



SERVICING THE LOCAL COMMUNITY



CREATE HOPE in the WORLD



The Rotary Club of Warrandyte Donvale (Inc) Club Bulletin

Date: 24th March 2024



A NOTE FROM THE Editor

Another great night at NaNY last night with three activities - inductions and two guest speakers. Amazingly we finished pretty much on time.

Guests: Natalie Rinehart, and her friends Brooke & Natalie, Ashley Gimena and her mother Maria and Denise Hall.

Apologies: from Liz and George Guiver and Frank Molinaro.



We began the night with the induction of Derek Bradshaw and Colin Hall as our newest members. Rob Edwards did the honours and Stephen Ennor has been appointed as their mentor. Colin's wife Denise was presented with a fabulous orchid arrangement as was Derek's wife on his arrival home! It was wonderful to grow our club by two people in one hit and two people we know will be of great benefit to the club judging by their input already. We hope for more newbies to come.

Our first guest speaker was **Ashley Gimena** a local student who we sponsored to the two-week **National Youth Science Forum** in Brisbane this year. Ashley's full presentation is at the end of this bulletin. Ashley attends the John Monash Science School in Clayton (a partnership with Monash University - very interesting reading if you google it!)



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At NYSF she was drawn to the environmental sciences and among other places (listed in her presentation) visited SE Queensland Water where they recycle water to top up dams in times of drought. The main things Ashley benefited from were awakening her to the various avenues to pursue in further studies, she made many new friends who are like minded and it put her in touch with the Science Community in general. She is focusing on her VCE year now and hopes to study along the lines of Environmental Engineering at university.

Ashley found the experience amazing and was grateful to the Rotary Club for the opportunity it gave her.

Ashley with her very proud mother Maria. Ashley's full presentation is further on in the bulletin as it was a little hard to hear and see the slides.

Derek provided another lovely frittata and salad with fries which all went down a treat and there was a terrific buzz in the air as we ate and enjoyed each other's company.

Local Youth Life Coach Natalie Rinehart then gave her presentation about the problems facing our youth at the present time. There is a high incidence of mental health issues in our young people and the old attitude of "pull up your socks" is not relevant in today's environment. Natalie said that after Covid lockdowns had finished she discovered through conversations with friends and other parents and through social media that there was an incredible need for help with counselling and mental health support for young people so she decided to return to her area of study which was applied psychology. Much of the problems stem from the fact that young people were not able to "move on" after being locked down and unable to continue on their expected life paths in a predictable manner. She said many of the kids were traumatised by the inability to mix with their friends, attend school normally, and with the plethora of negativity in the media about Covid and its effects. Many kids found it difficult to return to normality once we all got back to normal routines, school and work and many of them fell behind in their school work due to the absence from the class room.

She talked about neurodivergence and how people so diagnosed are different from neurotypical people. The positive aspect to neurodivergent people is their ability to think totally outside the square and can problem solve and come up with totally new ways of thinking about issues. Many ND people are the inventors and discoverers of breakthroughs due to their creative thinking abilities.

Natalie's presentation gave us a lot of food for thought and she has many ideas on the sort of activities that could be put in place to help young people navigate life less stressfully – she is hoping through her community contacts to get some of her ideas into fruition by networking with organizations such as ours, Lions and Neighbourhood House. It was a really great presentation and Natalie was an excellent speaker.



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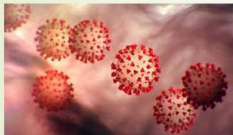


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COVID and lockdowns impacts



- COVID caused a lot of trauma worldwide.
- International news showed bodies being burnt or loaded in trucks
- In Australia, we saw food hoarding, toilet paper fights, lockdown protests and violence.
- Increased family conflict with surges in separations and divorce applications.
- Increased alcohol consumption by adults struggling to cope.
- Young people were prevented from completing their normal life transitions in school, friendships and how their individuation should normally occur.
- This lack of control and trauma increased youth anxiety, depression, self-harming and eating disorders.
- Many students not equipped to remote learn left behind academically and struggled to re-engage with school.
- A subset of young people preferred the work from home model and got used to significantly less public interactions.
- Increased school 'can't'.
- Desire to avoid and escape into alternate worlds through gaming, D&A use, etc.

