

# C O N T A C T

## Three speakers evening on May 16 2023

Lisa Lowcock opened the meeting with a good evening and welcome to everyone. She then called President Vera to the microphone.

President Vera firstly acknowledged 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.



President Vera encouraged all members and guests to, with her, take a moment to think about all those who are doing it tough with different life challenges.

President Vera welcomed members and guests and special guests: Maureen Davin and Susan Walker from Aphasia Group and Ron Brooks – Foreign coin collector coordinator from Forest Hill Rot

The next agenda item was the induction of our newest member, Rudi Pavani -Rudi met President Vera through Kangan and is nominated as an Education member., He looks forward to being in and contributing to our club.

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Cathy Nicou provided an update on the Youth Projects, Hosier Lane Melbourne which RCE has supported. Cathie informed that there will be a film crew at Hosier Lane next Thursday, May 25. The crew will be there in the evening to do a story about this project and Rotary's involvement in it. If you would like to attend, please contact Cathy.

Cathy then introduced the first two speakers of the evening: speech therapist Susan Maureen who suffered a stroke several years ago and suffers from aphasia.

Susan explained that aphasia is an acquired brain injury causing problems in talking, understanding, reading, writing and handling/ understanding numbers. It can be contracted by anyone. The most common causes are stroke, tumor, injury, infection/ inflammation, toxins and snake bites.

Susan explained that aphasia is not a change in intellect, or in problem solving or intelligence. Aphasia does however have negative physical impacts including impaired upper/ lower limb function, loss of ability to drive, epilepsy, pain, loss of independence and swallowing problems.

Susan explains that aphasia also causes a host of other problems including the loss of ability to read, and to self-express thoughts, ideas, wants, needs, differences of opinion and so no.

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Aphasia also leads to a loss of ability to understand spoken language and to express thoughts in written language. As already noted, aphasia leads to a loss of ability to understand and use numbers.



Aphasia can also lead to negative social impacts.

- A decrease in the ability to engage in communication.
- A decrease in the ability to engage in educational pursuits.
- Problems in gaining or keeping employment.
- Difficulties in relationships
- Self-esteem issues
- The onset of depression; all post stroke victims are susceptible to depression, with Aphasia sufferers being more susceptible
- Family roles can and do change
- Carer stress.

Even though brain injury is irreversible, Susan points out that people suffering from aphasia still can lead positive and fulfilling and contributing lives by engaging in a range of normal activities, pastimes and social interactions. They can continue to develop and improve.

Therapy for aphasia sufferers centres on speech therapy both for inpatient and community rehabilitation. Technology and communication devices play a part here.

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Susan notes that intensive therapy is best and the only way to get better at talking is to talk. Accordingly social connectedness is very important. A very good example of this is the Windy Hill Aphasia group as described in the following slide.



Susan explains that aphasia also causes a host of other problems including the loss of ability to read, and to self express thoughts, ideas, wants, needs, differences of opinion and so no. It also leads to a loss of ability to understand spoken language and to express thoughts in written language. As already noted aphasia leads to a loss of ability to understand and use numbers.

Susan pointed to three research programs —

- Centre for Research Excellence in Aphasia Recovery and Rehabilitation, La Trobe University
- Queensland Aphasia Research Centre, The University of Queensland
- Acquired Brain Injury Communication Lab —The University of Sydney.

Additionally, there is the Australian Aphasia Association and a number of Stroke support groups.

Maureen then shared her personal story of aphasia with the meeting. She was book keeper and after the onset of aphasia kept working for a while. Maureen is now retired and spends some of her time looking after grand children.

Maureen's life has changes, with the loss of friends, but the making of new ones. She also lost her driving license. Maureen needed to learn to walk and talk again.



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Maureen's wants people to know that intelligence does not go with the onset of aphasia, but there are difficulties to overcome. People need to show respect and patience.

When having conversations with people suffering from aphasia Maureen advises people not to talk for them, but to be ready if they want help in trying to communicate.

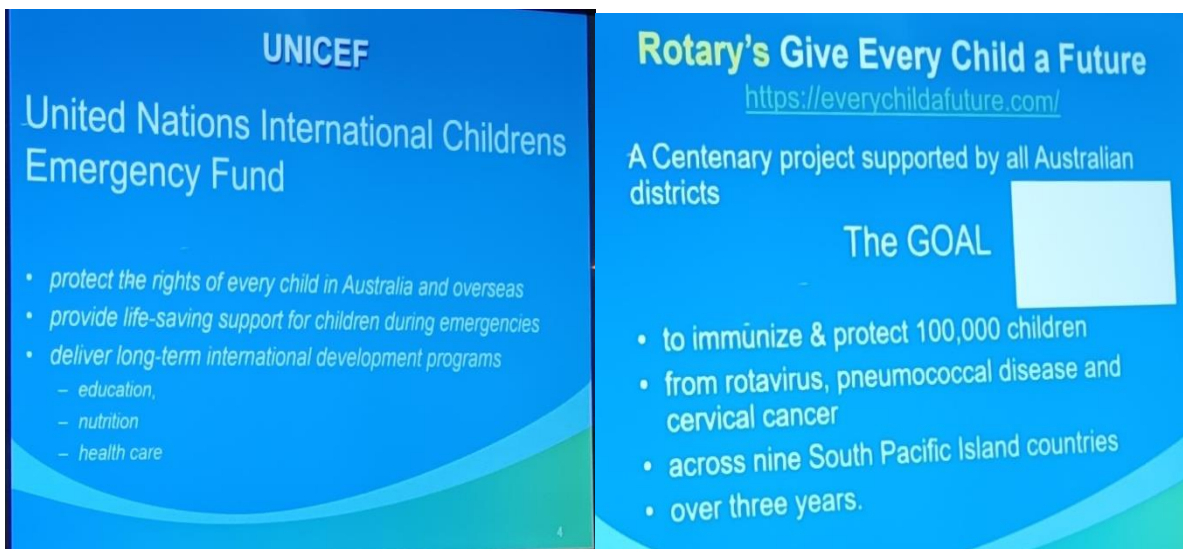
When reading or communicating in writing, people are encouraged to highlight the key words/. Concepts on the page, and to keep the content as brief as possible.

