



For your diaries

Dates (Day)	Event	Venue & time	Contact / notes
All October	Moonee Valley Strathmore Community Men's Shed is on a Local Matters jar at Grill'd Moonee Ponds	Grill'd Moonee Ponds 69 Puckle Street	See later in this Contact
Oct 10 (Th)	Snooker night fun 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 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	

If you have a story and / or interesting photos that you're happy to share please let any of these people know: Kelly Abfalter, Peter Condos, Daniel Gangemi, Lisa Lowcock, and John Odgers.





Evening meeting on October 1 2019

Past President Veronica introduced stand in President Maria Kouppas.

Maria warmly welcomed our guest speaker, John Beressi. President Maria later introduced a number of guests and friends, including Cindy Abbey, John Kouppas, Sam Arena, Peter Mifsud, Jane Odgers and her friend Janice Young and Professor Rosemary Nixon. The last but by no means least important guest welcomed by Maria was Jessica, who arrived later and joined Daniel Gangemi.

President Maria then provided updates on several RCE members and partners who have been struggling with health issues. Maxine Kosnar was to have an operation but it has been deferred. Maurice Mollica is recovering as is Lyn Priestly who is feeling a lot better and thanks all those who have been touch.

After the last issue of Contact was distributed, Pat Chadderton emailed an update on John's health.

'John is under the Memory Loss Clinic in Parkville. The specialist John is under at the MLC sent John to have a CT scan in the morning and a PET scan in the afternoon on the same day.'

The Radiologist told us after the CT scan that it showed John had had a mild stroke at some time, he was unable to tell us when it was but it was obviously a mild stroke as no-one has picked it up from all of the other X-rays John has had over the last few years.'

John's condition is about the same as it was 6 months ago'.

The next item that Maria introduced is a good news story; namely that RCE has been successful in gaining a matching District Grant of \$2200 for the purchase of agricultural processing equipment for use at Bahay Tuluyan, Philippines. The equipment purchased will be used to support Bahay Tuluyan's fruit and vegetables, butchery and meat processing operations. This outcome clearly shows the on-going benefits of our Club's sponsorship of Royce and Jean Abbey vocational scholars, such as Jenny Endonila from Bahay Tuluyan.

Peter Condos was invited by stand in President Maria to update us on Community Services projects. Peter firstly commented on the Lift the Lid activity planned for Puckle Street, Moonee Ponds. Peter also mentioned our potential sponsorship by Grill'd Burgers in October — more details are set down later in this issue but if you feel like a burger in October could you please head for Grill'd Moonee Ponds, place an order and post a vote for RCE. Lastly Peter flagged the organisation of a curry night at Magic Mint in Hall Street Moonee Ponds to support the February 2020 Club trips to Myanmar and Sri Lanka.



Contact

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Club of Essendon



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D9800

Alistair Fraser and Michael Portelli spoke of the October 10 fun snooker night to be held at an interesting private property in Napier Street, Strathmore. There will be a range of prizes on the night, and a good time will be had. Michael tells us there is only one place left for an interested snooker player.

Past President Maria then introduced the first of the evening's guest speakers, Professor Rosemary Nixon. Rosemary has a long and eminent career in occupational medicine and dermatology. Rosemary is also a Rotarian including filling a role on the District 9800 Executive Committee of Australian Rotary Health. Interestingly Rosemary's first contribution was to share some national statistics on the incidence of mental illness. Nearly 45% of the Australian population will experience mental illness during their lives. Almost one five Australians are currently suffering from some form of mental illness. Around 25% of people are admitted or treated for mental illness by the time they are sixteen years old. Statistics from other sources show that young adults aged 18-25 years **had the highest** prevalence of acute mental illness (AMI) (25.8%) compared to adults aged 26-49 years (22.2%) and aged 50 and older (13.8%). Almost 14 per cent of young people aged 4 to 17 years (or 560,000 people) experienced a mental disorder in the 12 months before the 2013-2014 survey. For these reasons Professor Nixon notes that apart from the State and Federal Governments, Australian Rotary Health is the largest research funder of mental health projects.

Professor Nixon then changed topics and stressed the need for us all to protect our skins from harmful IUV rays. This is vital and we need to understand that UV rays can be very high even on relatively cool to warm days such as December 21 since it is the day when the sun is closest to the Southern Hemisphere for the maximum number of hours. She advised us to regularly check the UV level on the SunSmart application. I have just uploaded it – a very simple process and potentially highly valuable.

Main Guest speaker: John Berresi

Daniel Gangemi introduced John Berresi. Since meeting they have become good friends and doubtless will continue to be.

John decided not to use his prepared notes and instead took us on an unscripted but very personal and at times confronting story of personal loss, complete loneliness, anxiety, panic, depression, self-despair, resilience and most recently at least partial recovery. John was a very successful character actor and has performed in front of thousands of people. John was diagnosed with adult attention deficit/ hyperactivity disorder (AHDH) in 2008. John's fall into mental unwellness and loss of self balance reached its nadir in 2012 but the events that underpinned it happened almost a decade earlier.





