

C O N T A C T

Club meeting 15 July 2025 Windy Hill Venue, Cnr Napier & Brewster St, Essendon 3040



JULY IS MATERNAL AND CHILD HEALTH MONTH

Our club has had a number of projects which focus on Maternal & Child health. Here are some you can assist.

For many years our club has supported **Caroline Chisholm Society**. They currently have a "Give once, Help twice" campaign whereby any donation will be matched by a generous sponsor. Go to <https://www.caroline.org.au/> for details.

Days for Girls Essendon make kits to manage menstruation for girls and women in Timor Leste including maternal kits for new mothers. Go to their facebook page for all the contact details and to see how you can help.

<https://www.facebook.com/p/Days-for-Girls-Essendon-VIC-Australia-Team-100069493740490/>

The **Ruben Centre in Nairobi**, where our recent scholar Greg Barak works, assists the poorest mothers to care for themselves and their babies before and after the babies are born. Go to

<https://www.rubencentre.org/health-department> to find out what you can do to help them.

And of course we have our very own Royal Women's Hospital who always need volunteers.

<https://www.thewomens.org.au/>

What? You want more? Put the following events in your diary so you don't miss out.

For more information and to book your spot go to our website <https://www.rce.org.au/Events>

There is still time to book your seats for Comedy for a Cause being held this Sunday at the Essendon Bowls Club at 2pm. Four great comedians and drinks at bar prices. Come along with your friends for a day of fun and laughter.

Sunday 20th July Comedy for a Cause at Essendon Bowls Club 2pm

Tuesday 5th August normal club meeting at Windy Hill venue dinner at 6pm meeting at 7pm

Tuesday 16th September District Governor Peter Shephard official visit

Friday 10th October Rotary Moonee Valley Art Show Gala Opening

Saturday 11th, Sunday 12th October Art Show weekend

C O N T A C T

<https://www.bendigobank.com.au/branch/vic/community-bank-strathmore/>

Thank you to our major sponsor Strathmore Community Bank Bendigo Bank.



So much of the work we do in our local and international communities relies on funding. We are so pleased that the Strathmore Community Bank has been our sponsor for many years and thank them for their support.



DISTRICT 9800 CHANGEOVER

Past President Tony and Elena represented our club at the District 9800 Changeover when the baton was passed from Michael Lapina to Peter Shephard.

WELLNESS OFFICER

Maria Kouppas is the wellness officer in our club. If you know a member or partner who is doing life a little tough at the moment you may ask permission to inform Maria so a card can be sent letting them know that their Rotary family is thinking of them, wishing them well and is near in times of need.

CASH FOR POLIO Maria would also like to remind everyone to bring along to our next meeting any international – or Australian – coins which are in your home and that you don't need. Donations will go directly to providing polio vaccinations around the world.

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Foundation Grants Seminar by Zoom

Our club has received many Rotary Foundation Grants over the years which has basically allowed us to do so much more for our projects. Sometimes we have doubled our money with grants that have matched our contribution. We need people in our club to do the applications for grants as they become available. To know what we can apply for and how to do it is vital and this zoom meeting will be essential to those who will do the applications. We need at least two people to attend. Please register for the session via the link below. Please also let the Board know so we can access your new found skills when necessary. Your club thanks you.

“Is your Club considering applying for a District Foundation Grant in 2025-2026?
Interested in learning more information or gaining help from other Clubs for your projects?
Perhaps, you are just looking for ideas for possible projects.
Join us on Zoom for an information and more importantly an ideas packed session.

Dates; Thursday July 24th 7 PM to 8:30 PM - Sunday July 27th 3 PM to 4:30 PM
Location; Online event access details will be provided by the event organiser
BOOKINGS; <https://www.trybooking.com/DCZUS>”



ROTARY DISTRICT 9800
ARH COMMITTEE PRESENTS

MENTAL HEALTH FIRST AID
Australia

An Online Blended
Mental Health First Aid
Zoom Course
9.30am-12pm
on Saturday 16th and 23rd August 2025

Available NOW at a discounted rate of \$210 per person,
with 50% donated to Australian Rotary Health

Anyone can have a conversation that may save a life.
Everyone should know how.
Learn how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or crisis resolves.

Why attend a Mental Health First Aid training Course?

- Intervene Early
- Respond in a Crisis
- Offer Support
- Reduce Stigma

Why be a certified Mental Health First Aider?

