

## C O N T A C T

Club meeting Tuesday 3<sup>rd</sup> March 2026  
Windy Hill Venue, Cnr Napier & Brewster St, Essendon 3040

### Water, Sanitation and Hygiene Month

When those of us who live in the city turn on the tap we just expect that the water that comes out is safe to drink. But sadly, in many parts of the world and even in Australia many people do not have that luxury.

Without fresh clean water few living beings on earth could survive. Bacteria and viruses thrive in the filthy water that many that live in poverty must use for their most basic needs to drink, cook in and clean themselves.

One of the main reasons water sources become contaminated is a lack of adequate sanitation facilities. In the poorest areas where thousands live in cramped and crowded situations human and animal waste, industrial and medical waste can end up in local waterways creating a never-ending cycle of ill health and death, especially for women, children and babies. For those of us who have travelled with our Rotary Club to complete projects for those in poverty, the shocking sights and vile smell of such places will never leave us.

So next time you turn on the tap for a simple drink of water give thanks that you can do so without fear.



### GUEST SPEAKER "QUEEN INGRID" OF THE ESSENDON RED HAT SOCIETY

The Red Hat Society in Australia is a vibrant social group for women, primarily over 50 (Red Hatters), who wear purple clothing with red hats or fascinators to socialize, have fun, and foster friendship. Women under 50, known as "Pink Hatters," wear pink and lavender. Chapters are active across Australia, organizing lunches, teas, and outings.

#### **Key Details About Australian Red Hatters:**

- **Purpose:** The focus is purely on socializing, fun, and friendship, often described as a "sisterhood".



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- **Chapters & Locations:** There are numerous, independent chapters throughout Australia, with particularly active groups in Victoria (over 70 chapters) and Western Australia (approx. 90 groups).
- **Activities:** Common activities include morning/afternoon teas, lunches, visiting art galleries, movies,, shopping, and day trips.
- **Dress Code:** Members wear red hats and purple outfits to signify their participation.
- **Structure:** It is a loosely structured organization, often run by a "Queen" or chapter leader.

What do they do?

- Daily Celebrations Hoot Ideas
- Mystery Dinner (Wacky dinner served at home)
- Bag Lady Fashion show
- Literal Fashion show
- Shopping Centre Scavenger Hunts
- Cafe/ Restaurant & "Going out"
- Gardens, Park & Outdoor
- Shopping
- Tours & Cultural

- Craft day or home based
- Pampering
- Themes

### When I Am Old.

When I am an old woman I shall wear purple  
With a red hat that doesn't go, and doesn't suit me,  
And I shall spend my pension  
on brandy and summer gloves  
And satin sandals,  
and say we've no money for butter.  
I shall sit down on the pavement when I am tired,  
And gobble up samples in shops and press alarm bells,  
And run my stick along the public railings,  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick the flowers in other people's gardens,  
And learn to spit.  
You can wear terrible shirts and grow more fat,  
And eat three pounds of sausages at a go,  
Or only bread and pickle for a week,  
And hoard pens and pencils and beer mats  
and things in boxes.  
But now we must have clothes that keep us dry,  
And pay our rent and not swear in the street,  
And set a good example for the children.  
We will have friends to dinner and read the papers.  
But maybe I ought to practise a little now?  
So people who know me  
are not too shocked and surprised,  
When suddenly I am old  
and start to wear purple!

