



Maria Kouppas  
President 2016-17

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In the absence of President Maria due to ill health the meeting was conducted by the Vice President Dr Peter Condos who welcomed David Beanland from the Rotary club of Melbourne & our exchange student Nina.

VP Peter Condos made the following announcements:

1. District Governor Neville John and Rebecca will pay their official visit to our Club on Tuesday 13 September 2016 we need a maximum turnout of Rotarians, partners and friends for the day. Please mark it in your diary.
2. Theatre evening Tues 13 September for Rotarians, friends of Rotary and other friends, see flyer - bookings required now.
3. A home for our RCE BBQ trailer, Has anyone a place to store our BBQ trailer? It needs to be moved from its current location.
4. Nominations urgently requested for a Rotary Club of Essendon member to join the board of The Men's Shed - contact Lisa Lowcock.
5. Board members to meet with ADG Colin Styles to review our programme for year - 12:30 next Tuesday 23 August 2016 at Anglers Tavern - please confirm with Vice President Peter Condos
6. Peter also mentioned that the raffle dinner this Saturday and if there are any last minute takers to contact Jane Carbone

PP Peter Halaseh informed the members and guests present that the students from Penleigh & Essendon Grammar are having a concert to promote awareness of the debilitating effects of depression in our community and how it can impact on the lives of people, Peter said that the entrance fee to the event is \$5 per head and the Rotary club of Essendon is doing the BBQ on the day, 2<sup>nd</sup> September, he mentioned that 4 or 5 people from the club are needed on Friday night. Please contact Peter Halaseh for more details.

Movie night coming up this Friday night the movie is a classic "Chariots of Fire" the proceeds to go to Care for Cambodia project – contact Jenny Foster

John Odgers informed that all members should have a Working with Children permit, for more information contact John Odgers.

The raffle was won by Michael Cariss but he failed to draw the joker from the pack.

## Next speaker 23<sup>rd</sup> August

## Exchange student Nina presents to the club



The speaker for the day Ron Adams was introduced to the members and guests by John Odgers, John stated that Ron has been a members of Rotary for 33 years, 5 clubs in 3 States. Ron is a CPA, PHF with three sapphires, Ron has been involved in Australian Rotary Health.

Ron stated that Ian Scott in 1981 wanted to raise funds for health research and \$2m was raised for the SIDs project, Ron presented a graph showing the gradual decline in SIDs related deaths since 1981. He spoke about mental health and how a funding partners program was created and informed of the work done by Associate Professor Felica Jacka on how certain foods can have an effect on mental health & depression.

He also spoke about the work done by Professor Jane Pirkis on reporting on suicide and its causes.

Ron informed us about Professor Anthony Jorm & Betty Kitchener's work on mental health first aid and how this is now used in 23 countries including the US, Rotary being the seed capitalists for this project.

Ron spoke about the issues faced by the war veterans and Police personnel who suffer from Post Traumatic Stress Disorder, he mentioned that this is a very serious matter that needs to be dealt with.

Ron stated that 1 in 5 people will suffer mental health issues in varying degrees and 1 in every 2 people will be effected sometime in their lives. He said that \$20 Billion is spent every year on

depression and is the biggest health problem in the world.

Ron also spoke about bowel cancer and showed a slide with the donor clubs who have participated in this project and mentioned that that \$1.2M was attributable to D9800.

Indigenous health was the next topic and Ron informed of the Rotary clubs involved in this project funding. He said that project "Lift the lid on mental illness" needs clubs to support this project and said that more clubs that are involved the better and the donations are tax deductible.

**Editor's Note:** - Error correction - A slight correction from last week's Contact - Richard Lawrence and Steve Roe are walking the Kokoda Track in Papua New Guinea, not Kakadu. I wouldn't want anyone to think they are doing it easy!!

## **OUR FIRST RODEO – a Melbournian perspective by Neil Henderson**

Mary and I arrived at Mt Carbine (bottom of Cape York Peninsula) mid-afternoon, so we hopped on our bikes for a ride around town. After viewing the closed tungsten mine and dry creek bed we decided it was time for a drink. The predominantly singlet clad patrons at the Hotel were all gathered on the front veranda when we rode up on our bicycles. It was then I realised that this establishment still had hitching rails rather than a bike rack. After removing our helmets and settling in with a couple of coldies the stares soon abated.

