



Maria Kouppas  
President 2016-17

## Volume 82, Issue 14

October 4th 2016

Sergeant Michael called President Maria to the podium, Maria welcomed our exchange student Nina. Reminder that the Steam Train event will be on Sunday 20<sup>th</sup> November 2016.

I think I am almost on top of things but it is only after an illness that you realize how quickly things can change, and that everything that has a deadline shrinks into being unimportant. It is timely that today at Rotary we had a bit of fun, stepped out of our comfort zone and donned a hat as part of the Rotary International Lift the Lid campaign. You may have heard on the radio announcements letting all know about the importance of understanding Mental Illness. All monies raised from today's meeting will go to Australian Rotary Health. We certainly had some very creative headwear on show, and it is evident that Grant Stephenson has been moonlighting in the Italian Building industry, wearing the one off special white hanky with the 4 knots.

Next week we have the CEO OF Essendon Fields speaking to us about the Essendon Fields Developments, and the week after we have Steve Wells from the Royal Talbot Rehabilitation. Both very interesting speakers. Let's all make an effort to make it to lunch and hear them speak.

The Steam Train planning is STEAMING ALONG!!!!!! and Steve Chandler will keep us updated in the next week or so. We still need some Bowlers for the Bill Early trophy being played on the 12th October – if you are available please contact Michael Cariss.

International is assisting at the front desk and this is so appreciated.

I also need to ask each and every one for their HELP; as you are aware we only have a membership of 54, spread over the committees each one is a valued member of the club and committee. It seems that our Marketing team is desperate for some extra help. I have asked all the committee chairs to speak to their committee members if there is a member that would not mind helping the Marketing team. This is where the sponsorship for the Arts Show, Golf Day and the Annual Rotary Presents, and also looking for Corporate membership in the form of Money or Donations in Kind. Please contact Boris Struk as he will be more than happy to have you on board.

Please note that on the 8<sup>th</sup> of November we will not have a Lunch meeting but moving to the Wednesday night 9<sup>th</sup> November where we will have our meeting at Gary's Boathouse and he will be the speaker. More details next week, but please lock the date in your diary and it is an open meeting so family and friends are all welcome.

See you all next week, and if we haven't seen you for a while, let's re connect and enjoy an hour as the Rotary Club of Essendon FAMILY.

**President Maria's quote for the day: Life is like a piano; The white keys represent happiness, the black keys show sadness, but as you go through life's journey, remember that the black keys make music too. - unknown**

**Nina won the raffle but failed to draw the joker.**



## LIFT THE LID: HAT DAY AT ROTARY



Winner of the worst hat: Sam Tartaglia





## Try these tips to help find the right balance in your life

1. **Value yourself:** Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favourite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.
2. **Take care of your body:** Take care of yourself physically can improve your mental health. Be sure to eat nutritious meals. Avoid cigarettes see Tobacco Cessation: You Can Quit! Drink plenty of water. Exercise, which helps decrease depression and anxiety and improve moods. Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.
3. **Surround yourself with good people:** People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.
4. **Give yourself:** Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need – and it's a great way to meet new people.
5. **Learn how to deal with stress:** Like it or not, stress is a part of life. Practice good coping skills: try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humour in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.
6. **Quiet your mind:** Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.
7. **Set realistic goals:** Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal. Wellness Coaching can help you develop goals and stay on track.
8. **Break up the monotony:** Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road trip, take a walk in a different park, hang some new pictures or try a new restaurant.
9. **Avoid alcohol and other drugs:** Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to 'self-medicate' but in reality, alcohol and other drugs only aggravate problems. For more information, see Alcohol and Other Drugs.
10. **Get help when you need it:** Seeking help is a sign of strength – not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.



### DAYS FOR GIRLS

Thanks to everyone who has been supporting the Days For Girls project.

In the past we have asked for various items as components for our kits – cotton full brief underpants are still needed in all sizes, so if you see any on special please consider picking up a couple of packets. We also still need cotton face washers/flannels and large sized zip lock bags.

Most of all at the moment we need some cash to purchase the special plastic lining fabric that goes in the shields. This is a specific item that we need to purchase and is an essential part of the make up of the shield. So if you can spare a few gold coins or one of those new purple notes – or even more – please see me.

Many thanks, Lisa Lowcock



### MOONEE VALLEY STRATHMORE COMMUNITY MEN'S SHED INC.

The Shed is open every Wednesday and Saturday 9am to 1pm.

