

Contact

PO Box 161 Essendon VIC 3040

Rotary
Club of Essendon

ABN 91036600532



D9800



Maria Kouppas
President 2016-17

Volume 82, Issue 26

January 31st 2017

Sergeant Michael welcomed back President Maria from her holiday. President Maria welcomed the guests, Gail Leask, Kerry Roe, Bill Anderson (guest of Dr Peter Baker), Andrew Lowcock, Peter Duras, Vic Abfalter and Patricia Fraser.

President Maria also welcomed Nina our exchange student who came in her summer school uniform looking lovely.

Maria thanked Dr Peter Condos for acting on her behalf during her holiday and also thanked Boris & Ineke Struk for hosting the Australia day BBQ at their home in Greenvale.

Maria spoke about the good work done by all Rotarians around the world

Sergeant Michael informed all present that Veronica O' Sullivan has completed 13 years of good work with Rotary and promptly asked her to pay a fine!

President Maria wished all a happy new year and a happy Chinese new year, year of the Rooster.

Maria said that while driving to Batemans Bay early this month, nothing was more obvious than the number of community groups big & small making an attempt at raising that valuable dollar.

She mentioned the ones below with a summary of their activity and the reason they were fund raising



“The Rotary network is amazing in how it connects and supports local and international communities”

Cathy Nicou - RC Essendon



- **Lakes Entrance** Lions Club trailer raffle, Sunday market
- **Eden** Surf club special effort, CFA
- **Batemans Bay** Surf life saving club, kidney foundation
- **Nelligen**, an old lady of 87 who runs a Trash n Treasure every year in January – tapping into the holiday makers, caravan park residents etc.; she collects all year and sets it up in the little community hall a relic of the 1800's – where does the money go you may ask - it goes to pay for the upkeep of this tiny community hall – how long has she been doing this? This is her 60th year!!!!

So getting back to the Rotary Club of Essendon what do we as a club do 365 days a year?

We make a difference in so many ways - each committee takes on projects both on a local and international level; take a moment to reflect on what we have done and what we have planned for the second half of this Rotary year with the theme Helping Humanity.

At this point I ask for your support and enthusiasm to make each effort a success not on a personal level but to ensure we can use the hard earned funds direct to the causes that depend so much on the charity dollar.

Fun and fellowship is the reward we get; meeting friends, making new friends, experience the feeling of exhaustion but with total satisfaction at the end of the day.

Take some time to study the calendar of events and respond to the Relay for Life and Art Show requests for helpers. It will make a difference and you will enjoy yourself at the same time.

Quote of the day: "I can't fix the world's problems, but I will do what I can to make a difference where I can"

Other notices

Rotary Foundation Dinner 24th February, in partnership with the other Rotary Clubs in the Cluster. \$40 per head, Taylors Lakes Hotel, 7.00PM - 10PM.

If you would like to come along, please contact President Maria Kouppas who will make the necessary booking arrangements.

At your next Committee meeting we need you to complete your quote for inclusion into our weekly Contact. "What does Rotary mean for You?"



The talk for the day was by Richard Lawrence & Stephen Roe about their experience on the Kokoda Track.

Richard spoke first and gave a very interesting talk on the history of Kokoda and how it is entrenched in the history of Australia, his talk was supported by slides describing the WW2 battles that the Australian soldiers had with the Japanese and the world politics that existed at that time and the bravery of the comparatively untrained Australian soldiers who fought against the better equipped and trained Japanese troops and won!

He also mentioned the Papua New Guinea residents who helped the Australian soldiers. Richard also explained how in the face of extreme odds the Australian soldiers fought valiantly and the Japanese suffered their first loss in the war at the hands of the Australians.



The Kokoda Group with President Maria



The Kokoda trek group – Richard Lawrence, Andrew Lowcock, Stephen Roe & Vic Abfalter



After Richard highlighted the very difficult conditions under which the Australian soldiers fought during the Kokoda campaign, Stephen Roe described to the all present their experience on the Kokoda track. He said in comparison to the soldiers who fought in the war suffering from dysentery, scrub typhus or malaria and constantly under mortar fire or sniper fire they were reasonable fit and well fed and sheltered.

Steve said that it was probably the most physically and mentally demanding experience of their lives but one which they will all look back upon with great memories.

He said they began training for the trek several months before and mentioned the places they exercised to get fit enough to undertake the trek.