*Jenny Joseph*



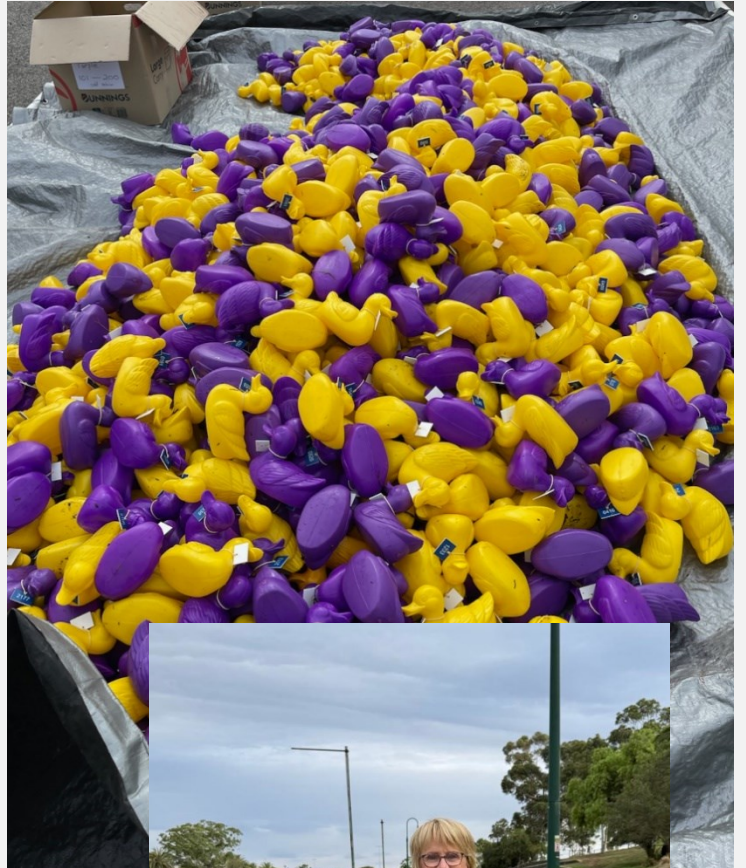
Club members got in to the theme and wore red hats for the night.  
We thank Queen Ingrid for visiting us and telling us all about the fun she and her fellow red hatters have.



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### The Great Essendon Rotary Duck Race 2026!

Sunday 1<sup>st</sup> March arrived and we all sprang out of bed with enthusiasm and anticipation for the great event which was to come. Finally, the day we had all been waiting for was here. The Duck Race was on!



Kids had a great time at the stall set up and run by Doriana, Gaye and Valmai. This little guy came really dressed up for the event. Maybe he can be our mascot next year!



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Hundreds of local families lined the banks of the Maribyrnong River to watch the ducks' procession to the river for the start of the race. Steve R made sure that all of the ducks were mixed up thoroughly before they hit the water so every duck had a fair chance to win. Stephen C modelled our awesome duck socks which were a great seller at our merchandise stand.



A total of 1200 ducks hit the water to race to the finishing line, which due to a brisk wind ended up being where the start line was going to be! Yes, the tide was going one way but the wind was going the other and the wind won. The duckies were transported like an Egyptian Goddess to the river. It looks pretty heavy to me. Are you sure that Steve got out before you started walking down the path?



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We had almost every member of the club plus some extra family and friends support this fun and fabulous fundraiser. Every one of them deserves to be thanked for sharing their skills and time to make this event a true success. From those who cleaned and tagged the ducks at the working bees in the weeks before the race to others who ensured that the ducks stayed well within the new and improved version of the lane ropes you all helped to make the day run smoothly. Everyone knew what they had to do and they did it well. Reliable and hard working only begins to describe the members of this great club. What made this such a special community day was the involvement of other local groups without whom the event could not have occurred. We want to thank the Essendon SES who provided people, 'rubber duckie' boat and experience to keep us safe. You are legends. They were also fabulous in helping set up and pack up the lane ropes. The 15<sup>th</sup> Essendon Sea Scouts were invaluable in collecting, cleaning, sorting and boxing up the duckies after the race. The Essendon Canoe Club once again helped to set up the course and keep those pesky little wayward ducks in line. The wonderful musicians at the Hobson Bay City Bank again provided a magnificent atmosphere for all. Your contribution takes the event to another level. Thanks to the Strathmore Men's Shed and Ambulance Victoria who also provided wonderful experiences to attendees.



We now have 35 more people in the community who know how to do CPR!



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Our illustrious president Denis made sure every duck was fit to race.



Seems these little definitely not rubber duckies wanted to check out the course before the race. Everyone wanted to get in on the action!



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So many local families came to the river just to watch their duck race down the river. From the starting line they then walked along the path to the end all excited to see the final result. We thank members of the Moonee Valley City Council who came along and supported us.



