



District 9820

RI President: Gordon R. McNally
District Governor: Linda Humphries
Assistant Governor: Nigel Cousins

ROTARY CLUB OF FRANKSTON NORTH. INC

Chartered 7 May 1973

Web:
www.rotaryfrankstonnorth.org/

President: Maree Hutchins
President Elect: Con Demopoulos
Past President: Simon Gillham
Secretary: David Hanlon
Treasurer: Keith Hopkins
Sergeant at Arms: Ron Cook

Directors:

Con Demopoulos	Club Service
Keith Hopkins	Fundraising
David Loudon	Membership
Tony Spring	Foundation
Eric Neill	Service Projects
Judi McKee	Youth
Kaye Aitchison	Public Relations

Club Meetings:

Sands Hotel
71 Hall Road, Carrum Downs
6.00pm for 6.30pm or by Zoom

Club Contact

Secretary David Hanlon
Mob 0414 996 798
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 Friend-
ships
Will it be Beneficial to all concerned

ROTARY HO!

The Official Bulletin of Frankston North Rotary



CREATE HOPE
in the WORLD

President Maree's Message

VOL 51 Issue 13
Meeting Date: 04/10/2023



Tonight, Marie Yap, delivered an informative talk on mental health problems in children and adolescents.

As I listened to her words, a collage of emotions resonated with me. Stress, fear, frustration, tiredness, helplessness, judgment and loneliness, these are feelings we have all experienced at some point in our lives. However, imagine magnifying these emotions in a child. Without the support of their family, children can easily become lost, and their issues left unresolved. They say it takes a community to raise a child, and it also takes a community to support their mental health.

Let us as a club continue to prioritize mental health and work towards creating a community that supports and uplifts young people facing these challenges.

By raising awareness, creating a supportive environment, advocating for better access to services and promoting self-care, we can make a significant contribution as a collective club.

MAREE

Frankston North Rotary are proud to introduce and recommend our Bulletin Sponsors:



Wells Automotive are an Australian owned and operated workshop servicing our local community of Mornington and are part of Australia's largest independent network of mechanical workshops, proudly backed by the biggest name in the business - **Repco**.

Located at 5 Progress St Mornington, VIC 3931. Call for service - 03 5977 0866



Apologies:	Brian Capon, Mike Goonan, Ian McConnell, Charles Mallia, Colin Price, David Shimshon.
Leave of Absence:	Tony Spring, Simon Gillham, Maureen Gillham.
Guests:	Nil
Zoomers:	Russell Cock, Bev Unitt, David Brook

MILESTONES:	
Birthdays:	Anne Cook 10 October
Rotary Anniversaries:	NIL
Wedding Anniversaries:	NIL



Welcome to Haven Hair Co. previously known as Hair on Barkly, Hairdressers of Mornington.
Do you have a problem with your hair? Do you just want to sit down for a few moments and to talk to somebody about it?

**Located at Shop 3/74, Barkly St. Mornington, VIC 3931
Call for appointment 03 5975 2397**

SEPTEMBER IS

BASIC EDUCATION
AND LITERACY
MONTH

"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."
John Dewey

Rotary

TAKE ACTION: Join Rotary, Get Involved

RICK CROWHURST CABINETS P/L

For all your cabinetry requirements,
Architectural Joinery, Wall Units Kitchen,
Vanities and Bars



C

Whether you're looking for a modern or contemporary feel, or something more traditional, Rick Crowhurst Cabinets will be there to advise you through every stage of the process.

Contact for a design and quote

**Located at Factory 5, 5 Vesper Drive
Narre Warren, VIC (03)97967048**

Announcements

President Maree

- Congratulated PP Eric on the program he organized for the Footy Night and the Q & A session he conducted with Kelvin Moore
- Advised that the Melbourne Cup day meeting will be held on 1 Nov, It is being organized by Con & Judi. Keep the date free and further details will be provided.

Secretary David

- Referred members to the email that he previously circulated about the Nominating Committee. The email advised who is eligible and the signed nominations should be sent to either The Secretary or President before next week's meeting.
- Reminded members that the Club via the President will need to vote on members to the Regional Council. Sec David will re-send the link for members to view and acquaint themselves on the candidates.
- Reminded members that next week's meeting is at Local 2 Community to view the work completed by FNR.

