



THIS WEEK'S MEETING.....

**Rotary meets
weekly at
Tosaria's Café
60 Henderson Rd
Rowville**

Tuesday 6.30 pm for 7.00 pm start

Meetings are hybrid unless indicated otherwise

[Zoom meeting link](#)

Visitors are warmly welcome

Contact :

President Jenny Moran
0404893870



**Satellite Club meets
at Tosaria's Café**

Alternate Thursdays at 7:30am

Contact :

President Kevin Harrison
0419919011

Home Club of

DGND Murray Wilson

PDG Daryl Moran



Simple Steps Solutions began as an initiative of the Rotary Club of Knox but is now a separate entity, with a Board of Management, a constitution and with Registered Charity status. Our speakers, Shia Smart and Kris Ash, are both on the Board of Management and very involved with gaining support for the program.

The mission of this organisation is to provide funding to approved counsellors to help prevent mental health decline in youth and young people. The program grew out of the recognition that around 20% of young people (11 to 17 years) had high or very high levels of psychological distress. It has also been recognised that early intervention matters, as it can stop further decline in mental health which may need more serious intervention later on. This program also helps bridge the gap in the system where access to suitable counselling is limited as there is such a high level of need, long waiting lists and cost can be prohibitive.

Simple Steps Solutions began with a pilot involving 8 counsellors at a cost of \$30,883. It was cut back from 12 months to 5 months but this was sufficient to demonstrate the effectiveness of the program and that the community need for such a program was verified. As a result of the pilot, counsellors agreed to charge only \$100 per hourly session. This cost is paid by Simple Steps Solutions and provided free to the young person.

There are three key players in the program:

Simple Steps Solutions have the responsibility for:

- Governance
- Oversight and selection of counsellors
- Fundraising
- PR and marketing
- Concept development and Monitoring

Headspace is responsible for:

- Program delivery
- Selection of young people and monitoring

Counsellors are responsible for:

- Delivery of counselling sessions
- Reduced fee structure

The program that has been built up has been operating in the Knox LGA area, but the model is such that it would be easy to replicate in any area.

The goals of Simple Steps Solutions for 2024-2025 are, among other things, to:

- Develop a robust Board of Management
- Develop a source of recurring income
- Build a sound corpus of funds
- Develop a strong PR identity

Our thanks go to Shia and Kris for providing this information about a program that some of us knew little about. We are very pleased that Simple Steps Solutions has been one of the beneficiaries of the 2024 50th Knox Art Show and will be a beneficiary again in 2025.



MUFFINS ROSTER

03 April Muffins	Marg, Fiona, Pete & Sue, Anita & Rajeev
17 April Muffins	Kaye, Mary, Corinne, Heather & Bob
01 May Muffins	Marg, Heather & Bob, Pete & Sue, Anita & Rajeev
15 May Muffins	Fiona, Corinne, Mary, Glennis Hocking



PROGRAM

Date	Registration	Chair	Setup and Production	Program
APRIL - Environment				
8th April	Marg	Jeff	Kevin Daryl	New Members Behind the Badge
15th April	Kate	Bob	Daryl Alan	PE Club Forum – Bob
22nd April	Kevin	Daryl	Alan Bob	David Jordan– serving Naval Officer
29th April	5th Tuesday - No Meeting - RESTAURANT DINNER - Eating House, Rowville			
MAY - Youth Service				
6th May	Jeff	Neil	Bob Ian	George Petrou - The Art of Humanity
13th May	NO MEETING			
19th-23rd May	ROTARY COMMUNITY GROUP - CLUB VISITS			

UPCOMING DATES FOR YOUR DIARY

SAT 5th APRIL - Rowville Junior Footy BBQ, Eildon Oval, 12 pm - 4pm

FRI 25th APRIL- ANZAC DAY DAWN SERVICE, followed by breakfast at Montania, FTG

THURS 1ST MAY-GIRLS' NIGHT OUT – Tosaria Restaurant Rowville, 6:30pm

SUN 4TH MAY- INAUGURAL SUNDAY MARKET– Rowville Community Centre

TUES 24TH JUNE– CHANGEOVER NIGHT– Waverley Churchill Golf and Bowls Club



DISTRICT 9815 INAUGURAL CONFERENCE BENDIGO



The Inaugural District 9815 Conference in Bendigo was enjoyed by all. Our club was very well represented and some members participated in extra events such as the Bowls Competition, pre Conference Cocktails and Foundation Breakfast.

Rowville-Lysterfield proudly won the Bowls competition, with Heather winning the playoff shot. The pre conference Cocktails were held in McKenzie



Hall, a beautiful historic building from gold rush days. The canapés served at the event were outstanding and some people enjoyed the outside area for some fresh air and Autumn sunshine.



