



Maria Kouppas
President 2016-17

Volume 82, Issue 9

August 30th 2016

Sergeant Michael invited President Maria to the podium, Maria welcomed the guests, Kerry Roe, Kerry King & Karen Philippzig & our exchange student Nina.

President Maria informed all present of the "Friends of Rotary" function, a chance to meet up with Rotarians past and present and to enjoy the comedy "The Weekend" at the Essendon Theatre at 7pm for a 7.30pm start on the 13th September. Maria encourage all to bring as many friends as possible to make this a great event.

President Maria also mentioned that the lunch time meeting on the 13th Sept will be attended by the District Governor Neville John and his wife Rebecca.

President Maria announced that the required number of representatives from our club have been nominated to the Board of Mens Shed, namely Lisa Lowcock & Peter Halaseh with Sunil Perera as a backup if one of the members cannot attend. Maria mentioned that Rod Curry will be the Chairman to replace Lisa Lowcock for the new year.

Maria mentioned that the preparation for the Art Show is progressing well and said that the Camberwell Market made a profit of \$531 with 380 stalls and 7,000 visitors a week and said that in the 33 years it has been in operation they have raised \$15M, therefore the Art Show has a lot of potential.

PP Peter Halaseh mentioned PEGS Depression project run by the students and requested as many as possible to spare a couple of hours to attend



**"Rotary provides the opportunity,
that together we can change
things."**

Kelly Abfalter - RC Essendon



Maria also made known that DIK is organising a fund raiser in February 2017 – more details later

It was also mentioned that Dr Peter Baker has done a great job as Secretary of the Rotary Club of Essendon.

Sergeant Michael announced that Roger Priestly has completed 25 years of service to Rotary

President Maria's quote for the day – “A smile is the only curve that will straighten things”

PP Lisa won the raffle but failed to draw the joker

The Speaker for the day was Kerry King from “The Compassionate Friends Victoria”



Kerry spoke about the loss of her son Lee at the age of 33 years on Christmas day and the emotional trauma she went through as a mother and how as time went by her friends and acquaintances could not comprehend as to why she was grieving for so long and said she lost a lot of her “friends”, Kerry said she finally managed to contact Compassionate Friends Victoria where she was welcomed and met people who were in similar situations grieving for lost ones and said that she was able to connect with the people and and be heard and understood which was to her therapeutic and helped her a great deal.

She said that she could ring the helpline anytime and get comfort by talking with a real person. Kerry said that losing a child changes everything and your whole life changes and said that Christmas time is the worst and it is a struggle to get through an otherwise happy event. Kerry said she remembers the fun times she had with her son and the good times, but it is still very hard for her and her daughter and the tears never stop.

She said one becomes a different person after such a tragic event such as losing a child and the good friends she has made at Compassionate Friends has helped her a great deal and quoted the words from the song “You will never walk alone walk on walk on”

Kerry said she has got involved in the organisation now in order to help

other people in similar situations and help educate the community that say that one must move on and how one should be feeling after experiencing such an event in life. She said it is important to let people know of this organisation and the good work done by the members who have all experienced the loss of a loved one in their life. Kerry said that they are trying hard to introduce the organisation to work places so that employees effected can be referred to Compassionate Friends.

Karen Philippzig who accompanied Kerry spoke about the organisation which was started in the UK and is now Worldwide and has been in Australia for the past 40 years and the people in the organisation are trained by Lifeline. In answer to a question Karen stated that how they deal with people effected is different depending on the circumstances.

Other matters

President Maria congratulated Richard Lawrence & Stephen Roe on successfully completing the gruelling Kokoda track in PNG, PP Lisa Lowcock laughingly informed the members that she has not seen her husband Andrew who also participated and wondered whether he was pushed down a precipice never to be seen again!!!!

John Odgers reminded all that they need to obtain the working with children certificate.

