



Smoke Signals

Issue # 02 July 26 2023



CREATE HOPE
in the WORLD

Welcome

Apologies: Everybody is here (President's Shout???)

Guests: Deakin, Trinity and Kelly Barton, Søren, Viktoria.

Birthdays.

Maggie – last week

Sam – this week

Viktoria 16th August

Ken & Margaret - 60th WA 28.07

Secretary report:

- Equipment for carols
- 8th August, play 'The Last Waltz's in Wangaratta presented by Northeast Health Wangaratta.
- Past exchange student in '59/60 contacted the club.
- Request from Oscar Brundell in Beechworth regarding a short term exchange seeking sponsorship.
- Rotary Club of Beechworth 50th Anniversary. Friday 11th August
- Request from Kelly Barton - heading to Cambodia next month with 'Supporting Silk Sisters 'to help a hospital gain accreditation with 'infection control' (in a hospital that does not even have soap). Seeking donation for fetal monitor.
- RYLA - 'discover secrets of RYLA' opportunity on Sunday 30th July. (Alternative option – ask Vanessa any questions you have about RYLA)
- Tobacco Kiln in Rotary Park, upgrade of lighting.
- Keep India polio free.
- Bus is due for annual accreditation - Deakin will take it to Wang.

Treasurer Report:

Financials were sent around. A couple still owe fees.

Member reports:

Sarah - met up with Oscar overseas.

John F - Landcare would like the BBQ trailer for Sunday.

3 Minute Speakers

Søren - from Denmark choose to come here because English speaking country and far away. Traveled a lot, like to travel want to see Australia work own eyes not just Google. Wants to go skiing. Can speak danish, English and a little bit of German.

Best thing so far, have seen kangaroos.

Viktoria -from Germany, want to experience new culture, new friends, new animals, have fun. Wants to go skiing on snow and meet new people. Can speak Czech, Slovakia Hungarian, French, German, English. Best thing so far - seen kangaroos.

Raffle

Drawn by Viktoria -18 . Gail is taking Kanga's title.

Drawn by Søren - 54. Helen.

SAA - Heads and Tails - John Mc won with two heads.

Myrtleford
Rotary
Club



Programme

Saturday 29th July

Working bee 1 pm at Buffalo Creek.

Wednesday 2nd August:

No Meeting

Wednesday 9th August:

Smorgasbord

Toast: Gail

Chair: Surrey

Sgt. Alan

Guest Speaker:

Wednesday 16th August:

No Meeting

Viktoria's Birthday - Possibly a special dinner somewhere.

TBC at August 9th Meeting

Rotary



JULY IS
LEADERSHIP MONTH

"IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND
BECOME MORE, YOU ARE A LEADER."

- JOHN QUINCY ADAMS

The Rotary Club of Myrtleford

Reg No.: A0020847W • Chartered 27
 Sept. 1954

ABN 87 356 430 283 • Club # 18284

DISTRICT 9790

Meetings: .. Wednesdays 6.00pm for 6.30pm

Venue:Club Savoy, Myrtleford

Postal Address: PO Box 395, Myrtleford, Vic. 3

2023 — 2024 BOARD of DIRECTORS

President: John Forsyth

Secretary: Helen Hunter

Treasurer: Magda Macdonald

Pres. Elect/Club Service:

Immediate Past President: Evan Jones

Rotary Foundation: Alan Garside

Public Relations: Vanessa & Gail

Service Projects:

OTHER OFFICERS

Community & Vocational Service: Alma Adar

International Service: Phil Macdonald

Youth Service: Surrey Hunter

Membership.....Carla Bau

Sergeant-at-Arms: Rotational

Fellowship:

Programme:

Public Officer:Ken Johnston

On to Conference:Evan Jones

Bulletin... Vanessa Leonard & Gail Robertson

Community BusRichard Dean

Book Fair Sarah Deas

BBQ Trailer..... Sam Crisci

Wood Raffle.....Alan Garside

District Governor: Neta Kirby

Assistant Governor.....Lesley Sanderson

**President Rotary International
 Gordon R. McInally**



**From
 the
 President . . .**

Meeting Musings.

It was great to be back and even greater that there was a full compliment of rotarians in attendance. The only draw-back was a President’s shout; which brings to mind past experiences with Rotary where 100% attendance was more the norm, the President’s of the day would probably be broke if the shout tradition was maintained. Deacon Hunter, Kelly and Trinity Barton were visiting guests for the night that saw us welcome our 2 inbound exchange students Soren and Viktoria. A very warm welcome and wishing them many exciting experiences in the year ahead. Any Rotarian that may have a family outing, visit to the big smoke or a special dinner is more than welcome to invite the exchange students to participate.


Søren (Koch-Larsen), hails from Birkerød, Denmark and Viktoria (Risnyovszka) comes from Schwarzenberg, Germany. Both are attending P12 and are in year 10. Soren is currently staying with Claire and Steve (Emlyn’s parents) and experiencing his push bike riding to school each morning. Viktoria is staying with Surrey and Helen and no doubt walks to school. I have learnt that between them they speak 7 languages.

