



Maria Kouppas
President 2016-17

Volume 82, Issue 43

May 30th 2017

President Maria's message

President Maria was invited to the podium by the sergeant Michael Cariss. President Maria welcomed all including PDG Greg Ross

Maria said that it was coming to the pointy end of her year as President of the Rotary club of Essendon but that the year was still not over.

Maria welcomed the special visitor Felipe Huerta from Chile, Felipe is a Rotaraction and both his parents are members of the Rotary Club of San Bernado in Chile, she said we are very honoured to have him here today.

President Maria mentioned the following matters:

1. RDNS update – Maurice Molloca and Alan Murphy have since last week met with our local member Danny Pearson, a meeting on the 15th June with State Treasury will see the matter of the RDNS site discussed and a possible recommendation or solution hopefully will come out of this meeting.
2. Art Show certificates of appreciation were presented to the following sponsors: SpineLine Chiropractic, Australian Unity Personal Financial Services, Michael & Judi Pepi and Travellers Apparel.
3. In keeping with the presentations we received a certificate of Appreciation from Australian Rotary Health for a donation made earlier this year.
4. Graffiti clean-up day – This coming Sunday 4th June, all to meet at Russell Street at 9.15am, a great morning tea and an opportunity to showcase Rotary at work.
5. Day for Girls Fundraiser – Please refer to details in this edition of Contact, this event is co-sponsored with the Rotary Club of Keilor East who are now working closely with DIK and the resources and focus that comes from the DIK experience

President Maria welcomed our guest speaker for the day Greg Ross known to many of us from the many roles he has played on our television screen, in Rotary and Mental health education Lift the lid project.

Maria also informed all that the Board meeting was tonight 30th May

Quote of the Day

“Mental illness is nothing to be ashamed of, neither is talking about it”

John Odgers won the raffle but failed to draw the joker.

Next week is a special day 100% attendance required please DG and AG visit, David Abbey visit and presentation from club to David.



Speaker for the day

Roger Leask introduced the speaker Greg Ross



Greg Ross



Roger Leask, President Maria with Greg Ross

Greg started his talk in verse

*And so I stand before you, looking forward to my speech
And hoping that the content will remain within my reach
For today my subject will include material broad
But I'll do my best to keep you all engaged, not feeling bored.*

Greg said he came to Rotary in August 1986 and the first Chair of the Rotary Australian Foundation to encourage Research was Royce Abbey. Greg said that the next Chair will be him.

He said there was research into SIDs, aged, adolescents, Ross River fever virus, first aid and mental health.

Greg also stated that there was a variety of research into Leukemia, bowel cancer, motor neurone disease etc, he spoke about the mental health challenge and its effects on society, the costs involved and the treatment of depression and cognitive behaviour therapy, ADHD, bipolar, schizophrenia etc

He reminded all present that just like how the challenge to eliminate polio was taken up many years ago the current challenge is mental health.

Greg said that mental health does not discriminate and he said that 1 in 2 people will suffer some type of mental illness during their lifetime .

He spoke about the importance of finding funding research for this work and his organisations work involves acting like a conduit of sorts to make this happen. He spoke about his own personal experience and how it was not diagnosed until much later.

He said Australian Rotary Health is run very well and what you donate will go 100% to mental illness research.

He said starting small is always good as even the coffee shop that he visits donates a small amount per cup of coffee, he has also spoken with Bunnings who have agreed to come on board to contribute.

He said his project "Lift the Lid on Mental illness" will go on till 2020 and hopes we can all come along for the ride for a worthwhile cause.



Other matters

Tuesday 20th June will be wear something ODD day



Our visitor from Chile Felipe Huerta (left) with President Maria was a Rotaraction in his home country, he is currently on a working holiday in Australia and wishes to work in Hospitality or Tourism.

Note from Jenny Foster

Saturday, 29 JULY - "CLUB FORUM", 10:00am to 4:00pm. Venue – to be advised. Lunch will be provided. (I think the venue will be St Thomas' Anglican Church Education centre, Moonee Ponds, waiting for a 100% confirmation)

Tue, 1 August - Lunch Meeting to be cancelled in lieu of the Club Forum.

Just so you also know, I have asked Larry Marshall to do a Badge Talk & a talk about his Sri Lanka work. I will be emailing him to ask if he could do this on Tue, 22 August although I have virtually mentioned this to him. As his mentor, I'm hoping this date would be ok.