Neurodivergent & Neurotypical Brains



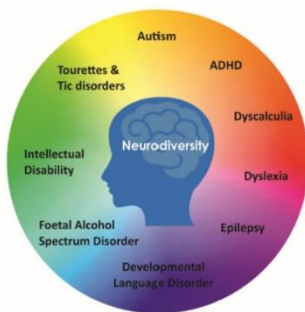
Neurodiversity is the way our brains work and interpret information. How we think, what our interests are, and what motivates us are all impacted.

Neurotypical (NT) brains (80-85% of the population)- Good at big picture concepts, multi-tasking across activities, social understanding, and verbal and physical skills.

Neurodivergent (ND) brains (15-20% of the population)- Good at hyperfocusing on activities and subjects, out of the box thinking, creativity, pattern recognition, and questioning the status quo.

Why we need both- NTs are good at setting up and overseeing how the world is run. However, proportionally NDs are more likely to be responsible for creative and scientific breakthroughs because of their ability to think about things differently.

The world was built by NTs for NTs, so many NDs struggle to find their place in it.





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Judy & Kevin modelling their new purchases from RDU. We think the T shirts are fabulous!

UP COMING PROGRAMME

Tuesday 26 th March	<i>No meeting</i>
March 29 - 1 st April	Easter Weekend NO TUNSTALL MARKET
Tuesday 2 nd April	<p><i>Club Meeting at The Grand Hotel Warrandyte – 6.30 for 7pm</i></p> <p>Guest Speaker: You will be introduced to the not so new manager of the Op Shop Bryn Holton who will tell us about how the shop is run and anything you need to know about its extensive operations.</p> <p>Chair: Bob McKenzie Greeter: everyone in the club. Property: Frank Molinaro</p>



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Saturday 6 th April	
Sunday 7 th April	Daylight saving finishes (so that's it for summer!)
Tuesday 9 th April	<i>No meeting</i>
Tuesday 16 th April	<p><i>Club Meeting at Now and Not Yet 6.30 for 7pm Cost of a one course meal \$16 Refreshments available at your cost.</i></p> <p>PAUL HARRIS BIRTHDAY SPECIAL CELEBRATION – it's PH's birthday on the 19th so there are lots of surprises in store for this auspicious occasion. Watch this space.</p> <p>Chair: President Gavin Greeter: everyone in the club please! Property: Judy Hall</p> 
Tuesday 23 rd April	<i>No meeting</i>
Wednesday 24 th April	<p><i>Tamil Feast – Fellowship Night at Now and Not Yet</i> See details below MUST BOOK – contact MARG GEORGE</p>
Sunday 28 th April	
Tuesday 30 th April	<i>No meeting</i>
Saturday 4 th May	
Tuesday 7 th May	<p><i>Club Meeting at The Grand Hotel Warrandyte – 6.30 for 7pm</i></p> <p>Guest Speaker: to be confirmed. Chair:</p>



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	<p>Greeter: everyone in the club please! Property: Pippa Birch</p>
Tuesday 14 th May	<i>No Meeting</i>
Tuesday 21st May	<p><i>Club Meeting at Now and Not Yet 6.30 for 7pm Cost of a one course meal \$16 Refreshments available at your cost.</i></p> <p>Club vote for board members 2024-25 Guest Speaker: Jock McNeish, board member of the Warrandyte Arts and Education Trust will tellus about the trust and how it is involved with the Warrandyte Diary and the Young Arts Award which encourages young creative artists (not just painters but musicians, actors, all types of creative arts) reach their potential through mentoring. Chair: Rob Edwards</p>
Sunday 25 th	<i>Tunstall Market</i>
Tuesday 28 th May	<i>No meeting</i>
Saturday 1 st June	<i>Warrandyte Market</i>
Tuesday 4th June	<p><i>Meeting at The Grand Hotel</i></p> <p>Guest Speaker: to be confirmed. Chair: Greeter: everyone in the club please. Property:</p>
Tuesday 11 June	<i>No meeting</i>
Tuesday 18 th June	<p><i>Club Changeover night Details TBA</i></p>
Saturday 29 th June	<p><i>District Changeover Night Details further on in bulletin.</i></p>



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THE WARRANDYTE BIG LUNCH

Tuesday 26 March

1:00pm – 3:00pm

Come along and connect with our community and services.
Free and welcome to all.





