



Maria Kouppas
President 2016-17

Volume 82, Issue 31

March 7th 2017

President Maria's message:

I had the pleasure of attending the Official opening of the Caroline Chisholm Society's new premises last Saturday. A wonderful turnout with representatives from many of the community groups that the Society is linked with. The Rotary club of Essendon received a special mention and photo log included our very own Michael Pepi, Simon Cookson and Michael Mahoney when they put up the scaffolding for an outdoor cover area to store the prams and pushers.

What the society has achieved is a perfect example of tapping in to all community groups that can help in any way possible. This is the same formula we need to support & ensure the message gets out into the community for our upcoming Art Show.

More is better than one at a time and our partnership with Keilor East makes it possible to bring something of pleasure and enjoyment to the community, but also to raise well needed funds for Rotary projects. Present also were Cr Richard Lawrence, Lisa and Andrew Lowcock and Gaye Cariss. I have since received a letter of thanks for our continuing support of this very worthy group.

This week is International women's week and there are celebratory events nationwide. Tomorrow I will be attending the breakfast with Tamara Hychenko from Community and our guests will be from Buckley Park Secondary College. I ask that we all take a moment to think of the women in the world who still don't have an identity or voice within their family environment and within their community.

As mentioned some of our club members are leaving or left for Myanmar. Wishing Tim Anderson, Anne Ramsay, Richard Lawrence and Tamsin, Nina Lovengreen, Jane Carbone, Jenny Foster John and Jane Odgers, Kelly and Vic Abfalter and Dianne Sloggett a safe and memorable trip. We will miss you and look forward to your return in a couple of weeks.

Speaker; Leon Lewi Rotary Club of Keilor - Interplast

Our guest speaker today was Dr Leon Lewi - Our cluster representative for Interplast. He described how Interplast works in close partnership with the Royal Australian College of surgeons. The partnership has been most successful and making a difference in two avenues; healing and repairing patients and making a difference and secondly what he referred to as "Twin tracking"; teaching their surgeon colleagues in the Asia Pacific region skills that they can use on their people.

We see the good feel stories on Television of the work done by Interplast – which comes from a humanitarian desire to help. All the medicos and allied health staff provide their services free of charge – Interplast helps with funding and coordination.

See flyer below, pages 9 & 10



Visitors;

Sandra Sui Guest of Tim Anderson from WU HU China

Andrew Johnson to be inducted in the upcoming weeks

Nina Lovengreen – our exchange daughter

Anthony McMahon from Flemington Rotary – guest of Lino Airo Farulla.

Special congratulations to the Lawrence and Knee family on the engagement of Richard and Jennifer's daughter Sarah

Follow Up;

Next week please wear your orange or green or both together to celebrate St Patricks Day, which promises to be a fun filled day. Also on this day we will hear from our new member Jenni Mann

Thank you to one and all

Quote of the day;

What we women need to do is instead of worrying about what we don't have, is to just love what we do have

- Cameron Diaz

A Request

Folks,

For the 4 weeks commencing 6/3 – next week we have to collect 80 beds from St Vincent's Private Hospital in Fitzroy.

This is a big job as apart from collecting these beds which we need for wish lists that we hold now, we have a Timor Container to pack on Tuesday 7th March.

We need a couple of people at Fitzroy for the several hours on each of the days shown in Blue on the list below to assist the DIK volunteers.

Can we please seek some assistance from your Club members as we will be very stretched with just the usual volunteers at the store.

Please let me know by return email or a call to my mobile 0418 102702

Cheers - Bob. Bob Glindemann <bob.glindemann@bigpond.com>





MOONEE VALLEY

Art Show



GALA OPENING NIGHT, FRIDAY MARCH 24TH

\$55 entry includes quality food & entertainment in such a stunning environment, to the Art Show & 1st chance to purchase Artworks before we open to the public. Drinks available at bar prices.

Get some friends together, book your ticket & party the night away along with Wendy Stapleton, Paul Norton & Michael Cristiano. Special guest entertainers include The Australian Women's Choir.

