



Maria Kouppas  
President 2016-17

## Volume 82, Issue 16

October 18th 2016

Sergeant Michael called President Maria to the podium. President Maria welcomed our guest, Steven Wells

President Maria mentioned the following matters:

- We lost the Bill Early trophy to Essendon North, to beat us Essendon North rallied the Probus club and AG Colin Styles.
- A big thank you to Tamara Hycenko for doing so well as acting editor (Editors note: I have big shoes to fill!!)
- There will be no meeting on the 8<sup>th</sup> November BUT there will be an evening meeting on the 9<sup>th</sup> at Gary's BoatHouse
- Stream Train, all club even 20<sup>th</sup> November Try booking
- Working with children, please submit your working with children certificate details to John Odgers
- Any new photos of members with quotes to be provided to the editor to be incorporated in Contact please

**Maria's quote for the day** – *"opportunity is often missed by most people because it is dressed in overalls and looks like hard work"* - Thomas Edison

**President Maria's message** - Well we are finally seeing some wonderful spring afternoons and the roses are all coming to bloom, makes you feel good inside. I am now in my fourth month as President of the Rotary Club of Essendon and I am amazed at how much time and effort the various members put in to make this club a successful & vibrant club.

The theatre night was a wonderful success, we originally booked for 35 and ended up having 60 attendees. A great night was had by all with easy access making it a good night of fellowship.



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

Kelly Abfalter - RC Essendon



We are changing our meeting from Lunchtime on the 8th of November to Wednesday night the 9th of November and it is open to all members, family and friends.

Please join us as we enjoy a specially selected menu, hear Gary Mehigan as our speaker and of course the fellowship that comes with being with old friends and new.

Please see the attitude invitation, and booking can be made via TryBooking. If you need assistance please do not hesitate to get back to me.

We have the whole restaurant to ourselves and Gary will be happy to personally sign his Books for that special Christmas gift.

Would love to see you on the night.

Maria Kouppas

President

**Editors note:** I have the following member photos with quotes – Kelly Abfalter, Stephan Roe, Maria Kouppas, Cathy Nicou, Peter Condos, Boris Struk, John Odgers & Richard Lawrence. As mentioned by President Maria today if any others are available can you please pass them on to me via email in order to publish them in future editions of Contact.

Jenny Foster made the following announcements:

- Conference 30<sup>th</sup> November register for accommodation, contact Jenny
- Care for Cambodia dinner – see details below

Other matters-

- Leno won the raffle but failed to draw the joker
- If anybody is in need of office partitions in good condition please contact Jack Honson

**The speaker for the day Steve Wells was introduced by Dr Michael Portelli**



Steven Wells is a passionate Horticulturalist, he has combined his skills as a Nurse to prepare gardens and ground projects at the Austin Hospital designed for healing and rehabilitation. These gardens that he has painstakingly designed have had a soothing effect and delighted patients, staff and visitors alike. In 2012 he won the prestigious Gardening Australia's Gardener of the year award.

He said Horticultural therapy might at first seem a radical idea but is actually an old concept when the healing influence of nature was more commonly recognised through the creation of hospital gardens. This idea has been rekindled in Steve's role as gardens and grounds officer which is focused on creating and developing gardens to improve the therapeutic hospital environment of Austin Health. He has since developed 18 garden projects funded from donations, bequests and non-operational funds.

He has developed the Royal Talbot Rehabilitation Centre at Austin Health where patients with acquired brain injuries are treated, the patients get involved in garden activities to help them with their rehabilitation goals as patients may need to practise using fine motor skills

The Friends Sensory Garden at the Royal Talbot, funded by Friends of Austin Health draws upon the texture and scents of plants to evoke conversations and trigger memories as well as