Keith Hopkins

Asked for assistance for the Bunnings fund raising sausage sizzle on 29 October. With so many members away etc **We Need help Can you get friends to assist.**

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PROUD MAJOR
SPONSOR

impact
REALTY GROUP

**A further \$2,500 donation to the Club
when you List & Sell your property with us!***

We pride ourselves on delivering exceptional customer service with integrity and professionalism being at the forefront of our core culture.

Our approach is personable, genuine, and when a vendor puts a home in our hands it's the ultimate compliment. Experience the difference.

#1 Agency in Mount Eliza | Frankston South

*Mention Frankston North Rotary Club

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impactrealtygroup.com.au

Announcements continued

Eric Neill-

Eric opened the meeting with a rousing rendition of the Collingwood theme song which the SGT attempted to drown out.

- FNR 2023 Footy Tipping Comp - Finals Tipping - competition for \$25. For the highest number of tips correct during the finals.

Marguerite Tame and Eric Neill picked Collingwood, but Eric won with closest margin 10, Marguerite had 16.

- October is Economic & Community Development Month, we will visit to Local2Community on 11/10 for our meeting, there will be a sausage sizzle for our meal and for those who have not visited there can see what it is about , what they do and see the work that the club has done there.
- Mount Eliza Bowling club are holding their Community Bowls event starting 13 February for 8 weeks. I will email all members to see how many are interested in this, will need at least 8, partners most welcome.

The editors spy discovered that a certain member who has been a passionate North Melbourne supporter for many years may have defected to the pies after their win.—Is this so ???



Announcements continued

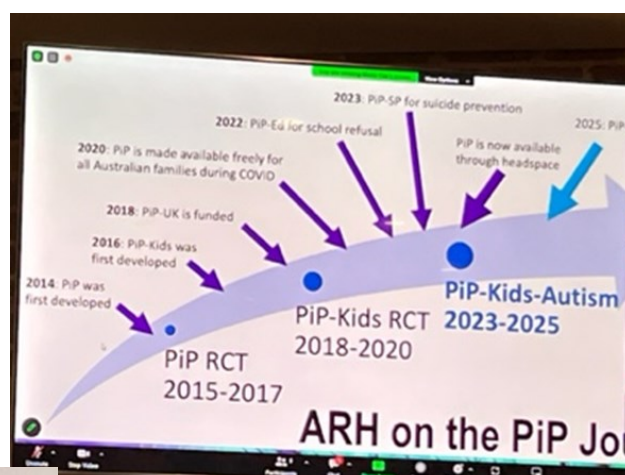
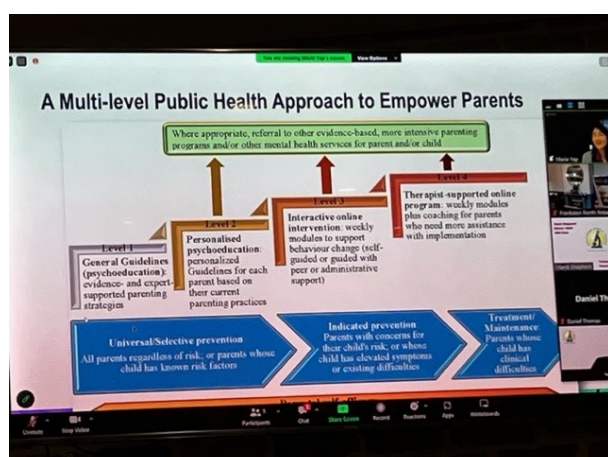
Judi McKee -

- Meeting with Aldercourt Primary to discuss possible projects Judi , Eric & John T.
- The similar meeting with Mahogany Rise Primary is being re scheduled
- Reminded members that assistance will be required for the Interact Club with their Bun-nings BBQ on 6 November
- Advised that the Low Level Scholarship grants have been approved through TRF District Grant.
- Invited members to attend the U3A art Exhibition . (See flyer later in this edition of the HO)

Guest speaker: Our Guest Speaker tonight was Professor Marie Yap



Professor Yap presented via a District 9820 Australian Rotary Health Zoom presentation. District 9820 ARH Chair Mardi Shephard introduced the session on Empowering Parents for Child and adolescents. ARH has supported this Parenting program with 3 research grants starting in 2014 and the latest this year to concentrate on children from ages 5 to 9 with Autism. Professor Yap and her team have been researching and developing programs in the area Of mental health over the last 10 years . She explained the research results and how parents can access the many sites that are available to them to understand the strategies that have been developed.