Over 80% of Australians aged 18-85 years experience a mental illness in their lifetime. Everyone in the community can play a role in early intervention to support a person experiencing a mental illness or experiencing a mental health crisis.

Facilitator
MHPA Co-founder & Rotarian
Betty Kitchener AM

Register TODAY - limited spaces available and open to the public.
Contact: Dr Suresh Marcandan (D9800 ARH Committee)
Email: suresh@stefamarisinternational.com
Mobile: 0448 838 838

Rotary DISTRICT OF AUSTRALIA
Australian Rotary Health

MENTAL HEALTH FIRST AID

Have you ever been in a situation where you know a friend or relation is struggling in life but you don't know what to say and you don't want to make things worse?

Just like doing a basic first aid course can help you to know when a person needs a bandaid or an ambulance, having some knowledge in mental health first aid can help you help the person who is struggling.

We are all aware of the rising rates anxiety, depression and suicide. With the right skills you can make a positive difference. Facilitated by the co-founder of this world recognised course at a greatly reduced price this is an offer to good to pass up. Half of the cost is donated to Australian Rotary Health.

Australian Rotary Health - Mental Health First Aid course is available Aug 16 and Aug 23 2025 9:30 am - 12:00 pm

To register go to;

<https://rotarydistrict9800.org.au/event/australian-rotary-health---mental-health-first-aid/>

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Our Comedy for a Cause event is filling up fast but there are still a few tickets for Rotarians and friends to purchase.
Bring your friends and family and “unite to do good” for those in need.
And if you can help distribute flyers contact Christine.



Rotary Club of Essendon 

Comedy for a Cause

PRESENTS:

Featuring comedians from
Sydney & Melbourne International Comedy Festivals

 <p>CHRIS WAINHOUSE <i>"rapid-fire wit and rapier delivery has audiences begging for mercy."</i> - Brisbane News</p>	 <p>MATT O'NEILL (UK) <i>"Rule-breaking, genre-bending stand-up."</i> - Chortle</p>	 <p>EVAN HOCKING <i>"It's just great to hear such good storytelling."</i> - Herald Sun</p>	 <p>SONIA DI IORIO <i>"Quick witted, tight & oozing with confidence."</i> - Pop Culture-y</p>
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SUNDAY 20 JULY
Venue: Essendon Bowls Club
Doors: 1.15pm / Show: 2pm / 18+ / TICKETS: \$34+ booking fee

BOOK NOW at:
comedyforacause.net/event/RCE25

All the proceeds from this event go to Rotary Club of Essendon Projects.



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Guest speaker this week; our very own, newly minted Rotarian of the year, Michael Cariss

This week our speaker was none other than our own past president Michael Cariss who regaled us with stories of his years as a Rotarian and President of the Rotary Club of Essendon.

Michael joined Rotary on 20 Feb 1983 being introduced to the club by Glenn Anders. Being inducted to the club would be the start of a lifelong involvement in the club with his gorgeous wife Gaye. In 1990-91 Michael was the president of the club. The most crucial part of that year was fundraising for a project that was co-ordinated over three presidents and three years – the renovation to the Royal District Nursing Service property which was located on the corner of Mt Alexander Rd and Grice Cres, Essendon. The club had been integral in the erection of the original building and now that the premises was deemed inadequate for the work being done the club decided to undertake a big project of raising \$100,000.00 to do the renovation to bring it up to the standard required. Fundraising included the annual Footy Stall at the Royal Melbourne Show. The stall was way ahead of its time providing paraphernalia to excited footy fans who queued to buy a hat or scarf, toy or footy in their club colours. Now all of the merchandise is sold via clubs and companies but then it was a rarity to be able to purchase such items at a shop. It took a big roster to fulfil the store duties and many hours of work but always bought in a good profit to the club. Other fundraisers included trivia nights, Melbourne Cup sweep, William Angliss dinners, bowls with Rotaractors, Christmas hamper raffle and a tennis day at member Peter Condos' house. Exchange students went overseas and others were hosted by the club here in Essendon. Clean up days along the Maribyrnong, mock job interviews with St Columbus students and a visit to the Essendon Hospital – which is now the aged care facility in Holmes Road, Moonee Ponds, also filled in a very busy year. Guest speakers included Frank Evans who informed the members of the needs of the RDNS once the funds were raised, ABC's John Reid who ran a Poet's Corner event and Jill Keyte (mother of Jennifer Keyte of tv news fame) who was an exchange student of the club 20yrs earlier. This is not all! If you want to know more about what was achieved in that year you need to check out our own history book "Pick of the Bunch" which details the clubs 83 years of service when it was written in 2018.

