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President: Sunil Perera president@rce.org.au

www.rce.org.au

Evening Zoom meeting October 19 2021

President's message

Victor Perton's talk on optimism was very appropriate for the times we are in now, with lockdown fatigue and the inability to connect with loved ones and friends the only option is to be optimistic about the future.

It was great to see so many current members, new members and potential members logged in to the zoom meeting. I suppose trying to be optimistic was on top of everyone's mind, certainly was and is on my mind.

Once again I thank the club members Michael Mahoney, Shirley Kukk, Cathy Nicou, Kelly Abfalter & Peter Condos who made generous donations to projects and the fantastic efforts made to pursue projects to completion in these difficult times.

Finding a way to provide oxygen concentrators to Myanmar hospitals was indeed a difficult task considering the situation in that country, this was achieved due to the determination and persistence of our International team

Providing money to Bahay Tuluyan youth to purchase farm equipment in the Philippines via increased donations from club members when the District International Grant applied for did not come through was an excellent example of the dedication shown by our club members to help the disadvantaged youth in that country.

Completion of the 100 Bee hives for 100 years of Rotary, a project started by the Rotary Club of Essendon now gaining popularity throughout the State is another example of the innovative ways our club is contributing to the environment as well as celebrating Rotary's long involvement in community work.



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Community Committee Soup Van project to distribute food and clothing to the homeless is a commendable project for which a grant was received. Thank you also to Roger Priestly for providing the food items from his super market.

We are indeed a generous, optimistic & progressive club, which I am proud to be a part of.

Finally, the talk on optimism resonated well with me, as a first generation migrant to this great country arriving 35 years ago with my family without a job or home to live, I had no other choice than to be optimistic.

Peter Condos shares one of his passions

Gliders and the art of gliding have given Peter much pleasure and some challenges over the years.

Peter explains that gliders are heavier than air flying machines. Modern gliders are very slim and light weight (around 270 kgs). Their wing span ranges from 15 m to 20 m.

Three forces impact on gliders; wind, lift, air and weight. There are three ways of getting a glider air born: (i) a bungee; (ii) a winch: and (iii) an aerotow.

Peter explained that gliders stay air born through one or more of three forces; hill lift, thermals, and /or wave lift.

Lastly Peter shared with some experiences gained in a gliding competition of which he partook about five year ago.

Maria Kouppas advised that we have no new children or grand children to welcome to our Rotary family since last we met. Maria notes that while COVID results are varied we fortunately have no major sicknesses. Maria Tartaglia is coping with her illness.

Guest speaker: Victor Perton

Peter Condos welcomed and introduced our guest speaker, Victor Perton. After careers in law, politics and international advisory roles, Victor founded several years ago the Centre for Optimism.

Victor shared with us the fact that he is one of three generations of optimists, having been raised in Melbourne as the child of refugees from Latvia and Lithuania. His grand father was killed at the hands of the authoritarian regime.



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Victor informed us that there were three things that we can take away from his talk.

- What makes you optimistic?
- Change your personal greeting from 'how are you?' to 'what's the best thing that has happened to you in the last ... ?
- Be a graffiti artist – e.g. use a mirror to write something positive.
Say to yourself 'The leader looks like the person in my mirror.'

Victor then referred to Mother Julian of Norwich, who Wikipedia notes is the author of the best-known surviving book in the English language written by a mystic, *Revelations of Divine Love*, which is also the earliest surviving book in English known to be written by a woman. The optimistic verse cited by Victor: 'All shall be well, all shall be well, all manner of things shall be well.'

Victor then referred to several university led studies that affirm the positive contribution that optimism has to health. A Harvard University research project that concluded that the single trait most associated with longevity is optimism. A recent study by the Vienna medical school found that optimists sleep better than others. Finally a University of Michigan study concluded that the optimism of one partner leads to an increase in the optimism of the other partner.

Victor then outlined several habits of optimists.

1. Smile more
2. Laugh more
3. Use the language of optimism
4. Go on a (main media) 'news diet' - wake up to music instead of the daily news regime
5. Practice the gratitude of optimism

Victor then invited every in the Zoom meeting to share their personal thoughts on optimism and what makes them feel optimistic. There were an interesting array of responses and personal attitudes.

To end this lively presentation, we all enjoyed thirty seconds of personal laughter as part of the whole group.

Victor's presentation raised a number of questions, combined with positive feedback from individual members of the audience.

