



# KEILOR EAST ROTARY NEWSLETTER

Rotary Club 21222 -

Charter granted 10th  
August 1983

August 23rd, 2021 -  
Volume 39 Number 4

Club Motto - "Fun and  
fellowship whilst helping  
others"

[www.keiloreastrotary.org](http://www.keiloreastrotary.org)

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## Meetings via Zoom – Maintaining Connections

**by President Yvonne Osborn**

On Monday 16th August we were delighted to have Samantha Rennie as our Guest Speaker on the topic of Mental Health during Covid Lockdowns. On Monday 23rd August we met via Zoom. We had new member David Dippie as our Guest Speaker, making his Rotarian Behind the Badge presentation. David told us of his long association with Rotary and the rewarding work he has been involved in, changing the lives of others, particularly in Timor Leste. David has provided some slides from his PowerPoint. We thank David for his inspirational presentation, and we warmly welcome him to Keilor East Rotary. Our President Changeover event has been pushed forward, for the third time, until Monday 25th October. <https://www.trybooking.com/BRZSN>

## Meeting Reports August 16th and 23rd, 2021.



On August 16th we were enthralled by a presentation by [Samantha Rennie](#) of Grieving Well Now who spoke about Mental Health and Covid.



**Community** - Gerard Mahoney is hoping that our next Watergardens Bunnings BBQ scheduled for Sunday 4th September will go ahead. It will be Covid Restricts dependent.

**International** – Cherrie Osborn – A poster advertising our support for Project W – Water for Education has been emailed to Members to share and encourage sponsorship for the program which will provide clean water and toilets for schools in Cambodia.

**Social** – Ginny Billson – It is hard to plan events with Covid Lockdowns, restrictions etc., but Ginny will consider sending out jokes as we can use laughter to brighten these challenging times.

**Youth** – David has some proposals to put to the August 17th Board Meeting. These include a Stars of the West 2022 talent quest and a writing or art competition based on any one of the following topics:

1. Waste Management and Recycling – currently a focus of local councils.
2. Managing the Environment - another valuable and important topic of concern particularly to younger people.
3. Sustainability of our Farmland - great innovations taking place right across Australia

All competitions could be extended to poster design that would tell a story and be used to publicise these important activities.

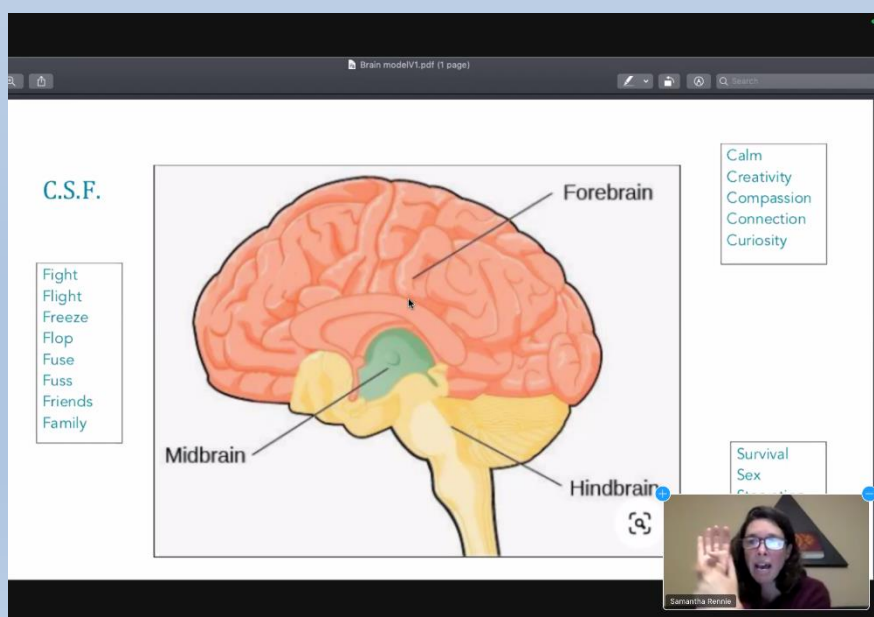
## Guest Speaker Samantha Rennie - Mental Health and Covid



On Monday 16th August we held our Keilor East Rotary Meeting via Zoom. We can highly recommend our Guest Speaker, Samantha Rennie from Grieving Well Now. <http://samantharennie.com/>

We found her presentation most relevant during these challenging times and we felt her warmth and caring nature through our screens. We thank her and congratulate her upon her ability to help others through times of anxiety, depression and grief.

Samantha Rennie - from Grieving Well Now showed us a PowerPoint presentation with some graphics which she uses to help illustrate that there are only certain things we can control. Outside that Control centre we are influenced by people's actions, attitudes etc. and outside that again are areas of concern which can provide stress if, for example, we are watching the TV news. We can avoid a lot of stress simply, for example, by not getting caught up in the Covid numbers each day.



