

C O N T A C T

Club meeting 01/08/2023

Windy Hill Venue, Cnr Napier & Brewster St, Essendon 3040

Rotary International Theme August 2023. Membership and New Club Development Month.

Rotary clubs can only do what they do because of the members. Without enough enthusiastic people in the club to do the hard work needed in project ideas, project management and fundraising nothing would happen. Without members we would not have the new and ongoing fun and friendships that makes our club so special. What ideas do you have to increase our membership numbers and ensure we retain our current member engagement in our club? Email the Editor with your ideas and they will be published in the next edition of Contact to inspire everyone to make our club more vibrant and stronger though the increase in our membership. And if you are the first person to email me and can tell me what Past RI President H.J. Brunnier said about who it was that achieves things that are worthwhile you'll get a great prize.

From our President...

President Michael attended the cluster meeting recently. There is a desire for clubs in our cluster to combine efforts on projects and investigate the availability of district grants to support such projects. Thanks to Cathy Nicou, Peter Condos, Regina Davern and Nola Spicer who with Pres. Michael attended the district seminar on the application for district grants. These grants are a fantastic way of securing more money for our projects but the club cannot apply unless some members have attended the seminar. It won't be long until our club celebrates its 90th anniversary of charter. It was passed at Board to create a 90th birthday celebration committee to plan a suitable event. Contact Tony DeFazio if you would like to be part of the planning committee.

Did you know...

If you are going to be away for a while and won't be able to attend Rotary club and committee meetings for a month or more it is important to notify your committee chairperson and also inform our secretary Steve Roe secretary@rce.org detailing the dates you will be away. It is called Leave of Absence. Leave of Absence can be used for times you will be on holidays, undergoing medical care for yourself or a family member or any other reason you know you will be unable to attend Rotary.

Leave of Absence

Stephen Chandler 01/09/23-02/10/23
Tony DeFazio 09/09/23-20/10/23
Cathy Nicou 08/09/23-20/09/23
Peter Condos 04/09/23-05/10/23

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While I'm sure we all have a wonderful time on holidays here is a reminder of what air travel used to be like.



[And from our committees...](#)

Club service committee meeting next Tuesday 8 August at home of Peter Baker at 7pm.

Membership and Marketing committee meeting Wednesday 16 August 7.30pm at the home of John Odgers.

**You and your family and friends are invited to join us at an upcoming meeting.
We meet every first and third Tuesday of the month at Windy Hill venue,
cnr Napier and Brewster St, Essendon. 7pm start.**

But to make a real night of it join us for dinner in the bistro at 6pm.

<https://www.rce.org.au/Events>

Why don't you include this link at the bottom of your emails to let your friends join us too.

Bet you didn't go home hungry tonight Steve!

And thanks for the presentation about our club's involvement in the Rowallen Scout Camp. The foresight of those involved was amazing. It's great to know we have had such a positive impact in society over so many years.



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Coming up soon...

- **Tuesday 15 August** guest speakers at our club meeting are Catherine Scerri from Bahay Tuluyan Philippines and Emma Davis
- **Friday 01 September** Ruben Clinic Kenya fundraiser dinner at IPOH Restaurant, 192 Keilor Rd, Essendon North. See attached flyer for details to register.
- **Tuesday 03 October** our guest speaker is Bernadette Schwerdt who was recently named in the Top 50 Small Business Leaders in Australia. A professional actor and founder of The Australian School of Copywriting Bernadette is a fantastic speaker not to be missed.
- **Tuesday 21 November** is our club AGM
- **Tuesday 28 November** Ron Payne, the District Governor of 9800, will make his official visit.
- **Tuesday 08 December** is our Christmas Party; better make sure you're being nice not naughty!!!



A Tribute to Jean Abbey



We at the Rotary Club of Essendon sadly acknowledge the passing of our dear friend Jean Abbey. Jean was the wife of past RCE President and 1988/89 Rotary International President Royce Abbey and mother of our past RCE President David Abbey.