Where: 69 Woodland St, Essendon

When: Friday March 24th, 6.30-11.30pm. Official opening 7pm

Last year's event had such rave reviews, that this is one not to be missed. This is very good value for a night out locally with friends, family, neighbours.

How to book your ticket:-

Go to/hold down your CTRL key & click on www.mooneevalleyartshow.com.au On the front page you will see the following wording at the bottom of the page.....

A first class evening of quality food and entertainment and the opportunity to view and buy the art on display.

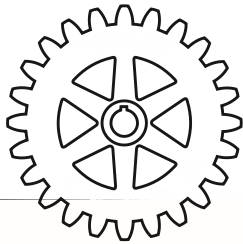
Date From : Fri Mar 24, 2017 : 18:30

Date To : Fri Mar 24, 2017 : 23:30

Read more...

Hit the words read more & follow the prompts. It's easy. However if this daunts you let me know & I will register for you.

Veronica



Rotary Club of Keilor



Blue Ribbon Foundation



Keilor Bowls Club

7.00pm for 7.30pm - Tuesday 21 March 2017

The Rotary Club of Keilor & Victoria Police Blue Ribbon Foundation in conjunction with the Keilor Bowls Club present

INSIDE STORY

Hear true stories of crime, investigation and the justice system from those who were there...

**Superintendent
Lisa Hardeman**

Divisional Commander,
Brimbank Division,
Foundation

Bob Heaney

Detective Senior Sergeant,
Armed Robbery Squad,

Victoria Police Victoria Police & Chair of the Victoria Police

Compere

Sandra Nicholson

Retired Assistant Commissioner,
Westgate Blue Ribbon

**\$25 per head inclusive of light supper (drinks at Bar prices) Keilor
Bowls Club, 1 Barcelona Avenue, Keilor**

(Melways Map 14 H5 - plenty of parking at adjacent Keilor Recreation Ground & Brimbank Council offices)

Book early as seats are limited

Bookings at www.trybooking.com/ONTC (a small processing fee applies)

Profits to the Westgate Blue Ribbon Foundation, working in memory of fallen police officers by funding new and improved emergency facilities in western suburb public hospitals in their honour.

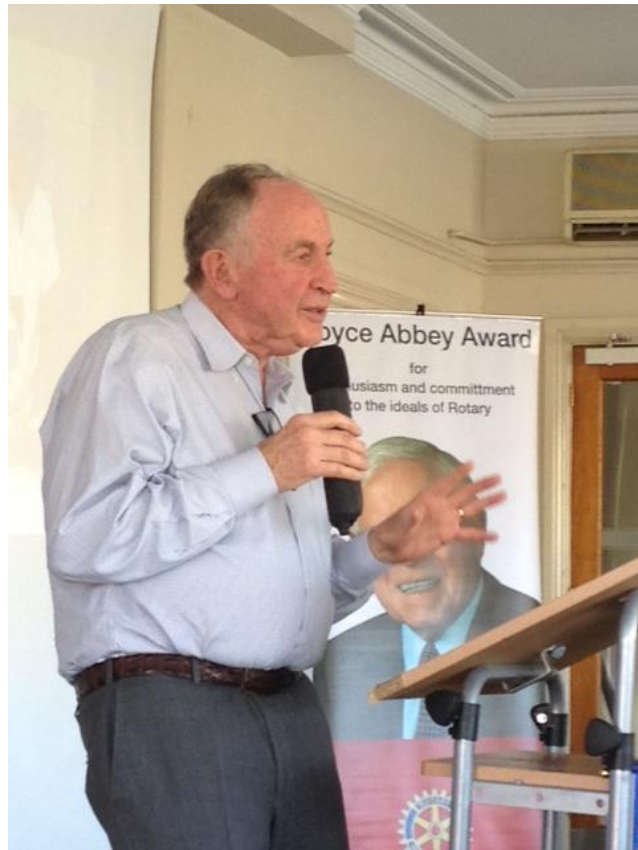


Enquiries for above:

Norm Draper - Rotary Club of Keilor (0412 949 30 2)
Sergeant Mick Downes - Victoria Police (0419 002 479)



Dr Leon Lewi – giving his talk



Sandra Sui from WU HU China



ERC: Fellowship Country Lunch

Celebrating Friendship with a Post Conference wrap up

When : Sunday 2nd April

Where : Jenny's Farm

795 Sugarloaf Creek Rd

Sugarloaf Creek 3658

(Map will be provided)

:Only one hour from Melbourne

Time : 12.30pm

A Buffet style lunch will be provided including

Slow Roasted (12Hour) smoked Lamb and Pork Selection of Salads

COST : \$30 /head

Cakes, biscuits or slices to be provided by us (all offers gratefully accepted)

ALL Drinks BYO

RSVP by 28/3/17

to Michael Cariss (at lunch) or Jane Carbone via email

carbone.jane@gmail.com





A special thank you to the small but effective committee that have been working tirelessly to get to the bottom of the RDNS opportunity. please take a moment to read their updated report that was presented to the club by Maurice Mollica

Royal District Nursing Service Site update 7th March 2017

The Rotary Club of Essendon application for the old Royal District Nursing Services building to the Minister of Human Services has been forwarded by that department to the Department of Finance advising them that the Royal District Nursing Service has no further use for the building.

The Minister for Finance is The Honourable Robin Scott Member for Preston

I stress this because the City of Darebin, which is the Seat of Preston has an arrangement with local clubs with reference to the East Reservoir Community Club in Strathmerton St, whereby the City of Darebin leases the community club from the State Government and allows local clubs to use the facility for a minimal charge (I am led to believe at \$7.00 per hour)

It is our committee's suggestion to make a representation to the Moonee Valley City Council CEO Mr Brian Lancaster and to ask if the NMVCC will consider the same arrangement to the Darebin Council

Can I stress that our committee must have the "go ahead" by our Board prior to further investigating the matter.

I would like to thank and make members aware of the amount of work done by Past President Alan Murphy on this matter by personally approaching the local parliamentarians, and by further investigating what I have just presented.

Rotarian Maurice Mollica on behalf of Alastair Fraser, Alan Murphy and Jack Honson

Women's Health

There is also a Women's Health Forum on 23rd March, also at the Strathmore Bowls Club. Flyer to follow.

Yours in Rotary
David Meller PP PHF
(Rotary Club of Strathmore)
3 The Crossway
Strathmore Vic 3041

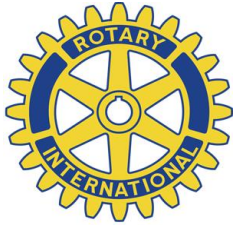
The Cog Editor (2016-17)
Ph: (03) 9379 3577
Mob: 0409 165 553
Email: dmeller@optusnet.com.au

Some wise words

"Being dyslexic and often being perceived as an underdog, I've had to embrace a growth mindset my whole life – so I have some tips of my own on how we can propel young people to reach their full potential. My top tip, which I'd like to add to those already mentioned in the Guardian, is to admit your own failures.

My success in life and in business has been driven by my ability to take calculated risks, talk openly about the times they haven't paid off, learn from the outcomes, and live with the consequences – both good and bad"

Richard Branson



Farm & Road Safety Expo

Rotary Club of Rochester
Incorporated No. A0021076T

Secretary:
Heather Watson
PO Box 74
ROCHESTER 3561
Ph: (03) 5484 1147
M: 0439 842 177
Email:
ghwatson1@bigpond.

1st March, 2017

Dear District 9800 Presidents

The Rotary Club of Rochester will hold their 19th annual Farm and Road Safety Expo on Tuesday 15th August 2017.

The aim of the day is to expose students and adults to the dangers of the farm and road. The students in turn will pass on the message to their parents and carers. Ideally, adults will be attending to receive the message 'first-hand'.

