

C O N T A C T

Club meeting 05/09/2023

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

Rotary International Theme September 2023. Basic Education and Literacy Month.



More than 775 million people over the age of 15 are illiterate. That's 17 percent of the world's adult population.

The Rotary International goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. We support education for all children and literacy for children and adults.

Some of the Rotary Club of Essendon projects over recent years which have contributed to support education and literacy for all include; Providing a computer room fitted out with all the necessary computer equipment to assist children at the St Bernadette's Centre in Lima, Peru. These children are likely to have no electricity in their very basic homes and certainly no chance of having up to date computers which are so vital in their education.

<http://santabernardita.com.pe/>



Supporting Bahay Tuluyan to take their mobile unit to the areas in Manilla, Philippines where families live in extreme poverty and most of the youngest children have no opportunities to be supported in attending standard educational facilities.

<https://www.bahaytuluyan.org/>

Supporting Days For Girls Essendon who make and deliver kits to Timor Leste. These kits and their education programmes help girls and women manage their menstruation which allows them to attend school and work.

<https://www.daysforgirls.org/australia/>



And soon our club will be providing support for young local students undertaking medical training – watch this space for more news to come from the Norm Mollica Mental Health Fund committee.

To learn more about how Rotary changes the lives of so many by supporting accessible education for all go to <https://www.rotary.org/en/our-causes/supporting-education>

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From our President...

On Tuesday the 22nd of August, President Michael Portelli, RCE members Shirley Kukk, Tony De Fazio, Sunil Perera and from Bahay Tuluyan Catherine Scerri, Abbey and Clang Clang attended the Rotary Club of Balwyn in grateful appreciation of their hard work to raise funds and to personally thank members of the club for their generous funding for Project Rainbow Bahay Tuluyan: Grant: \$50,000. The Grant will allow Bahay Tuluyan to refurbish and equip an existing house as a place of healing for child survivors of trauma in a semi-rural area two hours from Manila.

<https://www.bahaytuluyan.org/>



And from our committees...

INTERNATIONAL COMMITTEE

At the last Board meeting it was moved by Tony DeFazio and seconded by Nola Spicer that the following motions be put:

(a) That the RCE fund the supply of medical equipment to the Yangon General Hospital as follows:

Five XIO litre Oxygen Concentrator Servotec, 5xUSD 2000 equals USD 10,000 dollars equals AUS 15,292 dollars

(b) Fumigation Machine Arosept 500M inclanios reagents equals USD 20,000 dollars equals AUS 30,584 dollars to be approved for payment.

R. Lawrence will refer fumigation machine to Dr. Peter Condos and defer buying fumigation machine at this time.

(c) That the R.C.E fund the Step In Step Up organisation "Rotary Padauk Training Program" for thirty participants for twelve months Dec 1st 2023 to Nov 30th 2024.

Total cost USD \$26,020 payable in two equal instalments in Dec 2023

USD \$13,010 AUD \$19,844 in December 2023 and June 2024 USD \$13,010 equals AUD \$19,894.

Funds to be used from RCE Myanmar Projects account. CARRIED.

Moonee Valley Art Show

Regina Davern presented to the club meeting that the Rotary Clubs of Essendon and Keilor East will again partner to hold the Art Show in early 2024. President of Keilor East, David Dippie, was a visitor at our club this week. Both clubs agree that this is to be the major fundraiser for both clubs this year which means it requires a **whole of club effort** in each club. Regina has called for all members to consider the skills that they have and may utilise to benefit the success of the Art Show. The structure of the Art Show committee has been reviewed and each committee member will effectively be responsible for managing one important part

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of the Art Show organisational process. For example, one of the Keilor East members is to be responsible for forming their own group to select and manage the artworks. Another committee member will be responsible for managing a marketing and sponsorship team. All members should have received correspondence regarding the Art Show committee structure. If we want to be able to do the good in the community we need to raise funds. This call out is urgent so please contact Regina to discuss how you can contribute to the Art Show this year.

Art Show committee members Nola Spicer and Joanne Westover attended Lowther Hall last week to congratulate the winners of prizes in the school section. The artworks are indeed evocative and impressive. We wish the artists continued success in the visual arts in the future.

If you want to encourage the young artists in our area get involved in our next Art Show. Contact Regina Davern to discuss how you can contribute your skills to ensure the 2024 Art Show is the biggest and best yet.



If you are the first person to email me with what is on the last page of this edition of Contact you will get a sweet prize.

