

## C O N T A C T

**Club meeting Tuesday 17th February 2026**  
**Windy Hill Venue, Cnr Napier & Brewster St, Essendon 3040**



**Peacebuilding and conflict prevention** are not just about peace on the world stage. It starts with peaceful relationships with those around us and creating peace within ourselves.

That is why the Rotary International **Four Way Test** is such a great tool to reflect on our own behaviour and of those around us. Sometimes we can kid ourselves that we are following this great guide, but are we really?

### IS IT THE TRUTH?

Our truth may differ from someone else's. Think about the way two grand final teams would report the outcome of the game.

One team would say it was an outstanding success while the other is lamenting a failure. The real truth needs to be considered, objective and based on facts not opinions.

### IS IT FAIR TO ALL CONCERNED?

Not just "is it fair to me". It's almost impossible for everyone to feel like they are being treated fairly if they just reflect on themselves. You need to get out of your own head space and look at the bigger picture. Give and take is essential. That's why our old method of fairness when kids are around and they want a soft drink is to get one to pour the drink (give) and the other to choose the glass first (take). Then swap! Putting yourself in someone else's position will always help you to see fairness from all sides.

### WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

Recently on social media a meme reflection on marital conflict – "do you want to always be right or do you want to be married?" You can't always have things your own way and you can't always keep everyone happy. What you can do though is treat others with the same respect you wish to receive. Keep an open mind. Have fun. It's about both *what* you do and *how* you do it that builds trust and respect. And we all work better with people we trust and respect.

### WILL IT BE BENEFICIAL TO ALL CONCERNED?

Be creative, be open to new ideas of doing things. What may have been the way things were always done may not be the way things need to be done now. Think about the history of child labour. It was hugely beneficial to the bosses but not at all beneficial to the children.

Now we understand that true peace can only occur when we consider that all those concerned in a situation must benefit. Then we make better decisions, build peace and avoid conflict.

Rotary is a ground up organisation. It is the clubs that direct the movement. So, we must be the ones to lead the way in peace building and avoiding conflict. If each of us can be truly accountable for our own actions then we can be a long way towards building a more peaceful world. It's about our long-term value in the world.

## C O N T A C T



### Coins for Polio eradication

Maria informed us that we have collected over 47.7kg of coins plus many US Dollars and Euros to send to Ron Brooks who passes them on to Unicef. Unicef then purchases polio vaccines to allow Rotary to help in the eradication of this terrible disease. Our donations are matched \$ for \$. So far we have contributed over \$1700.00 to this, Rotary International's main worldwide project End Polio Now. <https://www.endpolio.org/>

END  
POLIO  
NOW

Our president Denis and Maxine invite you to attend our next meeting. It is on Tuesday 3<sup>rd</sup> March at our usual Windy Hill venue. 6pm dinner, 7pm meeting.

**The most important thing to be a part of this week in our Rotary Club is**

## **The Great Essendon Rotary Duck Race 2026**

The behind the scenes work is being done and we are all just about ready to send those little ducks racing.

What we need from you right now is to

# SELL, SELL, SELL THOSE DUCK TICKETS!

You have all also received a job roster to indicate your preferred job for the day.

It is all hands-on deck as we need as many people as we can to do all that needs doing to make this an outstanding success on all levels.

It is about all of the following;

- Building our brand and exposure in our community
- Garnishing support from the local community for our projects
- Building support from local businesses so we can partner for events in the future
- Partnering with other local community groups for the benefit of all
- Building the balance in our accounts for our projects to be completed
- Building the friendships within our club that make us who we are
- Having fun while helping others

## C O N T A C T

To achieve all this, we need a few hours of your time this Sunday 1<sup>st</sup> March.

Speak to Stephen Chandler to finalise your job for the event so we can ensure all areas of responsibility are covered. There is truly a job for everyone.

Please support all of our generous sponsors and use their businesses when you can.

- Essendon Fields is providing the first prize \$2000.00 voucher, <https://ef.com.au/>
- Doors, Blinds and Shutters (Brenton Cooper) <https://quote.doorsblindsandshutters.com.au/free-quote> is providing second prize \$750.00 voucher and
- MGM Home Timber and Hardware in Ascot Vale is providing third prize of \$100 voucher.