Partners in Parenting @ headspace

> in partnership with headspace National:

<https://headspace.org.au/online-and-phone-support/partners-in-parenting>

Partners in Parenting with peer coaching: PiP-P2P

> Parents with lived experience of caring for their adolescent through mental health challenges, trained to provide coaching to other parents using PiP, facing similar challenges

Professor Yap provided a very informative presentation

FNR in conjunction with Langwarrin Rotary Club recently held a Hi Tea with the funds raised being donated to ARH for the research work into Mental Health

On Holidays



Always need a Supervisor
&
Maybe two supervisors



Obviously this was the
issue that required the
pump.

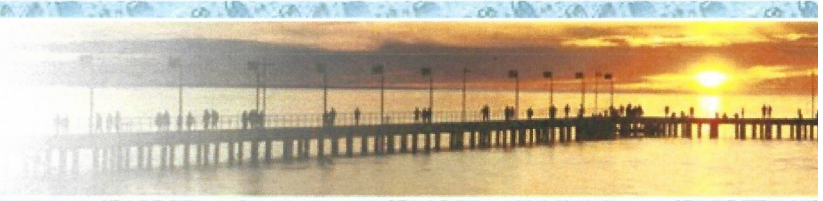
But the supervisors
seem relaxed



Hawaii and a cruise seems to
have these two relaxed

FRIENDS OF FNR— GET A TABLE TOGETHER AND ENJOY SOME FUN WHILE
HELPING TO RAISE MUCH NEEDED FUNDS FOR WHEEL CHAIRS FOR KIDS

Frankston North
Rotary
supporting communities



Proudly Presents a

Trivia Quiz Night



***Saturday
25 November***

**Where:
Masonic Hall,
1 Stotts Lane
Baxter, VIC, 3199**

***A Fun Night
Raffles &
Prizes
BYO Drinks &
Nibbles
Supper
Provided***

**Doors Open at 6:30pm
Trivia Starts at 7:00pm
Cost \$20 PP Teams of 4**

Funds Raised for



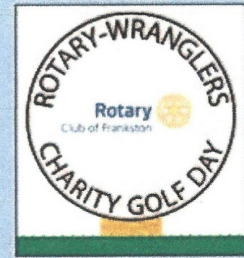
Wheelchairs For Kids
Giving freedom & mobility worldwide



**For Bookings Contact—Keith Hopkins
Email: keithhopkins@hotmail.co.uk
Phone 0493120706**

ROTARY-WRANGLERS CHARITY GOLF DAY

Sunday 22 October 2023



A Fun Day for All
Top Public Course
Heaps of Prizes
Ladies, Mixed and Men's
teams welcome

Entry Fee
\$75 per player includes
BBQ breakfast
& Catered Lunch




4 Ball Open Ambrose Competition

at Centenary Park Golf Course, Frankston

\$10,000 HOLE IN ONE Prize

Enquiries; email rotarywranglersgolfday@gmail.com

Sponsored by Frankston Wranglers Charity Trust, Frankston City Council,
Centenary Park Golf Club and  Clublinks

Major beneficiary of proceeds of the Golf Day to



to support and prevent homelessness



U3A

MORNINGTON
VISUAL ART SHOW 2023

CURRAWONG
COMMUNITY CENTRE

Currawong Street, Mornington, Vic 3931

OCTOBER
13TH - 14TH
10AM TO 3PM

ENTRY: GOLD COIN DONATION

DEVONSHIRE TEAS AVAILABLE

ART FOR SALE

Dates for your Diary

Wednesday 11 Oct - Local 2 Community
Friday 13th Oct. - Cranbourne Races Night
Wednesday 25 Oct - Wheelchairs for Kids - Russell Hayes
Wednesday 1 November— Melbourne Cup function
Saturday 25th Nov. - Trivia Quiz Night

Cashier's Roster

11th October

John Tame

18th October

Judi McKee

If you are unable to do this task, please find a replacement prior to the Meeting

Abbeyfield Roster

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

October 18th

John Tame

Eric Neill

November 8th

David Shimshon

Ron Cook

John Tame

November 22nd

Ron Cook

David Shimshon

Mike Goonan

Next Meeting - (Note : NOT at the SANDS)

WEDNESDAY OCTOBER 11

MEETING AT LOCAL 2 COMMUNITY

6PM (secretary will send map and entry detail)