

C O N T A C T



Club meeting 02/04/2024

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

Rotary International Theme April 2024. Environmental Month

What are we if not part of our environment.
No matter how hard we try to control or manage nature we as humans always find out that it is nature that will control and manage us in the end. But the more we can work with nature to live in this world the better off we'll be.
The more we care for our environment the more our environment will provide for us.
How can our club get involved in what is officially one of Rotary's 7 areas of focus – caring for the environment? Send your ideas to the Ed.



C O N T A C T

From our President...

You will see above a picture of Rotarians, some past, some present and hopefully some future, their family and friends having a wonderful day at Drusilla in the Macedon Ranges recently. You can just feel the fun they had enjoying each other's company in the magnificent surrounds of the property – see below. Thanks to all who took part in organising a great fellowship day in a beautiful setting.



NEW MEMBER INDUCTION! WELCOME TO MONA MALOUF
It is always wonderful when we induct a new member and it was indeed the case tonight when Mona Malouf joined us at Rotary Essendon. Mona will be a part of the Community Services committee under the guidance of chairperson Cathy Nicou and Tony DeFazio will be Mona's mentor. We welcome you Mona to the family and look forward to getting to know you in coming months.


Regina read the Four Way Test.

The Four Way Test was adopted by Rotary in 1943 and has been translated in to more than 100 languages.

When was the last time you really thought about these guiding principle statements of Rotary? When you read it do you think about what these statements mean in a practical sense? Do you acknowledge that sometimes things you say or do may fail to meet the challenges of living according to these statements?

The Four Way Test is not a way to judge others.

It is a way to reflect upon ourselves and the ramifications of our own thoughts and behaviour.



Rotary

THE FOUR-WAY TEST

Of the things we think, say, or do

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships.

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

C O N T A C T

MOONEE VALLEY ART SHOW 2024

Regina and Christine gave us an update on our major club fundraiser, the Moonee Valley Art Show. The show will be held at the Ukrainian Centre, 3-11 Russell St, Essendon 3040. It is adjacent to the Essendon Railway Station. The Gala Opening Night will be on Friday 11th October 2024 and the show open to the public on Saturday 12th and Sunday 13th October 2024.

The biggest need at the moment is to secure sponsors for the show. It is an essential part of the success of the fundraiser to have sponsors to cover the costs of the art prizes.

The success of the Art Show is the responsibility of every single club member. While Regina and Christine are on the joint Rotary Essendon and Keilor East committee, the rest of us are responsible for contributing to the success of the show by getting out there and gathering supporters and sponsors.

As a club we have a vast range of contacts that we can approach for sponsorship. We all know people with whom we have shared our Rotary stories who want to be involved but cannot commit to being a member. Now is the time to approach them and ask them to be involved. There is no maximum or minimum sponsorship – every dollar or donation in kind or voucher counts. So please get out there now and make our major fundraiser the success it needs to be for us to do what Rotarians do best – make positive contributions to the world.

Contact Regina or Christine now for the Sponsorship pack to use when you approach businesses.

And make sure you let Regina know who you plan to approach so we don't double up on our requests for support.

<https://mooneevalleyartshow.com.au>



Guest speakers Lisa & Stuart Wait and Robyn Angus from Rotary Ivanhoe who spoke to us about the Ruben and Cambodia projects.




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It was at the Rotary World Convention that Lisa Wait and Robyn Angus first met Rotaractors from Siem Reap, Cambodia. These students had been awarded scholarships to study supported by Rotary Clubs. The Cambodia Students rural Trust (NFP) select students based on their academic commitment and ability, by referral from their village leaders, be committed to the project and Rotary and come from low income families for whom this education would otherwise be unattainable. The trust aims to educate future leader via community led leadership progression. They need to lead and manage social enterprise projects while studying the Bachelor of Business. Students are provided with a monthly living allowance and their tuition fees are paid for up to approx. US3000 for one year.

The Rotary Club of Ivanhoe is now organising fundraising to support this project as well as provide 100 school desks, bicycles, trees, solar lights and WASH funding. They are also organising a 7-day trip to Cambodia to support this program and invite anyone who is interested to contact them. The trip will take place Sunday 19th January – Sunday 26th January 2025. For more information go to <https://directory.rawcs.com.au/39-2023-24>. You can also donate directly to their efforts via the RAWCS website.


Click on the QR code to






**Rotary District 9790
Trip to Cambodia**
January 19 – 26 2025

Join us for this inspiring 7-day program, working as a District team to raise funds to support community-led education projects with the Rotaract Club of Siem Reap.

Use the QR code to volunteer or donate.



