

C O N T A C T

Club meeting 05 August 2025 Windy Hill Venue, Cnr Napier & Brewster St, Essendon 3040

August 2025: Membership and New Club Development Month

From the RI website; *“Impact starts with our members — people like you who see a world where people unite and take-action to create lasting change — across the globe, in our communities, and in ourselves. Becoming a Rotary member connects you with a diverse group of professionals who share your drive to give back. Through regular meetings and events, you’ll:*

- *Discuss your community’s needs and develop creative ways to meet them*
- *Connect with other leaders who are changing the world*
- *Expand your leadership and professional skills*
- *Catch up with good friends and meet new ones”*

What does this mean to us? Do you make the most of your membership in Rotary? How do you show the world you are a Rotarian? What are you actively doing to get new members for our club?

Send in your ideas to the Editor to be published in the next edition of Contact.



We welcome back our president, Regina, who has had some time in Qld for work.

While there she took the opportunity to visit Rotary clubs in the areas of Noosa and Eumundi where she came away with some great ideas for our club to consider.

Of particular interest was RYDA – Rotary Youth Driver Awareness – and we will have the pleasure to hear from a RYDA rep. at our upcoming meeting 2nd September 2025.

Regina welcomed the many visitors we had at our meeting this week.

Ella Saunders – Regina’s granddaughter – who shared her experience at RYLA, Yvonne Osborn from Rotary Keilor East and their Rotary Youth Exchange student from Denmark, Melini Hanson, Geoff Grey and Stephanie Bishop both from Rotary Moorabbin, Robert Fava from Rotary Werribee who spoke to us about their Community Grant project and Caroline Chisholm Society CEO, Lulou Kini who gave us an update on the society. Dorianna Cooper and Gaye Cariss also attended and we hope all of you will come back again soon as you are all very welcome at our club.

Thanks were expressed to Christine, Terry and Jenni who ran a fabulous Comedy for a Cause event, and to Daniel for working on our IT and social media presence.

C O N T A C T

ELLA SAUNDERS RYLA

Are you the sort of young person who wants to ...

“Connect with leaders in your community and around the world to:

- [Build communication and problem-solving skills](#)
- [Discover strategies for becoming a dynamic leader in your school or community](#)
- [Learn from community leaders, inspirational speakers, and peer mentors](#)
- [Unlock your potential to turn motivation into action](#)
- [Have fun and form lasting friendships?”](#)
- <https://www.rotary.org/en/our-programs/rotary-youth-leadership-awards>



While Ella wasn't completely sure what she was letting herself in for she found out that she was indeed one of those young people. Attending the Rotary Youth Leadership Award in Axedale was in Ella's own words, "a life-changing experience." Ella displayed excellent presentation skills in her talk to us about her time at RYLA. Led by Rotarians and RYLA alumni Ella participated in a series of activities that challenged her, developed her team building and problem-solving skills and helped her to become better at communicating and being in a position of leadership. Her confidence blossomed and she credits being a participant with improving the way she tackled studies at Melbourne University.

The RYLA programme is a world-wide Rotary programme designed within clubs and districts to suit their local participants. RYLA has been in Victoria for at least 40+ yrs as our own Editor participated as a much younger person. In District 9800 it aims to;

- *Help participants gain a better understanding of their own strengths, passions and values*
- *Develop the leadership skills of young people through experiential workshops, involving teamwork, communication, motivation and introspection*
- *Foster an appreciation of the diverse abilities and unique qualities of those around them*
- *Provide an opportunity for young people to come together in a supportive environment*
- *Develop a set of resources and tools to facilitate the participants' ongoing development in their communities*
- *Create a greater awareness of social issues affecting young people*
- *Demonstrate Rotary's commitment to young people.*

<https://www.ryla9800.org.au/>



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Do you know a young person who is displaying leadership qualities that would benefit from attending RYLA? The next RYLA will be held Sunday November 30 to Saturday December 06, 2025.

