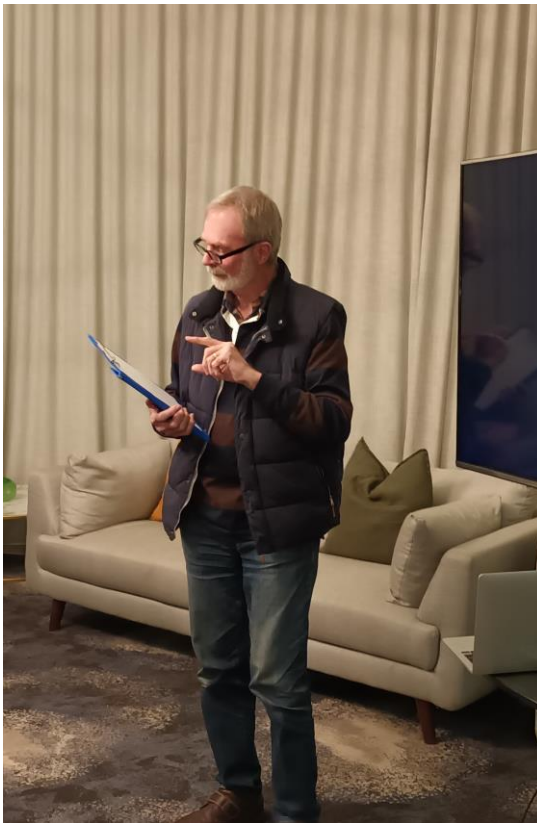


# C O N T A C T

## Good health Meeting - July 18 2023

Dr. Peter Baker, Sergeant-at-arms, called the meeting to order. He proceeded to play an excerpt from a tape and reminded us in his imitable style that the French Revolution started with a siege of the Bastille two hundred and thirty four years ago. We were then asked to raise a toast with an enthusiastic viva la France. It is the longest standing democracy of the last several hundred years.



Peter then led a welcome to President Dr. Michael Porter.

President Michael welcomed all, and especially Carol Panjkov, Chris and Kaye Markiewicz, Helen Berry, Stella and Andrew Ha. Our two guests speakers, Sam Voss and Connor McQuire from Kieser Fitness were also welcomed

President Michael also observed another very special guest, namely Peter Durass. Honorary member Peter celebrated fifty years of service to Rotary last week. His service and contributions were duly acknowledged

President Michael noted several apologies — Sunil Perera, Tony de Fazio, Roger Leask, and Regina Davern.

President Michael noted how district grants have meant a great deal to our club's projects. He thanked those who attended the District Grant session as this is a pre-condition of the receipt of district grants.

In order to encourage members to get to know each other another game was introduced by President Michael. It is called Assassin and involves distributing playing cards. Whoever received the ace of spades is the assassin.

# C O N T A C T

He or she takes people's lives by winking at them in a stealthy way. Peter Halaseh drew that card. His only victim was President Michael!!

Shirley Kukk presented the wellness report. In respect of a request for privacy Maria Kouppas has asked that any communication concerning herself or John be via email or text messages.

Alan Murphy reports that Jan is doing well. Roger Leask has tweaked his back but is on the mend. Cindy and David Abbey both have the flu.

President Michael then invited Past President Steve Chandler to share some instances of our club history. Steve pointed out that we have done many fantastic projects. The first fund raising activity was a Deb. Ball held in the late 1930s at the Moonee Valley Town Hall.

Another revenue raiser in the club's early days were smoke nights.

Steve mentioned that before football clubs started to sell their own football related merchandise, Rotary Clubs like ours were very successful; in selling such merchandise at the Showgrounds.

The Mollica brothers organised in the late seventies and early eighties an annual gun shoot for the international committee.

Steve pointed out that runathons and walkathons were another regular fund raising activities. The Relay for Life was participated in for several years. Another very successful event was the steam train day, organised by Steve Chandler.

