

C O N T A C T

Club meeting 05/03/2024

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

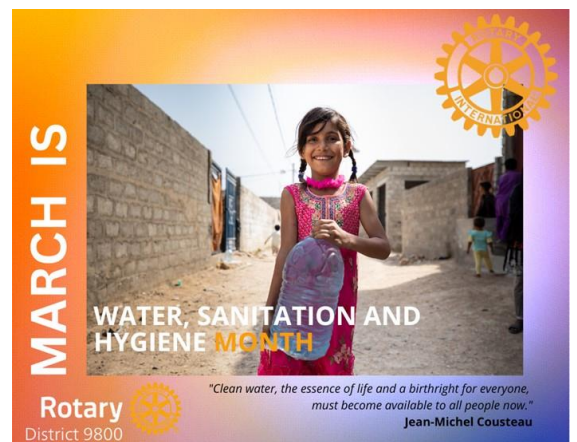
Rotary International Theme March 2024. **Water, Sanitation, and Hygiene Month**

We all have a lot of stuff, things we have collected along the way as we live our lives. There is a lot that we could probably get rid of if we had a big declutter.

But there is one thing we could never live without and that is clean safe water.

We all know that there are many in the world for which accessing clean safe water is difficult or nearly impossible. They do not have the luxury of turning on a tap and knowing that it is safe to drink, to bath and to cook with. For them local water can be a source of illness and possibly death from water borne diseases. These diseases often emanate from a lack of proper sanitation and hygiene in their community.

For these reasons, Rotary has as one of its main focus projects the provision of safe water, appropriate sanitation and hygiene education. Every person deserves to live in a clean environment where safe water is readily available. What ideas do you have to bring to our club to address this problem?



From our President...

We were very pleased to hold a joint meeting with the fabulous Rotarians from RC Strathmore, D9790.

President Greg Handley and his fellow members joined members of RC Essendon to hear a very interesting presentation from the RC Strathmore Australian Rotary Health Scholarship recipient Aisling McEvoy.

What is Australian Rotary Health? Find out more at <https://australianrotaryhealth.org.au/> You will be so inspired by the research being funded by Rotarians and friends who donate to the fund.



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Tony DeFazio is incoming president 2024-25.

To ensure our club is forging ahead in the way members wish he is encouraging all members to attend a **planning day** on Saturday 18/05/2024.

We must all remember that the club is not some inanimate object. It is the members who make up a club.

The Rotary Club of Essendon does not run itself. The great things we have in the past and continue to achieve is only because real people put in the work, the time and the effort.

If there is something you believe would make our club successful the only way that will happen is if YOU put in the time and effort to participate in the club and that starts with this planning day.

Tony reminded us that “If you fail to plan you plan to fail”.

Not one of us wants this club to fail so we all need to be involved in planning how to make our club successful. Keep an eye out for more details to come.



RUBEN CENTRE, NAIROBI, KENYA

As we ensure our accountability for projects that we support the members of the Rotary Club of Essendon maintain regular contact and source updates from the leaders in the communities in which we work.

This morning (Tuesday 5th March 2024) a number of club members met with Bev Wakinson (second from left) who works in the Ruben Centre in Nairobi, Kenya and with whom we have cemented a great relationship. You will recall that our club recently provided the Ruben Medical Centre with a medical waste incinerator and a dental chair.

Bev expressed her gratitude for our continued support and updated us on the wonderful impact these items have had in the centre and how much our contributions have improved everyday life at Ruben.

Tony Natoli is a member of the Rotary Club of Strathmore. His profession is as a lawyer and it was in this capacity that he was instrumental in establishing the Bartolina Peluso Scholarship within Australian Rotary Health (ARH). Bartolina was Tony’s aunt and as she was in her advanced years she asked Tony to assist her with planning her will. She asked him to suggest a worthy cause and knowing the great work ARH does to assist people conducting medical research – especially in to mental health - he mentioned that it might be a worthwhile place to allocate some of her estate. Sadly, after living with dementia, Bartolina passed in 2006 but due to her significant contribution and the establishment of this scholarship those in the future who also live with dementia may benefit from the research now being carried out in this field.

