

Contact

Rotary
Club of Essendon



PO Box 161 Essendon VIC 3040

ABN 91036600532

D9800

For your diaries

Dates (Day)	Event	Venue & time	Contact / notes
Sept 25 (W)	Days for Girls Sewing day	Essendon Baptist Church	jjodgers@optusnet.com.au
Sept 25 (W)	Popup cellar door	Valley Cellar Door Hall St Moonee Ponds 6.60pm on	Lisa Lowcock 0418373599
Oct 1 (Tu)	Club night meeting: John Baressi speaking on Laughter revisited	Angler's Tavern, 6.30 PM – 8.30 PM.	
Oct 3 (Th)	BTPA's Movie night 'Ride like a Girl'	Starting 6.45pm Cinema Nova 380 Lygon St	www.trybooking.com/BEZCC
Oct 10 (Th)	Snooker night fund raiser organised by Youth Committee	In private home in Napier St Strathmore. Places limited to 16 players at \$50 each and 10 visitors at @\$10each.	World Mental Health day Please book and pay Maria Kouppas on 0416122523 or mailto: M.Kouppas@hotmail.com
Oct. 15 (Th)	Club Lunch meeting: District Governor Visit	Angler's Tavern 12.45 PM – 2.00 PM	Bookings online at http://www.rce.org.au/
October 24 (Th)	Valley Cellar Door night	Very casual fellowship evening from around 6.30 pm	To be advised
October 26 (Sat)	Cox Plate Day and Hat Day	We will dress up in bright Hats and selling Lift the Lid badges in Puckle St.	
Oct. 30	Days for Girls Sewing day	Essendon Baptist Church	jjodgers@optusnet.com.au
November 7 (Th)	Days for Girls Oaks Day fundraiser	To be held at a beautiful private garden in Keilor East	Jane Odgers jjodgers@optusnet.com.au
November 12 (Tu)	Club Lunch meeting: Lifetime honorary membership presentation and Myanmar projects	Angler's Tavern 12.45 PM – 2.00 PM	
November 15 (Fri)	Rotary's Longest African Dinner	DIK, Shed 39 400 Somerville Rd, West Footscray: dinner 5.30PM – 9 PM	Show casing the Projects of Africa Jenny Foster
Nov. 21 (Th)	27 th Rotary Foundation Paul Harris Breakfast	RACV Club 7.15 AM – 9.00 AM \$70 Per head	www.trybooking.com/BEYTZ
Nov .30	Days for Girls Sewing day	Essendon Baptist Church	jjodgers@optusnet.com.au
March 27-29 2020	District 9800 Conference	Ulumbarra Theatre, 10 Gaol Rd, Bendigo	https://rotarydistrict9800.org.au/sitepage/conference2020 Contact David Abbey
Apr 15-17 2020	2020 Art Show	North Park Manor Woodland St Strathmore	



Evening meeting on September 17 2019

Lisa Lowcock welcomed Past President Maria Kouppas who stood in for President Kelly who is taking a short break. Maria welcomed a number of guests, including guest speaker Greg Ross, Chair of Australian Rotary Health, accompanied by Joan and Terry Barnett. Maria also welcomed Andrew Danjov who will be inducted as a member very soon.

Guest speaker: Greg Ross, Chairmen of Australian Rotary Health (ARH)

Lisa introduced Greg Ross by outlining his over four decades of very valuable service to Rotary in a variety of clubs and roles both locally and internationally . Greg has also had a long and varied acting career and possesses a good singing voice.





Greg pointed out that Australian Rotary Health (ARH) started in 1981. Royce Abbey chaired ARH for six years.

The initial research funded by ARH was Sudden Infant Death Syndrome (SIDS). It became an internationally recognised program and set the foundation for a range of other ARH funded medical research projects.

In 2000, the ARH Board decided to focus on mental health. At this time, ARH helped Beyond Blue to get started. Since then mental illness research is a prominent element of ARH's research funding. Greg stated that ARH works to give mental illness sufferers — of whom there are very many — a better life through supporting new medical research projects. Figuratively Greg said that in this way 'we put mental illness to the sword.'

Greg personally has experience of depression and knows the pain and darkness it can cause.