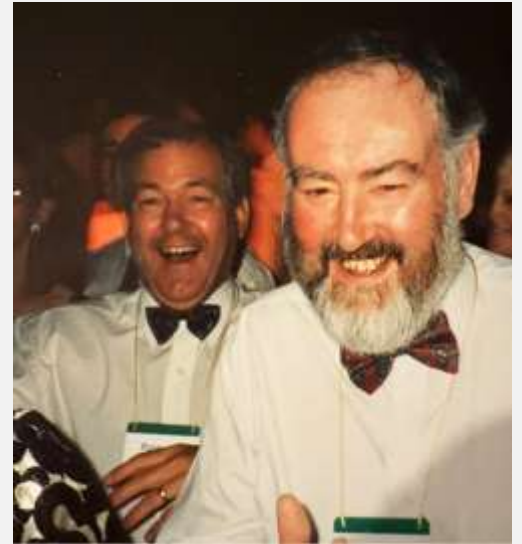


Michael also told us stories of many of the wonderful experiences he and Gaye have had over the years. They have travelled widely, one to the US in particular was eventful, and have made many friends along the way. Both have valued their time in the club and have been active participants since joining. Without people like Michael and Gaye the club would not have achieved what it has over the years.

Without Michael we would not have the many laughs as he loves telling stories and jokes.

Thankyou Michael – and Gaye – for your contribution to the Rotary Club of Essendon, and for being wonderful friends to all.

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OTHER NEWS FROM OUR MEETING

- Our president Regina is currently in Queensland due to a short notice business issue. Vice President Sam T presided in her absence.
- Nola filled us in on the progress of the Moonee Valley Art Show, now in its 11th year. There are ten Designer Eyewear vouchers valued at \$150 each to be sold to the first ten people to get in and purchase them. All funds will go towards the funds raised as part of the Art Show. Contact Nola if you want to buy one. Just make a reasonable offer and the voucher might be yours!
- There are many other wonderful people who have offered their services to raise funds via the Art Show so if you want to know more contact Nola.
- Our club will hold a stall at the North Essendon Farmers Market on 21 September. Please volunteer your services to be on the stall to promote our club. Speak to Nola for the details.
- Roger L gave us some amazing news! The Royce Abbey Awards have been presented to over 41 people so far this year. That means that \$41,000.00 has been put in to the Royce and Jean Abbey Vocational Scholarship account to fund people from overseas to study in Australia for three months to build their knowledge and skills to take back to their own communities to benefit all who live there. You will remember this year that we had Monica from Myanmar from Step In, Step Up stay with us. This award and scholarship make a huge difference to so many people. Congratulations to all involved. If you want to know how you can get involved in this wonderful programme please speak to Roger or Maria. They always need help so don't be shy. <https://www.royceabbey.com/award>
<https://www.royceabbey.com/scholarship>

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- Lisa showed us an example of what the Corporate Duck might look like in the next “The Great Rotary Essendon Duck Race” to be held Sunday 1st March 2026. The corporate ducks will be painted plain black and for \$250 a company can decorate it any way they like to promote their business and race it down the Maribyrnong to vie for a great prize. The Duck Race committee want you to think about who you will spruik this quacker of an idea to! It will come under their advertising budget so it will be a win win for those involved. The regular ducks will also still be sold to the general public.
- And last but certainly not least the new highlight of our weekly meetings – the great trivia competition – was held and won by the B team. Maria was the trivia host and certainly made us behave with her NYPD jacket on.
- Our next meeting will be on Tuesday 5th August.
- Make sure you contact your committee chair to attend your committee meeting before then.



A man received the following text from his neighbor: "I am so sorry Bob. I've been riddled with guilt and I have to confess. I have been helping myself to your wife, day and night when you're not around. In fact, more than you. I do not get it at home, but that's no excuse. I can no longer live with the guilt and I hope you will accept my sincerest apology with my promise that it won't ever happen again."

Bob in complete shock, didn't know what to do.

A few moments later, a second text came in: Damn spell check! I meant 'wi-fi.'



DO YOU KNOW WHO THIS LITTLE CUTEY IS?
SEND IN YOUR GUESS TO THE EDITOR

CIAO!