From the time Royce joined Rotary in 1954 until his passing in 2014 Jean was by his side, encouraging, supporting and often advising him during his years as a Rotarian. It is fair to say that what Royce achieved was only possible because of Jean's support.

But Jean was much more than that. She was a great supporter of the club, always attending events with a sincere welcome, her sparkling eyes and beautiful smile to all she met. She was a lovely friend, a great conversationalist and had a keen interest in those she met, making them feel very special with her great memory. She would be able to ask after family members by name long after previous conversations were held.

Jean celebrated her 100th Birthday in Melbourne on the 13th of December 2022. A small family gathering with children, grandchildren and a few of her 12 great grandchildren helped celebrate the event.

Jean will be farewelled at a private funeral.

We acknowledged Jean with one-minute silence led by Roger Leask at our meeting on 01/08/2023.

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Our guest speaker this week was....

John Nesci Senior Operations Manager

Metropolitan Remand Centre Corrections Victoria, Department of Justice and Community Safety

John provided a very engaged group of members an informative and fascinating presentation of life at the Metropolitan Remand Centre. His experience and knowledge provided answers to all questions which were quite varied. The centre is designed on campus-style lines. Accommodation is a mix of single and double cells in variable-sized units. They are built to the state's Building Design Review Project standards. Facilities include:

- two 77-bed and one 87-bed general accommodation units
- one 127-bed protection unit
- one 88-bed orientation unit
- 204 beds in varied units allocated for special needs such as (but not limited to) vulnerable prisoners, young adult, prisoners at risk
- one 13-bed management unit



Each accommodation unit has program and resource facilities, interview rooms and satellite clinics and each area has its own recreational facilities including a walking track and basketball courts. There are approximately 600 staff working at the centre.


Every week approximately 175 men arrive at the remand centre to be admitted. Many have mental health illnesses, some caused by substance abuse and other medical reasons. Staff have to have great skills to manage sometimes volatile situations and the security at the centre was upgraded following the riots a few years ago.


The time spent in the remand centre varies based on the alleged crime severity, the time legal teams need to prepare cases and court availability. The remand centre is divided in to units where different accommodation exists and activities occur.

The centre is almost fully self-sustainable with food preparation and cleaning being carried out by those in remand amongst the myriad of jobs needed to run the centre. There is also a manufacturing section where wood and metal work create items which have been ordered in contracts; from big items such as large cattle crushes for farming to small kindergarten size kitchen play benches are made and dispatched.

We wish to thank John for his entertaining and very informative presentation and would like to welcome him back to future meetings.

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Rotary  **Club of
Essendon Inc.**
presents a dinner for
**RUBEN
CLINIC,
KENYA**
For much needed
medical equipment

Friday
September 1st
6pm

IPOH Restaurant
192 Keilor Rd
Essendon North

**STRICTLY LIMITED
NUMBERS AVAILABLE**

- complimentary glass of wine on arrival
- 3 course dinner
- Live Auction
- Drinks at bar prices

**BANQUET
\$65 PP**

ORDER YOUR TICKETS THROUGH CLUB
RUNNER OR CONTACT ROTARY CLUB OF
ESSENDON:
PORTELLI.MICHAEL@GMAIL.COM

The Rotary Club of Essendon has had a long association with the Ruben Clinic in Kenya. Club delegations have visited the centre a number of times and members can verify that the clinic is doing a most amazing job.

It is located in the Mukuru slums, one of the largest slum settlements in Nairobi.

The health centre provides much needed care to the residents who must deal with diseases caused by the extreme pollution in the slums. There is a high prevalence of respiratory diseases, malaria, HIV AIDS, covid 19 and other waterborne diseases.

They live largely in one room corrugated iron shacks with many other relatives, sewerage runs freely along pathways between the shacks and clean water facilities and the very few latrines located in the slums are shared by twenty families or more. Very few have electricity so food sanitation is also a cause of illness. Crime, drug abuse and prostitution plague the area as many children are left without parents and many babies and mothers have died due to lack of sanitation and appropriate care in pregnancy and childbirth. This clinic is improving the lives of these people.

