



# Rotary Club of Traralgon

Serving Through Rotary for 84 Years District 9815 Victoria

The Club meets on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesday each month, Traralgon Golf Club. 6.00pm  
Attendance and apologies to Secretary Glenn Setches by 7.00 pm on Sundays please. Ph 0409 568 386

31 March 2026

## BOARD OF DIRECTORS FOR 2025—2026

**President**  
Janne Speirs

**Immediate Past President**  
Charlie Speirs

**President Elect**  
Simon Trebilcock

**Vice President**  
Ron Elliott

**Secretary**  
Glenn Setches

**Treasurer**  
Peter Wallis

**Youth Services**  
Helen O'Brien

**International**  
Simon Trebilcock

**Rotary Foundation**  
Simon Hemming

**Community Services**  
Ian Keith

**Vocational Services**  
Charlie Speirs

**Membership**  
Glenn Azlin

**Public Relations**  
Lorraine Paulet

### President's Prattle

Hi all

Well we have our 5th Tuesday Vocational visit tonight, heading out to Blue Rock Dam, with dinner afterwards at the Moe Turf club. Huge thanks are due to Paul Gardiner for his work in getting the visit organised and especially for the fantastic assistance that he's passed on to us in terms of directions and a menu for dinner!! Thanks so much Paul and also your 'partners in crime'!!



It's also been a massive week, particularly for Janet because she was riding in the District bike ride raising funds for Australian Rotary Health. I'm sure that 'The Traralgon Ride Team' would still be happy to receive any contribution to the cause. Peter and Tom have been invaluable 'cogs in the wheel' driving a support vehicle (Tom) and in Peter's case, delivering food to lunch stops etc, as well as any other support work needing doing. Well done to you all!! As Janet said yesterday, now the work starts in planning the 2027 ride! Thanks too for the great contribution on the Club Facebook page.

As always after a 5th Tuesday, we're heading straight to a meeting next week on the 7th April so make sure that goes into the calendar straight away. We will be getting information to you all as quickly as we can in terms of venue as the Golf Club has a wake which will create a situation where we have said we'll give them the whole venue rather than trying to use 'our' normal room and create extra congestion in the kitchen. We look as though we have a venue but will clarify that asap.

Simon T and I are continuing to chat as he clarifies his thoughts for the upcoming year, especially with President Elect Training at Phillip Island in a couple of weeks. The program is really taking shape and Simon and Peter have also started to discuss budgets.

See you tonight

Cheers

President Janne

Traralgon Rotary Club meets on the traditional lands of the Brayakaulung people of the Gunaikurnai nation. We pay our respects to their elders, past present and emerging and thank them for their long history of care for this land and its waterways.

## Meeting notes 17 March 2026

Meeting commenced at 6.35pm. Sergeant Glenn Azlin welcomed all to the meeting, guests Ann Hamden and Ella Graham and Partners Li Azlin and Trish Elliott. **Michael Rossiter** read the invocation.

**Chair for the evening** was Past President Ian Keith.

In introducing the topic for the evening, “Mental Health Chair Ian said that in addition to the Guests Speakers’ presentation there will be additional support documents sent out by e mail, including the power point presentation and the Gippsland Mental Health directory.

**Bunnings BBQs.** Our Club has been asked to assist Bunnings Family Night by manning the barbecue. Terry Carmichael asked for volunteers, which were forthcoming. Terry and Charlie Speirs attended an information night at Bunnings recently and received new rules for this year’s BBQs. Our club has been allocated 8 BBQs at Bunnings this year, all on Saturdays.

**Rotary Ride for Medical Research.** Peter Wallis said that the Rotary Ride will commence on Sunday. He said that he would take donations tonight or members could use the QR code to donate directly. He commented that it may be a challenging week for the support cars due to the current petrol scarcity issues.

**Blue Rock Dam Hydro Power Station Vocational Visit on 31 March 2026.** Paul Gardiner gave a short presentation on the Blue Rock Dam Hydro Power Station as well as directions as to how to get to the Vocational Visit on 31 March 2026. The Hydro Generator is rated at 2 megawatt and generates at 6500 volts. It powers pumps for transfer of water to Moondarra Dam when required. It also feeds into the power grid. Moondarra Dam provides the water supply to Traralgon, Morwell, Tyers and districts as well as high quality water for Loy Yang Power station. In his presentation, Paul warned all to beware of two trolls in the tunnel.

Paul said that directions to “Blue Rock Power Station” on Google maps was the easiest way to find the power station, but he also gave road directions and maps were issued. His advice was to stay on the sealed road. Arrival time at the Power Station will be 5.15pm. Dinner will be at the Moe Turf Club following the inspection.

**Mental Health Presentation Chair.** Ian introduced our speakers Ann Hamden and Ella Graham.

Ann has had 40 years’ experience in Mental Health with a Master of Mental Health Nursing and being an Accredited Assist Trainer. Ann worked with our Club in the Presentation of the “Mental Health First Aid” program

Ella is also a practising Mental Health Nurse with Master of Mental Health Nursing qualification. Ella speaks from experience of Bipolar disorder.

In speaking on Mental Health, Ann expressed concern at the stigma which still attends mental health issues. This has improved over time, but there is more to be done to remove the stigma around mental health issues. Ann thanked Ella for coming, as she is a great example of how people with mental health issues can work effectively and efficiently whilst managing their condition.