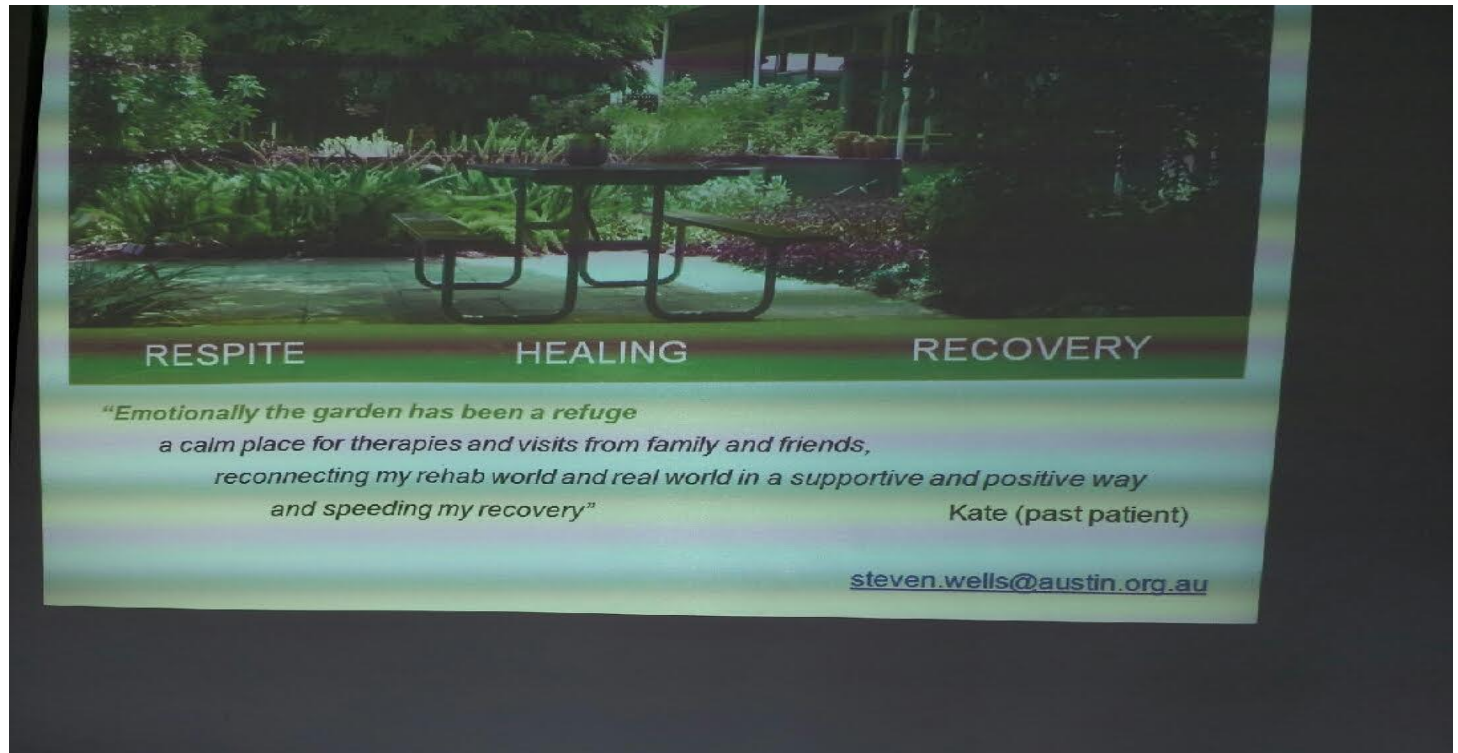




soothe patients in recovery from traumatic accidents. Within the hospital environment the gardens also provide a welcoming space for children to run around and play without parents worrying too much about their impact on others.

The plants in Steve's gardens at Austin Health sites have been specifically chosen for suitability to the environment, to minimise ongoing maintenance.

Creating gardens at healthcare facilities is highly achievable he said, with well documented benefits for health and wellbeing. The therapeutic gardens created by Steve at the Royal Talbot Rehabilitation Centre are maintained by him and Alan Armitage an ex-patient who has volunteered regularly since his slow recovery from a serious injury caused by a fall, when he first came he had post traumatic amnesia and was not aware of his surroundings!



President Maria presenting the speakers award to Steve Wells after his well received talk to the members

## Thought for the day





## Rotary Attendance Requirements

Regulations regarding Rotary attendance have been eased considerably in recent years. Current Rotary rules state that a member must attend or make up at least 50% of regular club meetings or satellite club meetings, or engage in club projects, other events and activities for at least 12 hours in each half of the year, or a proportionate combination of both.

We still want members to attend the Tuesday meetings when they can so as to maintain the sense of community and belonging rather than only attending hands-on projects. However, the new rules remove the threat of expulsion for non-attendance at Tuesday meetings when a member might be totally engaged in other Rotary activities.