Jane Carbone was thanked for hosting the members dinner last Friday night at her home.



presents

THE
**BIG
BLUE
BONANZA
2016**

at

PEGS INFINITY CENTRE COURTYARD
FRIDAY 2 SEPTEMBER
6:30 PM
\$5 ADMISSION

Annual Student Run Concert

LIVE OUTDOOR MUSIC
FOOD STALLS
BAKE SALE
CHILDREN'S ACTIVITIES
ALCOHOL FREE EVENT

Music Provided By The 



*Book tickets at events@pegs.com
Enquiries to Jessica Barbar (9016 2000)*

Please contact Peter Halaseh if you wish help on the day



Next speaker 30th August

Mark Graf – Manager of Prosthetics & Orthotics at RMH

Note from Lisa

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 5th 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

Bill Early Trophy

The Bill Early Trophy will be contested with the Rotary Club of Essendon North at the AMF Highpoint 10 pin bowling centre on Wednesday night 12th October at 7pm.

10 lanes have been booked (25 bowlers per team) the event cost is \$27 per person which includes food, bowls (2 games) shoe hire plus one drink of either beer, wine or soft drink. Food is a selection of chicken, springrolls, samosa and wedges.

Non Bowlers can purchase food & drinks at the kiosk at cost. Payment is required 1 week in advance, please contact Michael Cariss for bookings – email – michael.cariss@bigpond.com mobile 0418 991 175

DAYS FOR GIRLS

Well here we are, thank goodness nearly SPRING.

Looking forward to catching up on this coming Friday (2nd September) Open day 12 noon --- 5.30 pm at the home of Cherrie Osborn, 997 Old Calder Hwy. Keilor.

ALL VERY WELCOME regardless of whether you can sew. There are jobs for everyone.

If you have any questions get in touch with me Lisa Lowcock lisa.lowcock@preceptservices.com.au



essendon theatre company

By kind arrangement with Origin Theatrical on behalf of Samuel French Inc present



THE WEEKEND

By Michael Palin

Directed by Michael Bond

SPECIAL PERFORMANCE EXCLUSIVE TO ESSENDON ROTARY CLUB

TUESDAY 13TH SEPTEMBER

8 - 17 September 2016
Thursday, Friday & Saturday at 8pm
Sunday at 2pm
Bradshaw St Community Hall

Bradshaw St Essendon
(off Buckley St)

Theatre Restaurant Style (BYO)



www.essendontheatrecompany.com.au



We all talk about Friends of Rotary every time we all get around and reminisce about Rotarian friends who have left the club, or are unable to come to regular meetings.

I am Maria Kouppas and the current President of the Rotary Club of Essendon. With the club for over 16 years I have seen and met many Rotarians who are no longer attending the club for various reasons.

Along with a number of current Rotarians we have decided to have a special night to meet up with old friends and share a little Rotary Fellowship that we are so good at having.

Why not come to the Essendon Theatre Preview performance of the comedy **The Weekend?**

Tuesday 13th September. See details in the attached flyer.

- Time 7.00pm for a 7.30 start
 - Bring along any nibbles and drinks you may like to have.
 - Cost will be \$25.00 pp includes (ticket price, tea/coffee and cakes)
- Certainly ask others who maybe interested or even contact your Rotary friends and make up a table of 8 or 10. Even if there is only 1 or 2 of you there is always plenty of room at a Rotary Function.

To rsvp contact Sue Condos by email; suecondos@iprimus.com.au or on her mobile 0402 071 766

Tea, coffee and lovely cakes and slices will be provided.

Let's make this a very special night for all to enjoy. I so look forward to seeing you all again.

Maria Kouppas

President Rotary Club Essendon

Couldn't resist this!





MUSCULAR DYSTROPHY AUSTRALIA'S

**NATIONAL SUPERHERO
WEEK 2016**



DG Neville John at the Superhero Launch with Boris & Ineke Struk, Sofia Levin with Jinkee the toy poodle - and her 66,000 Instagram followers.



Carlton FC players and MDA Ambassadors, Levi Casbault and Nick Graham with Jinkee.

Superheroes descend upon MDA

The MDA HQ in North Melbourne was abuzz with superheroes in all forms of costume, there in support of the official launch of MDA's National Superhero Week.

RI District 9800 DG Neville John was in attendance together with Jinkee the toy poodle. Jinkee has already assisted in promoting MD and National Superhero Week to her 66,000 followers on Instagram. Thanks to Sofia Levin for bringing Jinkee along to the launch.