Ann gave a power point presentation and discussion on Mental Health. The areas covered were anxiety, depression, bipolar disorder and mental health issues in ageing. The definition of Mental Health relates to our emotional, psychological and social wellbeing. There may be major changes in thoughts and feelings, and functioning may be impaired over time.

Ella spoke about depression, which is very common in Australia, affecting about 1 million people, predominately young people 16 to 34 and older people over 65. Ella discussed the signs and symptoms.

Ella also spoke about bipolar disorder. This is typified by mood swings from manic activity to depression



and can experience psychosis. Ella’s experience was that she was diagnosed at 26 years of age, but she believes that it was present during her high school years. It can become debilitating to the extent of being unable to eat or shower, Ella receives ECT treatment as needed. Ella said that bipolar disorder can result in people becoming angry and irritable and making impulsive decisions. Ella spoke of a number of treatments for bipolar and said that it was essential to seek treatment whenever early warning symptoms arose.

Ann spoke about anxiety. Anxiety is our body’s response to stress. Symptoms were discussed, If anxiety persists for 6 months or so it is probably a disorder. There was a general discussion on the physiological aspects of anxiety, nominating parts of the body affected. Types of anxiety were discussed. For older Australians Effective treatments were also discussed.

Ann discussed panic attacks which last about 10 to 20 minutes and have similar symptoms to a heart attack and can induce a feeling of dread.

Older Australians mental health was discussed. Depression affects 10% to 15%, rising to 30% in residential care. Anxiety affects 10% to 14% of the elderly, Dementia was also discussed with the major cause being Alzheimer’s disease, but other causes may be vascular, Lewy body disease, frontal temporal or mixed. Delirium due to other medical issues can present similarly to dementia,

How we can help. Connections are very important. Ann emphasised that speaking to people with mental issues should be done with “empathy rather than sympathy”.

Ann spoke about the stigma relating to mental health issues. Much of this comes from fear and perceived danger. Low knowledge of mental health issues is also a factor as are cultural and social norms. To help break down this stigma, it is best to speak openly about mental health; use respectful language; educate yourself and others; show compassion, share stories; address unhelpful portrayals and normalise treatments.

Chair Ian thanked Ann and Ella for their important messages. In particular, Ian thanked Ann for her valuable assistance with the Mental First Aid courses. Ian emphasised the importance of this issue by mentioned a recent article in The Age quoting the Productivity Commission that Mental Health Issues cost Australia about \$200 billion per year in lost productivity and life expectancy.



Ian presented Ann and Ella with a Tree Certificate as a token of thanks and reminded us that there would be details of the presentations sent by e mail.

It being 8.20pm, Ian closed the meeting with the Rotary International Theme for 2025/26

**Unite for Good**

FROM 22 – 27 MARCH 2027



More information about the ride is available on our website <https://rotaryrideforresearch.raisely.com/>

This year Tom Corrigan joined the team along with Janet & Peter Wallis. Please sponsor us via the web site or QR code—we work as a team so either of the



links below work. So far the ride has raised over \$33,000. Our contribution is nearly \$2,500. Thank you all!

<https://rotaryrideforresearch.raiselysite.com/tom-c>

<https://rotaryrideforresearch.raiselysite.com/janet-w>

**Statistics for 17 March 2026**

**Apologies:** Carol Crewe, Russell Davidson, Gradwell Fredericks, Jan Inglis, Ann Moloney, Adele Nardino, Jan Riddle, Ray Scheffer, Glenn Setches, Alana Storey, Janet Wallis

**Leave of Absence:** Simon Hemming

**Partners:** Li Azlin, Trish Elliott

**Visiting Rotarians:**

**Guests Speakers:** Ann Hamden, Ella Graham

Statistics	
No of members	35
Member Apologies	11
LOA	1
Members Present	23
Visiting Rotarians	
Partners	2
Guests	2
Total	27

**Upcoming Celebrations and Anniversaries :**

<b>INDUCTIONS</b>	1 April 2008 Ron Elliot ; 4 April 2017 Debby Butler
<b>BIRTHDAYS</b>	
<b>ANNIVERSARIES</b>	

**ROTARY INVOCATION**

For good food, good fellowship  
and the opportunity to serve  
through Rotary, we give thanks.

**THE 4 WAY TEST**

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all

**This is our club's 3824th dinner meeting. We have hosted 129 Business Breakfasts**

**District Website:** Information relating to Clubs within our District may be found via the following address:  
<http://www.district9820.org>

**Club website:** [www.traralgonrotary.com](http://www.traralgonrotary.com)

**Facebook :** 'Traralgon Rotary', like us and request to become a friend.

	<b>This Meeting 31 March 2026</b>	<b>Next Meeting 7 April 2026</b>
<b>Programme</b>	<b>Vocational Visit Blue Rock Hydro Power Station</b>	<b>Channel Swim</b>
<b>Speaker</b>		Andrew Crozier (TBC)
<b>Dinner</b>	Moe Turf Club	
<b>Meeting Chair</b>	Paul Gardiner	
<b>Sergeant</b>		Gavan Hodgson
<b>Greeters</b>		Terry Carmichael & Tom Corrigan
<b>Cashiers</b>		Carol Crewe & Paul Gardiner
<b>Bulletin</b>	Norm Butler	Janet Wallis