It is within this context that we welcomed tonight’s guest speaker, the current recipient of an ARH grant, Ash McEvoy who is researching the use of sleeping pills by those living with dementia.

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GUEST SPEAKER; ASH MCEVOY

This week we were very fortunate to have Aisling “Ash” McEvoy, a recipient of an Australian Rotary Health Fund grant who detailed her research project as part of her PhD.

A qualified pharmacist, Ash is now working with Justine Turner, Senior Lecturer and Aili Langford, Research Fellow, both in the Department of Pharmacy at Monash University, to explore the options for people living with dementia to use in both getting to sleep and attaining a good night sleep without the use of benzodiazepines a.k.a. sleeping pills. Ash has previously worked as a pharmacist at Alfred Health with rotations in psychiatry and neurosurgery and this led to her interest in researching the common use of sleeping pills by those who are affected with dementia.

On average a person taking a sleeping pill will get an extra 30 minutes of sleep per night and it helps you to fall asleep on average 14 minutes earlier than you would without taking the pill. That is

certainly a benefit of taking sleeping pills however the downsides are significant and can be serious. They double the risk of a car crash the day after use, there is the heightened risk of hospitalisation from falls and fractures and they increase problems with memory. It is easy to see why the use of these drugs by people with dementia could cause more problems in their life.

Why focus on people with dementia? 25%-30% of people living with dementia are affected by insomnia and 40% of people living with dementia in nursing homes are prescribed sleeping pills. Ash wants to explore deprescribing – ceasing or reducing – the dose of medications given that are no longer needed by people. There are other options out there. So her overall aim is to summarise evidence and co-design tools to facilitate the safe and effective reduction of sleeping pills in people living with dementia.

Success for Ash will mean better sleep and less harm for people living with dementia.

Ash detailed her project plan and the systematic reviews she will conduct. Ash also took a number of questions from the audience who were extremely interested in the project.

If you currently know, and either now or in the past has cared for someone living with dementia you may be able to help Ash with her research. Contact ash.mcevoy@monash.edu to chat about how you can be involved. Another way to be involved is to be part of an advisory panel at Monash. Contact Amanda.cross@monash.edu to learn more.

Thankyou Ash for your presentation and we hope to have regular updates about your research.

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Just in case you haven't had a chance to read your latest edition of Rotary Down Under, I would like to alert you to an article highlighting the Bahay Tuluyan Philippines Project Rainbow in which we have been involved. Have a look and be proud of what we do to assist those who have had a really rough start in life. [Rotary Down Under March 2024 \(issue 669\) \(epubs.media\)](#)

Did you know...

That there are many online courses and programmes that you can enrol in to help you learn more about how to be successful in your Rotary efforts.

Here are your online opportunities being held in March:

- 1. Celebrate International Women's Day** with Jennifer Scott - Join the Zone 8 Public Image Team as we host the International Women's Day webinar with Jennifer Scott AM, our incoming Zones 8 & 10 Rotary International Director for 2025 – 2027. Jennifer will speak on "Inspire Inclusion" the theme for this year. Jennifer lives in the Blue Mountains, NSW, Australia. A lawyer and mediator specialising in environment law and conflict resolution, she is passionate about peace building and ecological sustainability. **Sunday 10th March, 11am - 12 noon (AEDT) online. To book:** [Rotary – Celebrating International Women's Day 2024 with Jennifer Scott – B-Compliant Smart Forms \(bedrocksolutions.co.nz\)](#)
- 2. Information session: Rotary's reputation** with Garry Browne -Join us for our March session as Garry Browne discusses how Rotary's reputation and relevance is dependent on our personal brand as Rotary members. Garry's professional expertise has stretched over four decades in building brands both commercial and personal. He has developed and grown some of the best-known consumer brands in Australia and been the catalyst for helping people young and not so young in building their own personal brands. **Sunday 24th March, 12 noon – 1pm (AEDT). To book:** [Rotary – Our Personal Brand and Rotary's Reputation and Relevance – B-Compliant Smart Forms \(bedrocksolutions.co.nz\)](#)

Denis Kosnar read the 4 Way Test to the meeting.

