and a Bachelor of Arts.

Parwin has practiced as a trauma counsellor for 9 years and has extensive experience in the assessment and treatment of torture and trauma survivors including asylum seekers and refugees of all ages. Her current role as a Team Leader at Foundation House involves leading a team who respond to the advocacy and mental health needs of newly arrived Afghan evacuees, following the recent crisis in Afghanistan. Parwin is an Afghan-Australian and in her therapeutic work, she incorporates the wisdom of her lived experience with her professional training.

Foundation House has been around for about 35 years and has over 200 staff in offices in Brunswick, Dandenong, Ringwood, Sunshine and Dallas. It is a non-government, non-denominational, not politically aligned, voluntary and free service that works with refugees and asylum seekers to rebuild lives shattered by torture and other traumatic events. Their clients are referred to them by general practitioners, community health organisations, refugee settlement services, schools and language centres, and other sources.

Refugees and asylum seekers have many traumatic experiences in their home countries and in their journey to Australia. They experience things such as serious injuries, threats, witnessing harm and torture to loved ones, killing and disappearance of family members, incarceration, forced displacement, poverty and deprivation. These experiences can lead to chronic fear and helplessness, breaking of social bonds, destruction of core beliefs of human existence, humiliation and degradation.

These experiences then manifest into trauma conditions such as flashbacks and nightmares, avoidance behaviours and social isolation, family and community fragmentation, loss of trust, questioning meaning and identity, and debilitating guilt and shame.

Foundation House works with an Integrated Trauma Recovery program to restoring an individual's sense of safety, enhancing control, restoring secure connections to others and belonging, restoring trust meaning and purpose to life, identity, justice, dignity and value.

To achieve these outcomes, Foundation House applies a 3 pronged approach.

**First** is delivering direct services such as specialized individual counselling, group program and therapeutic advocacy to clients. These services are provided at their offices, schools, home visits and other therapies.

**Second** is through improving the capacity of service systems through community advisory groups, community engagement and networking, partnerships with community groups, education and Early Years support services, school support, and professional learning for education staff and resources.

They provide practice Development, Learning and tailored training to others who work with refugees and asylum seekers.

The **Third** element is to advocate on a systemic level for improved policies and programs through such things as submissions, engagement with policy makers, partnerships with universities.

### **The Afghan Community**

The Afghan Community Response (ACR) Project was established by Foundation House in Sept 2021 in response to the crisis in Afghanistan, which saw around 5000 people evacuated from Kabul by the Australian, the majority of whom arrived in Melbourne. Its aim is to support the psycho-social-emotional needs of the new arrivals. As the crisis continues, it is a similar acute state of distress of the Afghan community in Australia, whereby they experience debilitating fear for separated family members and pervasive feelings of hopelessness and despair. The ACR works to support the community to manage this ongoing impact.

The ACR provides psychoeducation, therapeutic groupwork, individual trauma counselling and multidimensional advocacy and some of their group programs have been:

- Delivering direct counselling to individuals in short term accommodation in the city, schools, language centres, and their offices.
- Community connections and increasing social connectedness.
- Partnerships with other service providers that assist with settlement issues, such as employment and housing.
- Healthy relationship and parenting workshops.
- Partnership with schools by providing training to teachers to deliver trauma-informed workshops and groups in local schools.

One successful program is the delivery of learners driving lessons in first language. This was in response to the refugees to establish a sense of independence and social connectedness. This learner drivers license group runs weekly and people go on to sit their learners permit tests confidently.

Over 150 people have completed their learners course and the majority have their learners permit. So far 35 have gained their probationary licenses.

However the major challenge for newly arrived people is the cost of driving school and no one in the family with a full license to supervise them

# Dates for your Diary

Tuesday 18 April - Anzac Day Celebration. **Chairs:** Eric N & Ron C.  
Tuesday 25 April - Anzac Day. Meeting cancelled  
Tuesday 2 May - Roger Gunn - Frankston Council. **Chair:** John T.  
Wednesday 3 May - Incoming Board Meeting - Flourish Café  
Saturday 7 May - FNR Club 50th Anniversary Celebration - Sandhurst Club  
Tuesday 9 May - Meeting Cancelled

## Cashier's Roster

**18th April** - Maree Hutchins  
**2nd May** - Ian McConnell  
**16th May** - Louise Welbourn  
**23rd May** - Kaye Aitchison

## Abbeyfield Roster

Twice monthly on Wednesday mornings, starting at 9:20am. min 2, max 4 volunteers

### April 19th

David Hanlon  
Con Demopoulos  
Mike Goonan

### May 3rd

Tony Spring  
Charles Mallia  
David Loudon

### May 17th

Mike Goonan  
Ian McConnell  
TBA

### June 7th

Ron Cook  
John Tame  
David Hanlon

## Next Meeting - 18th April

Mornington Hotel

**ANZAC DAY Celebration** - Partners Night

*Speakers:* **John and Liz Pilkington** - Veterans Welfare