The rodeo commenced at 5.00pm which seemed quite early until we realised that the first contestants would be tucked into bed by 7.30pm. These were the 4-6 year olds competing in the calf ride. Do you realise how BIG a calf actually is? These are someone's grandkids for Christ sake. So from that point Mary and I were on the edge of our seats, white knuckled, for the next 3 ½ hrs.

We had quite good seats – Row C. For all you Melbourne theatre goers I should point out there was no row AA. This had been removed for O H & S reasons as if a beast had butted into the fence its horns could have protruded this far.

And yes I said Beast. Irrespective of size, sex or specie this is what all animals are called – and some had quite worrying stage names as well.



I soon realised that the paramedics outnumbered the officials. No wonder as there were 2 stretcher cases, a suspected broken arm (and some pickled spectators who needed attention too). This sport is definitely in favour of the beasts. I failed to spot a vet or a large screen which are mandatory at Flemington.

The bull riding was heart stopping. Not one rider lasted the necessary 8 seconds although one poor bloke clocked 7.1 which wasn't good enough for the \$1500 prize. Once released from the gate the bull immediately kicks up nearly vertically then lands and spins from left to right on a sixpence. Someone should emulate this action and create a machine for arcade games.

The bucking horse has a different style. Upon release he goes hell for leather straight across the arena until with 6" to go it digs its heels in to avoid colliding with the fence. The novice riders generally parted company at this point, however a number of competitors certainly possessed the skills to ride the buckin' broncs right out.

All cowboys wore the standard dress of tasselled leggings over their jeans. I noted a trend to bright orange and Hi Vis colours. I think this is to draw the eye away from the hip region as these leggings now appear to be attached to a quite serious cricket box styled waistline. In the days of mediaeval armour this would have been the Cod Piece.

And finally I have discovered the most dangerous job in the world is The Rodeo Clown. These idiots, again dressed in hi vis gear, entice the angry beasts to chase them. They have the important task of protecting the riders once they have been thrown. They wear shin and thigh protectors as well as a full body protection suit under their "brights". But bulls still have pointed horns! The 3 clowns seemed to love their task but they certainly took some big hits.

So why do people travel all the way to Spain to run "with the bulls"? I can tell you bulls don't run "with" you they run AT you. I think that perhaps these are the real idiots.

Anyway we were exhausted by 9.30pm so once again we were lulled to sleep in our caravan by loud country music and raucous partying until 2.00am. Outback travel is certainly a challenge.

### **Moonee Valley Strathmore Community Men's Shed Inc.**

The Shed is going fantastically with a great team of men enjoying the activities and camaraderie that the Shed provides every week.

One of the most satisfying projects recently completed was for the Strathmore Heights Kindergarten – a wonderful new chicken coop! This chook house is so impressive it should have been on "Grand Designs". The children are loving sitting in with the chooks and patting and feeding them. I think it should be called "Cluckingham Palace". The Sheddies are all very proud of it and the Kinder loves it.

Being involved in the Shed doesn't need any particular skills or talents; just a willingness to have a go at trying something new, making new friends and getting on with living life to the fullest.

The Rotary Club of Essendon must have two members on the Committee of Management – we urgently require one more member to be able to commit to one two hour meeting per month to be part of making this amazing project continue to be the great success it has been in its first year. The committee meets on the fourth Thursday of the month, 3-5pm at the Shed. It really isn't a lot of time to make a big difference. We need the second RCE member before the AGM on Thursday 25<sup>th</sup> August 2016.

The committee has given approval for a "Sheila's Shed" session to start up. I am seeking responses from any ladies interested in joining this group. You will not need any particular skills to join, just a willingness to have a go and learn some new skills, be involved in some fun and meaningful projects and make new friends – exactly like the men! This is still in the early planning stages, but we do need expressions of interest to ascertain how and when we can start to actively get this group set up.

Please contact me for information. Lisa Lowcock [lisa.lowcock@preceptservices.com.au](mailto:lisa.lowcock@preceptservices.com.au)





Work done at the Men's Shed

Hi Friends,

You are all invited to join in the Essendon Rotary BFF's (Books, Films and Food) Book Club.

Our next get together will be on Wednesday 5<sup>th</sup> October 2016 and we will be reviewing a book that is quite relevant to our club – "The Lady and the Peacock: The Life of Aung San Suu Kyi" by Peter Popham.