John's wife died in 2003 after being diagnosed with Stage 4 cancer. John was then on his own, with four young children ranging from six to fourteen years old to care for. John's father also had terminal cancer. To compound matters John received no support from his siblings. Quite the opposite in fact with a brother and a sister both vying for custody of the children. One of John's biggest regrets is what his kids had to go through seeing and experiencing how he was and how he behaved. To his credit John never neglected or deserted them even in his darkest hours.

John started regularly suffering panic and anxiety attacks and shutting himself off from others. This continued post 2012. For seven years John did not work, and finished up losing his house as well as his income earning capacity.

The road back has been a long one and John himself admits that he is not 'completely cured'. He may never be totally the same as he was prior to this long journey, since in his view 'you are never free from mental health problems'. One of the key planks of John's on-going recovery has been his active adoption of this motto: 'If you change one thing, then everything changes. It cannot be the same as it was before.'

John now places emphasis on getting good advice and realising that a lot of his panic, anxiety and depression was borne out of imagined rather than real situations and emotions.

John also stresses the importance of being able to achieve stable emotions and to have access to a strong personal support network as being vital to his recovery. His mental health nurse over some five years was very helpful and recommended post-traumatic stress disorder web site that John has found very positive.

On a very bright concluding note, John tells us that he performed for the first time since 2012 in June of this year. We wish him all the best in his journey of striving for mental wellness.

John took questions and was warmly thanked by both Daniel and President Maria.

A Rotary Family Project

Soon after our dear friend Leigh Baker passed away, Peter discovered a bag of knitting projects which Leigh had started in preparation for the arrival of daughter Kate’s baby. Peter showed the incomplete items to Kerry Roe who asked if she could take them with her. Kerry contacted Gaye Cariss and Lisa Lowcock and together the three ladies set about completing the work which Leigh had begun.

The three knitters commenced working separately then took their wares to Warracknabeal for our drought relief weekend and significant progress was made whilst there. Further supplies of wool were retrieved from the Baker household, some of which was donated to Caroline Chisholm and the remainder turned into beautiful baby garments by Gaye.



A dinner come baby shower was held recently for Kate attended by several lady members and members' partners. It was a great show of support for Kate.

We know that Leigh would be so happy that her friends were able to finish what she had started and our crafty ladies have taken great delight and pleasure in completing the task.]Leigh’s passing in itself was such a sad event, made sadder by the fact that she was never to meet or spoil her new grandson. However, Kerry, Gaye and Lisa have ensured that Leigh's unspoken wishes were fulfilled and baby Leo will be warmed by the garments she had planned.



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Enjoy a burger etc. at Grill'd Moonee ponds and help Strathmore Community Men's' Shed

Just a friendly reminder that from today and for the entire month of October, Moonee Valley Strathmore Community Men's Shed is on a Local Matters jar at Grill'd Moonee Ponds.

We hope that being on a jar this month can help you generate some extra support and increase awareness in the local community about what you do.

Grant I hope I get a chance to chat with you in the restaurant soon – don't forget to say 'hi' when you drop by for a burger... and good luck!

Cheers,

Richard Nash

Grill'd Moonee Ponds

69 Puckle Street

Moonee Ponds

03 9372 9982

We've been selected to participate in Local Matters at Grill'd Moonee Ponds this October!

Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between 3 local community groups \$300 / \$100 / \$100.

HOW YOU CAN HELP?

We'd love your support in receiving the highest \$300 donation! Simply head to Grill'd Moonee Ponds during October for a burger and pop your Local Matters token in our jar. The group with the most tokens at the end of the month receives the largest donation.

It's a simple (and delicious) way to show your support!

You'll find us on a jar at Grill'd Moonee Ponds, 69 Puckle Street Moonee Ponds



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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

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



OAKS DAY GARDEN PARTY

Thursday 7 November

12.00 - 4.00 pm

997 Old Calder Hwy, Keilor

A day to frock up and wear your best hat. Food, drinks, entertainment, raffles, silent auctions, gifts to buy, a sweep, and lots of fun!

\$50

Tickets strictly limited.

To book:

<https://www.trybooking.com/BFHTB>

0403 924389

JANE

0414 782557

JANICE

Credit cards and cash accepted for purchases on the day.

Funds raised will help Days for Girls Keilor Gateway Cluster continue to make and distribute female hygiene kits to all secondary school girls in Balibo, Timor Leste.

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www.rce.org.au
President – Kelly Abfalter



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D9800

November 21 at RACV City Club

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 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 402928 051 Reg No. A0018334H Fundraiser Registration No. 10905-18 VCGF Declaration No. 53048

Invitation to the Caroline Chisholm Society's history book launch Saturday October 5

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. Venue is the Boathouse Restaurant. Time is 1.30pm-3.30 pm.

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.

Our guest speaker, Melinda Tankard Reist 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.

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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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