



Bulletin

RI District 9800

Volume 59 Number 15

October 9, 2025

Celebrating 58 Years of Service

PRESIDENT

Joan Scott

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scottjoan27@gmail.com

SECRETARY

Alison Vickers

Ph 0402 431 590

alandmon@bigpond.net.au

MEETING

Kew Golf Club

120 Belford Road Kew East

Thursday 12:30 pm

Meeting begins at 1pm

Apologies: Bob Crozier

Bob_Crozier@hotmail.com

Bulletin: Barb Brook

Barbrook814@gmail.com

RI PRESIDENT

Francesco Arezzo.

DISTRICT GOVERNOR

Peter Shephard

Peter.Shephard@rotary9800.org

THE FOUR WAY TEST

Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendships?

Will it benefit all concerned?

LINKS

[Garden DesignFest](#)

[Facebook Rotary D9800](#)



President's Message



Today we welcomed guest speaker Dr Peter Johnston, who spoke on "How to Prevent Dementia".

Tomorrow, October 10th, marks World Mental Health Day, "an international day for global mental health education, awareness and advocacy against social stigma". On Monday, at the invitation of the Rev Natalie Dixon-Monu, I attended the opening of Boroondara Community Outreach's Art Exhibition "Your Mind Matters", at Buoy Pizza in Kew. The exhibition celebrated the creative efforts of people who have faced mental health challenges.

Also present from Kew Rotary were Pennie Ibbotson and Jonathan Shepherd, attending with Elizabeth Shepherd representing Canterbury Rotary Club. Dr Monique Ryan opened the exhibition, with guests including Mayor Sophie Torney.

Natalie encourages all members to view the artworks, which will be on display throughout October at 13 Locations in High Street Kew and Glenferrie Road, Hawthorn.

The District Foundation Committee has organised a movie fundraiser for End Polio Now. (See details included in this Bulletin.)

Next week we will begin our club's focus on End Polio with guest speaker Robin Abrahams; please invite friends and family. This will be followed by our fundraising walk in Victoria Park, on October 23rd.

In the meantime, join us for coffee on Monday! – see Dates for Your Diary.

Joan Scott

Dates for Your Diary

Monday 13 October

10am RCK Coffee Fellowship - Via Verona

Tuesday 14 October

5.30pm Board Meeting Colin's

Thursday 16 October

1pm RCK meeting End Polio

Guest Speaker Robyn Abrahams

Monday 20 October

10am RCK Coffee Fellowship - Via Verona

Wednesday 22 October

6.30pm Rotary Club of Glenferrie

50th Anniversary Celebrations

Bookings

<https://events.humanitix.com/rcog50years>

Thursday 23 October

RCK - Rotary Walk with Us

Victoria Gardens

Sunday 26 October

2pm District Movie Afternoon

Monday 27 October

10am RCK Coffee Fellowship - Via Verona

Thursday 30 October

1pm RCK meeting Charles Boyd

Monday 3 November

10am RCK Coffee Fellowship - Via Verona

Thursday 6 November

1pm RCK meeting

Monday 10 November

10am RCK Coffee Fellowship - Via Verona

Tuesday 11 November

5.30pm Board Meeting Colin's

Thursday 13 November

1pm RCK meeting - RCK AGM

Monday 17 November

10am RCK Coffee Fellowship - Via Verona

Tuesday 18 November

7.30am Paul Harris Breakfast – Windsor Hotel,

Speaker Prof. Ross Garnaut AC

Dates for Your Diary con'd

Thursday 20 November

1pm RCK meeting Speaker Julie Mason,
District Foundation Chair

Saturday 22 & Sunday 23 November

12 noon – 6pm Collecting food outside
Woolworths Kew for BCO

Saturday 29 & Sunday 30 November

12 noon – 6pm Collecting food outside
Woolworths Kew for BCO

Monday 24 November

10am RCK Coffee Fellowship - Via Verona

27 – 29 March 2026

2026 Multi District Conference – Horsham

13- 17 June 2026

Rotary International Conference Taipei City

Thursday 18 June 2026

6.30pm RCK Changeover – Kew Golf Club

Garden DesignFest 2026

Saturday 21 & Sunday 22 November 2026

Toast

The toast today was to Rotary International, Rotary Club of Kew and another K (I will let you know nwxt week)

Happy Thoughts

Our Sergeant Pennie has organised tokens (5 for \$5.00) that you can purchase - using our Tyro machine - to avoid the need for cash to share happy things with Club members. Those ordering first will get their choice of colour. It was wonderful to see a number of them being used last week.

Almoner

Das continues to have regular contact with our members, and we thank him most sincerely for his continual care.

Please let Das know if you are not well or having surgery or if you become aware of other members not well

Thoughts of the Day

The thoughts this week were contributed by Peter
Start each day with a positive thought, like:
"I can go back to bed in just 17 short hours."

