



Maria Kouppas
President 2016-17

Volume 82, Issue 33

March 21st 2017

President Maria's message:

Sergeant Michael Cariss invited President Maria to the podium, Maria thanked all for coming and welcomed our guest Peter Featherston and exchange student Nina. President Maria also welcome the guest speaker for the day Senior Sergeant Ian Jones from the Moonee Ponds Police.

Maria informed all that tonight will be the final meeting to discuss the Art Show matters and also acknowledge the hard work done by the art show representatives from the Rotary Club of Essendon, wonderfully led by President Nominee Veronica O'Sullivan and Past Presidents Lisa Lowcock and Grant Sheldon.

President Maria announced that the Mayor of Moonee Valley Cr Andrea Surace will officiate with opening the Art Show and the District Governor Neville John and his wife Rebecca will be present as well as our Assistant Governor Colin Styles and his wife June

Maria also mentioned that she together with Joe Albioli from the Rotary Club of Keilor East will be meeting with the Council of Arts and Culture Team to discuss the Art Show for future collaboration with the Moonee Valley Council.

Maria provided an update on the RDNS, waiting for a time for further discussion, they have been working tirelessly to get to the bottom of the RDNS opportunity.



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

Kelly Abfalter - RC Essendon



13th April BBQ helpers needed, Aaron Leask and his Real Estate Company are organising an Easter egg hunt at the Maribyrnong Park Golf Club, RCE to assist on the day to cook and sell sausages, 230 children are already registered together with parents. Time 2.30pm to 4.30pm

NO MEETING NEXT WEEK in lieu of work done at the Art Show



Senior Sergeant Ian Jones with President Maria & Rotary Sergeant Michael Cariss



Speaker for the day – Senior Sergeant Ian Jones OIC Moonee Ponds Police

Ian Jones was introduced by President Maria, she said that Ian grew up in Broadmeadows along with other famous Broadie Boys such as Eddie McGuire and his brother Frank as well as many others from the area who have gone on to do very well in business and in the community.

Ian speaking to the group said that he joined the Victoria Police in 1977 and has been at Moonee Pond for the last 8 years and is now the Officer-in-charge. Ian said that the Moonee Valley area is similar to the City as it has most of the facilities that the Greater Melbourne City has in a smaller scale, and said that the Police Force is under manned as there is only one member per 1,500 people and he said at times it is very difficult to deal with all the daily matters. He said that they deal with at least 10 people a day and have over 1,000 incidents of family violence and had 5 road deaths in his little patch, he further said that there is a diverse demographic in this area and the stations are manned 24 hours and another 5,000 members would still not be enough, as such the Police are stretched to the limit he said. Ian stated that his biggest problem is that most of the officers under him are young and lack life experience and he is constantly trying to ensure that the young officers are acting in a balanced manner, but he said due to the work pressure they face on a daily basis it is at times difficult to contain the youth who at times think they can act in any manner because they have a uniform on.

He mentioned the statistics of home invasions which were 52 aggravated burglaries in an area with 45,000 homes, so he said that to a certain extent this is contained within reasonable limits even though the force is trying to reduce this even further.

He mentioned that the Police force is trying to bridge the gender inequality gap and in the process to achieve a 50/50 work force, he said that members of the force face danger every day and can call for back up if they feel there is a need.

Ian said that the training period for new Police officers has been extended to 32 weeks now from 20 weeks in the past and they also have to work in a station to get experience before being posted to active duty.



Other Matters

Sergeant Michael Cariss announced the birthdays – Dennis Kosner and Gaye Cariss

Tim Anderson won the raffle but failed to draw the joker.

Sergeant Michael informed all to let him know the numbers attending the country lunch at Jenny's Farm on Sunday 2nd April by 28th March for catering purposes.

Roger Leask reported on the Royce Abbey awards and his visit to Shepparton and Ballarat South

Veronica O'Sullivan requested all to be present at the Gala night and stated that the help roster will be emailed via club runner to all.

Something to think about

"Psychology either makes or breaks you." -Tony Robbins, Author, "Unshakeable"

In most cases, Robbins says, our challenges are born from inaccurate recollections and false beliefs. Some of the biggest issues he sees among his clients are confirmation bias, recency bias and loss aversion. Here's how you can learn to overcome each.

- **Confirmation bias**, or a pattern in which individuals seek only information that will reaffirm what they already believe to be true, can be countered by asking challenging questions of yourself and others and seeking out informed individuals that disagree with you.
- **Recency bias** is the belief that current trends, good or bad, will continue. Robbins says the solution is to create a checklist of all the steps you're taking towards your goal and refer to it frequently. That will help you stay on track, whatever current conditions may be.
- **Loss aversion** is the tendency to recall negative experiences more readily than positive ones and to let those darker memories shape your expectations for the future. This can be overcome, Robbins says, by actively planning in advance for challenges and setbacks. These bumps in the road are inevitable and don't need to be feared.

By identifying the ways in which psychology can work against you, Robbins says, you can establish a healthier outlook. That makes executing a smart strategy far simpler.

"Psychology either makes or breaks you," Robbins writes, "so it's imperative to have a robust system that enables you to stay on target."

Jokes for the day – laughter the best medicine for all our perceived problems!

"Yes officer I did see the speed limit sign, but I didn't see you"

"If you're still using porno magazines, you're basically telling everyone that you have no idea what the Internet is"

PATIENT: THE PROBLEM IS THAT OBESITY RUNS IN OUR FAMILY.
DOCTOR: No, THE PROBLEM IS THAT NO ONE RUNS IN YOUR FAMILY.



3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, "We have reached your destination". The 1st guy gave him money & the 2nd guy said "Thank you". The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked "What was that for?". The 3rd guy replied, "Control your speed next time, you nearly killed us!"





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



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





EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
Fri 24 th March 2017	Art Show Gala Opening	North Park Mansion, 69 Woodland Street Essendon
Sat 25 th & Sun 26 March	Art Show	North Park Mansion, 69 Woodland Street Essendon
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 Kuszniarczyk – 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



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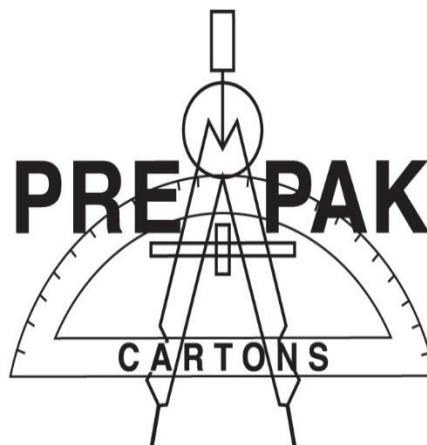
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Strathmore **Community Bank®** Branch



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



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