

C O N T A C T

FUN (raising) meeting February 7 2023

A good number of Rotarians and guest attended this evening at the Maribyrnong Bowling Club. President elect Michael Portelli welcomed everyone, and introduced President Vera Maljevac.



President Vera also welcomed everyone. She spoke to the acknowledgement statement with the following words: 'We acknowledge that we are meeting on the lands of the Wurundjeri People of the Kulin Nation. We pay our respects to their Ancestors and Elders, past, present and emerging'. She noted in passing that Maribyrnong is an anglicised version of the Aboriginal term 'Miring-gnay-bir-nong,' which translates as 'I can hear a ringtail possum.'

President Vera then asked everyone to join her in a toast to the Australian flag.

President Vera then specifically welcomed a good number of guests: Angelina Airo Farulla, Resina Boyer, Cathy and Gerard Draim, Veronica Desilva Ranasinghe, Faye Ding, Elena de Fazio, Pat Fraser, Gayle Harvey, Maxine Kosnar, Jennifer Lawrence, Andrew Lowcock, Cathy O'Brien, Jane Odgers, Carol Panjkov, Helen Penna, Michael Pepi, Margarite Portelli,

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Kerry Roe, Debra Sloggett, Abigail Westover, Ben Westover, Georgia Westover, Sunita Waghmode and Cris Wood.

President Vera also offered our thoughts and prayers to all those who have suffered and still are suffering as a result of the very strong earthquakes in the Syrian and Turkish regions.

President Vera extended a thank you to the Vocational Committee in particular Joanne Westover and Michael Portelli for organising this event and evening. Thanks to our own Rotary chefs for cooking the delicious food and to the following for their generous donations.

Joanne Westover offered her personal warm welcome to those attending. She then introduced the guest speaker, Peter Bellion. Peter, a qualified civil engineer, had thirty years of experience in the Victorian Police Force. Peter headed up the Reconstructive Road Trauma Unit. One of his contributions in that role was the 'Wipe off 5' campaign.

More recently Peter has turned his attention and talents to surf life saving. He is President of the Port Melbourne Life Saving Club. It was recently entitled the Life Saving Club of the Year.

Peter is also a very keen speaker on mental health, having suffered from Post Traumatic Stress Injury (PTSI) as a result of dealing with over 2,000 road traumas in his police career.

One of Peter's first points is that while we lost around 500 soldiers over the duration of the Vietnam war, our road deaths in Victoria were more than 800 per year.

Peter makes some telling points about the effect of excessive speed —for instance travelling at 80 kmh in a 60 kmh zone —or handling a mobile phone e.g. texting while driving. The both are the equivalent of driving with a blood alcohol content of 0.2.

Peter states that the safe distance between vehicles is 2 seconds in good conditions, since it takes 1.5 seconds to brake safely in the event of an unexpected stoppage.

Peter outlines some other statistics on the road of road deaths in Victoria from the late 1980s. Following a disciplined and enforced strategy, traffic deaths in the 1989-1990 year dropped by 270. There was also massive behaviour change in the mid to late 1990s.

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Peter advises that such positive changes revolve around the three Es: Education, Enforcement, and Engineering. One should never be scared of trying to bring about change, especially where the stakes are so high.



For his efforts Peter was awarded among other things an Australian Police Medal. Another very memorable award Peter has received is a personal thank you from the late Queen Elizabeth II who from her stationary car thanked Peter for his highly significant contributions to reducing road trauma in Victoria and for his thirty years of service to the Victorian community.

On the topic of Post Traumatic Stress Disorder, now termed Post Traumatic Stress Injury (PTSI) . PTSI is not a new ailment, but it has taken on several names over time. 'Shell shock' was the WWI term; 'combat fatigue' in WWII, PTSD, PTSI.

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Peter notes from personal experience that it requires a disciplined approach and continuous learning. He observed that assistance dogs can play a positive and direct role in detecting and in helping to relieve PTSD.