**Q.; Do you know what DRSABCD stands for?
Clue; It is something that can help you to save a life.**

**Go to this site to find the answer and take the time to read it all;
<https://www.healthdirect.gov.au/how-to-perform-cpr>**



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Norm Mollica Mental Health Fund Committee

The committee recently met with Australian Rotary Health (ARH) committee member Suresh Marcandan to discuss the options open to the committee to fund training and/or research studies for students who otherwise may not have access to those courses/research opportunities, especially those focusing on mental health in rural areas. Suresh has been provided with information about the types of studies and students we wish to support and will investigate and respond with possible options. The committee plans to fund two scholarships to the value of \$2500.00 each and ARH will match those amounts. Watch this space for further updates. To learn more about Australian Rotary Health go to <https://australianrotaryhealth.org.au/>

Did you know...

that every Rotary International President has to choose a theme and logo for their presidential year?

You will see this year's theme and logo at the top of this newsletter.

Gordon R. McNally calls for Rotary to "Create Hope in the World" by working for peace and mental wellbeing. He urges members to engage in tough conversations and earn the trust that's necessary to realize these values.



What does the word **HOPE** mean for you? Email me and I will publish your thoughts in the next edition of Contact. You can remain anonymous if you like.

Pres. Gordon also has made good mental health one of his priority issues for the year. Read about that in this link and keep a look out in future Contacts for how our club will participate in providing care for others.

<https://my.rotary.org/en/who-we-are/office-of-the-president/presidential-initiatives>



Our Guest Speakers this week were our own Deanhna Culshaw and Matthew Hocking from the MVRC

Deanhna Culshaw recently joined our club and it was great to hear just a little bit about her life. Having contracted polio at a young age Deanhna spent four years on and off in a polio hostel where she was expected to complete basic selfcare work such as making her bed and doing her own clothes washing. This is at the tender age of six. She discovered her washing skills ended up in changing a jumper originally suitable for a 6yr old into one that lasted until she was 10yrs old. The aim was to create skills for independent living and to learn resilience and stamina.

Deanhna has a lifetime goal to enhance other people's lives. She recognises that everyone has problems but her goal is to let everyone know that they are valued. She wants to show people through her own life that despite disabilities you can do something to help others achieve great things. Deanhna works at Glenroy Specialist School which is a state specialist school located in

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Glenroy and enrolling students from the North West suburbs of Melbourne. The school is for students from 5 to 18 years old who have physical or multiple disabilities or complex health needs. Deanhna is assisting two young people to learn how to feed themselves so that in the future they will be able to enjoy something that most of us take for granted – to be able to go out to a restaurant and feed themselves. The motto of the school is “Working together to achieve”. It is a motto which aligns very well with Rotary. Living with polio Deanhna is very aware of the Rotary International major project to End Polio Now. The world is very close to eradicating the wild polio virus and Rotary has been a major player in that effort.

In Rotary we can at least try to achieve things that help others – especially kindness and encouragement.

And Deanhna reminds us to take care of the children as sang by Whitney Houston – the children are our future.

And also because they will be the ones to choose our nursing home when we get old!



Editor’s Note; this is NOT Deanhna.



Matthew Hocking from the Moonee Valley Racing Club was our second speaker and told us about the huge overhaul of the club site in the heart of Moonee Ponds. Matthew started at MVRC late last year having previously worked at Federation Square in the centre of Melbourne. He specialises in business development and the commercial side of the venue. Having been in Moonee Ponds for over 100yrs the MVRC is part of our community. Most people have been there for some event, be it racing or a range of school, business or community events. As there are only 26 race meetings per year the club needs to utilise the venue in a myriad of other ways to remain commercially viable. The development there is creating unit living, social sporting fields, recreational areas and business opportunities. Due to have the last part of the reimagining of the venue completed in 2027 the club will sport a whole new grandstand. If you want to know more about the redevelopment of the MVRC or what Matthew can do to help you in planning an event there go to <https://www.thevalley.com.au/>

Michael Cariss has requested that members bring along as many gold coins as they can carry to meetings. Come along to our next club meeting and you’ll find out why...



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HAPPY BIRTHDAY TO



The Rotary Club of Essendon was officially chartered in 1935. Since then there have been a remarkable list of members and their partners who have really made the club feel like we are a family.

One of those couples were Jim and Carmel Lamers. Jim joined our club in 1957. Jim and Carmel hosted and were counsellors for our first exchange student in 1960-61. Sadly, Jim passed away some years ago but

his love and constant support being his wife Carmel is soon to celebrate her 100th birthday on 19th September.