Project Itinerary - Jan 2025

Dates	Activities
Sunday 19	Welcome dinner at social enterprise restaurant
Monday 20	Bicycles for education & solar/buddy lights for schools
Tuesday 21	Trees for Life & WASH for Education clean drinking water
Wednesday 22	Rest day tour to Kulen Mountains, waterfalls & swimming
Thursday 23	District 9790 Project - Desks for Angkor Thom High School (to be assessed by Siem Reap Rotaract)
Friday 24	Teaching in Angkor Thom High School
Saturday 25	Rest day in Siem Reap shopping, market, tours, temples
Sunday 26	Rotaract house building QR Huk alternative technology & building, Dinner at Friends Restaurant (optional training provided)

Costs
approx. \$5,000 (AUD) including:

- flights
- travel insurance
- accommodation/land transport
- personal donation of \$650 AUD

donate.

Stuart then told us about his trip to Africa with his son. As part of the trip they visited the Ruben Centre and saw the medical waste incinerator that our club recently donated.

Stuart rather sheepishly explained that he thinks the people at Ruben thought he was from Rotary Essendon and were very keen to show their appreciation for our support.

One big impact that the incinerator is having on the Ruben Centre medical centre is the ability to promote to local communities and other organisations their ability to safely deal with toxic or medical waste and that these other groups can

for a fee utilise the incinerator for their own waste disposal. This now provides



an ongoing income source for the medical centre helping ensure the viability of their services in to the future as well as bringing closer their goal of being totally self-reliant.

Stuart said that the Ruben Centre is an amazing institution operating in the middle of extreme poverty and offers hope to the community. The staff and students were incredibly friendly and positive. He said that this centre proved what a difference to others one capable and determined individual can make to a lot of people as he referenced Brother Frank O'Shae who has given such a lot to the centre and to its success.

C O N T A C T

Scope Australia says thanks.



Following on from the last edition of Contact where we brought you the news of the donation from our club to Scope Australia of some fabulous therapy items for their sensory room and the incredible job members and friends put in to put it all together we now have an article on the Scope Australia webpage highlighting our contribution. Titled “Rotary Club of Essendon’s Enduring Impact” everyone can now see how positive a change we have made to the lives of those who use the facility.

We have a right to feel proud of this and we MUST share this with our family and friends. That is how we get our story out to the world. And the more people know about the good we do the more they will help us to do it.

People will become sponsors, helpers or even become members, but it is up to you to make it happen.

We must also give big thanks to Vera Maljevac who initiated the connection with Scope and the initial donation of musical instruments during her year as president, and has continued to develop the relationship with Scope Australia.

And thanks again to all who were involved in securing a D9800 Foundation grant to support this donation.



Here is the link for you to read the article on the Scope Australia website.

<https://www.scopeaust.org.au/news/rotary-club-of-essendons-enduring-impact>



C O N T A C T

Did you know...



That Rotary International has 7 areas of focus?

You did? Well done! But can you name them all? Here are some clues.

First person to email me with the correct answers will get a prize.

Coming up soon...Calling all Rotarians and their partners from clubs in RCG4:

Brunswick Tullamarine, Essendon, Essendon North, Flemington Kensington, Footscray, Keilor, Keilor East, North Melbourne, West Footscray and Yarraville.

Our Presidents have agreed to host a social evening where members are able to connect and get to know each and what our clubs are engaged in.

Please join us for this informal fellowship evening on

THURSDAY 9th MAY at The Hyatt, Essendon Fields, 6.00pm for a 6.30pm start. RSVP to Barry Harvey by 6th May barryfharvey@bigpond.com

RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS RAFFLE



If you still have raffle tickets and/or ticket butts and money please be sure to return them to Cathy or Vera by 16th April 2024. Thanks to all who assisted with this fundraiser and good luck to those who purchased tickets.

President Elect Tony DeFazio has requested attendance by all members to a very important club event.

Club Planning Introductory Session

Date: May 7, 2024 7:00 pm - May 7, 2024 8:00 pm

Details: Warwick Cavell, facilitator will introduce the session and expectations for the Club planning session to be held on Saturday 18 May 2024 from 8.30am to 1.00pm. He will present for 20 minutes and allow for 10 minutes of questions. Please come along as the planning sessions provides an opportunity for you to have a say and contribute to the future direction of our wonderful club. keep a look out for the email with the registration link coming soon and register your attendance for both sessions the 7th and 18th May. Your support is much appreciated.

REMEMBER - IF WE FAIL TO PLAN WE PLAN TO FAIL



Community Group 4

Calling all Rotarians in Community Group 4.

You are invited to come together and connect as we start to plan our way forward under the new Regionalisation Pilot structure.

Hear from our new Community Group Leader and a representative from our district.

Hosted by Rotary Essendon North:
The Hyatt, Essendon Fields.
Thursday 9th May
6.00 for a 6.30 start.
\$35pp drinks at bar prices.

IMPACT, REACH, ENGAGE, ADAPT
RSVP: barryfharvey@bigpond.com

C O N T A C T



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](#)

C O N T A C T

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**

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)
 COMPLAIN TO 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

APRIL IS

ENVIRONMENT MONTH




Rotary
District 9800

"Try to leave the earth a better place than when you arrived"
Sidney Sheldon