Many, many thanks again & best Regards

Jenny Foster

Below: The handsome Mollica family, Maurice at extreme left & Norm extreme right with their sister, brother and parents





**Days for Girls
Keilor Gateway Cluster
Movie Fundraiser**

When: Wed 12 July 2017

Where: Sun Theatre
8 Ballarat St
Yarraville

Time: 6.15pm

Cost: \$22.00 (including a lolly bag)

RSVP: Sunday 25 June 2017

Please book early at:

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

Please print and bring your ticket on the night

**Seating is limited, and tickets
will be allocated in order of
receipt of booking/payment.**

Contact:

Jane Odgers

0403 924389

jjodgers@optusnet.com.au



My Cousin Rachel

Adapted from Daphne Du Maurier's novel of the same name, a young Englishman plots revenge against his mysterious, beautiful cousin, believing that she murdered his guardian. But his feelings become complicated as he finds himself falling under the beguiling spell of her charms.

Director: Roger Michell

Stars: Sam Claflin, Rachel Weisz, Holliday Grainger

Money raised from our inaugural fundraiser will enable us to continue to make reusable sanitary hygiene kits for girls in developing countries. Predominantly due to lack of funds, females who have reached puberty can lack access to products for their sanitary needs, putting themselves at risk of infections and exploitation. Without such access girls can miss up to two months of school each year, lowering their education standards and their chances of earning a reasonable income. Once employed it further impacts their ability to consistently attend work. DFG helps by alleviating these problems.



Message from Maurice Mollica

If any member knows the name of the president, their phone number, and the name of the service clubs in the city of Moonee Valley, please let me have them by fax or phone as we need support for the R.D.N.S. building project to present to treasury at state level.

I will contact the clubs personally to ask them to give us written support.

As it stands some of the clubs in the area looking for a meeting place. Hope you can help, thank you.

John Odgers at Beyond Blue

John Odgers on behalf of Beyond Blue lead a conversation on depression and anxiety at the second Sons of the West session at Taylor's Hill on May 30. Around fifty men attended and John shared his personal story of depression, emphasising recovery strategies that have and continue to work for him.

More pictures from Charter Night





EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
4 th June 2017 Sunday	Graffiti clean-up day	Meet at Russell Street Essendon Station 9.15am to 9.30am
6 th June 2017	DG Visit & Fellowship	The Anglers Tavern 12.30 pm for 1pm to 2pm
13 th June 2017	Nina Lovengreen	The Anglers Tavern 12.30 pm for 1pm to 2pm
20 th June 2017	President Maria's final meeting – dress in something odd	The Anglers Tavern 12.30 pm for 1pm to 2pm
30 th June 2017	President's night	St Andrews Conservatory
4 th July 2017	President Induction	The Anglers Tavern 12.30 pm for 1pm to 2pm
11 th July 2017	Jane Odgers – Life as a volunteer	The Anglers Tavern 12.30 pm for 1pm to 2pm
18 th July 2017	Russell Hayes – Wheelchairs for Kids	The Anglers Tavern 6 pm to 7.30 pm
25 th July 2017	Strathmore Men's shed	The Anglers Tavern 12.30 pm for 1pm to 2pm
29 th July 2017	Club Forum	TBA – time 10am to 4pm
1 st August 2017	Cancelled	No lunch meeting
8 th August 2017	Trevor Schwenke – CEO Kangan	The Anglers Tavern 12.30 pm for 1pm to 2pm
15 th August 2017	Stephanie Woollard- Founder "Seven women"	The Anglers Tavern 6 pm to 7.30 pm
22 nd August 2017	Larry Marshall – Badge Talk	The Anglers Tavern 12.30 pm for 1pm to 2pm
29 th August 2017	TBA	

Thoughts & wise words for the day:

His last word to fans, he wrote on Twitter: "A life is like a garden. Perfect moments can be had, but not preserved, except in memory. LLAP" (Live long and prosper).

Leonard Nimoy

*it always
seems
impossible
until it
is done.*

- NELSON MANDELA

Nelson Mandela



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

Telephone: 03-9379 1705

paul mcdonald

real estate

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

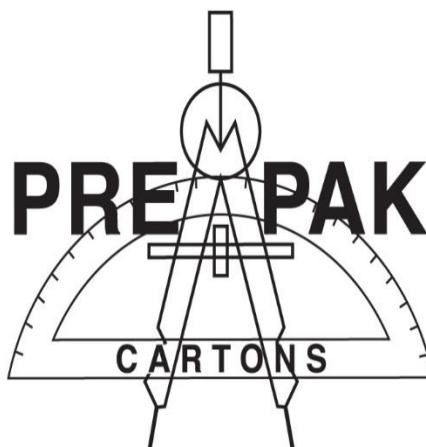
Strathmore **Community Bank®** Branch



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