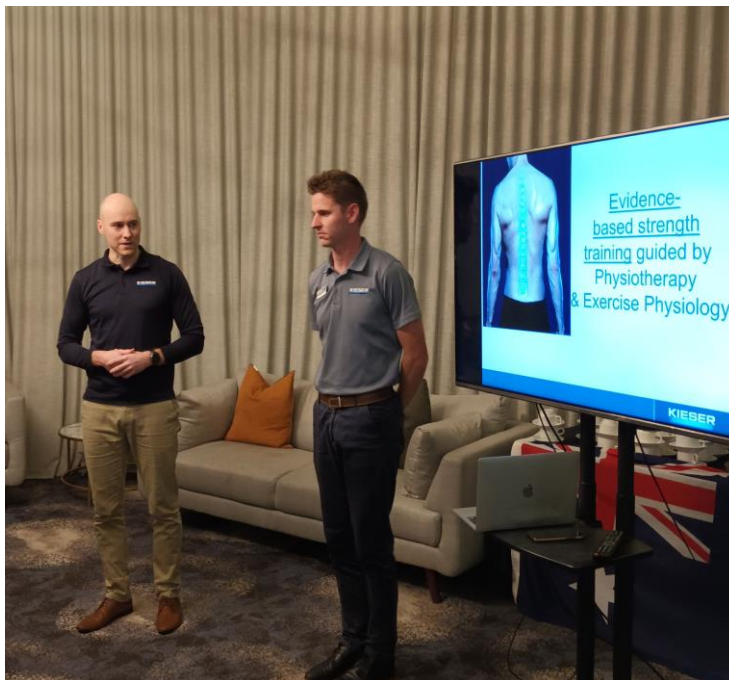
Art shows have been held by the club both in the nineteen seventies and eighties and recently over the last nine years, starting in 2014-15. The most recent art shows have been jointly organised, ran, and profit shared between RCE and the Rotary Club of Keilor East. The venue for the last two years has been St. Bernard's College, Essendon.

Steve finished, noting that members are encouraged to put their ideas for fund raising projects / activities to the Club.

# C O N T A C T

## Guest speakers from Kieser training

Nola Spicer introduced the two guest speakers, Sam Voss and Connor McQuire from Kieser training. Nola has personally benefited from its programs and expertise over the last several months and spoke positively of her experience.



As noted in this picture, Kieser's approach and processes are based on evidence-based strength training guided by physiotherapy and exercise physiology. Kieser specialise in the treatment chronic health conditions, back pain, and musculoskeletal conditions. Diabetes and neurological conditions are also treated. It focuses on muscular isolation by using state of the art facilities. Individualised strength programs are formed.

An unfortunate but relevant statistic offered by the guest speakers is that less than ten per cent of Australians between 15 and 90 yo are currently above the guidelines for weekly physical activity. These Australian physical activity guidelines for all are 2.5 to 5 hours per week of moderate intensive activity or 1.25 to 2.5 hours of vigorous intensive activity. Also recommended are 2 strength training sessions per week.

The Department of Health and Aged Care web site offers the following recommendations for people 65 years of age and over.

- At least 30 minutes of moderate intensity physical activity on most, preferably all, days.
- If you find 30 minutes difficult right now, start with just 10 minutes once or twice a day. After 2 weeks, increase to 15 minutes twice a day.
- If you can do more than 30 minutes, you will get extra benefits.
- Over the course of the week, try to incorporate different types of activities.
- Reduce the time you spend sitting down – break that time up as often as you can.

# C O N T A C T

## **Moderate fitness activities**

Fitness activities are good for your heart, lungs and blood vessels, and can include:

- brisk walking
- swimming
- golf with no cart
- aerobics or water aerobics
- cycling
- yard and garden work
- tennis
- mopping and vacuuming.

Kieser equipment does not include free weights but only machines of a wider variety than found in standard gymnasiums. Kieser staff monitor individual progress and adjust weights and force used to optimise individual performance and healing progression.

In closing we were reminded that firstly core stability and core strength are very important for overall health and well being. Finally a useful quote from Jim Rohn was provided: 'Take care of your body: it's the only place you have to live.'

President Michael thanked all for attending, and offered a special thankyou and a healthy bottle of wine to the guest speakers.



# C O N T A C T

## Bahay Tulian fund raising dinner August 18 details

There is one month until our major dinner events. Thanks to those who have booked already.