There are lots of projects going on at the moment and we would love to have some new men attend to complete them.

If you or someone you know would like to get involved please just come down or alternatively contact me to discuss coming down to visit.

In this week of Mental Health Awareness and our fun Hat Day it is timely to know that the Men's Shed is a fantastic place for men to stay active in mind and body and make friends along the way – which is essential for maintaining good health.

Lisa Lowcock



ROTARY AUSTRALIA  
WORLD COMMUNITY  
SERVICE

Did you know that financial contributions to 'Donations in Kind' are tax deductible? The Rotary Club of Essendon has supported DIK with rental assistance and volunteer labour for many years but you can also make an individual, tax-deductible contribution. The options are:

Donation to container and freight costs - project number 31-2014-15.

Donation to DIK administration and store rental - project number 32-2014-15.

Donations can be made on-line through [www.rotarydik.org](http://www.rotarydik.org). Click on 'Projects' then 'DONATE NOW'. If using a credit card an electronic tax receipt is sent back almost immediately. Don't forget to select 'Yes' to the question regarding Rotary membership so the 3% administration fee will be waived.

Please contact Stephen Roe if you would like more information or any assistance with the donation process.

**2017 DISTRICT 9800  
CONFERENCE  
SHEPPARTON - VICTORIA  
30 MARCH - 1 APRIL**



**Connecting Communities - Serving Humanity**

**Early bird offers until 30<sup>th</sup> November 2016. Accommodation bookings are going fast.  
See Jenny Foster re accommodation.**

### **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 12<sup>th</sup> 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](mailto:michael.cariss@bigpond.com) mobile 0418 991 175**



## Helpers at the desk for the month of October:

|                          |                |
|--------------------------|----------------|
| 11 <sup>th</sup> October | Lisa and Steve |
| 18 <sup>th</sup> October | Jenny and Tim  |
| 25 <sup>th</sup> October | Anne and Lisa  |



# Rotary ***FIT4USE*** Store

**'SERVING  
THE  
COMMUNITY'**

**The Werribee Rotary Fit4Use Store is now open at:  
135 Railway Parade, Werribee**

**GOODS REQUIRED:** Household items (lamps, vases, mirrors, furniture), garden items (pots, ornaments, tools, furniture), kitchenware (pots, cutlery, china), shoes (especially men's), bric-a-brac, curios

**NOTE:** Donated goods are for sale in our shop and therefore we are unable to accept broken, chipped or damaged goods.

**We are happy to assist clearing deceased estates and people who are downsizing their household**

All profits from the shop are used to fund Rotary projects, local and international

**For donations of goods, please contact Allan Bruno for pickups** [allan.bruno@bigpond.com], 0438 557 720 or Shop Manager, Lorry Rowe [fit4use@rotaryflemington.org.au], 0403 323 512 for deliveries.

The Rotary Club of Flemington meets every Wednesday for breakfast at the Quest Apartments, corner of Epsom & Smithfield Roads, Flemington, 7:30 am for 7:45 am start



carefor**cambodians**

# Fundraising Dinner

## Supporting Projects in Cambodia

### WHEN

**Fri, October 21<sup>st</sup>, 2016**  
**7pm – 10.30pm**

### WHERE

**Strathmore Bowling Club**  
**40 Loeman Street, Strathmore**

### COST

**\$55 Per Person**

### BOOK ONLINE

**<https://trybooking.com/MYNV>**

**RSVP: Friday 14<sup>th</sup> October**

**[careforcambodians@gmail.com](mailto:careforcambodians@gmail.com)**



### TICKET INCLUDES

**3 Course Dinner**  
**Drinks at Bar Prices**

**International Speaker**  
**Lukas Bernhardt - Director**  
**Lighthouse, Cambodia**

**Traditional Cambodian**  
**Dancers**

**Raffle and Auctions**

### OUR MISSION

**Reaching from Australia to**  
**Cambodia by raising**  
**awareness, providing**  
**equipment and funding**  
**projects**