Jeff was our On-to-Conference Chair and did a great job organising some great accommodation options as well as the Club Dinner on Friday night and breakfast on Saturday and Sunday morning. We all very much enjoyed our dinner at the Lakeview Hotel joined by some members from both the Bayswater and Ferntree Gully Clubs. All

meals were very generous and tasty and some could have sat comfortably on a restaurant menu. Thank you Jeff for your efforts and great organisation. It is much appreciated!



speakers from within and outside of Rotary. It also

provided a fabulous Expo showcasing many projects from several clubs. Daryl (District Youth Chair) set up a very large display of all the Youth Programs on offer through Rotary. Morning Tea and Lunchtime provided a chance to browse the Expo, socialise and network with other Rotarians.



Leanne Byron announced that the District Governor Partner Project has raised in excess of \$138,000 in the last 9 months for the Monash Children's Hospital Cancer Centre. What an amazing amount that will do so much good.

The District Governor Elect Peter Behm announced the details for District Conference 2026.

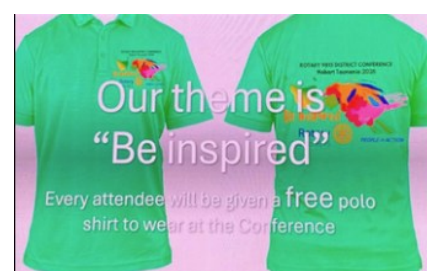
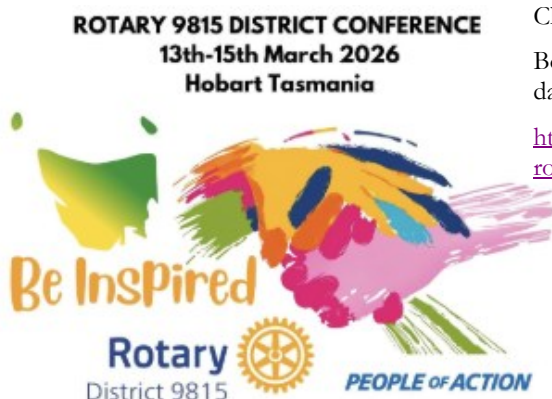


BE INSPIRED.....BOOK NOW!!

Next year's Conference dates are less than a year away at the Grand Chancellor Hotel Hobart. Special Rotary room rates are available.

Book now to ensure your accommodation. Cancellation is possible up to 7 days before with no penalty.

<https://www.grandchancellorhotels.com/hotel-grand-chancellor-hobart/rotary-conference-2026>



Member news snippets...

April Birthdays

11th - Heather

15th - Kaye

28th - John W



Marg is off to Japan on Thursday to do a "Life's an Adventure" hike which takes in Mt. Fuji and the Izu Peninsula over 7 days. She will also be visiting Kyoto and Hiroshima and a few other places before joining the walk.. Clearly, she is tired of pedaling 600kms and thinks walking for 7 days will be much more fun! GO MARG!!

A conference quiz....

- Who also won a trophy....but not for Bowls?
- Who only likes toast for breakfast?
- Who was still driving around on Saturday night long after the Gala Dinner?
- Who wore a suit with tie when all the other "dignitaries" were very casually dressed?
- Who did a Breathalyser and passed with flying colours

EARLYACT UPDATE

Last weekend Daryl and Jenny received the following email from the coordinator of the EarlyAct Club at Park Ridge Primary School, Elaine McClure...

"I just thought I'd update you about our first EarlyAct project for the year. The Club members wanted to give all the Park Ridge kids a gift, so they set about making 521 origami boxes that they then filled with a simple but inspiring quote and a bouncy ball. They delivered these to the classrooms yesterday with a little speech that focused on the theme, that no matter how hard things are, you can always 'bounce back' (hence the bouncy ball)."



What a great idea to encourage resilience and positivity in the students at Park Ridge PS! Well done to all involved!

KNOX BUSINESS AWARDS 2025

NOMINATIONS NOW OPEN!!

The **2025 Knox Business Awards** have arrived — celebrating the *excellence, innovation, and resilience* of our incredible local business community!

Proudly supported by **Knox City Council**, these awards honour standout businesses across the **Knox Local Government Area**.

Following the huge success of last year's **inaugural awards**, the **Rotary Club of Rowville-Lysterfield** is thrilled to bring them back – *bigger, brighter, and better than ever!*

🕒 **It's FREE to nominate** your business – or refer a local business you admire!

📅 **Nominations close 30 June 2025**

📁 Open to **all businesses** operating within Knox – of any size, in any industry.

🌟 Let's celebrate the local legends helping Knox thrive!

👉 **Nominate now:** www.knoxbusinessawards.com.au/nomination

🔥 Please share with your networks and help us shine a spotlight on the businesses that make our community great!