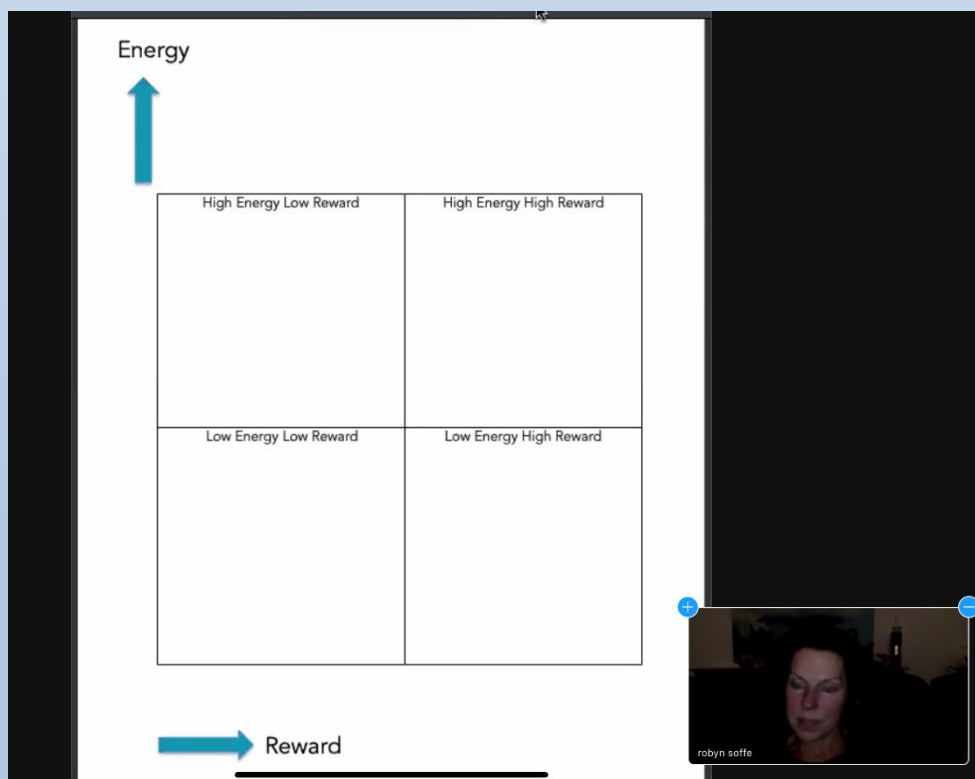
Samantha showed us the map of the human brain and stressed that trying to stay within the calming, creative, curious, compassionate and connected areas can limit the stress caused by the body's natural reaction to stress which is fight or flight.

During Covid Lockdowns we can help ourselves remain calm by connecting with people, writing, reading, researching, doing puzzles, sewing, cooking, making models etc.

# Guest Speaker Samantha Rennie – Mental Health and Covid

<p><b>Serotonin – feel good neurotransmitter</b></p> <p>Feelings of empowerment</p> <ul style="list-style-type: none"> <li>• Backing yourself</li> <li>• Acknowledge feelings</li> <li>• Walk in nature</li> <li>• Candle gazing</li> <li>• Sunshine</li> <li>• Meditation</li> <li>• Self care activity</li> </ul>	<p><b>Dopamine – motivational neurotransmitter</b></p> <p>Feelings of reward</p> <ul style="list-style-type: none"> <li>• Make a decision</li> <li>• Finish a task</li> <li>• Achievement</li> <li>• Eating</li> </ul>
<p><b>Oxytocin – Bonding hormone</b></p> <p>Feelings of love</p> <ul style="list-style-type: none"> <li>• Patting Animals</li> <li>• Looking at baby animals and humans in photos, videos or in the flesh</li> <li>• Hugs and affection</li> <li>• Giving Compliments and kindness</li> <li>• Sharing a mutual passion</li> </ul>	<p><b>Endorphins – bodies analgesia</b></p> <p>Feelings of relaxation and comfort</p> <ul style="list-style-type: none"> <li>• Exercise for 20minutes</li> <li>• Sugar – dark chocolate best option</li> <li>• Laughter</li> <li>• Crying</li> </ul>

Samantha Rennie



Samantha told us of how depression can be extremely limiting and that for someone who is severely depressed that getting out of bed, having a shower or drinking more water can be small steps towards regaining control.

She showed us the Energy /Reward model and indicated that if we can focus on activities in the Low Energy High Reward sector during these challenging times, we should feel less stressed.

We thoroughly enjoyed Samantha's presentation. We thank her and hope that we will be able to meet her again soon.





