



### What's in this Bulletin

26th March 2019

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### Next Meeting - Member Speaker

Posted by Bruce HERON



Rana Ebrahimi and her partner Peter Jankowski

#### "Our Multicultural Marriage"

Rana is from Iran. She moved to Melbourne in December 2016 and joined Rotary central Melbourne in March 2017. She is working with Victorian Equal Opportunity and Human Rights Commission. Through 16 years of working with UN agencies and international NGOs from various European and Asian countries, she has communicated and negotiated with high-level government authorities and diplomats. She also managed the implementation, monitoring and evaluation of more than 48 international projects in Iran to assist asylum seekers, refugees and people with vulnerability. In Australia since 2016, she has provided consultancy to the Green Party Leaders, Victoria Police, VicRoads and Scanlon Foundation on multiculturalism, diversity and inclusion and multicultural community engagement.

Peter is from Poland and lives in Melbourne for 28 years. He has a portfolio job which means beside being an artist, he writes shorts stories. He has won several best prizes for his humorous poetry and short stories. Peter is also an ESL teacher and has a CELTA certificate. He loves teaching English to the new comers. Peter became a certified counsellor in 2007. He is specialized in couple counselling and additions and helped many people with additions. Beside all the jobs that Peter has, he also ran his electrical business, working with commercial clients. He is specialized in electrical computer networking and telecommunication.

Rana and Peter met and were married in Melbourne. Coming from a different culture is not something new for Victorians but it should be interesting to hear people's story of adaptation to the new cultures and the daily impacts of a multicultural life.

### Golf Event - Last Chance

Posted by Mary VOICE

#### GOLF AND GAMES: ONLY A LITTLE OVER A WEEK TO GO:

And we still need some more players to make a great afternoon. Register to play golf. Or register for games and fellowship. Please register by Sunday evening. Thank you

SOCIAL 9 HOLE COMP - PLAYERS \$40 - NON PLAYERS \$20  
PUTTING & CHIPPING COMP - \$2 GOLD EDIN

Ivanhoe Public Golf Course, Valley Street Ivanhoe

Friday 29th March 2019

Registration: 1.30 PM

Shotgun Start at 2.15 PM

Nibbles & Drinks from 4.30 PM - Drinks at own cost

Register at [www.trybooking.com/5A29P](http://www.trybooking.com/5A29P)

or email [jay.killean.melbrotty@gmail.com](mailto:jay.killean.melbrotty@gmail.com) for direct payment



### Donations in Kind Working Bee

Posted by Russell ROLLS



The International Services Team has organised another "working bee" at Rotary's Donations-in-Kind warehouse for the morning of **Saturday 18th May**. Please keep this morning free in your diary. This is an ongoing activity and a really "feel good" activity of our club. If you haven't been to DIK before, it is a massive hive of activity and a real eye opener as to Rotary at work for the local and international communities.

**Where** : Store 39, 400 Somerville Road, West Footscray

(Parking inside the complex, along side store)

**When** : Saturday 18th May, 8.45am - 12.30

Club contact is Russell Rolls

E: [rjr@rolls13.com.au](mailto:rjr@rolls13.com.au)

### Shine for Kids Appeal - Thank You!

Posted by Peter DURAS



There has been an overwhelming response from Rotarians, their partners and friends to our appeal for toys for **Shine for Kids** and the **Melbourne Remand Centre**.

The Community Services Team and Shine for Kids are very grateful for all the toys donated.

The appeal has now come to a very successful end, with the Duras apartment overrun with a wonderful range of toys.

### Meeting Responsibilities

*Chair*  
HOGAN, Gerard

*Greeter*  
Ebrahimi, Rana

*Reporter*  
LIM, Daniel

*Photographer*  
JONES, David

*Door*  
WILLIAMS, Rohan

*Bulletin Editor*  
WILLIAMS, Rohan

*Social Media*  
LIM, Daniel

### Upcoming Events

[Golf Event - 3 Rotary Clubs](#)  
Ivanhoe Public Golf Course  
Mar 29, 2019  
2:00 PM - 7:00 PM

[Board Meeting](#)  
Apr 10, 2019  
5:30 PM - 7:00 PM

[Board Meeting](#)  
May 08, 2019  
5:30 PM - 7:00 PM

[Royal Talbot Working Bee](#)  
ROYAL TALBOT  
May 18, 2019  
8:30 AM - 1:00 PM

### Speakers

Mar 26, 2019  
[Rana Ebrahimi and Peter Jankowski](#)  
Our Multicultural Marriage

[View entire list](#)



**Small club's big snag handout**

Posted by Tony THOMAS



**North Melbourne Rotary Club** is one of the smaller clubs in District 9800, but runs a high-profile and well-paid event every Moomba Parade.

Its task is to feed free hot sausages, hamburgers and veggie burgers to the parade's participants and helpers when the parade finishes. The venue is at the Melbourne Grammar School staging area.

Says President Mary Zindilis, "The Moomba organizers let all those involved know about the free feed. The problem is that everyone wants their bread and sausage at the same time when they return from the parade between noon and 1.00pm.

"All through the parade morning last March 11 we were desperately stockpiling cooked onions and snags for the lunch rush.

"During that 60 minutes burst of demand after the parade, we had queues of about 100 people from the parade at a time in three queues. We fed close to 1000 people and then another hundred or so in the hour after."