You only live once, But if you do it right, once is enough.
Mae West

Raffle

The raffle was won this week by Margaret

Guest Speaker

Our speaker today was Dr Peter Johnston who spoke on



Dementia. Dementia is caused by damage to brain cells that affects their ability to communicate. It affects thinking, behaviour and feelings. Dementia is a disease symptom, not a normal part of ageing.

Dementia and other cholesterol type diseases are on the rise at a huge cost to our economy. Research can prove the benefits of changing our ways from meat eating, to halving our chances of heart disease, diabetes and dementia.

Our guest today, being a strict vegan and doctor of nutrition was keen to point out the benefits of a plant based diet.

The main points to remember include
Eat plants, keep moving, sleep well, be present, stay calm and love people.

Pennie

Rotary Merchandise

If you are interested in being part of an order of garments etc, from Rotary Down Under, please contact Pennie - capechestnut@gmail.com.

The plan is to save on postage and improve our rotary image when at community events. Lots to see on the web site "Rotary Down Under"

<https://rdusupplies.com.au/apparel/?sort=featured&page=3>

We are collecting

Bottle tops – red, yellow or black particularly but all colours are welcome and all sizes. Please start collecting. These are for one of RCKs projects.. Please bring to Rotary each week and give to Barb, Jill or Jennie

Can You Assist

RCK is again assisting BCO with their food hamper collection. We are rostered on at Kew Woolworths in 2 hour shifts starting at 12 noon, 2pm 4pm on Saturday 22 & Sunday 23 November and Saturday 29 & Sunday 30 November.

Please let Barb know your availability for the roster. Thanks to those that have already replied but there are still more shifts to fill.

50 Year Anniversary

The Rotary Club of Glenferrie is proud to be celebrating a major milestone this month — their 50th Anniversary of Charter on **Tuesday, October 22nd**.

Over the past five decades, a strong bond has grown between Rotary clubs in Boroondara through years of working side by side on meaningful humanitarian projects, both locally and internationally. We would be delighted if you and members of your club could join us for this special occasion.

Our clubs have worked together and played together — now let's celebrate together. The evening promises fun, nostalgia, surprises, laughter, and true Rotary fellowship.

Richard Blakeman



Bookings

<https://events.humanitix.com/rcog50years>

BCO Art Exhibition – Your Mind Matters

Art works can be viewed at these locations.

Buoy Pizza

Toscano's

Kew Breadworks Bakery & Cafe

Kew City Medical

Holy Trinity Stairwell

Nelson Alexander Rel Estate

Kew Library

Trinity Grammar

Jess Wilson MP Office

Hawthorn Aquatic Centre

Coles Local Glenferrie



End Polio Now

The District Foundation Committee has organised a movie fundraiser for End Polio Now

Rotary
District 9800

MOVIE FUNDRAISER

D9800 invites you to a special movie “**New Release**” screening with the proceeds going to **End Polio Now** Campaign.

Bring along your club members, friends and family to enjoy a screening of “**The Travellers**”, while raising money for Rotary’s Number One Global Project.

ON: Sunday
26 October 2025

AT: 2pm

AT: The Sun Theatre
8 Ballarat Street
Yarraville

COST: \$30 per ticket
which includes your
seat and three raffle tickets.

PURCHASE HERE: <https://www.trybooking.com/DGGIS>

DEADLINE: Please pay by **16 October 2025.**

MORE INFORMATION: Contact Graeme Hope
Email: graeme.hope@rotary9800.org

Tickets www.trybooking.com/DGGIS

Declutter & Donate at our Drive- Through

Further to what Kim spoke about.

Starting your spring clean?

Saturday 15 November 9 am to 1 pm

Location: Council car park at 3 Inglesby Road, Camberwell

Preloved Goods Donation Day!

This drive-through event makes it easy to donate electrical and household items in good condition to charities. It’s a meaningful way to declutter, keep unwanted items out of landfill and support people in need.

Just register your preferred time, then drive through on the day with your items in your car, ute or trailer – our team will handle the rest.

Items accepted in good condition include bed frames (dismantled), bikes, clothes, cots, digital TVs, fans, fridges, heaters, laptops, microwaves, prams, vacuums, washing machines and much more.

Anyone interested should email

kimrotarykew@gmail.com or text Kim on 0488 600 985

See the full list and find out more at:

boroondara.vic.gov.au/preloved-goods-donation-day

To Eradicate Polio from the World

Rotary Walk with Us in 2025

1 - 31 October

Here is your opportunity to have fun, get fit and help yourself while helping others

Come and join many other Rotarians who are walking during October to raise money for their number one global project—to eradicate polio from the world.

Register yourself to walk solo or form a team with your family, friends and club members and seek sponsorship for every step taken.