- Friday August 18 in Melbourne
- Thursday August 24 in Sydney

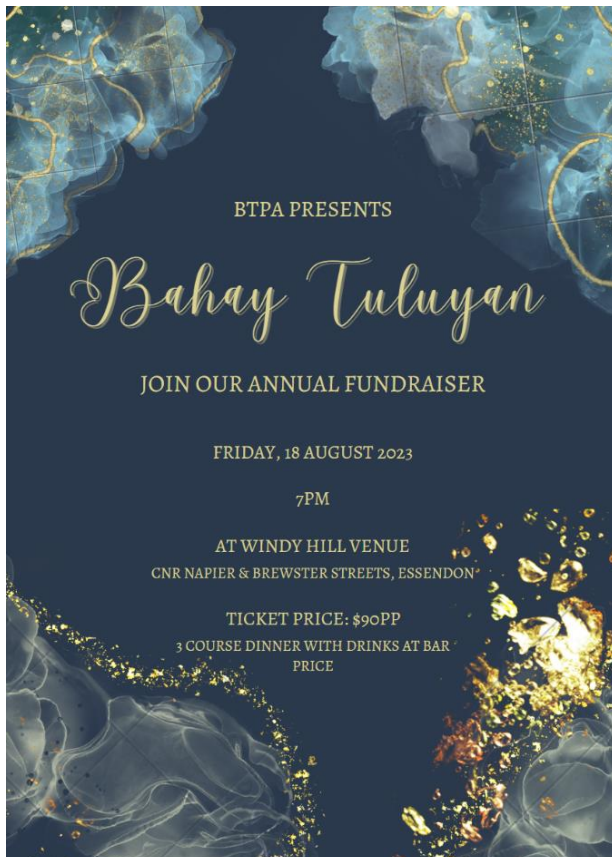
This year, we are fundraising to replace a 30 year old roof at the centre in Laguna. The centre is home to the learning spaces, dining area, clinic and offices. This will have direct benefit to 3000 children and youth over the next 10 years.

For more information: [www.btpa.org.au/events](http://www.btpa.org.au/events)

Book your seat or table for the Melbourne Dinner: <https://shoutforgood.com/event-ticketings/melbournebtpadinner>

We hope to see you there,

Anne Hibbert BTPA Secretary [www.btpa.org.au](http://www.btpa.org.au)





# C O N T A C T

## **Feed back on our UNICEF coin contributions**

**From:** <[ronbrooks1942@gmail.com](mailto:ronbrooks1942@gmail.com)>

**Subject:** UNICEF Rotary foreign currency project collection from RCE

**Date:** 17 May 2023 at 6:34:48 pm AEST

Dear PP Maria

Thank you for being the club champion for this project and your hospitality last night at the Rotary Club of Essendon meeting at Windy Hill. You are a great active friendly group and I even knew a couple of your bike rider members. So it was a pleasure to give a talk on the UNICEF project and even greater pleasure collecting 6.1kg of coins and notes (worth probably over \$180). This means we now have 62.6kg ie over the 60kg target so I can organize the next shipment to UNICEF which will make it 720kg collected so far. Please pass on this information to Pres Vera and your members. So far you are the only club in D9800 that has picked up on the project. This project helps fund the Rotary centenary "Give every child a future" project immunizing those South Pacific children. Hopefully, if there is an article in your newsletter which goes out to other D9800 clubs then others in the district will become interested.

With your earlier contribution of 29.2 kg in Dec 2020 your grand total is 35.3kg, over \$1,200 in value, a magnificent effort.

Looking forward to our next get together.

Regards

Ron

UNICEF Rotary foreign currency project coordinator

## **Forthcoming events**

Could members please remember to bring some gold coins with them to each meeting. This will help with regular events such as fines etc.

- [John Nesci](#)  
Windy Hill  
Aug 01, 2023  
7:00 PM – 8:30 PM
- [Emma Davis and Catherine Scerri](#)  
Windy Hill  
Aug 15, 2023  
7:00 PM – 8:00 PM

# C O N T A C T

- [Bernadette Schwerdt](#)  
Oct 03, 2023  
7:00 PM – 7:45 PM
- [Annual General Meeting](#)  
Windy Hill  
Nov 21, 2023  
7:00 PM – 8:00 PM
- [District Governor's visit](#)  
Windy Hill  
Nov 28, 2023  
7:00 PM – 8:00 PM