Be sure to direct them to the webpage listed to apply. <https://www.ryla9800.org.au/>



ROB FAVA ROTARY CLUB OF WERRIBEE

Who would have thought that within two years of setting up the Werribee Rotary Community Grants that \$38,300.00 would be donated to 15 organisations who needed vital items to run their programmes. Rob Fava did!

Rob's idea was to assist small local organisations who just needed those few extra dollars for, as Rob describes, the "nuts and bolts" basics to make their programmes operate better.

Why did Rob create the Community Grants?

He wanted to show Rotary's commitment to the local community, increase the profile of the club in the local community, create hope in the community and recognise volunteers in the community who run great programmes.

A big advantage to the club's aim to donate to local groups is that the organisations go to the club website to apply rather than the club needing to find groups themselves. In 2023 there were 24 applications for 6 grants awarded. In 2024 there were 45 applications and 9 grants awarded. Rob is hoping for 60+ applications this year to again award 9 grants. This shows the great exposure the club now has in the community.

The club has directly benefitted by inducting 4 new members directly because of the grants, they now have no problem getting volunteers to assist the club and have increased their social media exposure by thousands. Organisations go to the club website to apply for a one off \$2500.00 grant and have to comply with guidelines for applicants. The club raises funds for the grants via various fundraising efforts including monthly Community Bingo events and running an Op Shop. While a small club they are making a big impact.



<https://www.werribeerotary.org.au/page/community-grants>

C O N T A C T

CAROLINE CHISHOLM SOCIETY LOLOU KINI, CEO



The Rotary Club of Essendon has had a long association with the Caroline Chisholm Society.

From the days at the old house in Moonee Ponds where our members helped to erect shelters for donations and access ramps, to providing funds to build the current facility at 977 Mount Alexander Road, Essendon, from members generously donating many items of clothing, new or home knitted and also donating their time for the sorting and packing of donated clothes, to others who donated toys, money and time to the Christmas Shop in Caroline Springs, the members of our club have been partnering with CCS to help vulnerable mothers, babies, children and families at their most difficult times for a very long time. This week we welcomed Lolou Kini, the current CEO of CCS, to update us on what and how the society is providing care to families. Lolou explained the mission of the society – to keeping families together (if safe to do so), to strengthen their impact, and to nurture and develop their people. They work on providing a “wraparound” model for their clients. The Society offers a dedicated case manager for each client, they have a specialist housing practitioner to assist with securing stable housing, a provisional psychologist provides perinatal mental health counselling so parents can develop skills and knowledge to become better parents, parenting support programmes in a variety of ways from one-on-one counselling to support groups and educational workshops and material aid for children 0-5yrs. That can include clothing, car seats, prams, toys, books and more.

CCS has made a difference to thousands of families.

If you want to know how you can be involved go to <https://www.caroline.org.au/>



C O N T A C T



MOONEE VALLEY ART SHOW 2025

Before you know it the annual Moonee Valley Art Show – now in its 11th year – will be here.

YOU are needed to help make it the biggest and best yet.

“HOW?” I hear you ask?

- Use your local contacts to secure more sponsorship. They can give \$ or in-kind. If you don't think you are very good at doing that sort of thing be sure to speak to Veronica to get a sponsor's pack.
- Make sure you put the dates of 10th October for the Gala Night event, the 11th – 12th for the Art Show in your diary to ensure you don't miss out on getting your tickets and to put your name on the rosters to assist.
- Tell your family and friends and be prepared to distribute flyers, emailing, sharing social media posts and just letting everyone you know about the show. Encourage them to attend and buy a work of art that will be enjoyed for years to come and become a family heirloom.
- For all other information contact Veronica.

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>

Tuesday 19th August Club Meeting

Tuesday 2nd September RYDA ROTARY YOUTH DRIVER AWARENESS

Tuesday 16th September District Governor Peter Shephard official visit

Tuesday 7th October Club Meeting

Friday 10th October Rotary Moonee Valley Art Show Gala Opening Ukrainian Hall, 3-11 Russell St, Essendon VIC 3040

Saturday 11th, Sunday 12th October Art Show Ukrainian Hall 3-11 Russell St, Essendon VIC 3040

Tuesday 21st October Club Meeting

Tuesday 18th November AGM and Club Meeting

Tuesday 2nd December Christmas Party

Saturday 6th December Bunnings BBQ VOLUNTEERS NEEDED

Tuesday 16th December Christmas Breakfast

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.