I am writing to ask your Club members if they are able to help with encouraging members / clients / businesses to attend the Expo. We need exhibitors to demonstrate the safety aspects, in the following areas – quad bikes, motor bikes, fire-arms, plastic lined channels, chain saws, work safe, augers, to name but a few areas of danger on the farm or on the road.

Exhibitors who have attended in the past includes: several divisions of the Police Force; the CFA including their stop, drop and roll activity; the SES who demonstrate the jaws-of-life; the local Pony Club for horse safety; the Marine service for water safety; the local hospital and many others.

Our general clientele are primary students who we rely on to go home and pass on the safety message to their parents. However, if we were to have exhibitors in the above areas for safety it would help to encourage the secondary schools to attend and also more adults.

Between 600 and 1,000 students attend the Expo on the day with teachers and parents from schools in the Campaspe, Greater Bendigo, Greater Shepparton and Murray

Advertising reaches further than Rochester and these schools via newspapers and radio.

The Rotary Club of Rochester FARSE Committee will offer any businesses or organisations with sponsorship of \$500 or more to have their logo placed on all correspondence and handouts. There is also the offer of joint naming rights to the event for a donation of \$3,000 or more.

Thanking you in anticipation

Yours sincerely

Heather Watson
Secretary



Interplast™

Repairing bodies & rebuilding lives
in the Asia Pacific region

ROTARIAN

review
ROTARIANS IN ACTION FOR INTERPLAST.

JUNE 2014

IN THIS ISSUE

- > WELCOME TO OUR NEW INTERPLAST ROTARIAN COORDINATOR
- > CONGRATULATIONS TO PAUL HARRIS FELLOWS
- > REMEMBER INTERPLAST AT TAX-TIME
- > GREAT FUNDRAISING IDEAS

INTERPLAST'S ROTARIAN
REVIEW IS GOING DIGITAL.

IN ORDER TO BRING YOU MORE
NEWS MORE OFTEN, ROTARIAN REVIEW
WILL NOW BE A DIGITAL PUBLICATION,
DELIVERED TO YOU 4 TIMES PER YEAR.
WE'RE REALLY EXCITED ABOUT THIS
SHIFT AND HOPE YOU ARE TOO.

ROTARY LENDS A HELPING HAND

SOLOMON ISLANDS NURSES TRAINING PROGRAM



Interplast volunteer nurse educators, Jan Rice and Daisy Sargeant, and podiatrist Nikki Frescos, with Solomon Island nurses who participated in the March 2014 training course.

THIS KIND OF SUPPORT IS INSTRUMENTAL IN FURTHERING INTERPLAST'S LIFE-CHANGING WORK ACROSS THE ASIA PACIFIC REGION AND IS AN EXCELLENT DEMONSTRATION OF WHAT CAN BE ACHIEVED WHEN ROTARY AND INTERPLAST WORK TOGETHER.

Since 1984 Interplast has been providing support to the Solomon Islands. The country program includes an annual surgical and training visit, and additional training opportunities for Solomon Island surgical trainees in Australia, New Zealand, or other Pacific Island countries such as Fiji.

In 2009 local surgical nursing staff identified that they felt unprepared to properly manage care requirements of the Interplast patients. The visiting team also noted that general nursing standards on the ward could be further developed. In response to this, Interplast collaborated with the National Referral Hospital (NRH) and the Solomon Islands College of Higher Education (SICHE)'s School of Nursing and Health Sciences to develop and implement a nurse education course, carried out by volunteer nurse educators from Australia.

The first workshops were delivered to approximately 45 nurses in 2009 and were highly successful. Comprehensive training modules have been developed in areas such as infection control, wound management, resuscitation and documentation. These training programs were delivered successfully in both Honiara and Gizo in 2010 and 2011.

In 2014 Rotary District 9820 stepped up to fund the program after a brief hiatus due to lack of funding. With the District's support Interplast has been able to re-commence the training program. The first visit, in March 2014, was a great success, with a further visit planned for September 2014.