MD Ambassadors Carlton FC players Nick Graham and Levi Casbault were also in attendance together with an eclectic group of MDA supporters

It's not too late to register your participation in *National Superhero Week*, just visit SuperHeroWeek.org.au to register.

Onward and Upward in the pursuit of Truth, Justice and a Cure for Muscular Dystrophy!

Laughter the best medicine

Peter Baker recently visited his Chiropractor for his neck pain and *has never looked back!*

(Joke provided by P Baker, his name used with permission!!)



Rotarians enjoying a fun night at Jane & Anthony Carbone's home last Friday





CELEBRATING WOMEN IN FOOTBALL



Windy Hill Venue Cnr Brewster & Napier Streets Essendon

Two course dinner + tea & coffee

Cost: \$35 per person (\$25 - Concession)

BOOKINGS CAN BE MADE ONLINE @

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

Join Susan Alberti, Vice President of the Western Bulldogs Football Club, for an inspiring evening as she discusses her career and passion for football and in particular, women's football. Susan was appointed Director of the AFL National Women's League Advisory Group in April, 2016.



Pre-booking and payment is mandatory (no payment on the night). Clubs may book tables of 10 and pay on that basis. Payment can be made either by direct credit to the RC of Strathmore bank Bank: BSB 633-108 Account No:115 569 840 Reference: Your surname & Club account or by credit card (Visa & Master Card only) see details below. For more information, please contact President Neil Craven on 0419 500 609

Booking Record:

Please email cravenco@bigpond.net.au

Names of people paid for with this booking

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Booking Contact Information:

Name: _____

Phone: _____

Credit Card Payment

Circle card type: Mastercard or VISA

Please charge this amount to

my credit card \$ _____

Card No ____/____/____/____

Expiry Date __/__

Name on Card _____

Signature of Card Holder

image sourced theage.com.au

**A message from Egypt**

Dear Rotarian friends around the world,

As we are already few weeks into the new Rotary year, the Rotary Club of Alexandria Cosmopolitan - District 2451 – Egypt is wishing you a joyful and very successful 2016-2017 year.

The board and members of the Rotary Club of Alexandria Cosmopolitan - District 2451 – Egypt are happy to renew their invitation to you and the members of your prestigious and respectful club to learn more about and share our Rotary organized initiative, "**Cross Egypt Challenge**" that aims to promote tourism to Egypt and prove that Egypt is still safe for tourism.

The world as we knew it is rapidly changing, and Egypt has been suffering from bad media and is being looked at recently as a dangerous place to visit. However, among the Middle East security instability Egypt remains a very safe country to visit.

Unfortunately the media keeps focusing on the action taking place in neighbouring countries and generalize, and this affect Egypt, a country depends on tourism as a main source of income. We as Rotarians from this side of the planet feel it is our duty to let our fellows worldwide know that Egypt is still a marvellous place to travel to, and to enjoy some of the best sights in the world. We send an assurance message to our fellows that the situation in Egypt is very safe and we invite you to experience this first hand by taking part in our initiative: Cross Egypt Challenge.

Cross Egypt Challenge is a series of international cross-country motorcycle and scooter rallies conducted throughout one of the most mysterious and fascinating countries of the world, Egypt. Participation is not only open to Rotarians or professional athletes and riders, but also open to average riders and their accompanying spouses or friends from around the globe.

This amazing Rotary project started in 2011 and the first season was a 9 days rally from the shores of the Mediterranean Sea in the north of Egypt to the temple of Abu Simbel, on the southern borders of Egypt with a total distance of over 1700 km. The following 4 seasons had participants from over 35 different countries many of which were Rotarians and witnessed different routes throughout the River Nile Valley, eastern and western Egyptian deserts and the Red Sea mountain range where the riders enjoyed riding between the most exotic oases and sights of Egypt and the north African Sahara.

The past 3 seasons witnessed what we believe was the first ever arranged "Sahara Rotary Meeting" where riding Rotarians along with Rotaracts from our organizing team from the 4 corners of the globe conducted an official Rotary meeting in the Egyptian Desert – please view attached image -, a practice that we happily repeat at each new season.

This year marks the 6th season of Cross Egypt Challenge that will start on October 20, 2016 and will last for 10 days.