Rotary has been working towards this goal for more than 30 years with cases of polio reduced by 99.9%. This is the final push.

For each sponsored step taken, this will help us reach our fundraising goal of **\$100,000** to vaccinate all children against Polio.

And every dollar raised becomes \$3 thanks to the Gates Foundation.

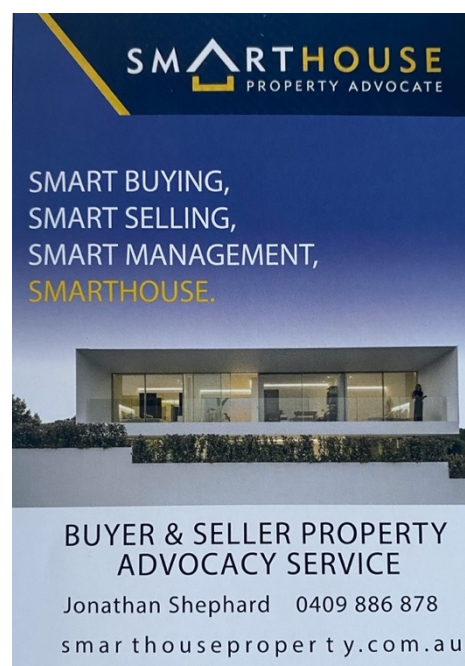
Imagine that!

All donations are tax deductible and for Rotarians count towards your overall RI donation credits.

Register at: <http://rotarywalkwithus.org/>

And be ready to start walking and fundraising on 1 October.

The Rotary Club of Kew acknowledges the ongoing support of the following businesses



Bank Account Details

When making payments directly to the Rotary Club of Kew Club, please use the following details:
Bendigo Bank BSB 633-000

Account 125381590

Please remember to include your name and reason for payment

Meeting Duty Roster

Date	Chair	Host	Meeting Equipment	Cashier-1	Cashier-2	Thought
16-Oct	Burns C	Payne F	Devidas D	Norton P	Dalziel, A	Stillwell M
23-Oct	Zammit C	Crozier B	Hoath R	Crawford J	Bourke M	Cohen J
30-Oct	Levin R	Devidas D	Brown D	Wen K	Garling W	Wen K
06 Nov	Stewart P	Brown D	Crozier B	Dadafarin M	Verginis G	Verginis G
13-Nov	Stillwell M	Dadafarin M	Payne F	Levin R	Turner-Atkins M	Ibbotson P
20-Nov	McFarlane M	Cohen J	Burns C	Crawford J.	Perks E	Perks E
27-Nov	Crawford J	Norton P	Tan MH	Dias C	Stewart P	Bourke M
04-Dec	Perks E	Dalziel, A	Cohen J	Maddock G	Stillwell M	Brown D
11-Dec	Tan MH	Turner-Atkins M	Devidas D	Norton P	Dalziel, A	Turner-Atkins M
18-Dec	Wen K	Perks E	Hoath R	Crawford J	Bourke M	Levin R

RESEARCH SPOTLIGHT

Now focussing on research in 0-12 year olds mental health.

AUSTRALIAN ROTARY HEALTH

Cool Kids, Mental Health First Aid, the Stepping Stones Triple P Parenting Program, and the LifeBuoy App are just some of the research programs that received ARH funding.

250

Research Scholars have received PhDs through support from Australian Rotary Health.

547

Mental health public forums were held leading to more awareness of mental health issues in Australia.

Sudden Infant Death Syndrome (Cot Death)

Professor Terry Dwyer AO



One of the first researchers to be funded by Australian Rotary Health in 1986 was Professor Terry Dwyer. Research reduced the incidence of Cot Death by 80%.

Getting to Know the Suicidal Brain

Professor Gin Malhi



Based on Professor Gin Malhi's research findings, the team are now investigating how medications may aid recovery from suicidal thoughts.

Rotary
Districts of Australia



RESEARCH SPOTLIGHT

Now focussing on research in 0-12 year olds mental health.

AUSTRALIAN ROTARY HEALTH

Medical Breakthrough for Schizophrenia Patients

Associate Professor Elizabeth Scarr



Associate Professor Scarr's research uncovered significant reduction in muscarinic receptors which resulted in an FDA-approved drug targeting those receptors.

Understanding and Supporting Firefighters Confronted with Suicide

Dr Tara Lal



Dr Lal's research revealed that traditional support systems are inadequate and Firefighters need tailored, peer-based programs that address their professional and cultural needs.

Research Projects such as these cannot go ahead without donations from Rotarians, Rotary Clubs, corporates and the community. Be part of making a difference to our mental health and well-being. **DONATE NOW!**

Banking Details

Name: Australian Rotary Health

BSB: 112 879 ACC: 065 433 595

Email: admin@arh.org.au

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