One component of the March visit was a Basic Life Support class, which included updates in the provision of CPR, and allowed opportunities for both theoretical and practical learning. Julliana Timothy, a registered nurse working in obstetrics said that before the training "I wouldn't feel really confident, maybe I would

panic". After completing the session, Julliana said "when I do this exercise it helps me to really learn. After I do this exercise I feel like I won't forget".

Jan Rice, our volunteer nurse, reflected on the program. "After the class the group as a whole felt much more confident in providing CPR to their patients...the nurses are now encouraged to take their skills and knowledge and share these with their colleagues and junior nurses on the wards".

This new-found confidence to teach others was summed up well by Nurse Makulata Tuita, 'before the training I feel that I don't do the compression properly, I even see one junior doctor doing CPR not to the proper (sic). So now I feel confident and next time I can teach the junior doctor'.

Training programs like this empower local staff through education. Building their confidence and capacity contributes to improved patient care.

Rotary



Interplast Australia & New Zealand is actively supported by Rotarians in Clubs and Districts throughout Australia and New Zealand.

Repairing bodies. Rebuilding lives. 1



ROTARY HANDOVER

In acknowledgement of the important role that Rotary continues to play in supporting Interplast, for many years we have employed a Rotarian Coordinator. The focus of the role is to liaise with Rotarians, increase their knowledge of Interplast, and encourage clubs and districts to support our work. We've recently said farewell to Glenda Sherwin-Lane (Rotary Club of Waverley, District 9810), who has retired after almost four years in the role, and welcomed Di Gillies (Rotary Club of Balwyn, District 9800) as the new Rotarian Coordinator.

When asked to reflect on her time in the role, Glenda shared the following thoughts:

"I'm proud to have been a part of an organisation which is determined to leave a legacy through the improvement of local health systems. Interplast's twin-track approach is what makes Interplast special and sets it apart.

Seeing first-hand the work of our surgical volunteers, their skill, respect for their in-country colleagues and willingness to share their knowledge has been truly inspiring. Their kindness and sensitivity to their patients is also wonderful. Seeing the joy that comes when a patient is freed from the debilitating effects of disability has been the greatest reward. I will take away with me many images and stories which I hope to continue to share as I resume my Rotary life in Adelaide."

Di Gillies commenced in the role in April 2014. Di comes to us with over 20 years involvement in the community sector in a variety of service roles. She is an active member of the Rotary Club of Balwyn and an incoming board member. Alongside this, Di is a former theatre nurse, so comes with an excellent understanding of the context that Interplast works in.

Di says of her new role "it's a privilege to be involved in supporting the extraordinary work of Interplast and enhancing the role that Rotary plays."

Welcome aboard Di.

DID YOU KNOW THAT YOU CAN MAKE AN INDIVIDUAL DONATION TO INTERPLAST AND HAVE IT ATTRIBUTED TO YOUR CLUB? THIS MEANS THAT YOU GET THE TAX-DEDUCTIBILITY OF YOUR DONATION WHILST CONTRIBUTING TO YOUR CLUB'S FUNDRAISING TOTALS. TO MAKE A DONATION DETACH THE SLIP AND USE THE REPLY PAID ENVELOPE PROVIDED. ALTERNATIVELY YOU CAN DONATE DIRECTLY ONLINE AT WWW.INTERPLAST.ORG.AU USING OUR SECURE DONATION PAGE.

PAUL HARRIS FELLOWS

Interplast wishes to congratulate two of our volunteers, recently recognised as Paul Harris Fellows, for their outstanding contributions to Rotary and the community.

Mr Ian Carlisle – Interplast volunteer surgeon, Interplast Board Member and member of Interplast's Surgical Committee. Recognised by District 9810 Conference Committee.

Mr James Savundra – Interplast volunteer surgeon. Recognised by the Rotary Club of Kenwick, Western Australia.