A few facts about the Kokoda Track which Stephen pointed out:

- The track is 96 kms long from Owers Corner to Kokoda Village, although as the crow flies it's only 60 kms so by my reckoning that's 36 kms of mountain slopes - and it feels every bit of it!
- Highest part of the track is 2190m (7185ft) passing around the peak of Mt. Bellamy.
- Hiking the track normally takes between four and twelve days; our trek took eight days
- Our trekking company gave each day a difficulty rating out of five – the easiest day was a 1.5 and two days were rated 4.5 – although given those two days I'd hate to see a five!
- There is an annual Kokoda Challenge race and the fastest recorded time for this is 16 hours 34 minutes.
- About 4000 tourists walk the track every year but it is by no means a busy thoroughfare.

He said their group comprised 11 Australians made up of 10 trekkers and a trek leader, 6 of the group had a connection to the Rotary Club of Essendon. He said they also had 24 PNG carriers who were very helpful and friendly and carried part of their baggage.

Stephen said that on the first day they arrived at the war cemetery on the outskirts of Port Moresby which contains 3,800 graves of which 3,300 are Australian!

Of the Australian graves 240 are unknown soldiers, sailors and airmen, he said he also saw the head stones of some of the war heroes including Private Bruce Kingsbury from Preston who was posthumously awarded the VC, the first soldier to receive the highest award for bravery in action on Australian territory, as PNG was at that time.

Stephen said that they started their trek from South to North as the original Soldiers had done during their advance towards Kokoda and they soon realized what lay ahead with the steep descent and all the trekkers found the descent harder than the climbs.

He said the camp sites were well established, usually as an annex to a village which the village chief had set up to cater for the trekkers and this provides a good source of income for the village. He said the huts were open air and cane flooring and they slept on water proof tarps with mosquito nets, he said most nights were hot and they slept with difficulty.

He said they were able to sleep better when they climbed higher into the mountain where the air was cooler and there were no mosquitos.

Stephen said the camp toilets were either short or long drops!! and therefore pretty basic although at one particular campsite extra effort had been made, this one had a full wooden floor and a proper toilet with a wooden seat and a lovely view over the adjacent valley.

Many of the villages and other historic places had large mounted brass plaques which described the actions which had taken place there during WW2.

Stephen said the PNG helpers would perform the PNG version of the Kiwi Haka every morning before they set out and this invigorated them for the day ahead.

Stephen said that what they all gathered from this experience was how little is known about Kokoda compared to Gallipoli. Even during WW2 many Australians thought fighting in New Guinea didn't count because the soldiers were still effectively on Australian soil, but while the Gallipoli campaign was fought in support of the King and the British Empire, Kokoda was fought at out backdoor to prevent the very real threat of an enemy invading Australia.

He said that Kokoda veterans deserve far more recognition and are worthy of the same legendary status as their Gallipoli brothers.



ROTARY CLUB of ESSENDON

RELAY for LIFE 2017

Hope Lives Here

RELAY FOR LIFE Cancer Council

Contact Us About Cancer Council f t i y

Register Donate Login

About Relay Get Involved In the News Stories of Hope Tools

Moonee Valley 2017

25 teams 196 participants \$13,671.80 raised

We've raised **\$13,671.80**

Our Relay goal **\$200,000.00**

6%

*Totals above may not include all donations, sponsorships or registration fees.

When
Friday, 17 February 2017
7pm Fri to 4pm Sat
Add to my calendar

Where
Aberfeldie Athletics Track,
Corio Street
Moonee Ponds
Victoria

Contact
Heather Trevisan
1300 65 65 85
mooneevalley@relayforlife.org.au

20 days to go!

Register

Donate

Login

Survivor/Carer Lap

Register and pay by going to

http://fundraising.cancer.org.au/site/TR/RelayforLife/CCVIC?fr_id=4212&pg=entry

Copy & paste the above URL into your web-browser

Click **Register Now**

then **Join a Team** and enter Rotary Club of Essendon

then **Join** and enter your details. Don't forget to select your T-shirt size.

NEXT fill out the attached roster on who will attend and what time slot and especially if you are available for the work roster to set-up, manage breakfast and clean up
THEN e-mail back to me.

Please contact Dr Peter Condos for the roster



MOONEE VALLEY

Art Show



As you are aware, the **3rd Annual Moonee Valley Art Show** is fast approaching. Once again it will be held at St Columbans North Park Mansion, 69 Woodland St Essendon. The Gala opening on Friday March 24th will be a wonderful night. Please put in your calendar now.

Volunteers are needed for the following dates in **March**:

Thurs 23 – set up. Need some strong bodies for the morning especially.