A special thanks to the Board in my absence for maintaining some integrity; Evan for extending his tenure; Helen for fielding all the correspondence and Maggie for keeping the figures up to date.

See you all in a fortnight (daring you to attend but I may call a moratorium on the Pres’s shout)

John


#RotaryFacts



Rotary

DID YOU KNOW?

Rotary became bilingual in 1916, when it organized a non-English-speaking Club in Havana, Cuba.



CUBA

@changemakerevanburrell

Welcome Søren and Viktoria



Called by a Cause: Rotary Club of Mental Health and Wellness – By Dinah Eng

Over the years, whenever Maribel Khoury-Shaar's Rotarian husband suggested she join Rotary, the busy doctor declined. But when she learned that a Rotary club dedicated to mental health and wellness was forming, she jumped on board.

It came at just the right time for the primary care physician. After the pandemic started, most of her patients were anxious and depressed, and she was getting burnt out as a health care provider. "This club reinvigorated my life because I was around like-minded people who wanted to do the right thing," says Khoury-Shaar, president of the Rotary Club of Mental Health & Wellness in District 5280, which covers parts of Los Angeles County in California. The club meets online and welcomes members to join from anywhere in the world. Its current members include professionals in the mental health field and others who hold the issue close to their hearts.

The club, chartered last May during Mental Health Awareness Month in the U.S., is one of the first cause-based Rotary clubs to focus on mental health and wellness and was the idea of Guity Javid, the 2021-22 governor of District 5280. It's one of a growing number of cause-based clubs around the world.

The year before Javid's term, the district had already chartered one cause-based club, District 5280 Rotarians Fighting Human Trafficking. Javid identified three other causes that were personal priorities and helped launch these clubs: Mental Health & Wellness, Rotarians for Environmental Action, and Rotarians in Service for Equality (R.I.S.E.), which focuses on LGBTQ+ concerns.

"I was pleasantly surprised at the number of Rotary spouses who might never have joined Rotary, but for these causes," Javid says. "We also attracted younger members. Mental health has been a huge crisis during the pandemic. People were isolated, and many turned to alcohol and drugs to cope." Eliminating the stigma associated with mental health is a priority, she adds.

Mental health and especially the issues of depression, anxiety, and suicide have caught the attention of Rotarians worldwide. In addition to the new club, there is a [Rotary Action Group on Mental Health Initiatives](#) as well as a partnership between [Rotary International in Great Britain and Ireland](#) and the nonprofit [Bipolar UK](#).

While the Mental Health & Wellness club is relatively new, members have launched notable initiatives, including an effort to award \$5,000 in scholarships annually to students pursuing graduate-level work on mental health. Members assembled and distributed coping kits containing stuffed animals, supportive cards, and other items to children with burn injuries. And they promoted mental health and wellness among school-age children through the Inspiring Kindness initiative, a collaboration with other clubs, schools, and the [Alex Montoya Foundation](#).

Another priority is serving military veterans, including by helping refurbish an [American Legion](#) post in Glendale, California.

Club member Marisol Chianello, an attorney in Glendale, became the point person for that project. She joined the club because she's dealt with mental health issues herself and wanted to create resources for others, she says. Her husband is a Gulf War veteran, and when one of his friends told her about the American Legion post's challenges, she immediately wanted to help.

"Half of the space had to be rented out for income to survive," Chianello says. "The other half was used for storage and was filled with uniforms, medals, and military memorabilia. With support from other district clubs, we cleaned it up and reopened the space." The location now has a space where veterans can seek calm

and, eventually, referrals to resources to improve their mental health. Chianello says the American Legion is working with the club to determine how Rotary can help maintain the site.

Club President-elect Judith Verduzco, a therapist in Glendale, was also drawn to join because of the club's focus. Like Khoury-Shaar, Verduzco has a Rotarian husband who encouraged her to become a member.

In addition to building on projects underway, Verduzco says her focus will be on suicide prevention and partnering with organizations that provide mental health services and promote awareness of the issue. "As a clinician, I encourage my clients to call 988 in the event of a crisis," she says, referring to the



The Rotary Club of Mental Health & Wellness is one of a growing number of cause-based clubs around the world. Its members include (top row, from left): Judith Verduzco and Maribel Khoury-Shaar; and (bottom row, from left): Guity Javid and Marisol Chianello.

Frank Ishman

national [Suicide and Crisis Lifeline](#) modeled on the 911 system and launched last year.

According to the [Centers for Disease Control and Prevention](#), the number of suicides in the United States increased 4 percent from 2020 to 2021, after declines in 2019 and 2020. "My vision is to call attention to the magnitude of the problem," Verduzco says.

She is interested in research on community gardening's mental health benefits. She plans to collaborate with other cause-based clubs and cities in Los Angeles County to create what are known as tranquility gardens, to try to provide peace and hope to underserved communities.

"We've done a lot in a short period of time," Verduzco says. "We meet virtually twice a month, but outside of that, I want to create opportunities for fellowship and service. Mental health affects everyone, and this club is a great way to get friends involved so that we can stay connected while doing good."

This story originally appeared in the April 2023 issue of [Rotary](#) magazine.