

C O N T A C T

Club meeting 19/03/2024

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

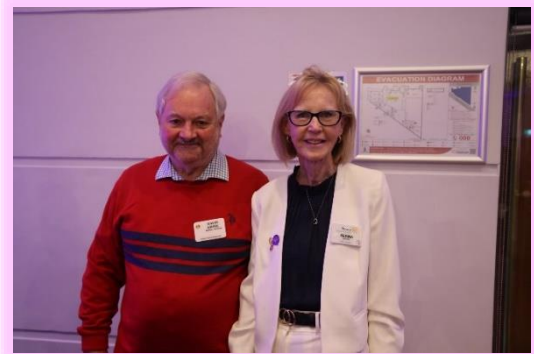
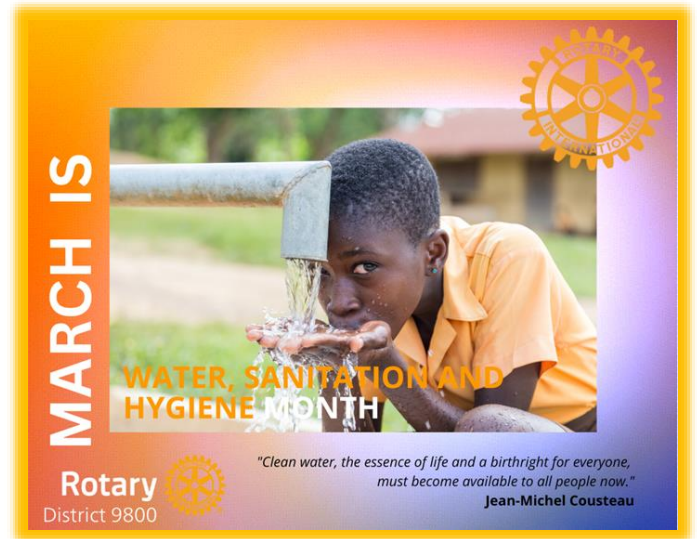
**Rotary International Theme March 2024.
Water, Sanitation, and Hygiene Month**

From our President...

Thank you to everyone who attended Drusilla and enjoyed a beautiful day. The weather was spectacular and the attendees certainly made the most of the day.

Sunil recited the Four Way Test.

Pres. Michael welcomed guests including guest speaker Dr. Graeme Dennerstein, First Lady Margarite Portelli and Gaye Cariss. Apologies: Michael Cariss – golfing in Port Lincoln.



On Friday 8th March the annual Moonee Valley City Council **International Women's Day** Breakfast was held. As has been the case

for many years our club was and event partner and was represented by a group of members eager to hear from and celebrate the women in our community who make a positive difference to people's lives. MVCC notes "International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality." Guest speakers were Maria Ruberto – a local psychologist and resilience coach, Liliana Bravo – founder of Casa Bonita Lifestyle, Macarena Erbs – founder of Bonita Shop, and Danielle Price – founder She Will Shine.

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GUEST SPEAKER; DR GRAEME DENNERSTEIN

Peter Condos introduced his friend and former colleague, Dr. Graeme Dennerstein. The two doctors had both served in the Air Force Reserve, Peter with the rank of Pilot Officer and Graeme rising to the rank of Group Captain.

Dr Graeme Dennerstein is an Essendon local through and through having been born and lived in the area since just before WW2. His father was a local GP and this influenced Graeme to become a doctor himself.

Graeme graduated from Melbourne University in 1961 and qualified as a specialist obstetrician and gynaecologist in 1967 graduating with flying colours. And speaking of flying (what a great segue!!!) it was in 1963 in the middle of his studies that Graeme gained his pilots licence.

What followed was 30yrs in the Airforce Reserve as a medical consultant and using his flying skills to service the rural communities of Australia. In 2010 Graeme published a paper entitled '15 years of Flying Gynaecology' although he then continued this mode of work for another 10 years. He said Australians suffered from the tyranny of distance and this was no more apparent than in the provision of rural medical services. He flew weekly to attend to patients in Echuca, Kyabram, Cohuna and Kerang, using his own ex-US Army Vietnam-era Cessna 01 Bird Dog. Graeme has also been significantly involved with the Royal Flying Doctor Service and currently holds the position of Emeritus Councillor.



We thank Graeme for his fascinating talk and welcome him to attend a meeting again soon.

Club history buff Stephen Chandler spoke about the history of the Rotary Youth Exchange and our Club's extensive involvement over the years. PP and PDG Joe Bradbury was instrumental in setting up the program in our District. Steve said we need to follow up past outbound students who would potentially make very good members. So if you are still in touch with any of those students please speak to them about attending a club meeting soon.

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Club project at Scope Group.