Maureen is a big advocate for the aphasia community and for getting things done to help people with disabilities. She goes to Ben Carrol as an advocate.

Maureen comment s that some people drop of friendships because they don't know how to relate to this 'new' person in front of them.

Maureen also notes that technology has been a big help in her recovery. She would have been lost without her talking books , I pad and mobile phone as there is a lot of new technology to help in recovery.

Maria Kouppas introduced the third speaker for the evening Dr. Ron Brooks. Ron spoke on the UNICEF/ Rotary Foreign Currency Collection Project. These two slides overview the aims of this project.



**UNICEF**  
United Nations International Childrens  
Emergency Fund

- protect the rights of every child in Australia and overseas
- provide life-saving support for children during emergencies
- deliver long-term international development programs
  - education,
  - nutrition
  - health care

**Rotary's Give Every Child a Future**  
<https://everychildafuture.com/>

A Centenary project supported by all Australian districts

The GOAL

- to immunize & protect 100,000 children
- from rotavirus, pneumococcal disease and cervical cancer
- across nine South Pacific Island countries
- over three years.

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UNICEF Ron notes was founded immediately after the second World War and now operates in 190 countries. Rotary is of a similar scale and has the same ideal as UNICEF does in supporting children.

RCE members are aware of this project and of Maria's championing of it. Ron met Maria in December 2020 when she delivered about \$1000 in coins to Ron from RCE. In fact, the Foreign Currency Coin Collection Project Ron commented is actually driven by the clubs. It is a simple, no cost way for clubs to raise funds for very needy kids.

So far Rotary has collected \$25705 for the Australian Rotary country project. All Australian districts support this project. Additionally, Ron observed that some temples have donated coins. Finally some Rotary clubs that bank with Bendigo Bank have organized for coins to be forwarded to this project.

Maria Kouppas spoke on Norm Mollica's behalf in thanking everyone for their support and care during his recent illness.

The meeting finished with a couple of reminders.

Firstly, the Moonee Valley Art show is on this weekend. If interested you need to book your Gala tickets for Friday. If you are wanting to volunteer, see roster from Terry Stivala. Second, Peter Condos has put out a request for more volunteers to help out with the club BBQ at Bunnings in Maribyrnong on June 3.

President Vera reminded the meeting that the International Rotary Convention is being held in Melbourne from 27-31 May. A joint club event featuring Sylvie Paladino will be held at the Clocktower on Monday May 29.

President Vera closed the meeting, thanking all for their attendance and especially the three guest speakers. Good night and stay safe. She offered the following thought of the day:

### ***Two Wolves***

*One evening an old Cherokee told his grandson about a battle that goes on inside people. He said,*

*'My son, the battle is between two "wolves" inside us all.*

*One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.*



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*The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.*

*The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"*

*The old Cherokee simply replied. "The one you feed."*

## Upcoming events

- [ART SHOW GALA EVENING](#)  
St Bernard's College  
May 19, 2023 6:30 PM
- [Moonee Valley Art Show](#)  
St Bernard's College  
May 20, 2023 11:00 AM –  
May 21, 2023 4:00 PM
- [ROTARY INTERNATIONAL CONVENTION 2013](#)  
Melbourne Convention Centre and Rod Laver Arena  
May 27, 2023 – May 31, 2023
- [Bunnings BBQ 3 June 2023](#)  
Jun 03, 2023  
8:15 AM – 4:15 PM
- [Caring for our Maribyrnong River](#)  
Windy Hill  
June 6 2023  
7 PM – 8.30 PM

Strathmore **Community Bank**<sup>®</sup> 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.



**IMAGINE  
ROTARY**

**Rotary**  
Club of Essendon 

# C O N T A C T

**Gala  
Opening  
Night**

**Friday 19 May  
7pm**

**Rotary**



**Clubs of Keilor East  
& Essendon**

**PRESENT**

**MOONEE  
VALLEY**

**ART  
SHOW**

**20 & 21 May 2023**

St Bernard's College,  
Gate 6 , Hampton Road, Essendon West

Open to the public with all proceeds going towards  
Rotary Community Projects

Art Exhibition and Sales

- Sat 20 May 11am to 5pm
- Sunday 21 May 10am to 4pm

Visit [www.mooneevalleyartshow.com.au](http://www.mooneevalleyartshow.com.au) to

- Enter Art
- Purchase Gala Opening and Art Show Tickets
- More Information

Art Show tickets also available over the  
weekend at the gate.



Major Sponsors

**Community Bank - Keilor East**







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## Moonee Valley Foundation Grants

### invitation to YOUNG ADULTS WHO:

- Are part of the Moonee Valley community
- Are 17-32 years of age
- Want extra funds to pursue a creative, civic, vocational or sporting dream
- Think they can make a difference

The Moonee Valley Foundation Grants program encourages excellence by providing financial support to help young people achieve their dreams.

## GRANTS TO \$10,000

Applications must be received by May 31, 2023  
For further information  
[www.mooneevalleyfoundation.org.au](http://www.mooneevalleyfoundation.org.au)