The club provides the BBQ trailer with three BBQ's, marquees and a Bain-Marie, plus the food and staffing. Mary estimates that the club team of about fifteen (including friends) gave out 1300 sausages and burgers.

They have been engaged by the City of Melbourne for the Moomba Parade BBQ for over 10 years and have a very good reputation there. They also do normal sizzles selling sausages several times a year. Mary says the big problem is the ageing of club members who need high stamina for the hard day's work.

The club generates about \$15,000 yearly for its charities, which per member would rate highly in District 9800.

"Our next gig is at North Melbourne Primary School during the federal election about May. We'd appreciate any extra volunteers especially as that BBQ goes all day," she says.

Contact: [maryz@kapisibros.com.au](mailto:maryz@kapisibros.com.au)

**Peninsula BBQ at the Meehan's**

Posted by Roger THORNTON



At the Peninsula BBQ at the Meehan's, we took the opportunity to acknowledge two of our 'friends of rotary' for their ongoing personal commitment and contribution to the good Rotary does.

**Margaret Thomas – Paul Harris Sapphire**

Margaret was recognized for her personal contribution to the work of the Foundation of Rotary through her individual participation in international programs, support to Rotary Central Melbourne and its humanitarian work and her ongoing giving as a member of the Paul Harris Society.

**Pauline O'Brien – Paul Harris Recognition**

Pauline was recognized for her exemplary commitment to the humanitarian and educational objectives of The Rotary Foundation and support to Rotary Central Melbourne over 31 years and in particular her untiring efforts during Frank's Presidential year in 2017/18. US\$1,000 donated in Pauline's name to fund an array of projects that save and invigorate the lives of people around the world and enhance international friendship and understanding.

Following multiple requests from attendees, the recipe for **Robyn Seales' orange almond cake** has been shared for all to enjoy!

**Ingredients**

- 2 oranges
- 250g roasted almonds (skin on)
- 250g sugar
- 6 eggs

**Instructions**

1. Prick the oranges and microwave (1000 W) for 4 minutes
2. Put oranges, skin & all, & almonds in food processor
3. Mix (~1 min) till coarsely chopped
4. Add eggs & sugar & mix till well combined
5. Pour this mixture into a lined 23 cm square cake tin
6. Bake in a moderate 170 degC (conventional) or 160 degC (fan-forced) oven for 45 minutes
7. Spread seville orange marmalade over top while warm.

This cake makes a great dessert served with yoghurt or cream or ice cream.

**Meeting Minutes 19th March**

Posted by Bettina CRUISE

**President Neville Taylor** opened the meeting by welcoming everyone then asking **Uncle Bill Nicholson** to deliver the welcome to country.

President Neville

- Spoke about the importance of Diversity Week and diversity in Rotary and talked about the relationship between the club and the William Angliss institute.
- Announced the beneficiary of the fundraiser is going to be Steps Outreach which provides outreach and support to young people experiencing homelessness.

**Suvam Ganguli** welcomed our guest speaker for Diversity Week, **Emma Gee**.

Emma gave an inspiring presentation about her adaptation to life after a devastating stroke at the age of 24. Emma started her story with an example of what is an everyday experience for most us – getting on a train – which for her, was a major hurdle and in facing in that challenge she had to jump up and move beyond her fears. Emma shared with us the pain and the fear of waking up out of deep coma unable to move or communicate in any way and her gradual transition from helplessness and despair to becoming empowered, proactive and able to find the joy in every day moments. Emma has taken a catastrophic event and from that rebuilt her life, and learnt many valuable lessons on how to live a life which is utterly different to what she lived and dreamed of before the stroke. Emma had a very active and full life prior to the stroke, she qualified as an OT and traveled overseas, volunteered in Africa, climbed mountains, swam and ran. Following her stroke and rehabilitation Emma could not resume her old life but had to instead re-invent herself and create a new sense of purpose. Emma's courage was evident in the early stages of her recovery. Emma's description of being unable to speak or even swallow and the fear and frustration she felt was very confronting - her ability to move beyond that and instead of choosing anger and resentment she consciously developed a gratitude mindset. Emma spoke much about building community and accepting support as well as the need for services to be human centred – to involve the patient and work with them on their recovery. Emma's talk highlighted the theme of acknowledging and accepting diversity and thinking more sensitively about the needs/experiences of others. Emma was genuinely inspiring because she demonstrated through her lived experience that "It is not what happens to you, it's how you chose to deal with it that matters". Emma's book, "Reinventing Emma" is available from her website: [www.emma-gee.com](http://www.emma-gee.com)

**Chair Alison Chan** presented Emma with a gift.

President Neville closed the meeting:

- Reiterating how grateful the club is for Emma for sharing her story and reminded the club that Emma's book could be purchased at the meeting.
- Confirming that \$250 was raised for the Scholarship of Hope.
- Thanking visitors: Robert from the Melbourne Rotary Club and Barbara who is here from Sydney working with all president elects to assist them with the new duties.
- Thanking the staff of the William Angliss Institute for cooking and serving such a wonderful breakfast.
- Paying tribute to Suvam for his initiative and hard work in making this special event happen.
- Reminding members that next meeting will be back at the RACV Club and we'll be welcoming two new members.
- Sharing his key takeaways from Emma's talk – be grateful, be empowering, but above all be inspirational.

## Gallery

Posted by Suvam GANGULI

### Photos from our Breakfast Meeting



President Neville Taylor



Uncle Bill Nicholson with Therese Robinson



Guest Speaker Emma Gee



Chair Alison Chan