Greg highlighted the importance of home environment on mental health, as well as the potency of social media in influencing self image and others' perceptions. A current research project being supported by ARH funding is analysing the effect of diet on mental health.

Greg then introduced a structural challenge facing ARH in the sense that presently only District Governors can vote on ARH matters. Clubs need to be given a role.

ARH provides research money through donations it receives from a host of donors. Greg recounted a story of a relatively small rural Rotary Club that raised \$70,000 through funds received during a bike ride from Victor Harbour to central NSW. All of such donations are directed directly to specific research projects. The other funding source is from interest earned on the Corpus Funds that ARH has accumulated over its history. This annual interest funds the operating expenses of ARH.

David Abbey introduced Terry and Joan Barrett

Terry Barrett has been a Rotary member for 46 years and currently is on the Royce Abbey Vocational Scholarship Committee. These scholarships were founded in recognition of Royce Abbey's contributions to Rotary International in his year as RI President.

As an example of the value of the vocational scholarships, Terry offers his own Rotary Club's experiences in supporting a three month scholarship of a fifty one year old Indian manager of a women's refuge centre. This scholarship recipient will take back to India a wealth of new knowledge and understanding along with valuable contacts.



Wellness report

Shirley Kukk reported on the wellness state of several of our members, present and past, and their partners. Lyn Priestley is making progress albeit slowly. Our best wishes are extended to Irene Landgren, and Maurice Mollica who are struggling at present. Neil Henderson is home and recovering, as is Janet Knee. John Chatterton has had a stroke. Ryan Struk is not well at present. Our thoughts and best wishes are extended to these and any others of our extended family who are not well.

Pop up cellar door fellowship get together September 25 2019

This is a great chance to get together in a casual setting and atmosphere to eat, to drink, to catch up and share friendship. Starting at 6.30 pm at Valley Cellar Door Hall St Moonee Ponds on September 25, you can order as much or as little food and drink as you like. If you're intending on going it would be good to let Lisa Lowcock know so enough space be allocated to us.

John Baressi on Lift the Lid October 1 2019

John Barresi is one of Australia's most unique performers with his signature characters having entertained over one million people live on stage. He is best known for his role as "Dominic" The Pharmacist in "The Wog Boy" Movie.

What many of us may not know is that from April 2012 until recently John did not perform publicly anywhere. The reason? Mental Health! John in his own special way will talk about his experience with Mental Health and Laughter!

Please book now for an informative but entertaining insight into a very common medical condition at <https://rce.org.au/event/club-night-meeting-7/>. \$5 from every ticket sold will go directly to Australian Rotary Health Mental Health Research.

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Snooker FUNdraiser on Thursday Night 10th October 6.15pm for 6.30pm

It's important to note that the emphasis of this fund raising event is on having fun together rather than engaging in a full-fledged snooker tournament. As we noted at our meeting with encouragement from Maria Kouppas 'it is not a snooker tournament.' This **snooker event is limited to 16 players at \$50 each and 10 visitors at \$20 each.**

The Youth Committee and Alistair Fraser will coordinate the snooker competition with 8 teams of 2. To 'even out' the 'competition' teams will comprise experienced and novice or less experienced players. For non-snooker players a card game is being planned.

Please bring either a plate to share or a bottle of wine

It's being held at Randolph's home in Strathmore, details will be provided when booking.

Confirm booking with Maria Kouppas 0416 122 523 or M.Kouppas@hotmail.com

Days for Girls Sewing Days

Days for Girls, Keilor Gateway Cluster, invites Rotary Club of Essendon members, partners and friends to any sewing day. Drop in to check out how it all works, have a chat and join us for afternoon tea, or stick around and help out (no sewing required). No need to let us know in advance. Just show up!

Where: **Essendon Baptist Church** 134 Buckley St Essendon X

When: **Last Wednesday of the month**

Sept 25

Oct 30

Nov 27

Anytime: **Between 12.30 – 4.30**

If you are interested in more information, please contact Jane Odgers on 0403 924389 or jjodgers@optusnet.com.au



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DIK update

DIK's Annual General Meeting and a Special General Meeting were held on September 18 2019.