BE SURE TO REMEMBER INTERPLAST IN YOUR CLUB'S END OF YEAR DISBURSEMENTS. FUNDS MUST BE RECEIVED BY 30 JUNE TO BE INCLUDED IN THE ANNUAL REPORT.



KAREN BADCOCK AND MARY DWYER OF THE ROTARY CLUB OF SALAMANCA

WITH YOUR SUPPORT

THERE ARE SO MANY WAYS FOR ROTARY TO SUPPORT INTERPLAST.

The Rotary Club of Salamanca recently held a highly successful art show, with all proceeds going to Interplast. The club raised an amazing figure of over \$11,000 to support us in our vital work.

Recently, the three Rotary clubs of Kalgoorlie-Boulder in WA funded an Interplast program, using funds which they raised from over half a decade of Australia Day 'gold coin donation' breakfasts in Centennial Park, Kalgoorlie.

Every dollar raised helps us do more of our life-changing work. We can't do it without you. Contact Di Gillies here at Interplast if you'd like to know more.

CONNECT WITH US

GIVE US A CALL:
03 9249 1231

SEND US AN EMAIL:
CONTACTUS@INTERPLAST.ORG.AU

FACEBOOK:
[FACEBOOK.COM/INTERPLASTNZ](https://www.facebook.com/interplastnz)

WEBSITE:
INTERPLAST.ORG.AU

TWITTER:
[TWITTER.COM/INTERPLASTNZ](https://twitter.com/interplastnz)

LINKEDIN:
INTERPLAST AUSTRALIA & NEW ZEALAND

Interplast is proudly supported by:





EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
14 th March	St Patrick's day meeting & member behind the badge – Jenny Mann	The Anglers Tavern 12.30 pm for 1pm to 2pm
21 st March 2017	Senior Sergeant Ian Jones OIC North West Metro Region	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	NO LUNCH MEETING	NO MEETING
30 th March to 1 st April 2017	District Conference	
4 th April 2017	Speaker -TBA	The Anglers Tavern 12.30 pm for 1pm to 2pm
11 th April 2017	Stefan Romaniw – Chairman Australia Day Council	The Anglers Tavern 12.30 pm for 1pm to 2pm
18 th April 2017	Easter Tuesday	NO MEETING
21 st April 2017	Greek night	Venue TBA
25 th April 2017	ANZAC Day	NO MEETING
May 2017	Graffiti clean-up day	Date, time & venue TBC
2 nd May 2017	Peter "Grubby" Stubbs – 3AW & Radio fame	The Anglers Tavern 12.30 pm to 2pm
9 th May 2017	Charter Night – Speaker Neil Comrie	Ascot House
16 th May 2017	WERN – Ross Butterworth	The Anglers Tavern 12.30 pm to 2pm
23 rd May 2017	Bill Kuszniczuk – Town Planning	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	Nina Lovengreen	The Anglers Tavern 12.30 pm for 1pm to 2pm
13 th June 2017	DG Visit & Fellowship	The Anglers Tavern 12.30 pm for 1pm to 2pm
20 th June 2017	President Maria's final meeting	The Anglers Tavern 12.30 pm for 1pm to 2pm
24 th June 2017	President's night	Venue to be confirmed



John Kouppas
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paul mcdonald
real estate

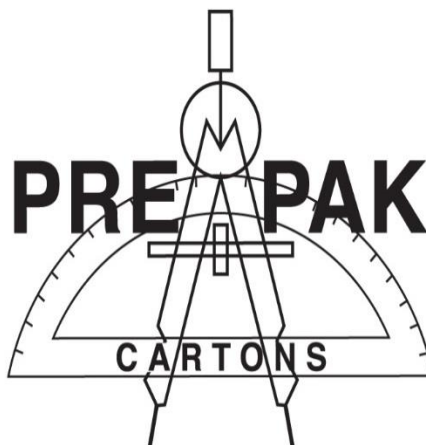
1112a Mt Alexander Road
Essendon 3040
+61 3 9375 9375

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
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Tel (03) 9350 4700 | Fax (03) 9350 7422

