

24th June 2014

THE GEN



ROTARY
CLUB OF
GLEN EIRA

Bob Iverson of the Rotary Club of Melbourne South has impacted the lives of seafarers across the world in a positive way.



HELPING MENTAL HEALTH OF SEAFARERS

Alienation, isolation and sleep deprivation. These are the trials of life at sea.

Australian seafarers can be away from their loved ones for up to six months at a time. But seafarers on international ships are regularly away from their homeland, often the Philippines, China or India, for a year or more and are at heightened risk of depression.

Rom Kucera, manager of seafarers' support centre Stella Maris, said international sailors were a marginalised group and often became depressed. "They work under extreme pressure, isolation, and depression is all part of it," he told AAP. Mr Kucera said international sailors are at sea on large commercial ships for an average of nine months, but this can be prolonged to a year or more. He said there was a reluctance from international seafarers to report mental health difficulties to their superiors for fear of getting sacked.

A brochure has been designed to offer mental health information and support to

the 60,000 seafarers who visit the Port of Melbourne each year.

The booklets were the idea of South Melbourne Rotarian Bob Iverson, and are distributed in several different languages, including Russian and Chinese.

Bob is guest speaker at our Rotary Club of Glen Eira meeting on July 8.

Bob Iverson, a retired fishery biologist and former member of the U.S. Navy, observed throughout his maritime career the high incidence of depression and mental illness in mariners confined for long periods on ships.

He conceived a project to assist seafarers with depression, which came to fruition with the help of Melbourne Port Welfare Association, Beyondblue, The Mission To Seafarers Victoria, the Stella Maris Seafarers Centre and the Rotary Club of Melbourne South.

UPCOMING EVENTS

JUNE IS FELLOWSHIP MONTH
Tuesday 24th June
Guest speaker Grahame Leonard

JULY - LIGHT UP ROTARY!
Tuesday 1st July
Planning the Club of the Future
Saturday 5th July

Sausage Sizzle in Glen Huntly
RC Caulfield Honey Festival
Tuesday 8th July

Guest Speaker Bob Iverson
Tuesday 15th July

Guest speaker Julie Mason
Saturday 19th July
Sausage Sizzle in Glen Huntly
Tuesday 22nd July

Guest speaker State Parliamentary
Secretary for Police & Emergency
Services, David Southwick
Tuesday 29th July
Agata's Official Farewell

AUGUST IS MEMBERSHIP MONTH
Tuesday 26th August
Mental Health Forum

SEPTEMBER
Tuesday 2nd September
Youth of the Year Award Night

ENGAGE ROTARY CHANGE LIVES



DATE	GUEST SPEAKER	CASHIER	TOAST TO AUSTRALIA	TOAST TO OUR CLUB	CHAIRMAN
24th June	Speaker Grahame Leonard "Transparency International"	Geoff Sussman	Adrian Nelson	Keith Faiman	Garry Fabian
1st July	Planning the Club of the Future	Geoff Asher	Basil Ornellas	Jan Hill	Alan Samuel
8th July	Speaker Bob Iversen "Mental Health of Sea Farers"	Sam Binstock	Mark Preston	Marion Lau	Jan Hill

WHAT'S THE ROTARY CLUB OF GLEN EIRA UP TO?

JUNE IS FELLOWSHIP MONTH

Mental Health Forum

The Rotary Club of St Kilda is holding a Mental Health Forum at St Kilda Town Hall on the evening of Tuesday 26th August. Main speakers are Les Twentyman and Associate Professor Dr Felice Jacka. There will be 3 speaking sessions, a Q&A session and up to 20 booths containing information from support organisations from our community. We will not hold a separate club meeting on this night so that we can join them for a joint meeting. To reciprocate, the St Kilda Club will be joining us at the London Tavern in late July when our guest speaker is the State Parliamentary Secretary for Police & Emergency Services.

Charity Race Day

Last week's bulletin said the Charity Race Day was on the last Saturday in September - it is not. It is on the last Sunday of September, the day after the Grand Final.

We have the opportunity to raise money through ticket sales, a BBQ on the day, by signing up Race Sponsors, and by signing up companies to purchase hospitality packages.

Movie Night in August

Coming soon on a Tuesday night in August (in lieu of our weekly meeting), we are holding a movie night at the Classic Cinema in Elsternwick. We will soon announce what movie it is so that you & your friends don't see it beforehand!

Agata's Bucket List

"I am sending you the list of the things I would love to do and places I want to visit in Australia before I will go back to Poland:

1. Surfing lessons
2. Great Ocean Road
3. Warrnambool (12 apostles)
4. Eureka Skydeck
5. Cook's Cottage
6. National Gallery of Victoria
7. The Beatles in Australia - exhibition
8. Canberra
9. Tasmania

Thanks for all the help with making these things possible!"

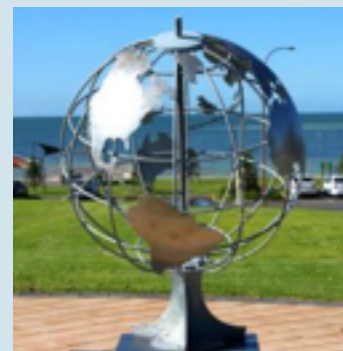
Rotarians, can you please help make Agata's dreams come true!! Contact Agata directly or Geoff Asher.



ROTARY PROJECT OF THE WEEK

Rotary Peace & Harmony Globe & Sundial

The Rotary Club of Whyalla has erected a 2.5m stainless steel globe of the world and a sundial at the Whyalla Foreshore. This is to honour the multi-cultural heritage of Whyalla, recognising the countries of origin of the city's immigrant workforce who left their homes to work in the city's fledgling ship-building and steel-making industries. The project was the inspiration of a meeting between Rotarians, the Multicultural SA Northern Regional Advisory Committee and Whyalla's multicultural community leaders.



Rotary Club Online

Website:

rotarygleneira.org.au

Facebook:

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Club Mobile App

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