

C O N T A C T

Lunch meeting October 18, 2022

Michael Carris opened the meeting and introduced President Vera.

President Vera welcomed all members and guests. Special warm welcome to our guest speaker John Damrow, who will be formally introduced later by Michael Cariss. Today's guests are Kerry Roe, Sandra Sui, Karen Rix and Joseph Maljevac.



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President Vera thanked Past President Veronica O'Sullivan for sourcing a replacement venue for today's meeting, especially at such short notice.

President Vera noted that the Soiree night on October 14 was successful with a good time had by members, family and friends. Great entertainment and good food were on offer. Thanks to the planning committee for organising this event, along with those who generously donated goods and services, the MCs Maria and Veronica who were in their element, the staff at MVCC and other helpers.

Mayor, Samantha Byrne did a formal introduction to the evening. There was plenty of dancing and according to Veronica – 'she has never seen so many Rotarians on the dance floor.'

The Moonee Valley Council (MVCC)/SES working be to pack sandbags took place on last on Saturday. P[resident Vera ended her thanks to thanks to Rotarians and friends for taking the time to assist with this task. We hope that all families who have been affected by the floods are receiving support and will soon get back to some normalcy. Veronica also suggested that we could ask Anglers if they require support getting back on their feet with tasks, etc.



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President Vera then mentioned the WERN working bee that was complemented by any volunteers. President Vera joined our DG Amanda Wendt, Grant Hocking, Jenny Foster and others at a working bee last weekend. It was great to see so many younger volunteers assisting on the day. A thank you from WERN is included toward the end of this issue of Contact. This photo shows happy volunteers making a difference.



President Vera then commented that the 2023 RCE/RCEK Art show planning is off to a good start – thanks Nola and the committee. The proposed date for the Art Show Gala evening is 12-14 May 2023.

The Caroline Chisholm Xmas toy collection is again underway and donations can be dropped off to Lisa Lowcock's house, or donation made in cash or bank transfer. See the flyer near the end of this Contact.



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President Vera the announced the names of the new Board members 2023-24 . Michael Portelli is President elect; Vera is immediate Pat President; Tony de Fazio is President Elect; Veronica O’Sullivan is Vice President; Stephen Roe is Secretary; Sunil Perera is Treasurer; Peter Baker is Club Services, Cathie Nicou (not sure), Andrew Panjkov Environment and Sustainability, Tony de Fazio International, Peter Condos Membership, Kunal Mutreja Vocational and Marketing, and Luke Docking, Youth.

President Vera read out a thank you letter from Andrea – Ukrainian Association (thanks Christine). It is presented in full later in this issue.

Luke Docking shared a Behind the Badge presentation. Luke is originally from Doncaster East. Given that Luke was 6 feet tall in grade six, the choice of sporting pursuits was fairly obvious. Luke played basketball in the state team, and in the national competition. Luke also played for Melbourne based teams. Unfortunately, and injury put pay to his basketball career. Luke went on to success in business and is enjoying his involvement in Rotary,

The regular Wellness Report paid tribute to Noel O’Brien a Club PHF who passed away last week. Several RCE members attended his funeral.

President Vera lastly thanked Grant Sheldon for organising the Cup day sweep.

Guest speaker; John Damrow

Michael Cariss next introduced our guest speaker, John Damrow, President at Rotary Club of Kyneton.

John bid everyone a good afternoon and declared that he is a stroke survivor.

About 3 months ago Vera asked John to come along and talk about resilience and art. Before starting that conversation John felt that he needed to retrace the beginning of his Stroke journey and what then happened.

About 8.30 am on September 22, 2004 John walked into the office of Commander Pty Ltd in Dorcas Street South Melbourne, after having been to the gym with my skinny flat white in hand. John’s boss, Alf summoned him into his office so he could dictate a letter for one of the Directors of the Royal Melbourne Hospital whom we had met the previous day.

As Alf was dictating the letter John could feel his handwriting flatlining. John’s boss could see that John was not right and summoned two colleagues to help escort John to the sickroom.

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John became conscious at the Alfred Hospital after about two weeks, learning that he had a suffered a stroke, or more precisely a Subarachnoid Haemorrhage which is a bleed on top of the brain between the skull and the brain itself.

It is debateable whether strokes can be prevented. For instance there is no research suggesting high blood pressure can cause an AVM (Arteriovenous malformation). Nevertheless, John acknowledges that he had high blood pressure which he was not aware of. Additionally, John was working under severe stress and just pushed myself further.

John's stroke in 2004 quickly changed that and suddenly I realised just how brittle life is. This was a life changing event. No longer could John walk, drive, work, run, participate in classes at the gym, snow ski, play golf, eat with a knife and fork using both hands.