As part of a team Peter raised \$700,000 for research on PTSD.

Pete now turned his remarks to his life saving activities. He is a part-time employee of the Victorian Life Saving where his main role is as a helicopter rescue pilot. On the Melbourne cup days of 2020 and 2021 Peter was involved in saving thirteen people's lives. Peter notes that it is OK for a bloke to have a cry —it is better to let it out rather than to hold it in.

Peter is also the President of the Port Melbourne Surf Life Saving Club. He acknowledges that he is fortunate to have a great team. Recently one of Peter's young proteges won a Surf Life Saving Victoria medal.

Fund raising for life saving activities and programs is very important but challenging. Peter suggests that the Rotary Club of Essendon could explore the possibilities. Individual members could also donate. Life Saving Victoria is a registered charity with the Australian Charities and Not-for-profits Commission (ACNC) and has Deductible Gift Recipient (DGR) status with the Australian Taxation Office. If you are interested click of this URL <https://slsfoundation.com.au/campaign/mission-zero>

After several questions and answers Joanne Westover thanked Peter for his stimulating presentation and offered him a small present.

There were three main fund-raising activities on the night. A heads or tails competition, closest coin to the prize bottle, and auctions.

President Vera personally thanked Peter Bellion for his excellent presentation and thank everyone for attending tonight's fundraiser. She trusted ever one had a great time. Thanks again to all those who helped make this a successful event.

Thought of the day:

Talk about your blessings more than you talk about your problems.

A post evening review confirmed the night's success. President Vera notes that she is sending the Certificate of Appreciation template to Joanne and Michael so that we can send to all donors and helpers. This is definitely an event that should happen again. We also made an excellent profit of \$1,816.03.

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Upcoming events

- [Club Meeting Committee Reports](#)
Windy Hill Feb 21, 2023
6:45 PM – 8:30 PM
- [Club Meeting](#)
Windy Hill Mar 07, 2023
6:45 PM – 8:30 PM
- [Joint Club Meeting](#)
Mar 27, 2023 6:45 PM – 8:30 PM
- [Club Planning Event TBC](#)
Apr 01, 2023 10:00 AM
- [Club Meeting](#)
Windy Hill 04 April 2023
6:45 PM – 8:30 PM
- [International Rotary Convention](#)
27-31 May 2023 Melbourne

Rotary Club of Essendon



YOU ARE INVITED TO THE ROTARY CLUB OF ESSENDON

NORM MOLLIKA MENTAL HEALTH FUNDRAISER GALA DINNER

FRIDAY 3RD MARCH | 6.30^{PM} FOR 7.00^{PM}

Windy Hill, Corner of Napier and Brewster Streets, Essendon
Entertainment: Sisters and Mistery | Surprise guest | Auction items
2 course meal | 2 bottles of wine per table | Drinks at bar prices
\$90 per person | Dress to impress

 **REGISTER HERE**

 

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Joint dinner meeting with Rotary Club of Keilor East 27 March 2023

The Rotary Club of Essendon will hold a joint dinner meeting with the Rotary Club of Keilor East on Monday 27th March 2023. This meeting will be in lieu of our normal meeting of Tuesday 21st March 2023.

Please ensure you change your diary accordingly to note no club meeting for us on 21/03/23.

The Principal of St Bernard's College, **Dr Michael Davies** will be our guest speaker. There will be an invitation to register email closer to the date.

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up to \$500.

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ROTARY CLUB OF ESSENDON - \$50,000 GRANT RECEIVED FROM ROTARY CLUB OF BALWYN CENTENARY GRANTS TO SUPPORT BAHAY TULUYAN - PHILIPPINES

Project Rainbow - Creating a Place of Healing for Child Survivors of Trauma is an exciting project that will be implemented by funding received from Rotary Club of Balwyn Centenary Grants supported by Rotary Clubs of Essendon and Leeton Central, in partnership with Filipino children's rights organization, Bahay Tuluyan in a rural community in Bat...

[See more](#)



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