Help improve the lives of these people. Come along to dinner and help raise funds for medical equipment that WILL save lives.

For more information about the great work the Ruben Centre is doing go to <https://www.rubencentre.org/>

Have you attended a meeting, function, fundraiser or other Rotary event and seen a badge, water bottle, t-shirt or golf ball with the Rotary logo on it and wondered where you could get one?

Well wonder no more. This link will take you straight to RDU Supplies, the site to purchase your special Rotary item. You'll be amazed at the variety of clothing and other useful items that you can use to promote our great organisation. <https://rdusupplies.com.au/>

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Bahay Tuluyan fund raising dinner August 18 2023

Windy Hill venue – you all know where that is!

There is only a couple of weeks until our major dinner event. Thanks to those who have booked already.

Our club has had a very long and successful relationship with Bahay Tuluyan over many years. While there has been a lot achieved there is still a lot to do to maintain

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 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

For more information about the wonderful work BT are doing go to www.btpa.org.au



NEWS FROM THE STRATHMORE MEN'S SHED

Thanks to everyone who assisted in lobbying the Moonee Valley City Council to reconsider the reduction of car parking spots at the Shed. For the meantime the current parking situation will remain as is.

In the latest round of grants for the National Shed Development Program, Strathmore Men's Shed has been successful in gaining funding to support two (2) Mental Health First Aid training courses. Courses run over two (2) consecutive days, cost of the programs, facilitator and course workbook will be met from the grant. The Strathmore Men's Shed will need to make a minor contribution to cover any costs in excess of the grant funding. As part of our "giving back to the community" we would like you to nominate one attendee

(1) from each of our supporting Rotary clubs for this course. There may be further opportunity for additional places in November or at the course to be run in March/April of 2024.

The first course has been booked for Thursday 16 November and Friday 17 November.

5 STEPS OF MENTAL HEALTH FIRST AID



- 1  Assess for risk of suicide or harm
- 2  Listen non-judgmentally
- 3  Give reassurance and information
- 4  Encourage the person to seek professional help
- 5  Encourage self-help and other support strategies

 AUSTRALIAWIDE FIRST AID

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To help with your understanding of the scope of this training, please check out this link to: Mental Health First Aid - mhfa.com.au. Navigate your way to the “Community” tab and download the “Mental Health First Aid in the Community” fact sheet. Doing this course just might mean you could save a life.

There is also this link to the bio of Paul O’Brien the course facilitator: mhfa.com.au/instructor/541076.

If you are interested in taking up this very generous offer please contact Rod McLeod m: 0484 066407
strathmoremensshed@gmail.com

We would also like to take this opportunity to thank some of those people and organisations that have very generously supported the Strathmore Men's Shed and invite you to join us on the day.

We would plan to start the BBQ around 11.00am to be ready for 11.30am lunch.

To assist with catering could you please email a response with your intentions. RSVP BY 2nd SEPTEMBER PLEASE.



Strathmore Mens Shed

144A Mascoma St, Strathmore, Vic, 3041

e: strathmoremensshed@gmail.com

Shed Operating Hours 2023

Tues, Wed, Thur & Sat 8:30 am till 12:30pm



AUGUST DESIGNATION IS

**MEMBERSHIP
AND NEW CLUB DEVELOPMENT
MONTH**

“The things that are worthwhile take time, and it is not the I’s of the world but the We’s who achieve them.”
Past RI President H.J. Brunner 1952-53

Rotary 

TAKE ACTION: Join Rotary, Get Involved

C O N T A C T

We would like to thank our official sponsors;

Proudly supported by
**Strathmore
Community Bank Branch**
 **Bendigo Bank**

If you don't have time to be a member of a Rotary Club why don't you become a sponsor. Being a club sponsor helps our club do what we do – help the world to be a better place. Interested in being a sponsor? You will be recognised in every edition of Contact.

[Download the website sponsorship guide](#)