### Contacts

**Jenny Foster 0410595847**  
**Janice Memery 0419554243**  
**Helen Penna 0408941247**





## EVENTS CALENDAR

| DATE   | SPEAKER/EVENT   | VENUE                                      |
|--|---|--|
| Tuesday 11 <sup>th</sup> October                     | <b>Graeme Ware</b><br><b>GM Aviation Essendon Fields</b>  | The Anglers Tavern 12.30 pm for 1pm to 2pm |
| 12 <sup>th</sup> October- Wednesday night            | <b>The Bill Early Trophy will be contested with the Rotary Club of Essendon North</b>           | Highpoint AMF bowling centre 7pm           |
| Tuesday 18 <sup>th</sup> October                     | <b>Steven Wells</b><br><b>Austin Health Gardening Guru</b><br><b>Royal Talbot Rehab. Centre</b> | The Anglers Tavern 12.30 pm for 1pm to 2pm |
| Tuesday 25 <sup>th</sup> October                     | <b>TBA</b>  | The Anglers Tavern 12.30 pm for 1pm to 2pm |
| 1 <sup>st</sup> November                             | <b>Melbourne Cup</b>  | NO MEETING                                 |
| Tuesday 8 <sup>th</sup> November                     |   | NO MEETING                                 |
| <b>Wednesday 9<sup>th</sup> November night</b>       | <b>Boathouse Restaurant</b><br><b>Gary Mehigan</b>  | Evening Times TBA                          |
| 2 <sup>nd</sup> weekend in November                  | <b>Day for Girls</b>  |  |
| Friday 18 <sup>th</sup> November                     | <b>Golf day (TBC)</b>   | Deferred to 2017                           |
| Sunday 20 <sup>th</sup> November                     | <b>Steam train rally</b>  |  |
| Tuesday 22 <sup>nd</sup> November                    | <b>Club Forum</b>   | The Anglers Tavern 12.30 pm for 1pm to 2pm |
| 29 <sup>th</sup> Nov 2016                            | <b>AGM – to be confirmed</b>  | The Anglers Tavern 12.30 pm for 1pm to 2pm |
| 6 <sup>th</sup> December 2016                        | <b>David Abbey</b>  | The Anglers Tavern 12.30 pm for 1pm to 2pm |
| Tuesday 13 <sup>th</sup> December                    | <b>Christmas dinner meeting</b>   | Vicolo Restaurant (to be confirmed)        |
| Tuesday December                                     | <b>Board meeting followed by Breakfast</b>  | Venue TBA                                  |
| Thursday 26 <sup>th</sup> January 2017               | <b>Australia Day BBQ</b>  | Home of Boris & Ineka Struk                |
| Friday 3 <sup>rd</sup> February 2017                 | <b>Fundraising dinner at DIK West Footscray</b>   |  |
| Friday 17 & Saturday 18 February 2017                | <b>Relay for Life</b>   |  |
| 3 <sup>rd</sup> March 2017                           | <b>Delegation to Myanmar &amp; Cambodia</b>   |  |
| March 2017   | <b>Art Show</b>   |  |
| 30 <sup>th</sup> March to 1 <sup>st</sup> April 2017 | <b>District Conference</b>  |  |
| May 2017   | <b>Graffiti clean-up day</b>  | TBC  |
| Tuesday 16 <sup>th</sup> May 2017                    | <b>Charter Night</b>  |  |



John Kouppas  
Customer Service Manager  
79 Wellington Street Collingwood  
Victoria, Australia 3066

**TRAVELLERS**  
APPAREL

Phone: 03 9419 8411  
Facsimile: 03 9419 7804  
travellersapparel.com.au

**John L Gregory**

**Certified Practising Accountant**

272 Keilor Road,  
North Essendon, VIC 3041

[jgregory@netspace.net.au](mailto:jgregory@netspace.net.au)

Telephone: 03-9379 1705

paul mcdonald

real estate

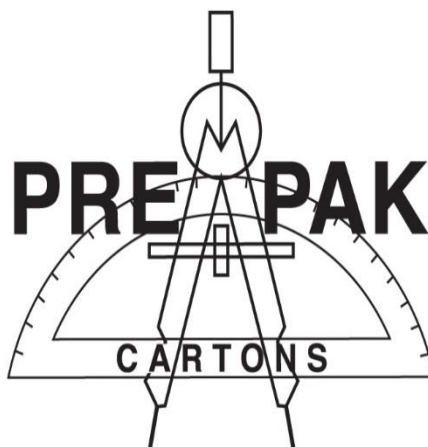
1112a Mt Alexander Road  
Essendon 3040  
+61 3 9375 9375

Strathmore **Community Bank®** Branch



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.



129-131 Sussex Street  
Pascoe Vale, Victoria 3044  
Tel (03) 9350 4700 | Fax (03) 9350 7422