Many other businesses are supporting the event with donations of essential items which would otherwise cost the club thousands of dollars if we had to purchase them. We thank the following businesses;

- Memory Lane (Stephen and Pam Chandler) <https://www.memorylane.net.au/>
- Medallion Engraving Services Pty Ltd (Andrew and Lisa Lowcock) <https://medallion.store/> for the duck tags donation \$2500.00
- Delivr Group (Zenos Kouppas) <https://delivrgroup.com.au/> for the donation of noodles \$500.00
- Elite Swimming <https://www.eliteswimming.com.au/> for two holiday programme swimming lesson vouchers \$220.00
- Jellis Craig Real Estate (Natalie Morello) for three real estate boards to advertise our race
- SpineLine Chiropractic (Michael Portelli) assessments and massages
- Kosnar's Picture Framing and Mirrors Shop
- Arundel Farm Estate
- Naughty but Nice Burgers and Pizza

If you want some printed flyers to put in shops, businesses, kindergartens, day care, schools, gyms, clubs, or wherever you frequent please contact Lisa. You can also use the flyer which was sent by email to put on your social media or email to your friends and family. The more tickets we sell the more we can help our local community.

**YOU NEED TO BUY YOUR TICKETS NOW.** Please purchase via the trybooking site. It is set up like a booking site for seats at the cinema or football. Please fill in the gaps when you are selecting your ticket numbers. That will make it infinitely easier for those who will need to sort through the boxes of ducks to take out the unsold ones on Sunday morning. Only sold ducks will be entering the water to race. **And please do continue to sell, sell, sell duckie tickets to your friends and family. Every single sale helps.**

# C O N T A C T

WE THANK OUR WONDERFUL DUCK RACE SPONSORS. Please support them!



**UNITE  
FOR  
GOOD**

**Rotary**  
Club of Essendon



# C O N T A C T

Strathmore  
Community Bank® Branch



**intavent**

LIVE EVENT PRODUCTIONS

**HOME**  
TIMBER AND HARDWARE  
The proper hardware store

**M.G.M. HARDWARE**

Tel: (03) 9370 1427  
Fax: (03) 9375 3508  
Email: mgmhard@bigpond.net.au  
182 - 184 Union Road, Ascot Vale 3032

GIFT  
ELECTRICAL  
KEYS CUT  
PAINT  
PLUMBING SUPPLIES  
BUILDING SUPPLIES



**Officeworks**



**elite**  
SWIMMING



Thanks to all of our members who have provided or arranged for these donations to help make this event a great success. You know who you are and you are very appreciated by all of your fellow Rotarians and those who will receive the prizes. Thank you. Quack.

## Just some interesting stuff

10 (big) English Words you should know.

Intransigent (in-TRAN-si-juhnt) – Unwilling to compromise or change views

Sagacious (suh-GAY-shus) – Wise, showing keen judgment

Recalcitrant (ri-KAL-si-truhnt) – Resistant to authority or control

Magnanimous (mag-NAN-uh-mus) – Generous, forgiving, noble in spirit

Obsequious (uhb-SEE-kwee-us) – Excessively flattering or submissive

Pulchritude (PUL-kri-tood) – Physical beauty

Vociferous (voh-SIF-er-us) – Loud, forceful, outspoken

Ineffable (in-EF-uh-buhl) – Too great to be expressed in words

Tenacious (tuh-NAY-shus) – Persistent, determined, holding firmly

Lugubrious (loo-GOO-bree-us) – Mournful, gloomy

## C O N T A C T



### **LARA PANJKOV**

Our guest speaker at the 3<sup>rd</sup> February meeting was Laura Panjkov, daughter of member, Andrew.

Lara was a speaker four years ago giving us a very informative talk about power generation. This time Lara updated us about what she has been doing over the years since then and especially about her year attending Oxford University in England.

At 32 years of age, Lara has achieved more than most of us do at double that age.

Working extensively in the energy industry she has diversified in her life of study with a University of Melbourne Bachelor of Science, majoring in chemical systems, Diploma of Languages from RMIT focusing on Chinese and now a Master of Public Policy from Oxford.