The following are guidelines for assigning make up credits for participating in Club projects, committee meetings and other activities:

- Events must be club sponsored or authorised by Board.
- Meetings must be called by Committee chairs, directors or officers of the club (including extraordinary meetings).
- Events should last a minimum of one hour (in line with the regular club meeting time frame).

The following are examples of makeup credits assigned for various activities:

- RI convention/assembly (2 makeup credits)
- Rotary district conference (2 makeup credits)
- Rotary district assembly (1 makeup credit)
- District committee meeting held at the direction of the DG (1 makeup credit)
- Club committee or Board meeting (1 makeup credit)
- Rotaract/Interact/Earlyact meeting (1 makeup credit)
- Attendance and participation in a club service project or a club-sponsored community event (hours of attendance recorded by event coordinator).

An 'Activity Participation Declaration' form has been developed to facilitate the recording of attendance at events and projects, and a copy of the form appears on the next page of this week's 'Contact'. The form should be used by the event coordinator/manager (e.g. Graffiti clean-up day, traffic school BBQ) to record participation by members and the information is then sent to Club Attendance Officer, Neil Henderson. For external activities a copy of the form should be handed to the activity supervisor (e.g. DIK) for completion. The member then forwards the sheet to Neil Henderson for official recording.

Please contact Stephen Roe if you have any further queries about this process.





## **THE ROTARY CLUB OF ESSENDON Inc.**

*Registration No. A0019046G*

*District 9800 – Chartered 1935 – ABN 91 036 600 532*

*President: Maria Kouppas, Secretary: Stephen Roe*



## **Activity Participation Declaration**

I.....

Hereby certify that.....

Being a member of The Rotary Club of Essendon

Attended.....

For a period of.....hours

For the purpose of.....

Signature.....

Designation.....

Date.....

Please forward this form to Neil Henderson for the official recording of your activity.



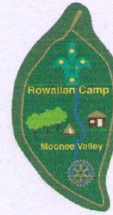


## **ROWALLAN RECREATION & ADVENTURE CAMP**

PO Box 60 (6 Kent Rd.) RIDDELLS CREEK 3431

ABN 39 662 387 026

A SCOUTS AUSTRALIA CAMPSITE :: OPERATED BY MOONEE VALLEY DISTRICT ASSOCIATION.



11<sup>th</sup> August 2016

Mr Steve Roc  
Secretary  
Rotary Club of Essendon  
P.O.Box 161  
Essendon 3040.

Dear Steve.

On behalf of the Management Committee of Rowallan Scout Camp I would like to pass on our grateful thanks for your generous donation of \$1,000 for the replacement of one of our water tanks.

The water supply at the Camp has a history of trials and tribulations since the 1950s and we always hope the most recent fix should see us right for a while.

Our new tank is one of the big new plastic ones that comes with a 10yr guarantee and, as the galvanised iron ones always seem to rust out where they have been hit by, presumably, flying stones, we hope that this will overcome yet another obstacle to their long life.

Again, our grateful thanks for your donation and for all the help and support from Essendon Rotary over the years.

Yours Sincerely

Liz Benton  
41 Ruby St  
Essendon 3040

Secretary







Join us for a Rotary Night of  
**SPRING BLING**  
At: THE BOATHOUSE

Date: Wednesday 9th November

Time :7pm

Address: 7 The Boulevard,  
Moonee Ponds

3 course dinner with a glass of bubbles on arrival

Speaker : Gary Mehigan

Raffle and Prizes

Photo opportunities and Book signing

Price: \$70/head

Book Via Try booking

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

or Contact Jane Carbone: 0417329005





## Brumby's Babes - Relay for Life Team Garden Party

**Date:** Friday 18<sup>th</sup> November

**Venue:** Poyntons Boulevard Café

Cnr Vida St & The Boulevard, Essendon 3040

**Cost:** \$65.00 per head

**Time :** 12 o'clock

**Don't miss this great luncheon, raising funds for**

**The Cancer Council Victoria**

*Be quick, seats are limited!*

**Brumbys  
Babes**  
Relay for Life fundraising team established 2005

**POYNTONS**  
BOULEVARD CAFE

### **Ticket includes:**

- Entertainment by Sofisticats
- Glass of Wine on arrival
- Prizes, raffles (with cash prizes)  
and lots of fun
- Guest speaker - Carolyn Blackman (Vivid Designs)