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The atmosphere was wonderful. Families of all ages came. Community groups worked together to make the event happen. A whole of club contribution from our members. A local school helped to sell tickets. Some of the funds raised go back to those groups to support them in their efforts. This was truly a great day to show the local community what Rotary can achieve. Our information stand also provided interested people with details about who we are and what we do. Our sponsors enabled us to put all of the money raised towards our projects. Make sure you thank them by supporting their businesses. What a great day.





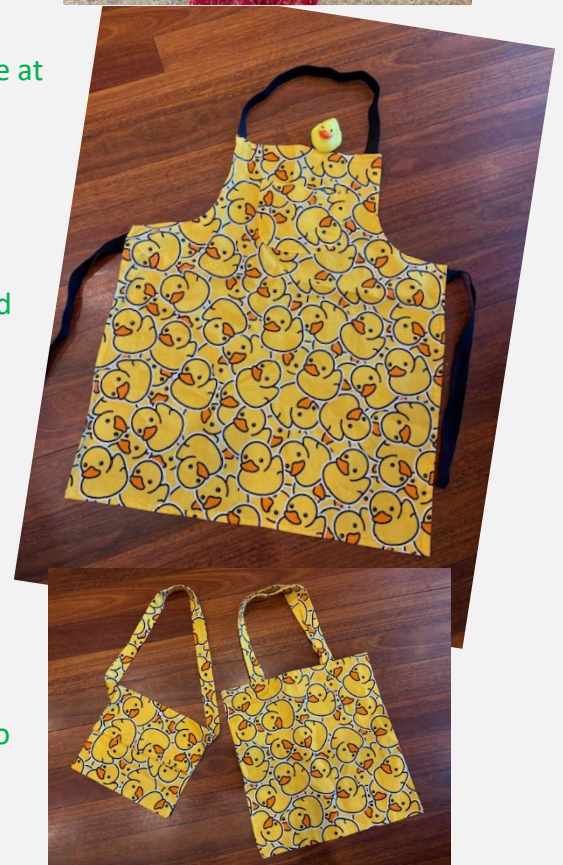
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One of the great delights of the day was that some of the winners were at the race. They were so thrilled. Such lovely winners as well. Thanks for your support! This event was a PR success with so many people now aware of the Rotary name and associating it with fun, family and community.



Thanks to our District Governor Peter Shephard for coming along and wearing one of our duck hats. We appreciate your support. We had a great merchandise stand where duck enthusiasts could purchase duck themed items as well as little take home rubber ducks. Around 400 little duckies were adopted into new homes.



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Our club has had a close association with Kangan Institute for many years providing prizes for outstanding students every year. Christine and Jenni represented the club and presented Alli De La Rosa with her prize and certificate. We are proud to encourage education and acknowledge excellence. To see the pride and confidence when students receive their prizes is so heart-warming.

Our president Denis and Maxine invite you to attend our next meeting. It is on Tuesday 17<sup>th</sup> March at our usual Windy Hill venue. 6pm dinner, 7pm meeting. We will be

inviting members to discuss our club and how we want our club to grow in the future.

### HOW DID IT ALL START?

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

"Whatever Rotary may mean to us, to the world it will be known by the results it achieves."



**Paul Harris** Rotary founder

### **Our ongoing commitment**

That commitment endures today through an organization that remains truly international. Only 16 years after being founded, Rotary had clubs on six continents. Our members now span the globe, working to solve some of our world's most challenging problems.

We're not afraid to dream big and set bold goals. We began our fight against polio in 1979 with a project to immunize 6 million children in the Philippines. Today, polio remains endemic in only two countries — down from 125 in 1988. To learn more about our history go to <https://www.rotary.org/en/about-rotary/history>



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



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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.

### 5 THINGS TO PRACTICE

- **Let it go.** No, not the music from “Frozen”. When someone triggers you, just let it go. They’re just showing you where you still need to heal.
- **Accept what is.** There’s no point in wishing your reality was something else. Start where you are with what you have.
- **Let them.** If they want to leave, let them. If they want to be unhappy, let them. Let everyone have their own experience. You can only control yourself.
- **Trust in timing.** Believe that things happen exactly when its best for you.
- **Look for glimmers.** Glimmers are the opposite of triggers. They are tiny moments of joy. Notice them! Credit acknowledgement - the buddismpagefb on instagram.