

C O N T A C T

Club meeting on March 7 2023

Lisa Lowcock opened the meeting and called on President Vera.

President Vera commenced with this statement of acknowledgement and respect:

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.
Vera

President Vera next acknowledged Rotary International and its members:

We are people of action - we connect passionate people with diverse perspectives to exchange ideas, forge lifelong friendships, and, above all, take action to change the world.
We are problem solvers - together, we apply our professional experience and personal commitment to tackle our communities' most persistent problems, finding new, effective ways to enhance health, stability, and prosperity across the globe.
We are opportunity creators - Rotarians look for opportunities to improve our communities today and invest in the next generation for tomorrow.
We are community builders - we collaborate with community leaders who want to get to work on projects that have a real, lasting impact on people's lives.

President Vera asked all present to stand and join with her to drink a Toast to Rotary International, and to think of all that the Toast means. Rotary International!

President Vera welcomed members and guests and provided an update on the meeting's schedule.

She commented on a presentation from Jan Chisholm, CEO Muscular Dystrophy who spoke about what they are doing to help hundreds of families who have a child with MD.
David Porter, Manager Strathmore Community Bank will tell us how the bank is doing in this interesting financial time and how it is continuing to help community organisations in our area. David will be formally introduced a little later.

President Vera noted that unfortunately, the third speaker Assistant Governor, Tony Laycock was unable to attend today and sent his apology. He has an injury and we wish him a speedy recovery.

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President Vera welcomed all members, guests – Patricia Fraser, Margarite Portelli, Geoff Gray. Prospectivemembers – Valmai Burn, John Burn, Debra Kingston, Deanhna Culshaw, Rudi Pavani

Guest speaker #1 Jan Chisholm CEO Muscular Dystrophy Australia (MDA)

Maria Kouppas welcomed Jan from MDA. Maria of course is very familiar with MDA having worked there for quite some time.



Jan Chisholm firstly observed that she was really honoured to be present given that the Rotary Club of Essendon and Muscular Dystrophy Australia have a very powerful, long-standing partnership.

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Jan noted the fact the MDA was indeed founded by RCE Past President Boris Struk, whose son Ryan was diagnosed with MSD at age three, with doctors telling the family he wouldn't live past 14.

Jan explains that MDA is the only Australia-wide neuromuscular muscular dystrophy support organisation. She notes that:

- 1 in every 625 Australians of all ages are affected by neuromuscular disorders
- MDA supports 60 types of neuromuscular disorders
- MDA currently helps over 1,000 individuals and families, as well as carers and community networks

Jan explains that seventy per cent of MDA's income comes from donations and community support. Only fifteen per cent comes from Government and NDIS.

MDA works in partnership to support people with muscular dystrophy and muscle wasting diseases through three avenues:

- Information collection and advocacy.
- Specialist clinical and allied health care.
- Research into causes, treatments and a cure.

Jan that muscular dystrophy comprises any of a group of progressive muscle disorders caused by a change (mutation) in one or more genes that control muscle function and are characterized by gradual irreversible wasting of skeletal muscle.

Generally, neuromuscular disorders that:

- are genetic in cause;
- affect males and females equally (although some conditions do have a gender bias);
- affect people of all ages;
- affect people of all races.

Regrettably, to date, there is no cure.

There are two types of muscular dystrophy. **Dystrophies** – where a key muscle protein is missing and the muscle becomes weaker over time. **Atrophies** and nerve junction disorders – where messages don't get from the brain to the muscle which begins to waste away.

Jan painted two very brief case studies of MD sufferers —a young man who was diagnosed at two years old, and a woman in her late twenties (?) who was diagnosed with a very rare form of MD at the age of twenty six.



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Jan informed that there are common themes in such people living with MD

- Progressive loss of movement could affect walking, ability to use hands and fingers, grip or move easily
- Can affect limbs, torso and shoulder muscles, facial muscles
- Heart and lungs may get weaker
- More likely to fall and hurt themselves
- Speaking, breathing and eating may become difficult for some people

There are a range of things to consider when interacting with and/ or caring for MD sufferers.

- For some people, dressing, toileting, showering and feeding independently may become difficult
- Role of carer or family member in people's lives
- It is important that someone with limited movement is in a position which is comfortable for them.
- Lots of communication about what is best for the individual and their goals, e.g. seating/standing/moving
- Most people can communicate verbally – some have lost or are losing this ability through the deterioration of muscle and medical interventions.

Jan shares some insightful feedback MDA receives from its clients.

- They may have never met anyone else living with their form of neuromuscular disease
- Many people don't ask them about their diagnosis or seek to understand what works for their particular needs
- Living with a progressive condition is hard – they are not sure what the next period will bring, with the knowledge that things won't get better
- Accessibility, safety, and respect build confidence that their school, family and friends understand the condition they live with

To help MDA to continue its mission and role, Jan points firstly to an upcoming fund raising event. Run for Strength runforstrength.mda.org.au. It is being held on Sunday 26th March 9am-1pm at Princes Park, Parkville. There are 5km, 10km sponsored runs. It is a community Day for families with Muscular Dystrophy.

The Ryan Adam Stuck Memorial Research Fund was established in 2021 as an endowment fund. It means that we can support the best researchers as they discover more about the causes, treatments and – one day – a cure for Muscular Dystrophy.

After fielding several questions, Maria Kouppas thanked Jan Chisholm for her very informative talk.

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Guest speaker 2: David Porter, Strathmore Community Bank (SBC)

Lisa Lowcock introduced David from Strathmore Community Bank.

David has been in banking for thirty eight years. He started his career working in the Big Four banks in a variety of roles.