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Tamil FEAST

Dates

- 9 MARCH
- 23 MARCH
- 6 APRIL
- 24 APRIL

Now and Not Yet's famous **Tamil Feasts are back!** For those unaware, we are passionate about **supporting people seeking Asylum** by providing free housing, training and employment pathways for asylum seekers like Nigethan.

At Tamil Feast, Nige cooks up an amazing **three-course Tamil Feast** and **shares his story** of escaping civil war and coming to Australia.

For those aware of Nige, his story of freedom is **not yet finished**. Let him whip you up a feast as he shares the next chapter of his life story involving a **long-awaited family reunion**.

Let Marg George know if you are coming on 24th April. She will make the booking.



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Rotary
District 9815

SAVE THE DATE

DISTRICT
9815
INAUGURAL
CHANGEOVER
DINNER

— — — — —

**Saturday 29th June
2024**

— — — — —

CARDINIA CULTURAL CENTRE
40 LAKESIDE BLVD, PAKENHAM, 3810



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The Rotary Club of Warrandyte Donvale (Inc) Club Bulletin ASHLEYS FULL PRESENTATION

Introduction

ABOUT ME

NAME: ASHLEY GIMENA
YEAR: 12
SCHOOL: JOHN MONASH SCIENCE SCHOOL

VCE SUBJECTS:

- GEOGRAPHY (2023)
- CHEMISTRY
- PHYSICS
- MATH METHODS
- ENVIRONMENTAL SCIENCE
- ENGLISH

untitled - Paint

SEQ WATER

Recycles waste water for South East Queensland and this water tops up dams in times of drought

NATURE BASE

Promoted rewilding to cattle farmers in an effort to increase the amount of carbon the soil can absorb

ECOSCIENCES PRECINCT

Projects: Tsunami detection, fish population monitoring, preventing erosion



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Interest
A memory to remember.
#event

TECHNOLOGY READINESS LEVELS

Nature-based solutions for coastal protection

SPECIALIST SCIENCE LECTURES

SEQ WATER

Recycles waste water for South East Queensland and this water tops up dams in times of drought

NATURE BASE

Promoted rewilding to cattle farmers in an effort to increase the amount of carbon the soil can absorb

CASE - COASTAL ASSESSMENT, SCIENCE and ENGINEERING

ECOSCIENCES PRECINCT

Projects: Tsunami detection, fish population monitoring, preventing erosion



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SCI COMM

CAREERS

STEM FRIENDS

MATHS	MANAGEMENT	HUMAN, SOCIAL AND HEALTH SCIENCES	INFORMATION COMPUTING AND COMMUNICATIONS	ENGINEERING AND TECHNOLOGY
<ul style="list-style-type: none"> Mathematics Statistics Numerical Simulation and Modelling Analysis 	<ul style="list-style-type: none"> Business Management Program Management Project Management S&B Management Finance Human Resources Occupational Health, Safety and Environment Facilities Communications 	<ul style="list-style-type: none"> Biotechnology Operations and Simulation Food Science Behavioural and Social Science Environmental Science Biological Sciences Physiology Biometrics Psychology 	<ul style="list-style-type: none"> Artificial Intelligence and Agents Information Technology Communications Computing Mathematical Computing and Programming Signal Processing Software Engineering Telecommunications 	<ul style="list-style-type: none"> Aeronautical and Aerospace Aviation Structures Electrical and Electronics Flight Mechanics Fluid Mechanics Heat and Mass Transfer Mechanical Microsystem Robotics Process Systems Engineering and Integration Project Architecture

THANK you!