You have a couple of months to read what promises to be a very interesting book – especially for those in the club who have been to Myanmar/Burma and have seen the changes over recent years.

We've had some people say that they would like to come along to the RCE BFF's Book Club but cannot commit to be there every time. No Problems! If you can just come once or twice or even if you find one particular book that takes your fancy that is OK. You are always welcome to come along. You just need to let us know so we can manage numbers and catering. Sometimes we meet at a member's house, sometimes at a restaurant and we even go to the odd movie as well.

And we meet only every second month so there is plenty of time from one get together to the next to read the chosen book. We all make suggestions for books to read so you can be assured of a variety of reads.

If you are interested in attending please contact Lisa Lowcock via email; [lisa.lowcock@preceptservices.com.au](mailto:lisa.lowcock@preceptservices.com.au)

## **Joke for the day**

**Logic of the Doctor – maybe Sri Lankan (Editor - now I can laugh at Sri Lankans without being called a racist)**

## **Question**

**Patient – Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?**

**Doctor – Heart only good for so many beats and that's it.... Don't waste on exercise. Everything wear out eventually, speeding up heart not make you live longer; it like saying you extend life of car by driving faster!!**

**Want to live longer? take nap.**



## EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
20 <sup>th</sup> August - Saturday	<b>Rotary Dinner Party Raffle</b>	
23 <sup>rd</sup> August	<b>New Exchange Student – Nina – Presents to club</b>	The Anglers Tavern 12.30 pm for 1pm to 2pm
30 <sup>th</sup> August	<b>Andrew Weatherhead – Bereaved parents &amp; siblings support &amp; information</b>	The Anglers Tavern 12.30 pm for 1pm to 2pm
2 <sup>nd</sup> Sept	<b>BBQ trailer at PEGS Beyond Blue fund raiser/youth depression awareness day</b>	
6 <sup>th</sup> Sept	<b>Mark Graf – Manager of Prosthetics &amp; Orthotics at RMH</b>	The Anglers Tavern <b>6.30pm to 8pm</b>
13 <sup>th</sup> Sept	<b>Colin Styles – Rotary District 9800 Assistant Governor</b>	The Anglers Tavern 12.30 pm for 1pm to 2pm
13 <sup>th</sup> Sept	<b>“The Weekend” by Michael Palin Directed by Michael Bond, a special performance exclusive to the Rotary Club of Essendon by the Essendon theatre company</b>	Bradshaw Street Community Hall
20 <sup>th</sup> Sept	<b>Malcolm Baird – RAGACS – Rotarians action group against Child Slavery</b>	The Anglers Tavern 12.30 pm for 1pm to 2pm
2 <sup>nd</sup> weekend in November	<b>Day for Girls</b>	
Friday 18 <sup>th</sup> November	<b>Golf day (TBC)</b>	
Sunday 20 <sup>th</sup> November	<b>Steam train rally</b>	
Tuesday 13 <sup>th</sup> December	<b>Christmas dinner</b>	Vicolo Restaurant (to be confirmed)

## Thoughts for the day – Determination



Australian ex-gymnast and sailor Alisa Camplin was in her early twenties when she bought her first pair of skis. She started on a mission to win a gold medal at the winter Olympics in aerial skiing with no previous experience.

Her passage to the Olympics involved seven years of hard work and countless setbacks. She broke her collarbone and hand, separated her shoulder, dislocated her sternum twice, ripped her hip flexor out of her groin, broke both ankles, tore her right knee, cracked 12 ribs and suffered nine concussions.

Her determination through the struggle eventually lead her to Salt Lake City in 2002 where she completed two perfect triple-twisting double somersaults to win the gold medal.



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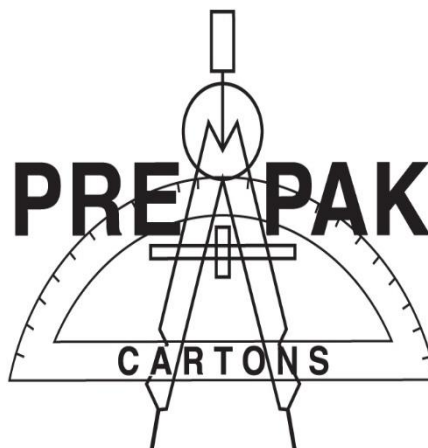
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For more details drop into the branch at 337 Napier St or call branch Manager Philip Stewart on 9374-2607.



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