Peter Condos thanked Victor for his timely presentation.



DIK update

The AGM for DIK Inc followed by a general meeting of DIK Inc was held by Zoom Wednesday October 13th at 5.30pm.

The AGM was a standard regularity meeting. Office bearers were approved unopposed and the accounts for the year ending June 30 2021 were accepted. The operating surplus was \$79,245.74.

Minutes of the general meeting noted that there are 'significant implications arising out of recent Government directives regarding vaccinations. Advice has been received that any volunteers collecting from hospitals and schools will need to be double vaccinated and be able to show the appropriate proof. Subsequent discussion at the general meeting concluded that DIK do this.

Other discussions included guidelines for the number of people in various rooms at the DIK , and installing s moveable barrier at the entrance to prevent entry until all sign in procedures are completed. A expandable barrier will be purchased.

In respect of DIK's rental position, a generous waiving of rental payments by the DIK landlord during the previous lockdown, and a further waiving of rent for three months this year has resulted in a sound position going forward.

The other significant matters discussed centred on the negative impact of a doubling of shipping costs to Africa on the ability to ship live projects to Africa. On the other hand shipping to Timor has continued at an increased level.

Finally, details of a new 'raffle' project were provided to the meeting. This scheme enables a Club to support three great Environmental Sustainability and International Projects. All that's required is to buy a ticket by clicking on [Donations In Kind West Footscray \(VIC\)](#)

Upcoming events

- **Dr Anne Woolley, the Dog Whisperer**
Angler's Tavern
Nov 09, 2021
6:30 PM – 8:30 PM
- **Annual General Meeting**
Anglers tavern
Nov 16, 2021
7:00 PM – 8:30 PM



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- **District 9800 Conference**
April 30- 1 May 2022: more information to follow

Strathmore Community Bank® Branch



Thank you to !!!

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

Fund raiser for Bahay Tuluyan

Sunil

Bahay Tuluyan Philippines Australia (BTPA) is holding a Mango Fundraiser. The Funds raised will go to Bahay Tuluyan in the Philippines which has experienced a very challenging time since the Pandemic started.

Bahay Tuluyan Supports children who are predominantly street based.

Over several years, The Rotary Club of Essendon have partnered with Bahay Tuluyan in projects that have contributed to Bahay Tuluyan creating programs providing children with, safe housing, education, work skills and sustainability.

Fundraiser Details:

\$22.00 FOR A 4.5kg box of Mangoes

Pick up from Essendon and Diamond Creek

Mangoes will be available the first week of December.

Orders close, 29th October

Follow the link to place your order

<https://www.btpa.org.au/fundraise-2/mango-fundraiser/>

If you require further information please let me know.

Your support is greatly appreciated.

The Mangoes are delicious!

Thanks so much

Cathy Nicou 0425 728 782



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COMMUNITY COMMITTEE announces successful District Grant for Vinnie's Soup project

The team are proud to announce the successful project grant of \$5,000 (\$2,500 from the Foundation and \$2,500 from the Club). We would like to thank and acknowledge the Foundation for providing the grant. We would also like to thank Roger Priestly from IGA for supplying the food items to the value of \$3,000. This will enable the Club to organise and provide urgent supplies of food and clothing to the Vinnies Soup Van project, assisting them to continue supporting vulnerable members of the community who require care and assistance, particularly during the COVID19 period.

Objectives of the project are to provide clothing to the value of \$2,000 and non-perishable food items to the value of \$3,000. Recipients will receive food items such as canned vegetables, fruits, tuna, milk and other suitable nutritious varieties. They will also receive clothing items such as blankets, sleeping bags, gloves, hats and socks. Clients include those who may be unemployed due to COVID19, or are on low incomes and are unable to support their families and persons living on the streets and/or in commission housing.

Members from the Club will have the opportunity to assist with packing and/or distributing items, when permitted to visit the various locations within Melbourne supported by Vinnies.



Promotion for Rotary Leadership Institute

The Rotary Leadership Institute Program presents a wonderful opportunity for experienced Rotarians, new members and indeed people interested in finding out more about Rotary to take some time to experience the history, current and new initiatives related to this great organisation we call Rotary.

This four-part program is now available online.

Part 1 & 2: Growing and strengthening Clubs through developing a Plan for the future of your Club.

Looking at Rotary Leadership through examining the styles and characteristics of great leaders.

Becoming a confident Club President or another club leader through understanding the roles and responsibilities and characteristics of effective and happy teams.



