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Date: 17 September 2020 - Volume: 86 Issue 6

Notes from the President

TRIVIA, MENTAL HEALTH, LIFT THE LID DONATION AND THE 'SIX SECOND KISS'

It has been quite a week!

Programme:

Thanks to all who could make it to our meeting on Tuesday. It was quite an event with 27 attendees, a donation to **Lift The Lid**, a short presentation by **PDG Greg Ross**, the Chair of Australian Rotary Health, another win for **Michael Portelli** and an excellent presentation by **Michelle Trudgen** which was a perfect fit for our Lift the Lid themed meeting.



Michael Portelli with his prize-winning hat

A meeting report will follow but my thanks goes to Michelle, Boris, Lisa and Shirley for their contributions and to all who logged in and participated.

And the **'Six Second Kiss'** for those who did not attend? You may wish to read the meeting report!

Programme is one of my priorities for the year so please let Boris and me have feedback, both good and bad, and we appreciate any programme ideas for the rest of the year.

Contact

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Rotary
Club of Essendon

ABN 91036600532



D9800

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Club Trivia Night

Thanks to the **Community Committee** for organising the RCE Trivia Night last Thursday evening. A good follow up to the Bingo Night.

By the numbers: we had 33 registrations, several donations totalling \$225, two \$50 Tabcorp Vouchers donated as prizes and after all prizes were awarded and Soundstorm Trivia was paid, we were left with a profit of \$635.00. A great result.

More importantly it was a fun night with the only downside being that we were unable to interact with other teams, which was unfortunate. Maybe we can work out how a Zoom connection afterwards might enable the winners to gloat and the losers to proffer their excuses.

The winners:

- Best team – Portellitrivia (the Portelli Family) \$100
- 2nd Team – Lost Souls (Michael and Kunal) \$50
- 3rd Team – Locked Down and Loaded (Lowcocks, Roes and Peter Baker) \$50
- 4th Place at end of Rd 1 – Locked Down and Loaded (again) \$50 Tabcorp Voucher
- Second Last Team – Double Faulters (Abfalters) \$50 Tabcorp Voucher

Thank you emails and certificates have been sent out. From both a social and financial viewpoint the night was a success.

Keeping in touch:

Without face to face meetings our main methods of communication are emails and Zoom meetings. ClubRunner enables us to monitor the statistics of emails sent and opened. The opened email statistics indicate that only **between 50% and 70% of emails are opened and read!** (Possibly including this one!)

In the days before Contact was emailed, a hard copy would arrive at home and would sit on the kitchen bench until someone picked it up and read past the first page. Quite often this was a partner of a Rotarian. Maybe Rotarians' 'social secretaries' are now being by-passed and news and announcements are not getting through.

A proposal: are you happy for the Contact and news distribution list to be extended to include partners of Rotarians? If you are happy for that to occur please contact Boris and/or Peter Condos and your partner will be included.

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Child Protection Policy Compliance:

This is a work in progress and extremely important. If you or your partner want to be involved, or likely to be involved, in a Youth programme you must comply with D9800 requirements. Let us know if you missed the information and would like further copies. A **Working With Children Certificate** and a **Volunteer Declaration** (Form 3) with referees are essential.

The year ahead:

Our next Board Meeting is next Tuesday. If you have any issues, please get in touch with David, Steve Roe or a committee chair.

Future meetings and events can be found on the [ClubRunner Calendar](#)

At our next evening **Club Meeting on the 6th of October** we will hear from **Samantha Buckley** from MVCC. Details will follow.

A few notable mentions for club members:

Member Birthdays

- Grant Stephenson – 8 September
- Michal Portelli – 11 September
- Richard Lawrence – 15 September (I heard a rumour that this was a big one)
- Alistair Fraser – 26 September
- Sam Tartaglia – 27 September

Spouse Birthdays

- Sue Duras – 02 September
- Vera Smith – 12 September
- Lorri Colicchia – 20 September
- Joseph Maljevac – 26 September

Rotary Anniversaries

- Steve Wojnarowski – 5 years on 8 September
- Stephen Chandler – 30 years on 11 September

Congratulations to all!

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CLUB LUNCHEON MEETING – 15 September 2020

Michelle Trudgen, Mental Health and Lift the Lid

27 members and guests logged into our lunch meeting to acknowledge the **Lift The Lid Programme** and to hear **Michelle Trudgen** speak about her background and experiences working with and treating mental illness.

Before Michelle's presentation **Shirley Kukk** made a donation of **\$250** from the club to the [Lift The Lid](#) programme, an initiative of **Australian Rotary Health**. **PDG Greg Ross** acknowledged the presentation as chair of Australian Rotary Health. Greg was good enough to remain for the entire meeting and to judge the best and most creative hat competition. **Michel Portelli** – our knight in shining armour - was a stand-out winner with **Maria's Fez** receiving due recognition.

Michelle recounted her background as a police officer in the Northern Melbourne suburbs, a member of the sexual assault and family violence divisions of VicPol, as a teacher and then counsellor who has established her own businesses, [ACT Curious Counselling](#) and [ACT Curious Employee Assistance Programme](#). (Please click on the above links to find out more about Michelle and the services provided)

Michelle's enthusiasm and her knowledge and understanding of mental illness challenges faced by so many of us came through clearly. There were a few points which stuck in mind:

- We may scoff at Americans 'consulting their therapist' but Michelle believes we all need support and assistance at some time and we would all be better off if we each had access to a therapist.
- Mindfulness and being more aware of the present is something we should all work on.

Michelle left us with the challenge of **The Six Second Kiss** to be practised both morning and night with your loved one. It appears this challenge has been enthusiastically embraced by many members of the club.

Michelle has established a sound business model with her staff mostly working from home during Covid-19 restrictions. She believes a lot of her services in future will be provided remotely with her staff being based in Melbourne, regional Victoria and as far away as Perth.

Michelle enjoyed her time with the club and is keen to keep in touch. She is on the mailing list. You might also see her walking around the streets of Essendon, behind a mask of course.

Thanks to Lisa for her thoughtful introduction and professional chairing of the meeting.

If you or someone you know is struggling, you should get assistance, be it through Michelle or her staff at [ACT Curious](#), similar counselling services or through [Beyond Blue](#)

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