All the current members of the RCE family wish Carmel a most wonderful birthday. Read more about Carmel here. [Carmel Marie Lynch.pdf](#)



Fundraising dinner at IPOH Restaurant.

The fragrant smells of fresh Asian herbs and spices hit you as soon as you walk through the door making your mouth eager to taste the dishes being prepared for us. The passionate chefs want us to leave with a smile on our face and we do – but not only because of the food.

It is always great to get together with our friends for dinner but it is doubly good when we can *do* some good as well.

Such was the fabulous night last Friday 1st September when we enjoyed a delicious dinner at IPOH Restaurant and raised some much-needed funds for the Ruben Health Centre in the Mukuru slums in Nairobi, Kenya. Frank Fitzgerald's presentation explained how the Ruben Centre is managed and the extreme need for funding to continue the lifesaving programmes. We all dug deep and **\$1900.00** was raised. Funds are specifically going to providing a dental chair and a medical incinerator in the health centre which caters for thousands of the poorest people in the slums. The Rotary Club of Essendon in partnership with The Rotary Club of Utawala Kenya, were successful in receiving a District International Grant to support Ruben Centre Clinic, Kenya. The club's contribution is \$14,000 and The Rotary Foundation \$7,000.

Learn more about the Ruben Centre in the Mukuru slums in Nairobi, Kenya <https://www.rubencentre.org/>



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CONGRATULATIONS TO MICHAEL CARISS ON RECEIVING A ROYCE ABBEY AWARD.



On Friday 1st September at the Ruben Centre dinner a surprise awaited Michael Cariss – he was presented with a Royce Abbey Award in recognition of his passion, enthusiasm and commitment to Rotary for the many years he has been a member of the Rotary Club of Essendon. In President Michael Portelli's speech Michael's ongoing passion for the club has improved the club experience for all members as he is an integral part of the Club Services committee responsibilities in recent years. If you need something done you can always ask Michael who will be there for you. Furthermore, Michael has held almost every position in the club over the years including as president in 1990-91, club secretary and on the planning committee when the club hosted the very successful 1996

District 9800 Conference in Canberra. Michael is a natural club sergeant, always ready with a joke and a laugh which makes for fun times. When you see a room of happy faces you know Michael is around. Congratulations Michael. Pictured is L-R Shirley Kukk, Michael Cariss, President Michael Portelli and Roger Leask. Shirley and Roger are on the Royce Abbey Award committee which has raised more than \$500,000.00 which fund Royce Abbey Scholarships. To learn more about the award and scholarships go to <https://www.royceabbey.com/>

At our club meeting this week Shirley Kukk explained that discussions are in progress to have a Royce Abbey Scholar from the Ruben Centre, Nairobi. RCE will partner with RC Utawala in Kenya to select and support the scholar. Scholars are funded by funds raised through the Royce Abbey Award. Selected scholars spend time in Australia developing skills that are then transferred to the scholar's own community programmes. Good luck Shirley with this very worthwhile endeavour! If anyone can make it happen, you can.

The letter below was sent to the Charter President of the Rotary Club of Utawala by our President Michael Portelli.

Pictures are of the club members enjoying a Cowboys and Cowgirls theme night and of the President Joram with the Ruben Centre Director Frank O'Shea.

All of the members of the Rotary Club of Essendon congratulate the RC Utawala on their recent charter and look forward to partnering with the club in our future projects.



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*Dear President Joram Mulwa,
The Rotary Club of Essendon wish to warmly congratulate you and your club on being the Charter President of the newly formed Rotary Club of Utawala.
This is wonderful news and we look forward to working closely with you and your club in the future.
We particularly appreciate your assistance with the Ruben Centre and clinic.
Our club, no doubt in the future, will send a delegation to visit your club and our joint projects at the Ruben Centre.
Likewise we hope that some of your members may visit us in Melbourne, Australia.
President Michael Portelli
Rotary Club of Essendon*



LEAVE OF ABSENCE

Stephen Chandler 01/09/23-02/10/23
Cathy Nicou 08/09/23-20/09/23
Richard Lawrence 01/09/23-15/09/23
Sam Tartaglia 28/09/23-30/10/23
Lisa Lowcock 17/10/23-03/11/23

Tony DeFazio 09/09/23-20/10/23
Peter Condos 04/09/23-05/10/23
Andrew Panjkov 03/09/23-20/09/23
Regina Davern 07/10/23-21/10/23



Thanks to Alistair Fraser for bringing along a bag of lemons and raising \$40 for the club.