***Thank you to !!!***

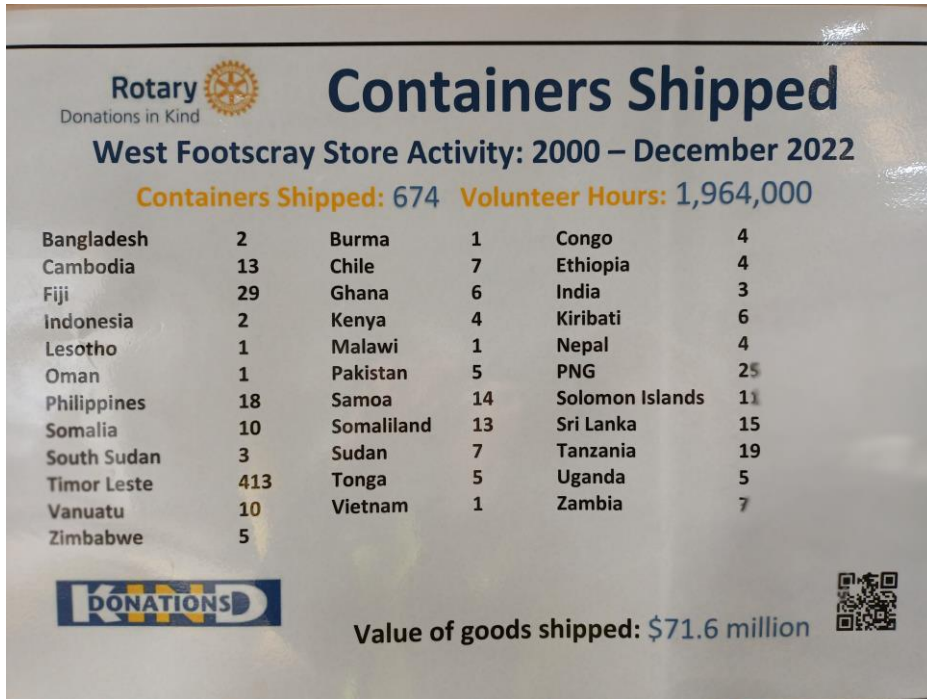
Help yourself and help our Club by banking with Strathmore Community Bank. Take out a loan, term deposit or open a bank account and the club will receive up to \$500.

Drop into the branch at 337 Napier Street, Strathmore or call Manager David Porter 094-2607 for details.



# C O N T A C T

## DIK update




Rotary   
Donations in Kind

## Containers Shipped

West Footscray Store Activity: 2000 – December 2022

Containers Shipped: 674 Volunteer Hours: 1,964,000

Bangladesh	2	Burma	1	Congo	4
Cambodia	13	Chile	7	Ethiopia	4
Fiji	29	Ghana	6	India	3
Indonesia	2	Kenya	4	Kiribati	6
Lesotho	1	Malawi	1	Nepal	4
Oman	1	Pakistan	5	PNG	25
Philippines	18	Samoa	14	Solomon Islands	11
Somalia	10	Somaliland	13	Sri Lanka	15
South Sudan	3	Sudan	7	Tanzania	19
Timor Leste	413	Tonga	5	Uganda	5
Vanuatu	10	Vietnam	1	Zambia	7
Zimbabwe	5				

 Value of goods shipped: \$71.6 million 



### Adopt a Bed Project

The supply of medical equipment and consumables is the most cost effective way to support two of the Rotary Foundations Areas of Focus, that improve patient care and save Mother's and Children's lives.

A Club or Individual can sponsor a Hospital Bed for \$200 or six for a \$1,000; tax deductibility available.

When the donation is received the donor is advised of their bed number. When their bed is shipped the donor is advised of the destination and the project they are a partner in.

From as little as \$200 you can support the **Adopt A Bed Program** and improve patient care in developing countries.





### Adopt a Bed Project

Your Club's Best Rotary Awareness Project?

**3** Professional packages Facebook, Bulletin, Website and Press Release for only \$200

- 1 When the Bed is Adopted**  
The Rotary Club of XXXX is one of a group of Rotary Clubs committed to sending 1000 hospital beds to developing countries.
- 2 When the Bed is Shipped**  
We have helped to ship a 40' container of medical equipment worth \$150,000 to XXX Hospital
- 3 When the Bed is Received**  
The staff and patients at XXXX hospital are delighted with their new equipment and supplies.

For \$200 you can equip a Hospital and promote your Club.









**IMAGINE  
ROTARY**



**Rotary**  
Club of Essendon 

# C O N T A C T


**Supporting education**

Sixty-seven million children worldwide have no access to education and more than 775 million people over the age of 15 are illiterate.

Rotary's goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.

**Will you help to equip a school?**  
**You have the opportunity to change lives**

**KIND DONATIONS** 



**We collect reusable material and send it to countries with the greatest need.**

**We collect school supplies and deliver them to schools that have a need.**

**KIND** 