After three weeks at the Alfred Hospital John was transferred to the Royal Talbot Rehabilitation (RTRC) Centre in Kew. Here John learnt to walk again and to use a knife and fork so he could eat with both hands.

After being discharged from the RTRC John then undertook a further 10 months doing rehabilitation as an outpatient at the Royal Melbourne's Hospital's Stroke unit based in Royal Park. John learnt how to cook, read a Melways, travel by public transport, repair an antique table, use a computer, climb stair holding a rail and general exercise physiology sessions to improve my balance. During this period John also started to practice walking and a number of other programs designed to rehabilitate John back to some level of normality.

All this time John refused to accept what had happened to him and thought I was the same or in denial. Because all John did was focus on getting back to work. He returned to work in a reduced role in October 2005. In January 2006 John returned to work full time. In August 2006 John reverted to part-time work realising that he did not have the stamina to work full-time.

So here John was 43 years old, a young stroke survivor, not able to work but too young to retire. So for next 18 years John was looking for meaningful things to do that gave him a sense of purpose.

n July 2011, John volunteered with the National Stroke Foundation as a StrokeSafe Ambassador. As a result of his experience, John was determined to do everything possible to ensure that everyday people were made aware of the threats of stroke. Also, that people can take steps to control their blood pressure, reduce stress and live a healthier lifestyle. By spreading this message John hoped to prevent stroke.

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A number of years later around 2013 John saw this flyer that captured his interest as he last did art in 1979 as part of HSC. At the beginning of 2013 John started John York's sessions and learnt the very basics of Water colour painting. This was his entree into art. However, just as quickly as John started he stopped water colour painting as he undertook a course at La Trobe University in Bendigo in Business specialising in Marketing.

Frustrated with his slow typing ability John dropped out of this course in 2014. Still wanting something to do I went back to watercolour painting and loved the sense of accomplishment and creativity it gave.

John moved back to Kyneton around October 2020. In early 2022 he walked across the road in High Street to say hello to his tenants in his shop. John was shocked to see that they had sublet the shop without his approval. This was the beginning of a protracted legal battle to evict the tenant. It ended mutually beneficially in August this year now giving John a blank canvas to create his dream of an Art Gallery, Studio and Café.

So in conclusion, see your GP and get a health check particularly your BP. There's more to life than money. Live a healthy lifestyle. Follow your dreams.

President Vera thanked John for his personal story and insights into the consequences of strokes.

President Vera also noted the Zone 8 conference is at the end of October – some of our members will be attending the conference in Canberra and there is sure to be some other fun events planned.

There is Morning tea on 4 November at 10.15 at Scope for our donation towards musical instruments and art supplies.

President Vera reminded all in attendance that RCE's Annual General Meeting is on 15 November at 1pm (venue to be advised)

Christmas dinner is on 5 December and breakfast meeting on 20 December.

A Proposed fellowship only event in late January with other clubs (EK, CS, Flem/Ken) – will be assigned to a committee for planning.

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The Norm MOLLICA Mental Health gala dinner will be held on Friday 3 March 2023. There are many people in need of support whether it be emotional support or assistance with a task around the home – perhaps think about spending 2 hours helping someone in the next couple of weeks.

Quote: “Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.” — Andrew Carnegie

President Vera Closed the meeting wishing that every one stay safe.

Upcoming events

- [Zone 8 Conference](#)
Oct 28, 2022 – Oct 30, 2022
- [NO Meeting - CUP DAY Holiday](#)
Nov 01, 2022
- [Cluster Meeting](#)
Yarraville Club
Nov 10, 2022
- [RCE AGM](#)
Nov 15, 2022
12:45 AM – 2:00 PM
- [RCE Christmas Dinner](#)
Windy Hill
Dec 05, 2022
6:30 PM – 11:00 PM
- [RCE Christmas breakfast meeting](#)
December 20

Strathmore **Community Bank**[®] Branch



Thank you to !!!

Help yourself and help our Club by banking with Strathmore Community Bank. Take out a loan, term deposit or open a bank account and the club will receive up to \$500. Drop into the branch at 337 Napier Street, Strathmore or call Manager David Porter on 9374-2607 for details .

C O N T A C T

CHRISTMAS TOY DRIVE



2 DECEMBER 2022

CELEBRATE CHRISTMAS
WITH THE COMMUNITY



Caroline Chisholm Society is having a Christmas Toy Drive this year! Please help us donate toys and gifts for kids 0 to 12 years.

Alternatively you can support us by donating funds through our website.