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.

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.



Can you guess what these pictures have in common?

C O N T A C T



COMEDY FOR A CAUSE

Laughs aplenty were heard all around the Essendon Bowls Club on Sunday 20 July 2025 as our first ever Comedy for a Cause event was being thoroughly enjoyed by over 100 people who came together for an afternoon of fun. Despite it being on at 2pm – not a normal time for the comedians to be working – the four excellent comics took to the stage to entertain everyone who knows that laughter is indeed the best medicine. In a world where we have 24hour news broadcasting disasters and tragedy this event proved to be a great tonic to restore our sense of humour and see the funny side of life all around us. The comedians tempered their language and gave the crowd slightly scaled down versions of their stories and jokes but they did not fail to amuse and surprise us with their punchlines. The comedians were Matt O’Neill who hosted the afternoon, Evan Hocking, Sonia Di Iorio and Chris Wainhouse.



One attendee in her early 30’s was heard to say afterwards “They were as good as any line up I’ve seen at the Melbourne Comedy Festival”.

There is no doubt that this will become a regular event on our club calendar and don’t we all need more fun and laughs in our lives. Thanks to Christine, Terry and Jenni and all others involved in the organisation of this great day. Also, thanks to Steve and Kerry for the donation of a beautiful painting for the raffle. The winner loves it.

You will see here that Evan was especially excited to see Simon Madden in the audience!

Myles McKenzie

Our Australian Rotary Health (ARH) scholar, Myles, has sent through his most recent results of study and we are pleased that he is still excelling. He has included a letter to the club detailing his highs and lows, the pressures of wanting to achieve while balancing life and health, but moving on with focus, persistence and strategies to achieve his dreams. Myles thanks all of us for supporting him through the scholarship sponsorship.

C O N T A C T

THE GREAT ESSENDON ROTARY DUCK RACE 2026

Big news from The Great Drake and Mother Duck! We have a huge family of little ducklings who have been having a great time playing on the farm and they need to have a thorough clean.

So please all come along on to the Duck Cave on Sunday 24th August for a big working bee to sort through, clean and store our duckies. We will need all hands on duck I mean deck. Quack!

The Duck Cave is located behind the Aberfeldie Bowls Club and next door to the Essendon Anglers Club

accessed via the car park on 42 The Boulevard, Aberfeldie.



It is the little two story building at the back of the carpark. Entry is next to the palm tree.

Please contact Steve C or Lisa to indicate your attendance. All materials will be supplied.



C O N T A C T

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/>



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
- Offer Support
- Respond in a Crisis
- Reduce Stigma

Why be a certified Mental Health First Aider?
Over 40% of Australians aged 16-85 years experience a mental illness in their lifetime. Everyone in the community can play a role in early intervention to support a person developing a mental illness or experiencing a mental health crisis.

Facilitator
MHFA 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



Received from past member Lino and Angelina Airo-Farulla.

Sadly, Lino and Angelina recently lost their cherished son Charles after an illness.

We all send our love to the Airo-Farulla family.



C O N T A C T

Eighteen Hearts
by Archie Leask

Beneath the sun or stadium light
Where boots kick dreams into flight
The siren sounds, the battle starts—
Eighteen hearts, eighteen hearts

The ball spins wild through turf and sky
A blur of speed goes rushing by
From coast to coast, the handballs fly
As crowds erupt with every try

The ruckmen rise, they scrape the stars
Midfield warriors bear their scars
Tackles thump like thunder's roll
Each clash a test of strength and soul

The forwards leap, the backlines brace
Chasing glory, pace for pace
From centre bounce to final horn
A legend, every game is born

So raise your voice and cheer the call
For winter's gods that rule the ball
This is footy — fierce and free
Pride, the pulse, the legacy

Archie Leask
18th of June 2025

A wonderful contribution for anyone that follows the
football – of any code.

Thanks so much Archie!