Cross Egypt Challenge provides a very rewarding and challenging experience for participants from around the globe as it combines the best of adventure travels and extreme sports. The 2016 season of Cross Egypt Challenge will pass through many of Egypt's finest spots including modern cities, coastal resorts, historical sites, Egyptian western and eastern deserts and Egypt's Nile Valley.

I invite you, your club and the members of your club to support our initiative by:

1. Register for the rally, and ride or join one of your fellow riders in our chase vans this October in Egypt, and enjoy a once in a life-time experience (a motorcycle and scooter rental option is available for international participants). Registration closes September 15, so hurry up!
2. Share the news about Cross Egypt Challenge with your fellow members and invite interested Rotarians to ride in this season's rally.
3. Spread the news out to your local community and local press to promote this Rotary initiative, and the image of Rotary worldwide.

For more information or to register, please visit our website: www.CrossEgyptChallenge.com and LIKE our Facebook page: www.facebook.com/CrossEgyptChallenge

Direct link to the registration application is: www.crossegypitchallenge.com/registration.html

We look forward to hearing back from you, welcoming you as a rider in Cross Egypt Challenge 2016 and host you in the fourth Sahara Rotary meeting.

For any more information, please do not hesitate to contact us.

Ahmad Elzoghby, PHF,

Rotary Club of Alexandria Cosmopolitan

Rotary International – District 2451

Alexandria, Egypt

Phone: +20 (100) 721-0000



EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
30 th August	Andrew Weatherhead – Bereaved parents & siblings support & information	The Anglers Tavern 12.30 pm for 1pm to 2pm
2 nd Sept	BBQ trailer at PEGS Beyond Blue fund raiser/youth depression awareness day	PEGS Infinity Centre Courtyard 6.30pm
6 th Sept	Mark Graf – Manager of Prosthetics & Orthotics at RMH	The Anglers Tavern 12.30pm for 1pm to 2pm
13 th Sept	Neville John & wife Rebecca– Rotary District 9800 District Governor	The Anglers Tavern 12.30 pm for 1pm to 2pm
13 th Sept	“The Weekend” by Michael Palin Directed by Michael Bond, a special performance exclusive to the Rotary Club of Essendon by the Essendon theatre company	Bradshaw Street Community Hall
20 th Sept	Malcolm Baird – RAGACS – Rotarians action group against Child Slavery	The Anglers Tavern 12.30 pm for 1pm to 2pm
27 th Sept	Barry Davis – Footballer & EFC Coach	The Anglers Tavern 12.30 pm for 1pm to 2pm
2 nd weekend in November	Day for Girls	
Friday 18 th November	Golf day (TBC)	
Sunday 20 th November	Steam train rally	
Tuesday 13 th December	Christmas dinner	Vicolo Restaurant (to be confirmed)
Thursday 26 th January 2017	Australia Day BBQ	Home of Boris & Ineka Struk
Friday 3 rd February 2017	Fundraising dinner at DIK West Footscray	
Friday 17 th & Saturday 18 February 2017	Relay for Life	
March 2017	Art Show	
30 th March to 1 st April 2017	District Conference	
Tuesday 16 th May 2017	Charter Night	
Saturday 24 th June 2017	Presidents Night	

Thought for the day

“Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!"

Hunter S. Thompson



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paul mcdonald

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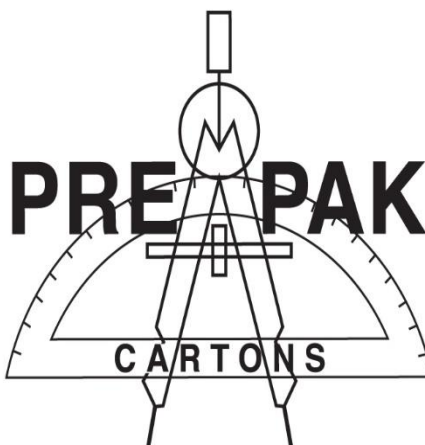
Strathmore **Community Bank®** Branch



Bendigo Bank

Help yourself and help the Club by banking with Strathmore Community Bank. For example, take out a home loan and the club will receive up to \$500. Take out a 3 month fixed term deposit and the club will receive up to \$50.

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



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Pascoe Vale, Victoria 3044
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