Fri 24 – Hanging the pictures, setting up Marquis etc. Some strong bodies needed again in morn

Sat 25 & Sun 26 – exhibition, sales, many other roles to be filled from 10am -6pm

Mon 27 – pack down & clean up in the morning.

Please consider volunteering for this major Club event of the year. Shifts will be approximately 4 hours, or more if you are keen, and tasks will be allocated in due course.

Please email your availability ASAP to Veronica at veronicaosullivan@bigpond.com or call or text 0418 537 253.

A Note from the Treasurer

Dear Members,

We have received an email from RAWCS advising that they have had an instance of someone sending fraudulent emails pretending to be RAWCS and requesting donations.

In all cases, when receiving requests for monies or personal information by email, please take care and we would suggest confirming with the organization involved.

If you have any queries regarding request for donations from Rotary, please contact myself and I will check authenticity.

Kind regards

Kelly Abfalter - Treasurer

The Rotary Club of Essendon Inc.

A: P O Box 181, Essendon, 3040

M: 0413 027 156

E: kelfalt@gmail.com



TOYOTA MANUFACTURING FACILITY TOUR – ALTONA NORTH

AN OPPORTUNITY NOT TO BE MISSED! Come and tour the Toyota Manufacturing Facility on **Tuesday 14th February, 2017. 8.45am for 9.00am start**

Limited places!

The tour is of two hours duration and includes approximately 3kms of walking.

The guided tour includes:

- Press (where the body panels are pressed)
- Weld (where panels are robotically and manually welded to create the body shell)
- Paint Shop Foyer (explains the painting process of the vehicle)
- Assembly (where the engine, suspension components, and finishing touches are made to each vehicle)

If you wish to attend please email Shirley Kukuk providing names of those wishing to attend, limited places available.

Registration: kukkshirley0@gmail.com

Once your registration has been accepted you will receive the following information:

- Plant Tour policy (which needs to be read prior to the tour)
- Conditions of Entry (which each participant needs to bring with them on the day of the tour)
- Clothing requirements
- Parking details
- Survey form to be completed at the end of the tour



ONLY 8 places remain

REGISTRATIONS close Friday 3 February.

Cheers

Shirley Kukuk



11 Pieces Of Wisdom From Desmond Tutu To Inspire Change Makers In 2017

By [Brian Rusch](#), Executive Director, Desmond Tutu Peace Foundation

Most people begin every New Year with a sense of hope and excitement. With recent events throughout the world, I think that many of us also enter this New Year with a sense of trepidation. For me personally, I am channeling any disquiet I might feel into a renewed focus on our mission at the [Desmond Tutu Peace Foundation](#) - that is to inspire new generations of change makers to make this world a more peaceful place through the life, actions and words of Archbishop Desmond Tutu. As we move forward to challenges this New Year brings, I am reminded of some of the wisdom that the Archbishop has shared that I turn to when I am in need of some inspiration.

1. If you are neutral in situations of injustice, you have chosen the side of the oppressor.
2. Without forgiveness, there can be no future for a relationship between individuals or within and between nations.
3. Religion is like a knife: you can either use it to cut bread, or stick in someone's back.
4. Resentment and anger are bad for your blood pressure and your digestion.
5. Do your little bit of good where you are; it's those little bits of good that overwhelm the world."
6. Hope is being able to see there is light despite all of the darkness.
7. Don't raise your voice, improve your argument.
8. If you want peace, don't talk to your friends, talk to your enemies.
9. Differences are not intended to separate, to alienate. We are different precisely in order to realize our need of one another.
10. Ubuntu... my humanity is caught up, is inextricably bound up in what is yours.
11. **Give a man a fish, feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring.**

Which of these ideals can you put forward as we move into 2017? What can you do to inspire peace?

Thought for the day

You're never going to be 100% ready and it's never going to be just the right time, but that's the point. It means that every moment is also the right moment. If you want it, you just have to do it.



Rotary Club of Keilor Inc
District 9800
Chartered 31 August 1962



Gateway Cluster Annual Bowls Tournament 2017

Date: Tuesday 28 February 2017

Venue: Keilor Bowls Club, Barcelona Ave Keilor – plenty of parking at Keilor Sports Ground on Old Calder Hwy

Time: 6pm for a 6.30pm (sharp) start for Bowling

Cost: \$20pp inclusive of BBQ & salad dinner for Bowlers & Supporters, use of bowls etc for Bowlers.
(Children U15 \$10) Drinks at Bar prices.

