

C O N T A C T

Club meeting 06/02/2024

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

Rotary International Theme February 2024. **Peacebuilding and Conflict Prevention Month**



From our President...



On Australia Day 2024 Past President 1983/84 and friend to many, Peter Duras, was appointed a Member of the Order of Australia (AM) for his “significant service to sports physiotherapy, and to the community”. The Australia Day Honours celebrate and acknowledge the contribution of exemplary individuals across various sectors to society. Peter opened his own physiotherapist practice in Essendon in 1972 and was a member of the Australian team at seven Commonwealth Games, and four World Athletic Championships as well as the volunteer head physiotherapist at the Sydney Olympic Games where he witnessed Cathy

Freeman make history after winning gold in the 400-metre race in what he has described as “one of the greatest nights of my life”. Peter was also former physio at the Essendon and Footscray football clubs, is an Athletics Australia Life Member and has been a foundation fellow of the Sports Medicine Australia since 1984. A self-confessed sports tragic Peter has found great satisfaction in assisting injured sportspeople get back in to action and perform well.

Peter was involved in many projects in our club over his years as a member. One project of which he is justifiably proud is connecting with the Yangon Children’s Hospital in Myanmar, which the club continues to

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support to this day. Peter is now a member of the Rotary Club of Melbourne as he lives in the Southbank area in Melbourne. He has been involved in Youth Projects and Melbourne Men's Shed as a member there.



"I've got to say I've been supported by my wife Sue all the way and a lot of good Rotarians, and a lot of good physios. Everything I've done has been a part of a team and that really is why I've been able to achieve, occasionally, some positive results."

The Rotary Club of Essendon members and friends congratulate Peter on this well-deserved recognition.

GUEST SPEAKER 06/02/2024

THE ART of SACRIFICE

A poignant presentation by George Petrou OAM, on his latest book "The Art of Sacrifice" was made at our club on Tuesday 6th meeting. George emigrated from Cyprus at the age of 4 months settled in Melbourne and developed a successful graphic arts studio in Mont Albert and is now an acclaimed portrait artist. George had a passion for Australian history and when he encountered life threatening cancer in 2010 he took up painting with a predilection for the abstract as his path to recovery and redirected his energies to honour those amazing Australians who made a contribution to who we are, and in particular to our war veterans and Victoria Cross recipients. In The Art of Sacrifice he developed portraits of his subjects from photographs and placed in a setting, often using abstract art, obtained from extensive interviews of relatives. Their stories are often tragic, surviving the horrors of war only to succumb to suicide and accidental death at home. George is a patron of the Totally and Permanently Incapacitated Association of ex-servicemen and women and all profits his book go to the TPI.

His portraits hang in museums in France, Government House NSW, and a range of military institutions across Australia. We welcome you to [buy his book](https://georgepetrou.com.au/) online <https://georgepetrou.com.au/>



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And from our committees...

The Rotary Club of Essendon has obtained raffle tickets from the Rotary Club of Ballarat South, who run a Community raffle each year to help Rotary Clubs around Australia fundraise.

First prize is a car and second prize is a \$1000 Bunnings voucher.

We have 25 books of 10 tickets each to sell to help raise funds for our club.

The tickets are \$2 each and we keep \$1.60 from each ticket sale.

If you can help by selling a book or two please contact Jenni Mann or Cathy.

Tickets are due back by the 30th of April.



Do the Mental Health First Aid Course for free!

The Strathmore Men's Shed has offered a place for one of our members to participate in the second 2 day course will be running on Wednesday 27th March and Thursday 28th March.

Venue will be confirmed but the course runs from 8.30am - 4.30pm on both days.

Please advise asap on whether your clubs wish to take advantage of this fully funded training and the name of the individual nominated.

Should there be additional spaces available at a later date we will let you know.

Contact Rod McLeod if you want to take advantage of this great offer. e: strathmoremensshed@gmail.com

We have included the link to Mental Health First Aid's website and the facilitator giving further details on the program. <https://mhfa.com.au/>

<https://mhfa.com.au/instructor/541076>

Did you know...

Our club has a great record at having our projects published in various Rotary publications. That is because we have amazing projects that we should be rightly proud of. This is why our members get so many Rotarians from other clubs tell us how impressed they are at what our members achieve. To see the latest article to be published go to <https://rotarydistrict9800.org.au/Stories/paying-it-forward-for-child-survivors-of-abuse-1>

As it is peace and conflict resolution month here are some resources that may be useful to assist us in our everyday lives. This article is from our own Michelle Trudgen from her website actcurious.com

<https://actcurious.com/prosocial-core-design-principles-towards-cooperative-conversations-and-actions-to-achieve-shared-goals/>

<https://www.pon.harvard.edu/daily/conflict-resolution/conflict-resolution-strategies/>

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Coming up soon...

Please join the Rotary club of Essendon's Fellowship Day

Spit Roast at Drusilla

Brougham Rd Mount Macedon

Cost \$25 per head

**Meats, salads, and desserts.
Plates and cutlery provided
BYO Drinks**

Book online by Friday 15th March

[rce.org.au/events](https://www.rce.org.au/events)

or contact Michael 0400 986 833



**Sunday
24th March
12pm - 3pm
gardens open 11:30am**

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

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

15 Feb New Members get together and movie. Contact Peter Condos.

20 Feb 2023 Myanmar delegation presentation by Richard Lawrence and Nola Spicer

05 March Meeting with RC Strathmore Australian Rotary Health Fund; Ash McVoy (PhD student) and Justin her supervisor from Monash University will present their research on better outcomes in Dementia treatment. Ash's research is sponsored by the Bartolina Peluso scholarship from the Rotary Club of Strathmore through Australian Rotary Health Fund (ARHF) and dovetails with the Rotary Club of Essendon's Norm Mollica Mental Health programme.

19 March Dr Graeme Dennerstein and "25 Years of Flying Gynaecology"

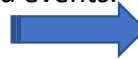
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24 March Fellowship Day at Drusilla 11.30 am – 3 pm; What a fabulous opportunity to spend the day together. Bring your family and friends and let's have time for Fellowship. Bring a picnic rug, a chair to relax in and your walking shoes to explore the beautiful gardens. Don't forget the sunscreen ☺
Contact Michael Portelli for more information.

02 April Lisa & Stuart Wait – The Ruben and Cambodia projects – get an update on the Ruben Centre project of the medical waste incinerator and dental chair plus more!

12-14 April District 9800 Conference in Bendigo. There is still time to register and attend the District Conference. A large group of Essendon Rotarians are going so join in the fun of a weekend away with friends as well as being inspired and educated with notable speakers and events.

Here is a clue to one of the keynote speakers



16 April ANZAC Bill Anderson; a Vietnam veteran will share his story with members.

21 May Charter Night – more info to come later

21 June President's Night – more info to come later

WHAT DOES ROTARY INTERNATIONAL HAVE TO SAY ABOUT PEACE AND CONFLICT RESOLUTION?

Today, over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children.

We refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

Rotary creates environments of peace

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.

By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Our commitment to peacebuilding today answers new challenges: how we can make the greatest possible impact and how we can achieve our [vision](#) of lasting change. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what we mean by peacebuilding, and finding more ways for people to get involved.

Rotary creates environments where peace can happen.

<https://www.rotary.org/en/our-causes/promoting-peace>

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We would like to thank our official sponsors;



Interested in being a sponsor?
[Download the website sponsorship guide](#)



Two of the emotive paintings by George Petrou from his book 'The Art of Sacrifice' <https://georgepetrou.com.au/>
During our month focusing on peace and conflict resolution these make an even bigger impact. Lest We Forget.