Scope Group is one of the largest not-for-profit NDIS providers supporting thousands of people with complex intellectual, physical, and multiple disabilities and was founded 75 years ago by families wanting better support for their children with cerebral palsy. The provision of sensory equipment allows participants to play, learn and explore in an enhanced environment to assist with engagement in different aspects of day to day living. The Rotary Club partnered with Scope St Albans to help with their needs. They established a budget, identified appropriate equipment, suppliers and purchased the equipment, funding half the budget with the assistance of a District 9800 grant. They installed the equipment in the Sensory room at St Albans and witnessed their successful use by Scope clients and their excitement with the equipment.



For further information visit <https://www.scopeaust.org.au>



I wonder if they read the instruction booklet before or after they started trying to put that little trampoline together.....

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Hard working Rotarians Vera and Jenni with their helpers, Joe and Pete with their friends from Scope after a hard day of setting up all of the great equipment.

Scope has informed us that a significant article within the Scope system has been posted with great thanks going to Rotary Essendon for our contribution to their clients.

The raffle was drawn as it is every week and a comment was made that Gaye was there to win the bottle of wine in Michael's absence as Michael has recently won to prize a few times in a row. Well who would have guessed that Gaye subsequently won the wine! Something fishy going on here...

Maria's wellness report:

Maria announced that she was fighting fit. Jennifer Lawrence had 5 days in hospital with a racing heart – romantic Richard was the cause!

Norm Mollica and Lisa Lowcock have missed tonight's meeting as Norm was hospitalised today. Their family is in our thoughts.



Make sure you read all about the Polio Plus Society, what is happening at Donations In Kind and how you might be a part of the Regionalisation Pilot as a Rotary Community Leader in the attachments in the email.

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**ROTARY CLUB OF ESSENDON
ROYCE AND JEAN ABBEY VOCATIONAL SCHOLARSHIP APPLICATION
GREGORY BARAKE, RUBEN CENTRE, KENYA
VOLUNTEERS REQUIRED**

The Club submitted an Initial Application for a Royce and Jean Abbey Vocational Scholarship for Greg Barake from the Ruben Centre, Kenya. The Initial Application has been approved by the Scholarship committee and requested the Club submit a Detailed Application for approval.

The club recently funded through a District International Grant a medical waste machine and dental chair (AUD\$21,000).

The goal of the Royce and Jean Abbey Vocational Scholarship is to provide community leaders from developing nations, with practical training and experience in Australia in at least one area consistent with the Rotary Foundations Seven Areas of Focus. The training and experience gained is to be applied for the benefit of the scholarship recipient's community and organisation.

The scholarship provides up to USD\$9,700 for the accommodation, travel, living expenses, etc while in Australia.

Gregory is 28 years old and has Bachelor of Arts in Communication. He is the communications officer and youth co-ordinator at Ruben Centre. He is also a member of the recently chartered Rotary Club of Utawala.

Greg is hoping to achieve the following objectives while in Australia:

- Improve his skills in advocating for youth mental health
- Improve his skills in engaging with local communities
- Exploring collaboration opportunities with Rotary
- Expand knowledge, skills, and networks
- Foster philanthropic partnerships

The next step is to submit a detailed application. This involves a day-to-day itinerary of Greg's activities; budget; transport and accommodation.

We are calling for volunteers to assist with:

- transporting Greg to and from his daily activities.
- providing accommodation.
- weekend outings.

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- recommending organisations that he could visit to achieve his objectives.

It is anticipated Greg will travel to Australia mid-September-November. I know this is a long way out but if you can help with one day that would ease the load in ensuring Greg's scholarship is a worthwhile exercise.

If you can assist with providing any of these activities please **email** President Michael Portelli and Shirley Kukk. We require this information to finalise the detailed application.

For further information contact:

President Michael or Shirley; visit website: www.royceabbey.com

SUPER EXCITING NEWS!!! HOT OFF THE PRESS!!!!!!!!!!

You will all remember the significant donation Norm Mollica made to the club with the specific purpose of going to mental health research. A committee was set up to manage the funds and named The Norm Mollica Mental Health Scholarship Committee. The committee met with a representative of the Australia Rotary Health with a brief on the type of recipient we were aiming for and the scholarship recipient has subsequently been agreed upon.

This is super exciting as we are actively committing to improving the lives of others. This is in line with the Rotary International President Gordon R. McNally's aims for 2023-24. *"The goal is to restore hope — to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change for ourselves,"* McNally said at Rotary's annual training event for incoming district governors.... *In addition, McNally said, "Rotary members should offer hope to those affected by mental health challenges."* From

<https://www.rotary.org/en/r-gordon-r-mcnally-wants-rotary-members-create-hope-world>



The recipient of the scholarship sponsored by Rotary Essendon is Myles McKenzie from Townsville. Myles receives an Indigenous Health Scholarship and is studying at the James Cook University, Qld. He is an inspiring and committed young man and we are proud to be able to help him make significant improvements in the mental health of people in his community.