David has been with the Strathmore Community Bank for the last six years, and it has been 'the best job of my life'.



Since its inception twenty two years ago., SBC has invested over \$11 million into the local community.

David explained that 80 cents of every dollar of allocated profit to SBC has to go back to the local community. In other words, if SBC earned \$2 million of profit, \$1 million would go to Bendigo Bank, and the other \$ 1 million would stay with SBC. Of this \$800,000 would have to be allocated to support community projects.

Since its inception, SBC has dealt with around 260 organizations, ranging from local sporting clubs to medical research institutes.

David notes that SBC now sponsors a bed in every ward of the Royal Childrens' Hospital.

David notes that SBC is one of the top three Bendigo Bank Community Banks in Australia. SBC has a very high customer satisfaction rating of 4.8/5, and is one of the very few banks to be open on Saturday mornings.

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SBC intends to stay in its current location, witnessed by the fact that its Board has purchased the building in which it operates.

David concluded with a bad prediction that bank rates are expected to stabilise and then reduce sometime next year. Finally David advised us to watch out for scams ; don't let people have access to your personal details; don't download unfamiliar apps; and always double check before proceeding with any transaction.

Welfare update Maria

Maria reported that Veronica O'Sullivan's father is having treatment but doing well.

It is great to see Sunil over COVID.

Maria informed that Roger Leask is well and 'doing lots of stuff' at Bacchus Marsh.

Jenny Mann is about to have post accident plate surgery.

International Coins for the eradicate polio campaign

Lisa Lowcock has a request that you may have already seen or read via email. Repetition can be a good thing!

Do you have any old 1c & 2c coins lying around? Have you got a bundle of coins that are left over from overseas trips you may have taken?

If the answer is "YES, Lisa, I do!" then do I have an offer for you!!!

Bring them along to our next Rotary Club of Essendon meeting and I will take them and pass them on to Rotarians who can turn your cash in to donations to eradicate Polio in our world.

This is an offer too good to refuse!

So first of all register to attend this week - you have all just been sent a reminder and link to register - and then go hunting for those spare coins. Bring them along to our meeting and we'll all be super happy.

Even if you didn't attend this week I'm sure Lisa would be happy to organise a convenient collection date, time and location with you.

President Vera closed the meeting and thanked everyone for attending tonight and listening to our guest speakers. She thanked once again Jan and David for their presentations.

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Announcements and reminders of upcoming events

Volunteers are required for the joint club (Kensington/Flemington, East Keilor, Footscray and Essendon event at Clocktower on 29 May with entertainment (invite was sent via CR last week). We have one volunteer at this stage – thanks Nola and Regina. We need two more volunteers please.

Joint Club meeting on 27 March at Windy Hill (East Keilor and Essendon) with Michael Davies (Principal at SBC presenting). We may have a couple of Bursary recipients attending this meeting to deliver a short speech and thank you, etc. Formal invitation will be sent.

President Vera advised that further details will follow in respect of the Club Planning Event on 1 April at Tabcorp

President Vera asked those attending the meeting to please consider attending the Rotary International Convention in Melbourne (27-31 May) if you have not yet registered. It's the first time in 30 years.

To commemorate a successful Rotary International Convention Melbourne 2023 with Rotary International. Join President Jennifer Jones and Lord Mayor Sally Capp, City of Melbourne, at Rotary Gala Dinner on Thursday 1 June 2023 at the prestigious Plaza Ballroom, Melbourne. Join over 500 other Rotarians and valued guests in celebrating with dinner and drinks at one of Melbourne's most iconic venues, serenaded by the legendary Jack Jones. Tickets strictly limited and on sale now. Clubs can book a table. www.rotarygala.com.au

The 9th Annual Moonee Valley Art Show (East Keilor and Essendon) is to be held from 19-21 May 2023.

The Rotary Club of Footscray 2023 Charity Golf Day is on Friday 21 April 2023 at Sanctuary Lakes Golf Club, Point Cook. Contact organisers:

- Elia Andriotis – 0417-521-914
- Ron Hunt – 0488-000-477
- Rodney Johnstone – 0417-350-890

A reminder to collect any spare coins and deliver to Maria Kouppas for Unicef.

Thought of the day:

No one is useless in this world who lightens the burdens of another." "There is no exercise better for the heart than reaching down and lifting people up." "When we give cheerfully and accept gratefully, everyone is blessed." "You have not lived today until you have done something for someone who can never repay you."

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Upcoming events

- [DIK Open Day](#)
Shed 39 400 Somerville Rd West Footscray
Saturday 18 March – 10-3pm
- [Joint Club Meeting](#)
Mar 27, 2023 6:45 PM – 8:30 PM
- [Club Planning Event TBC](#)
Apr 01, 2023 10:00 AM
- [Charter night](#)
May 4 Royal Victorian Motor Yacht Club
- [International Rotary Convention](#)
27-31 May 2023 Melbourne

Please see an invitation from the Rotary Club of Footscray.

Hello Rotarians and club Presidents & Secretaries. We are circulating the invitation (attached) for the Footscray Annual Golf Day at Sanctuary Lakes, Point Cook. We are holding this event on Friday 21st of April and hope to have a fantastic lineup for the day. We would love it if your Club could be involved with a team or two.

Please feel free to circulate the invitation to your members and contacts we would love to get a full lineup of 72 players and a host of sponsors and prize/raffle donors. Am looking to include a celebrity guest golfer so keep abreast of the latest via our Facebook page.

If you wish to Play or Sponsor or Donate (\$) or prizes) we would love to have you involved in this special day that ultimately helps us do good in our community.

Contact organisers:

Elia Andriotis – 0417-521-914

Ron Hunt – 0488-000-477

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