**RSVP by Thursday 10<sup>th</sup> November Gaye (0409 120 919) or Deb (0408 611 963)**

**Please note – payment required in advance**

**Brumby's Babes account Direct deposit details: BSB 633-000 / Account Number: 128605847**





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.**

#### **MEN'S SHED OPEN DAYS**

**When:** Friday, 28 October and Saturday, 29 October, 10am

**Where:** Aberfeldie Men's Shed, 5 Rutherford Street (access via Bruce Street) on 28 October;  
Strathmore Men's Shed, 144a Mascoma Street on 29 October

The Moonee Valley Men's Sheds will be a hive of activity, with demonstrations, entertainment and a woodwork display. Come and join us for a free BBQ lunch, meet the Sheddies and find out about Moonee Valley Men's Sheds! No need to book, just join in the fun!

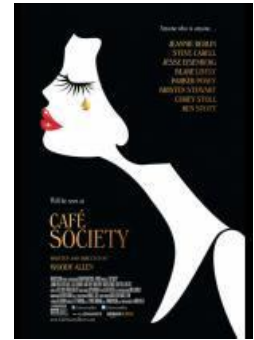
*moonee valley*  
**MEN'S  
SHED**





# MOVIE NIGHT

SUN THEATRE YARRAVILLE  
8 BALLARAT STREET



## CAFE SOCIETY (CTC)

**DATE: MONDAY 24<sup>th</sup> OCTOBER 2016**

**TICKET PRICE: \$30 PER PERSON**

INCLUDES COMPLIMENTARY GLASS OF SPARKLING WINE AND NIBBLES UPON ENTRY TO THEATRE  
**Lucky Door Prize**

**TIME: 6.45pm (for 7pm Movie)**  
**FOR BOOKINGS: CONTACT SUE (0413 273 379) OR**  
**GAYE (0409 120 919)**

**Please RSVP by October 17, 2016**

**Direct Deposit: Account Brumby's Babes | BSB 633 000 | Account No 128 605 847**  
*Please include your name as reference for payment*

**Brumby's  
Babes**

Relay for Life fundraising team established 2001

**All profits go to Brumby's Babes, Relay for Life**

[www.brumbysbabes.org](http://www.brumbysbabes.org)







## EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
Tuesday 25 <sup>th</sup> October	<b>David Whiting – Legal issues &amp; Insurance</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>Gary Mehigan</b>	<b>Boathouse Restaurant, The Boulevard Moonee Ponds at 7pm to 11pm</b>
2 <sup>nd</sup> weekend in November	<b>Day for Girls</b>	
15 <sup>th</sup> November	<b>Peter Baker – Remembrance Day – Military History</b>	The Anglers Tavern 12.30 pm for 1pm to 2pm
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>	TRY Booking
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</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 20 <sup>th</sup> December	<b>Board meeting followed by Breakfast</b>	Venue TBA
Tuesday 27 <sup>th</sup> December to 10 <sup>th</sup> January 2017	<b>NO LUNCH MEETINGS</b>	
17 <sup>th</sup> January 2017	<b>Joint meeting with RC Essendon North</b>	To be confirmed
24 <sup>th</sup> January 2017	<b>Steve Roe &amp; Richard Lawrence – Kokoda Trek</b>	The Anglers Tavern 12.30 pm for 1pm to 2pm
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>	
Fri 17 & Sat 18 February 2017	<b>Relay for Life</b>	
3 <sup>rd</sup> March 2017	<b>Delegation to Myanmar &amp; Cambodia</b>	
Fri 24 <sup>th</sup> March 2017	<b>Art Show Gala Opening</b>	
Sat 25 <sup>th</sup> & Sun 26 March	<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

Charter Night

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

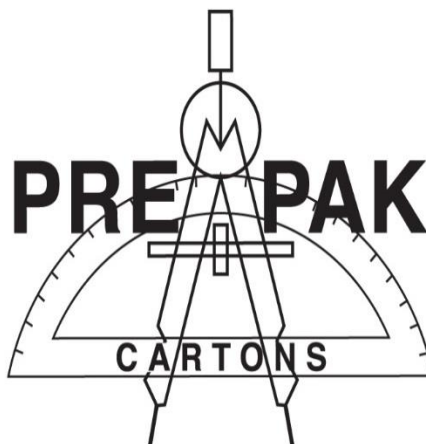
Strathmore **Community Bank®** Branch



## 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.



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