THE CUT OFF DATE FOR DONATIONS IS DECEMBER 2ND

CAROLINE CHISHOLM SOCIETY'S 2022
CHRISTMAS TOY DRIVE

<https://www.carolinez.org.au/donate>

C O N T A C T

Thank you from WERN

President Vera attended a working bee last Saturday with others – Amanda Wendt, Jenny Foster, Grant Hocking and other keen volunteers.

Hello to all our WERN supporters,

I hope you have managed to keep dry as well as possible and you and yours are staying safe and warm.

Firstly, A BIG THANK YOU for your help last week, it is amazing what can get done in a short couple of hours when people just ditch in and help. A lot of laughter was heard and this makes it twice the fun when you know your efforts are changing lives. WERN has had a big week and now faced with a much greater task, more about that to come. Truly, your efforts were much appreciated by all our volunteers, only some of who you met on the day, but many appreciative comments followed during the week when they noticed a lot of the mountains of donations were sorted, stored and packed ready for clients over the past week.

WERN will arrange more of these days and hopefully you are free when they are run as you have really made a difference.

Please remember all your new friends at WERN and if you can assist us by referring the program to your friends, family and other networks for volunteering or donations of goods please do, both are the life-blood of what we do.

I have also attached a group photo.

Thanks again
Vera

C O N T A C T

ESSENDON DAYS FOR GIRLS movie night Fundraiser November 10 2022

The Days for Girls Essendon team is having a FUNdraiser movie night to boost their funds. As you are no doubt aware the team is totally self funded, and relies on the support of people like yourselves to help out.

Please support the team by inviting your family, friends and anyone else you think may be interested.

Movie: **Mrs Harris Goes to Paris**

When: **Thursday 10 November, 6pm**

Where: Sun Theatre Yarraville

Cost: \$22 including a bag of sweets

Booking: <https://www.trybooking.com/events/landing/977104> asap

Movie summary:

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.



The Essendon DfG team would love to see you there.

Jane Odgers
Essendon Vic
Team Leader

Days for Girls International

essendonvic@daysforgirls.org
daysforgirls.org

DAYS FOR
 **GIRLS**

Views expressed by volunteer leaders do not necessarily reflect the policy and position of Days for Girls International

C O N T A C T

Thank you letter from Melbourne's Ukrainian displaced persons

Sunday 16 th October 2022

Dear Vera, Christine and Rotary Club of Essendon,

I am writing to you on behalf of the Association of Ukrainians in Victoria to sincerely thank you for your most generous donation of \$2,000 for our day out on Puffing Billy for displaced Ukrainians recently.

Whilst we were disappointed that there weren't any Rotarians available to join us for the afternoon, please be assured that it was an extremely successful event, thanks to your club's generosity and a strong team of volunteers. We have publicly acknowledged your support in our social media posts on the AUV Humanitarian Aid Committee Facebook page. Weather wise, the day was perfect. Couldn't have asked for better.

The smiling faces of our displaced Ukrainians and their sincere gratitude was overwhelming and very humbling. Many of them asked me to pass on their appreciation for your support. They had an absolute fantastic time. I had one parent come to me to tell me that her little son said that it "was the best day in his life!" Our visitors were well fed by our team of volunteers. They enjoyed the beautiful surrounds of the Dandenong Ranges, the glistening water of Emerald Lake, not to mention the incredible local flora and fauna.

There was also a truly moving moment at Lakeside station, when the displaced Ukrainians sang the Ukrainian national anthem with one of our refugees going up and down the platform along the carriages carrying the Ukrainian flag. An incredible and unforgettable day.

Thank you for lightening the load and supporting the mental health of many displaced Ukrainians, helping to alleviate some of the ongoing stress and strain that they experience, on an ongoing basis. I have attached a series of photos from the day.

Sincerely

Andrea Ckuj

AUVHAC Committee Member – Fundraising and Events



C O N T A C T

Better be quick! Orders close this Sunday October 23.

OCT 2022

MANGO DRIVE

An update from BTPA



ORDER TODAY

Delicious 7kg boxes of mangoes will be delivered to Essendon or Diamond Creek (Victoria) in early December.

They come directly from the farm and are great as a snack, in salads, smoothies or desserts. Most people who order a box wish they ordered two!

Help BTPA help vulnerable kids through ordering a box of mangoes today.

www.btpa.org.au/mangoes

Once ordered, simply email Mona (treasurer@btpa.org.au) and let her know if you would like to collect from Essendon or Diamond Creek.

If you have already ordered - thank you! We will let you know a distribution date when we can.

**ORDERS
CLOSE
OCTOBER
23**



**HOW DO
YOU
MANGO?**