In the meantime, Lara has worked for high profile companies such as Tesla,

Bloomberg and Fluence where she has had roles as a specialist in the battery sector of power generation, storage and distribution, analysis of energy and energy transition processes in countries such as India.

But it was her year studying at Oxford University in England that we heard about this time.

Oxford is reputedly the oldest university in the English-speaking world having been founded in 1096. There are 39 Colleges at the university at which stay the students, and 7 of them are solely for graduate students. It was one of these, Green



Templeton College that had the pleasure of hosting Lara. The traditions and methods of study were explained with formal dinners taking place each week where students dressed in their best formal wear. The course, a Master of Public Policy, focused on developing the student's abilities to create a world that is better led, better served and better governed. The course had 160 students enrolled from 61 different countries. Needless to say, that with that variety of backgrounds Lara's eyes were opened to more diversity of culture and opinions than she had ever previously experienced. Lectures from famous and influential people such as past British PM Rishi Sumac, past NZ PM Jacinda Adern and human rights lawyer Amal Clooney were commonplace.

And then Lara discovered rowing with the college team. Her life became one of Eat, Sleep, Row, Classes, Repeat and it was that routine that she never regretted keeping.

We thank Lara for visiting us and making us all terribly envious of her experiences.

We also thank her partner, Andy, who capably managed the IT for Lara.

## C O N T A C T



### Zachary Bates

Our other speaker tonight was a young man with a big future, Zachary Bates.

Zachary was selected by staff at St. Bernard's College to receive the sponsorship of the Rotary Club of Essendon to attend the National Youth Science Forum (NYSF) held in Brisbane during January 2026. Zachary told us about this fully immersive university experience which he shared with 219 other students, which provides the students with exposure to the variety of STEM (Science, Technology, Engineering, and Mathematics) activities, studies and occupations open to those who will proceed down that path of study and career. The NSYF at the University of Queensland such is the esteem in which this experience is held, provided students with lectures from researchers, professors and professionals, both local and remote, from organisations as close as CSIRO and as far afield as the Large Hadron Collider in Europe. It was not all heavy duty though as we heard about the fun concerts and activities held and hosted by current uni. students.

What were the big take aways for Zachary?

The most important things are achieved with collaboration, teamwork and passion for what you are doing. There are many different ways to learn and to achieve you need to focus on the process and curiosity over competition. But the best thing was the new friendships and people he met.

Well done Zachary and we hope to hear from you often as you follow your dreams.

**CONGRATULATIONS TO MICHAEL CARISS WHO CELEBRATES 43 YEARS AS AN ESSENDON ROTARIAN. WE ALL THANK YOU FOR YOUR DEDICATION AND FRIENDSHIP AND LOOK FORWARD TO YOUR CONTINUED INVOLVEMENT WITH THE FUN AND KINDNESS YOU ARE KNOWN FOR. MICHAEL IS PICTURED RIGHT RECEIVING HIS ROYCE ABBEY AWARD.**

Congratulations to all of the athletes who did the country proud in the recent Winter Olympic Games in Milano/Cortina Italy. A record medal count and many, many inspirational moments by those chasing their dreams kept many of us glued to our screens over the last two weeks. If you missed these moments be sure to stream events such as the aerials, the moguls and the half pipe skiing and boarding to see our best win medals. And to be shocked and question "why would anyone do that?" have a look at the skeleton and the ski jump. Crazy!



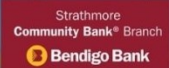



C O N T A C T



# THE GREAT ESSENDON ROTARY DUCK RACE

**SUNDAY 1<sup>ST</sup> MARCH 2026**  
10AM     \$12 per ticket for a racing duck  
PRIZES TO THE VALUE OF .....  
1<sup>ST</sup> \$2000 2<sup>ND</sup> \$750 3<sup>RD</sup> \$100  
MARIBYRNONG RIVER ESSENDON  
[trybooking.com/DHMOT](http://trybooking.com/DHMOT)



 Strathmore  
Community Bank\* Branch  
 **Rotary**  
CLUB OF ESSENDON  **ESSENDON  
FIELDS**  **DoorsBlinds  
AND SHUTTERS**