In brief summary, the financial position of DIK at the end of June 2019 is stronger than for the year ending June 2018 with an increase in net assets of over \$19,000. Net profit was slightly lower by \$2402, but rental cost grew by over \$20,000. The financial statements were reviewed by an Independent Auditor who stated that 'nothing has come to my attention that causes me to believe that these financial statements do not present fairly, in all material aspects, the financial position of the Donations in Kind Inc. as at June 30 2019 and of its financial and cash flows for the year then ended.'

Progress toward becoming a Deductible Gift Recipient is solid and the imminent refund of GST payments resulting from DIK now being registered for GST will bolster DIK's financial position. Finally, the Rotary Club of Keilor East has just become a DIK member.

27th Rotary Foundation Paul Harris Breakfast

Rotary Central Melbourne

IMPORTANT INFORMATION

When
Thursday, 21st November 2019

Where
The RACV City Club
Level 17, 501 Bourke Street
Melbourne

Tickets
\$70.00 per head
or
\$650 for a table of ten
(incl. GST)

RSVP
7th November 2019

Time
7.15 for 7.30 till 9.00am



GUEST SPEAKER

Dr Andrew Browning

Maternal health care in Africa- an Australian intervention

Dr Andrew Browning spent 17 years living with his family in Ethiopia and Tanzania amongst some of the poorest people in the world.

He specialises in treating a devastating birth injury called obstetric fistula. This results from women giving birth at home, without medical help. In labour for four or five days they deliver a stillborn child and the tissues in their pelvis are destroyed, leaving them with large holes (fistula) to their bladder and bowel. Leaking continually they are shunned, depressed and suicidal.

Andrew is one of only a handful of surgeons in the world who have dedicated their lives to helping treat and prevent this. His charity has now built three maternity hospitals in Africa and aims to build many more.

All funds raised will be used to support Rotary Foundation projects that make lives better in your community and around the world

The
Rotary
Foundation

- The Rotary Foundation of Rotary International has received 12 consecutive 4-star ratings, the top rating, from Charity Navigator as at January 2019.
- Charity Navigator also rates The Rotary Foundation as Number One in their list of the 10 of the Best Charities Everyone's Heard Of.
- It also received an A+ from Charity Watch its highest rating in 2017 (the most recent rating).
- The Association of American Fundraising Professionals named The Rotary Foundation as the outstanding Foundation for 2016.

We look forward to welcoming all Rotarians, partners, friends and colleagues to this special event

BOOKINGS: www.trybooking.com/BEYTZ

FOR FURTHER INFORMATION PLEASE CONTACT: Marjorie Gerlinger

Email: marbern@bigpond.net.au • 0419 302 109

ABN: 29 402 928 051 Reg No. A0018334H Fundraiser Registration No. 10905-18 VCGF Declaration No. 58048

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www.rce.org.au
President – Kelly Abfalter



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Invitation to the Caroline Chisholm Society's history book launch

Dear Friends,

As part of our 50 year celebrations we have the great pleasure to share with you this invite to the Caroline Chisholm Society's history book launch - Our Story So Far.

This will be an occasion to acknowledge and celebrate our rich heritage, and a significant occasion to commemorate the extraordinary work of the women who persisted in forming this Organisation.

Please see the attached invitation and details regarding our guest speaker, Melinda Tankard Reist, who will share with us her experiences in working with women and in particular the social issues that are having an impact on the health and wellbeing of women today.

This is an event not to be missed, and we look forward to welcoming you to be a part of the celebrations.

Sincerely,
Jennifer Weber PhD
Interim CEO

e: secretary@caroline.org.au<<mailto:secretary@caroline.org.au>>

t: (03) 9361 7000

www.caroline.org.au<<http://www.caroline.org.au/>>

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This information is intended for use for Rotary purposes only and we ask that you respect others privacy by not sharing their personal information.

If you do not wish for your personal information to be available for other Rotarians to view, you can log into your member profile at <https://www.rce.org.au> and change accordingly, however please note that this is the main data base for all club data.

Thank you to our supporters

Strathmore Community Bank® Branch



Help yourself and help our Club by banking with Strathmore Community Bank. Take out a loan, term deposit or open a bank account and the club will receive up to \$500.

Drop into the branch at 337 Napier Street, Strathmore or call Manager David Porter on 9374-2607 for details.

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