Welcome to the Rotary Essendon family Myles.

Read all about him here; <https://australianrotaryhealth.org.au/myles-mckenzie/>

Coming up soon...

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Tuesday Apr 02, 2024 7:00 pm - 8:00 pm [Lisa & Stuart Wait -The Ruben & Cambodia Projects](#)



Friday 12th - Sunday 14th April 2024 Join your Rotary friends at the annual District 9800 Conference this year being held in Bendigo.

Conference ticket includes a fantastic array of speakers to inspire you, a showcase of Rotary projects to see what other clubs do, social events and an amazing selection of entertainers to enjoy. All that as the following included in the price:

+ Friday night welcome event + Conference Saturday including lunch, morning and afternoon tea
+ Dinner event Saturday night + Conference Sunday including morning tea

Ticket Pricing:

+ Rotarian, Partners & Friends: \$390 + First-time attendee: \$300 + Rotaractors & Youth Exchange: \$200
+ Foundation Breakfast: \$40 + Sunday BBQ Lunch \$18 + Saturday Night Dinner (only) \$100
+ Welcome Event (only) \$40

To book: <https://www.trybooking.com/CMCUD>

Tuesday Apr 16, 2024 7:00 pm - 8:30 pm [ANZAC Bill Anderson](#)

Tuesday May 07, 2024 7:00 pm - 8:30 pm [Forward Planning - with Tony & Veronica](#)

Tuesday May 21, 2024 7:00 pm - 10 pm [Charter Night](#)

Tuesday Jun 04, 2024 7:00 pm - 8:00 pm [club meeting](#)

Friday Jun 21, 2024 7:00 pm - 10:00 pm [Presidents Night](#)

Tuesday Jul 02, 2024 [Presidents Changeover](#)

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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 sponsors;

Proudly supported by

**Strathmore
Community Bank Branch**

B Bendigo Bank

Interested in being a sponsor?

[Download the website sponsorship guide](#)

make kindness the norm.

SAY ONLY POSITIVE THINGS TAKE SOME TIME FOR YOURSELF
BE CONFIDENT LEAVE A POSITIVE HANDWRITTEN NOTE FOR A COWORKER **START USING A REUSABLE WATER BOTTLE**
LOVE YOURSELF DON'T COMPLAIN FOR 24 HOURS **TAKE A DEEP BREATH**
REMAIN TRUE TO YOUR WORD OFFER TO HELP SOMEONE IN NEED **SMILE**
 ASK A COWORKER HOW THEY ARE DOING (AND REALLY LISTEN TO THEIR ANSWER)
COMPLIMENT SOMEONE TRY TO BE TRULY PRESENT WITH OTHERS **PRACTICE PATIENCE**
 LEAVE NOTES WITH POSITIVE MESSAGES AROUND THE OFFICE **OFFER A LISTENING EAR TO SOMEONE WHO IS STRUGGLING**
BELIEVE IN YOURSELF
 FIND A DIFFERENT AREA IN YOUR OFFICE TO WORK FROM
STAND UP FOR A COLLEAGUE SHARE SOME GOOD ADVICE
 TIDY UP THE SHARED KITCHEN AREA **LIST 5 OF YOUR STRENGTHS** **BE GRATEFUL**
ASSUME THE BEST IN EVERYONE TREAT A COWORKER TO COFFEE **FOLLOW A 10-MINUTE STRETCHING ROUTINE**
EXERCISE SHOW ENTHUSIASM ABOUT WHAT YOU DO **MAKE SURE EVERYONE IS INCLUDED**
GIVE SOMEONE YOUR VOTE OF CONFIDENCE
 OWN UP TO A MISTAKE YOU'VE MADE **TAKE TIME TO LISTEN TO SOMEONE ELSE'S IDEAS**
 TAKE A WALK DURING YOUR LUNCH BREAK **RELAY AN OVERHEARD COMPLIMENT TO SOMEONE** RESPOND TO EMAILS IN A TIMELY FASHION
 START AND END THE DAY WITH POSITIVE INTENTIONS **INTRODUCE YOURSELF TO SOMEONE NEW AT THE OFFICE**
COMPLETE A TASK YOU'VE BEEN PUTTING OFF **EXPLORE A NEW PLACE FOR LUNCH** **GIVE A CUSTOMER A BIG SMILE** **PICK UP LITTER**
BE INCLUSIVE OF OTHERS



**Happy Easter to all
our members,
family and friends.**