If you have a surplus of homegrown produce or flowers bring them along to our club meetings and raise some \$ for our club projects.

Easy homemade lemonade recipe from [taste.com.au](https://www.taste.com.au)

1 cup (250ml) lemon juice
2 cups (500ml) water
3/4 cup (155g) caster sugar
1 lemon, thinly sliced

Combine lemon juice, water and sugar in a medium saucepan over low heat. Cook, stirring, for 5 minutes or until sugar dissolves. Remove from heat. Transfer to a jug and add lemon. Place in the fridge to chill. Pour evenly among glass bottles to serve.

Note from Ed. It may not be the healthiest thing around but it sure is delicious.

For great gardening tips on growing lemons head to [abc.net.au/gardening/love-your-lemons/13427620](https://www.abc.net.au/gardening/love-your-lemons/13427620)



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Coming up soon...

You and your family and friends are invited to visit us at an upcoming meeting

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

- **Monday 11 Sept Membership & Marketing committee meeting** Lisa Lowcock's house 7pm. RSVP by 08/09/2023.
- **Saturday 09 September Strathmore Men's Shed** 30th anniversary of Australian Men's Shed Association BBQ 11am 144A Mascoma St, Strathmore, Vic, 3041 RSVP by 02/09/23
- **Tuesday Sept 19** our guest speaker is Emma Davis, D9790 DG 2025-26
- **Club meeting Tuesday 03 October** our guest speaker is past member 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.
- **Friday 03 November Days for Girls Essendon** Race Day at the Kilmore Racing Club
- **Tuesday 21 November** is our club AGM
- **Club meeting Tuesday 28 November** Ron Payne, the District Governor of 9800, will make his official visit.
- **Friday 08 December** is our Christmas Party; better make sure you're being nice not naughty!!!

We are indeed fortunate to have one of the top 50 business leadership speakers talking at our club in October, past RCE member, Bernadette Schwerdt.



Bernadette Schwerdt
Top 50 Small Business Leaders in Australia.

Bernadette is a former senior account director for global advertising agency Young & Rubicam Advertising and worked with clients such as Apple, Amex and Colgate. She is the founder of the Australian School of Copywriting, has since trained over 10,000 people to become freelance copywriters, and is the author of four bestselling books.



7pm - 7:45pm
3rd OCT, 2023

TICKETS AVAILABLE
www.rce.org.au

This is a great night to bring a guest to.

Please invite anyone in business, young family members motivated to achieve, not for profit, sporting clubs or schools.

It will be an event not to be missed.

Learn a little about Bernadette at <https://bernadetteschwerdt.com.au/>

AUTHOR

Best-selling author, blogger and copywriter

Author of 'How to Build an Online Business' and 'Secrets of Online Entrepreneurs' (ranked in the Top 100 Business Books of 2016 and 2017).

Author of a third best-selling book, 'Catch of the Decade', ghostwritten for Gabby & Hezi Leibovich. Founder of the Australian School of Copywriting, creator of one of Australia's most popular copywriting courses,

head copywriting tutor at the Australian Writers Centre and the writing coach-of-choice for thousands of freelance copywriters. Creator of content - blogs, social, web, editorial - for companies too busy to do it themselves.

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We would like to thank our official sponsors;

Interested in being a sponsor?

[Download the website sponsorship guide](#)

If you are a newish member be sure to log in and have a look at what being a member of a Rotary club can mean for you. <https://my.rotary.org/en/learning-reference/learn-role/new-member>

For members who have been around a while, check out the <https://www.rotary.org/en> website. You will be amazed at the information and resources there. You will also be able to get up to date with the focus and direction of Rotary International and read about the ways our club and members can be relevant in a society where there are so many charity options out there for people to support.

Do you know someone who would make a great Rotarian? Direct them to the RI website to learn more about Rotary. <https://www.rotary.org/en>

For information about the Rotary Foundation Australia – which is where our grants money comes from – go to <https://www.rotaryfoundationaustralia.org.au/>

The Rotary Club of Essendon meets every 1st and 3rd Tuesdays of the month for dinner at 6pm in the bistro of the Windy Hill Venue followed by our meeting 7:00pm to 8:30pm.

Cnr Napier & Brewster Streets, Essendon VIC 3040

Find out more about us at www.rce.org.au/

For further information contact president@rce.org.au or secretary@rce.org.au

Rotary International Mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

Rotary International Vision Statement

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.



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Moonee Valley Art Show winning painting by Lowther Hall student Miwa Wilson.
Congratulations Miwa. You have a very bright future as an artist.