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Promotion for Rotary Leadership Institute (... cont)

Part 3: Focussing and Increasing Humanitarian Service whilst learning more about **The Avenues of Service** and **The Rotary Foundation**.

Part 4: Enhancing Public Image and Awareness of Rotary and **Sharing and promoting what we do**

The next Rotary Leadership Institute will be conducted on the following dates:

Part 1 and 2 on **Saturday 20 November at 11am** and will run for one and a half hours.

Part 3 on **Sunday 21 November at 11am** for one hour

Part 4 on **Sunday 28 November at 11am** for one hour

To register you need to email Jane Pennington Jane.Pennington@rotary9800.org by Friday 13 November. There is a limit of 20 people for each program.

Rotary Walk With Us to End Polio

With 17 days remaining in the **Rotary Walk With Us to End Polio** event, it's not too late to participate.

Simply put, please consider walking and/or donating to an existing walker or team. [Rotary Walk With Us to End Polio](#)

We have 220 wonderful Rotarians and friends walking and we would love you to join the party (if not already registered). Imagine if there were at least double the numbers proudly pounding the pavement to help eradicate polio. How great would that be? And even with just one sponsor, that will make a huge difference.

Walking for a purpose is just great for the body and soul. The fact that it helps end polio across the world is even better.

It would also help if you can share the information about the event with your friends, family and colleagues through the phone, text, email or social media.



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Please come join us at [Rotary Walk With Us End Polio](#) and feel good about making a difference. The event page has a lot of information about the history of Polio and the efforts of Rotary to eradicate Polio from the world.

1. **Make your donation, through this event, your personal donation to Polio this year.**
2. **Donations also count towards your individual Rotary Foundation giving.**
3. **It's even better as all donations via Rotary will be matched 2:1 by the Bill and Melinda Gates Foundation.**
4. **Individual donors are recognised and will receive a tax receipt for donations over \$2.**

We hope you can help as it is crucial to have every Rotarian involved to ensure we achieve our promise to the world to eradicate polio.

If you need assistance to register or donate, please contact PDG Murray Verso (Murray.Verso@rotary9800.org) or PDG Grant Hocking (Grant.Hocking@rotary9800.org).

It's never too late to join in the fun and be part of history.

Michael Portelli reports that Bee hive project is very successful

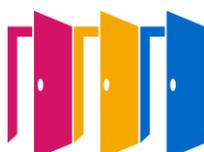
The Rotary club of Essendon's beehive bushfire recovery project organised by the committee of Alistair Fraser has now been delivered on Friday October 15.

Sixty beehive boxes, were delivered to the President of the TRALAGON central rotary club, Warren McPherson for distribution and final assembly. Warren expressed his heart felt appreciation to the RCE for it's generous donation and hopes to visit our club in the near future.

We wish to thank, Patrick Honeyborne from the rotary club of East Keilor for assisting us with the delivery and for their support and contribution to our Centennial bee happy project.

The Rotary club of Essendon, under past President David Abbey, committed to building 100 beehive boxes to mark the centenary.

With the support of the Strathmore men's shed and it merry band of dedicated workers, the project got off to a fine start. We are grateful to the shed's coordinators Steve Holman and Rod McLeod for their unwavering leadership.



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The MVCC, have appointed Jacinta Martin as their bee project manager and has supported our bee happy endeavours.

Local beekeepers have rallied behind the project and as a consequence formed the MV beekeeping club, and elected Essendon rotarian, Michael Portelli as their inaugural President.

I wish to thank the RCE members for their time and contribution to the BeeHappy project, in particular President Sunil Perera and Environmental representative Andrew Panjkov for their continuing support and encouragement.

Well done Rotary Club of Essendon for achieving your Rotary Australia Centennial 100 beehive project

Rotary Club of Essendon Book Club

Our next read is “The Midnight Library” by Matt Haig

Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets?

We will be getting together to discuss this book on November 10th.

If you are interested in joining our book club contact Lisa Lowcock for further details.



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Christmas is nigh – time to order Rotary Christmas cakes and puddings

Follow this link for details and order form. If you cannot access this file you can order by:

Phone: 0419889544

Email: rotarymeltonvalley@hotmail.cpm.

800 gm rum and brandy Christmas cake is \$17.50 in reusable tin, \$16.60 in box. 1 kg steamed pudding is \$17.50.



Foundation Cake Club Order 2021[3801].pdf



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