



C O N T A C T

Club meeting Tuesday 2nd December 2025

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



We only need to go back to our parents and grandparent's generations to recall the devastation that many diseases caused to people. Now many are managed with better education, better living conditions, vaccinations and access to health professionals. We have better treatments which lead to better outcomes. Research remains a vital part of the chain of disease prevention and treatment. Rotary plays a vital role in the prevention and treatment of disease, the major impact being with the Polio Plus programme which has delivered millions of doses of vaccination to children to prevent this terrible disease affecting them. While not quite eradicated the wild polio virus is now not the threat it once was. To learn more about how Rotary International is

involved go to <https://www.rotary.org/en/our-causes/ending-polio>

We all got together for our Christmas Party on Tuesday 2nd December at the lovely Benny and Me venue in Essendon.

Dressed in our finery members enjoyed each other's company and good food to celebrate the joys of the season. A few songs were sung, jokes shared and raffles drawn.

Thanks to all who contributed to the success of the night, especially Michael Carris.

See pictures of the night below.

Helping Hands Toy Donation

Earlier in the year, Board approved the purchase of a pallet of 60 toys from DIK. Having sat in Steve Roe's shed for a few months, an opportunity recently arose to pass them onto the Helping Hands Christmas Cave at their premises at 14 Macintosh Street, Airport West. CEO Melanie Gill and the many volunteers were thrilled with our donation which will make a big difference to many families on Christmas Day. We also took the opportunity to tour the very busy facility. Each day the Community Food Pantry provides 150 families with vital supplies and 13,000 people are registered to receive assistance, a huge and unfortunately ever-growing number.

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While not receiving any government support, Helping Hands does have significant partners including Foodbank and Second Bite, ensuring that food which might otherwise be wasted actually reaches those in need. The dedicated volunteers provide an invaluable service, and those receiving assistance are treated with respect and are able to maintain their dignity in difficult circumstances.



The massive on-site Op Shop raises significant funds to support the entire operation, again aided by a large number of volunteer staff.

Donation drop-off hours are Monday to Saturday, 9.30am to 3.30pm and they would love to see you!



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Metro Tunnel HQ Visit

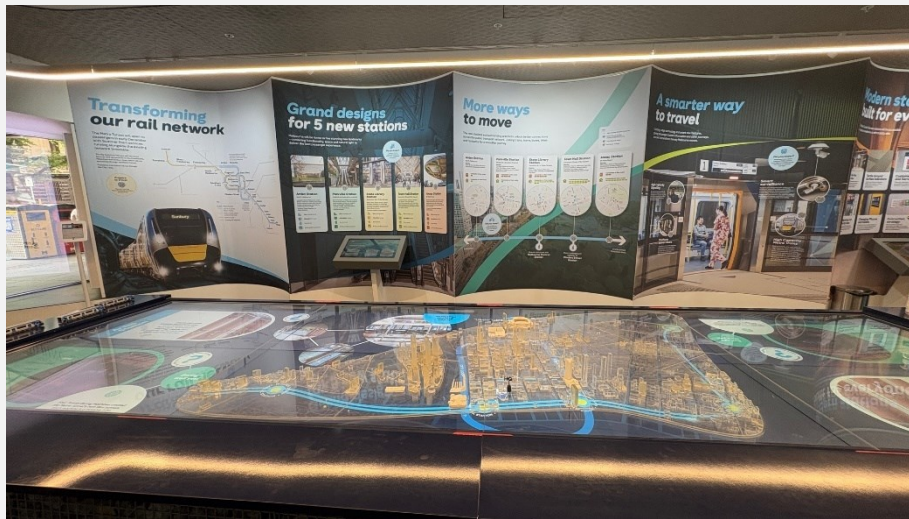
Several members and partners took the opportunity to visit the Metro Tunnel Headquarters in Swanston Street on 27 November, three days before the tunnel's official opening. We were given a presentation about the history of the tunnel project, including a description of the five new stations, new trains, systems, and technological innovations.

The Cranbourne, Pakenham and Sunbury lines will run through the tunnel system under the Melbourne CBD. The five new stations (Arden, Parkville, State Library, Town Hall and Anzac) are connected to Flinders Street and Melbourne Central Stations via underground pedestrian walkways. There will be a major tram/train interchange at Anzac Station on St. Kilda Road. Modern technology will allow trains to run closer together, increasing scheduling frequency. Seen overseas for many years, platform screen doors will be a feature of the new stations.

Further information can be found at <https://bigbuild.vic.gov.au/projects/metro-tunnel/community/hq>

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Our group then enjoyed lunch at an Italian eatery in Flinders Lane which was a most convivial way to end a very informative and worthwhile visit.



Myles McKenzie

We have been contacted by our Australian Rotary Health Scholar, Myles McKenzie who will be in Melbourne between Christmas and New Year. Some members of the club will be meeting with him for lunch to hear about his studies and finally meet in person. Stay tuned for more news.

Breakfast meeting

Following the tradition of many years, our last meeting before our Christmas/New Year/Summer break will be a breakfast meeting at Max's Corner on Dec 16, 2025, 7:30am-9am.

Calabrian Night

Feb 07, 2026 needs to be in your calendar so you don't miss out on the great Calabrian Night!
Enjoy a delicious traditional Italian feast at Reggio Calabria Club, 476 Brunswick Rd, Parkville.