GIRLS' NIGHT OUT

BOOKINGS NOW OPEN.....

This is always a fabulous night with lots of fun, conversation and laughter. This year there will also be some "secret" entertainment! Book your tickets as soon as you can! Get your daughters, sisters, mothers and friends together on a table.

All money raised this year will go directly to the Ovarian Cancer Research Foundation.

If you have anything you would like to donate for the raffle table or silent auction please let Heather know. Even something small can be put together with other items to make a hamper-style prize.

Any male members who want to volunteer as waiters on the night, please talk to Heather.



GIRLS' Night Out

Get a group together

A NIGHT OF ENTERTAINMENT, RAFFLES, SILENT AUCTIONS & MORE

WHEN
Thursday 1st of May 2025
@ 6:30 pm

COST
\$65 pp - Includes welcome drink & 2 course dinner
Drinks at bar prices

WHERE
TOSARIA'S RESTAURANT
60 Henderson Road
Rowville (off Kelletts Road)

BOOK ONLINE!
Via trybooking

ENQUIRES
Heather Morris - 0419 376 743

OVARIAN CANCER RESEARCH FOUNDATION

ALL MONEY RAISED GOES TO THE OVARIAN CANCER RESEARCH FOUNDATION

PROUDLY SUPPORTED BY

Rotary Rowville-Lysterfield

WWW.ROWVILLEROTARY.COM.AU

4 WEEKS TO GO!!!!!!

COMMUNITY

Recently, Donations in Kind made available boxes of toys at a very reduced price, with the proviso that they were to go to children in need. It was an easy decision that we should buy two boxes of these toys and donate them to Backpacks 4 VIC Kids, where the children they deal with are definitely in this category. These toys were collected by Bob and Heather on their way to the Bendigo Conference and delivered on Wednesday to the B4VK headquarters.



John P has put up a proposal that we go along to the Uniting Church Rowville Community Garden on Friday 4th April and do some gardening, put in a new garden bed and maintain the beds that are there. He suggested that we harvest whatever is available on Friday and give to the ShareSpace Inc on Saturday for distribution to the families that they help.

Next BBQ for ROWVILLE HAWKS IS NEXT SUNDAY

Saturday April 5, 12 noon - 4 pm at Eildon Oval.

Plenty of spots still available on the roster



BUNNINGS

NEXT BUNNINGS BBQ—EASTER SATURDAY— 19th APRIL

On the 19th April (Easter Saturday) we have another Bunnings BBQ. Lots of spots to fill on the roster still. Because it's a Saturday and Bob will be on a plane, we really need 4 people on each time slot, as the 4th person will most likely have to shop for supplies whilst the BBQ is operating. **STILL PLENTY OF VACANT SPOTS ON THE ROSTER.**

Please consider adding your name to the list.



Let's support our members....



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CONTACT DETAILS

Club website: <https://www.rowvillerotary.com.au/>

District website : <https://rotary9815.org.au>

Facebook: <https://www.facebook.com/Rotary-Club-of-Rowville-Lysterfield-171446576246728/?ref=bookmarks>

2024-2025 BOARD MEMBERS AND COMMITTEE CHAIRS

President Jenny Moran

Secretary Heather Morris

Vice President Murray Wilson

Treasurer Neil White

President Elect Bob Morris

Immediate Past President Carol Constantine

2024-2025 COMMITTEE MEMBERS and OTHER ROLES

Community Service	Marg Vesey Kate Kidd Ian Vesey Ayanthi Gunatilake	Art Show Committee	Rajeev Wadhwa Carol Constantine Alan Lunghusen Gary Forrest
Youth Service	Max Williams Gary Forrest Daryl Moran Rajeev Wadhwa	Program Committee	Jeff Somers Kate Kidd Jenny Moran Corinne Baillie
International Service	Alan Lunghusen Marg Vesey Ayanthi Gunatilake Rajeev Wadhwa	Newsletter Fundraising/ Sponsorship BBQ Committee	Stephen Palamara Kaye Sharman Heather Morris Bob Morris Ian Vesey Rajeev Wadhwa
Environment	Arshad Samsudeen	Rowville Secondary	
Vocational	John Williams Stephen Palamara	College Council Rep Facebook	Stephen Palamara
Foundation	Neil White	Website	Andy Round
Membership	Bob Morris Kevin Harrison	Rowville Lysterfield Community News	Jenny Moran
Club Protection Officer	Carol Constantine	On-to-Conference	Jeff Somers
Club Protection	Anita Wadhwa	Social Convenor	Kaye Sharman
Assistant (WWCC)		Antique Fair Committee	Stephen Palamara Gary Forrest Kaye Sharman Jeff Somers