Dinner at approximately 7.45pm – to precede Grand Final

Rules:

- Two bowl triples (3 bowlers per team with 2 bowls each - instruction available for first time bowlers). Wear flat soled shoes only - or bare feet (with socks).
- Preliminary round of 3 games per team (4 ends each) with random draw of cards/opponents.
- 5 points per winning game plus 1 point per winning end (any count back will be based on net shots).
- Maximum of one Pennant Bowler per team – cannot play as Skip.
- No “dead ends” – jack spotted on 2M mark.
- Top two teams to play off in Grand Final of 4 ends (with an extra end in the event of a tie).

*Would you please complete the details below and email back to Norm Draper (DraperNorm@bigpond.com) by **Wednesday 22 February 2017**. If you cannot fill a full team, or teams, of 3 players, just let us have names and we will fill your vacancy/vacancies with players from other Clubs who might also be short of players.*

Rotary Club of

Contact Person **Email**

Team Nominations	<u>Team 1</u>	<u>Team 2</u>	<u>Team 3</u>
1. Lead			
2. Second			
3. Skip			

Anticipated number of non-bowling attendees from your Club:

Norm Draper

Rotary Club of Keilor (mobile 0412 949 302)

It's a night of fun and fellowship – with some healthy competition. Don't miss it.

Get your Club's name on the Perpetual Shield

Past Winners: Keilor 2011 Keilor 2012 Keilor East 2013 Keilor East 2014
 Keilor East 2015 Keilor 2016



EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
7 th February 2017	Past President Peter Halaseh – Present his report	The Anglers Tavern 12.30 pm for 1pm to 2pm
14 th February 2017	Ladies day – Past & Present	The Anglers Tavern 12.30 pm for 1pm to 2pm
Fri 17 & Sat 18 February 2017	Relay for Life	
21 st February 2017	Joint meeting RC East Keilor	The Anglers Tavern 12.30 pm for 1pm to 2pm
24 th February 2017	Rotary Foundation dinner with Cluster \$40 per head	Taylor's Lakes Hotel 7pm – 10pm
28 th February 2017	Walk Down Memory Lane – Steve Chandler	The Anglers Tavern 12.30 pm for 1pm to 2pm
3 rd March 2017	Delegation to Myanmar & Cambodia	
7 th March 2017	TBA	The Anglers Tavern 12.30 pm for 1pm to 2pm
14 th March	St Patrick's day meeting	The Anglers Tavern 12.30 pm for 1pm to 2pm
21 st March 2017	Fellowship & Veronica promote Art show	The Anglers Tavern 12.30 pm for 1pm to 2pm
Fri 24 th March 2017	Art Show Gala Opening	
Sat 25 th & Sun 26 March	Art Show	
28 th March 2017	Greek Night	TBC
30 th March to 1 st April 2017	District Conference	
4 th April 2017	TBA	The Anglers Tavern 12.30 pm for 1pm to 2pm
18 th April 2017	Easter Tuesday	The Anglers Tavern 12.30 pm for 1pm to 2pm
25 th April 2017	ANZAC Day	NO MEETING
2 nd May 2017	Military Presentation	The Anglers Tavern 12.30 pm for 1pm to 2pm
9 th May 2017	Charter Night – Speaker Neil Comrie	Ascot House
16 th May 2017	NO Lunch Meeting	
23 rd May 2017	TBA	The Anglers Tavern 12.30 pm for 1pm to 2pm
30 th May 2017	Rotary Presents	The Anglers Tavern 12.30 pm for 1pm to 2pm
6 th June 2017	Italian Day	The Anglers Tavern 12.30 pm for 1pm to 2pm



John Kouppas
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TRAVELLERS
APPAREL

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Facsimile. 03 9419 7804
travellersapparel.com.au

John L Gregory

Certified Practising Accountant

272 Keilor Road,
North Essendon, VIC 3041

jgregory@netspace.net.au

Telephone: 03-9379 1705

paul mcdonald

real estate

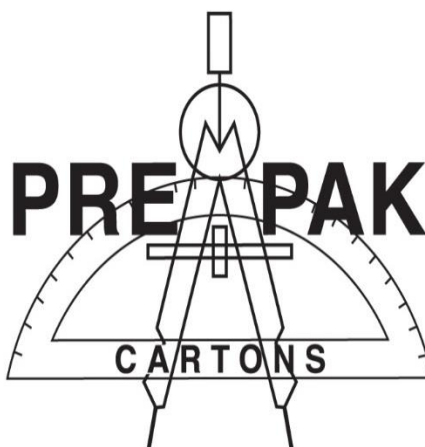
1112a Mt Alexander Road
Essendon 3040
+61 3 9375 9375

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.



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Pascoe Vale, Victoria 3044
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