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The Bistroteca is a family friendly Italian restaurant serving traditional Italian cuisine from all regions of Italy prepared from generational and traditional recipes and ingredients. We will experience authentic Italian food from Pizza topped with the freshest red sweet onion, peperoncini chillies, broccoli, spicy sausages, stewed tomatoes and aubergine.

Enjoy a 4 course, Italian curated plentiful delicious set menu in a traditional Southern Italian style. Music and dancing will also be available.

Cost will be \$64.00 per person and drinks extra at bar prices and it is guaranteed that you will not go home hungry.

It will be a great night to begin our Rotary fun times in 2026 and we will require a minimum of 40 attending to confirm our booking. Please promote to your family and friends.

For more information or to book contact Tony DeFazio.



The National Youth Science Forum (NYSF) Year 12 Program gives students that are about to start year 12 a broader understanding of study and career options available in science, technology, engineering and mathematics (STEM).

Staying on campus at university colleges, students are immersed in science and technology.

The Rotary Club of Essendon is proud to be a long-time supporter of the NYSF.

See the above photo of Pres. Regina and Nola presenting our new scholar his certificate to attend NYSF.



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Remembrance Day 11/11/2025

We thank Tony DeFazio for representing our club at the Moonee Valley City Council commemoration on 11/11/2025.

A solemn and emotional event, we remember those who served during wartime, protecting our freedom and often paying the ultimate price.

Service Above Self.

MYANMAR DELEGATION NOV 2025



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During November the club delegation to Myanmar occurred. Our club has had positive outcomes for many years in our efforts to assist the people of Myanmar lead healthier and happier lives. Donations have been made to hospitals, schools and orphanages and the ongoing commitment to ensuring the donations are utilised appropriately is managed by having annual delegations to those facilities.

This year Pres. Regina, partner Geoff, Richard Lawrence, Nola Spicer and partner Christopher and past member Michael Mahoney and partner Svitlana made the journey to that most beautiful country.

Regina made a presentation to the Rotary Club of Yangon which is noted below in brown.

Further information about the donations and the delegation will be forthcoming when the report is made to the club.

Good Evening President Lynn Lynn Tin Htun, distinguished Rotarians, honored guests and dear friends.

It is a great pleasure and privilege to be here tonight on behalf of the Rotary Club of Essendon. We are deeply grateful for your warm hospitality and the fellowship you have extended to us during our visit. Moments like these remind us that Rotary is not defined by borders or distance, but by shared values and friendships that span the world.

*Our Clubs may come from different countries and cultures, but we stand united in the same mission to **serve, to uplift, and to create lasting change** in our communities. The Rotary Club of Yangon has long demonstrated remarkable dedication to this mission, and we are inspired by the work you continue to do in Myanmar. Tonight as a symbol of our friendship and our commitment to continued cooperation, it is my honor to present to you the Rotary Club of Essendon Banner. This banner represents not only our appreciation for your partnership but also our hope that the bonds between our clubs will continue to grow stronger in the years ahead.*

Rotary teaches us that when we work together, when we share ideas and when we support one another, we multiply the impact we can make. May this gesture serve as a reminder that your friends in Essendon stand beside you – with respect admiration and enduring fellowship.

Thank you once again for welcoming us so warmly. We look forward to opportunities to collaborate, to serve and to celebrate the spirit of Rotary together.

*Thank you, and please accept this gift as a token of our friendship.
Regina Davern*



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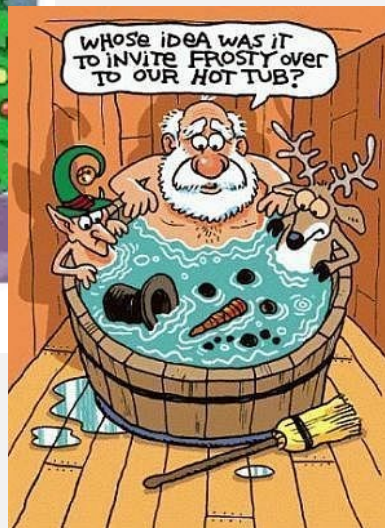
Thank you to our major sponsor Strathmore Community Bank Bendigo Bank.

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.

 Bendigo Bank



Santa has a senior moment



MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL OUR MEMBERS, FAMILIES AND FRIENDS. SEE YOU IN 2026!

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FOUR-WAY TEST

FOUR QUESTIONS – 24 WORDS

**THE UNIQUE
STEP-BY-STEP PROCESS**

IS IT THE TRUTH?

- Clarity
- Transparency
- Fact checking
- Ethical behaviour

IS IT FAIR TO ALL CONCERNED?

- Inclusion
- Empathy
- Acceptance
- Belonging
- Accountability

**WILL IT BUILD GOODWILL AND
BETTER FRIENDSHIPS?**

- Trust
- Do good
- Feel good
- Have fun

**WILL IT BE BENEFICIAL TO ALL
CONCERNED?**

- What if scenarios
- Trade-offs
- Being creative and innovative
- Better decision making

**PROCESS TO ACHIEVE DESIRED
OUTCOMES THAT ARE ETHICAL,
FAIR AND BENEFICIAL TO ALL**

That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.

That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.

That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.

That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.

@changemakerrevanburrell