Is it the TRUTH? Is it FAIR to all concerned? Will it build GOODWILL and BETTER FRIENDSHIPS? Will it be BENEFICIAL to all concerned?

It was great to see Denis again following his recent knee surgery.

Wellness officer Maria Kouppas also asked Rotarians to give Norm Mollica a call as he is home for a while with Covid and would love to have a chat.

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Maria reminded us to collect coins for Ron Brooks to donate towards Polio vaccine via Unicef. Ending Polio is RI's major project. To contribute to eradicating polio forever why not join D9800 Polio Plus Society? For only US\$100 per year you can be a part of the solution. The Gates Foundation will continue to match two-to-one, up to US\$35 million per year, every dollar Rotary commits to reduce the funding shortfall for polio eradication. <https://rotarydistrict9800.org.au/sitepage/foundation/polio-plus-society>
<https://www.rotary.org/en/plus-polioplus>



The Strathmore Men's Shed's latest newsletter is here. You will be so impressed by what they produce and the wonderful community and culture in the group. Have a look at the attachment in this email or even better get down to the Shed one day and see for yourself why this is one of our club's best ongoing local projects. If you know someone who would benefit from being a part of this great group go to <http://www.strathmoremensshed.com.au/> for more information.

The annual Art Show fundraiser will soon be upon us. Please contact Regina and have a chat about what you will be doing to help us raise as much funds as possible. It is only with these funds that we can do the great work we do at home and around the world. This is a **WHOLE OF CLUB EFFORT** and it is up to **YOU** to make this year's Art Show a success. <https://mooneevalleyartshow.com.au/>



Thank you to everyone who has supported the Rotary Raffle. Our first allocation of raffle books disappeared very quickly so the Rotary Club of Ballarat South has sent out a further 50 books. There are 10 tickets in each book. If you would like to take the opportunity to be part of some fundraising for our club contact Vera and you will be provided with a book. This is a very simple way for Rotary Club of Essendon to fundraise. The Rotary Club of Ballarat South provide the prizes, (first prize is a car). They make tickets available to Rotary Clubs and Community groups.

We sell the tickets for \$2 each and keep 80% of sales for our club projects. It's a win win! Get to it!!!

AND.....

C O N T A C T

Final numbers are now needed for the attendance at the magnificent and fascinating Drusilla.

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
or contact Michael 0400 986 833



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

This fellowship day will leave you amazed by this intriguing property.

Located in the beautiful Macedon Ranges, only a couple of weeks before the official kick off of the Autumn Festival, you will enjoy the local scenery as well as a delicious lunch and time to just sit back and enjoy each other's company.

Tickets for this unique event are limited to 50 and strictly on a first in basis. You are welcome to bring family and friends. Do not miss out on enjoying the glorious Autumn colours in this idyllic environment. **BOOK NOW!**

And also coming up soon.....

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

16 March The Moonee Valley Community Thanksgiving Breakfast is to be held at Windy Hill Venue at 8am sharp. Speaker : Martin Coleman Topic : Ageism Discrimination

For more information contact Peter Halaseh. To book <https://www.trybooking.com/events/landing/1181268>

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 Club Meeting; 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



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

Tuesday 21 May Charter Night – more info to come later

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

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

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

We would like to thank our official sponsor;



Are you interested in being a sponsor?

[Download the website sponsorship guide](#)



<https://australianrotaryhealth.org.au/>