*David's Presentation was titled "My Rotary Journey".*

*David Joined the Keilor Rotary Club in 1993. He was its President in 2004- 2005, which included the Rotary Centenary Year. A feature of that year was a joint project amongst Cluster Clubs called A River for Everyone, along the Maribyrnong River. The project provided permanent bollard markers along the river to aid emergency services.*

*David was involved in the construction of Dormitory 2 at Camp Getaway at Axedale.*

*Camp Getaway Golf Course*

*Environmental Sustainability Rotary Action Group*

*Oceania Chapter – Project Coordinator*

*Tonga Dental Project*

*Sunshine Hospital Repurposed Equipment Room*

*Balibo Partnership Project*

*West Footscray Donations In Kind 2011*

*Balibar Primary School Timor Leste 2007*



## **Victorian Parliamentary Hansard 4th May 2004**

### **Rotary: Maribyrnong River project**

Mr MILDENHALL (Footscray) — This morning I had the great pleasure of joining the Speaker and representatives from 14 Rotary clubs, municipalities and government agencies for the launch of a visionary project for the centenary of Rotary in 2005 called 'A river for everyone'. The aim of the project is to improve signage and provide family fun and health activities along 25 kilometres of the magnificent Maribyrnong River, from Brimbank Park to the Docklands. It includes 120 distance-marking bollards, 30 intersection bollards, 10 car park bollards and 15 comprehensive information bollards.

I would like to congratulate the Rotary clubs of Brimbank Central, Essendon, Essendon North, Flemington, Footscray, West Footscray, Maribyrnong, Highpoint, Keilor, Keilor East, Melbourne North, Moonee Valley, Sunshine, Tullamarine and Yarraville for this outstanding example of community leadership. I am sure my colleagues and I who represent the communities along the river will stand by to assist these Rotary clubs as they seek to achieve coordination among the range of government agencies and municipalities to ensure that this project can proceed and that the current fragmented signage along the area is replaced.

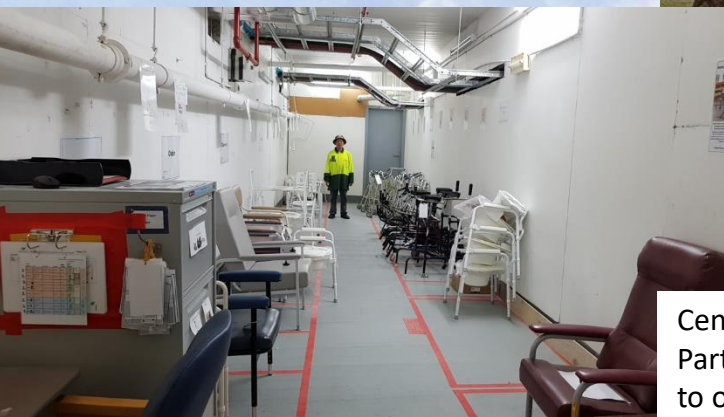


# Rotarian Behind the Badge – David Dippie

Left: Balibar Primary School Timor Leste 2007



Above: West Footscray Donations In Kind 2011



Sunshine Hospital Repurposed Equipment Room



Centre photo and immediately above right : Balibo Partnership Project. These rooms allowed dental hygienists to operate in the area, providing a much-needed service to local communities. Ancillary services have sprung up around this such as accommodation and cafes. The playground is part of a Rotary Recycled Playgrounds Project which has a dual purpose, aiding children and the environment.



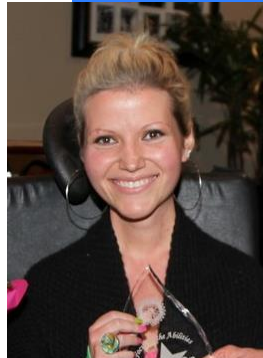
**Next Keilor East Rotary Meeting - Monday 30th August  
via Zoom**

**Meeting ID : 514 079 0305 Password RCKE2020**

## Induction of New Members



*We are not waiting any longer for a Face-to-Face meeting to induct our five new Keilor East Rotary Members. They are Left to Right:*



**David Bennett**

**David Dippie**

**Robyn Soffe**

**Elvira Tarrant**

**Tony Thomas**

*Their induction will be undertaken online at our Zoom meeting on Monday 30th August. We hope Club members will support them on the night. We thank them for their patience and wish them well on their Rotary journey.*



When Covid Restrictions allow we meet at Keilor East RSL every Monday. We arrive from 6.00pm and order our meals by 6.30. Our Guest Speaker is introduced at 7.00pm.



We welcome your  
suggestions for  
future Guest  
Speakers. Email  
Program Director  
[Annie Webb.](mailto:Annie.Webb@keiloreastrotary.com.au)

## UPCOMING EVENTS

Our Club President Changeover has been pushed forward again and will now be held on Monday 25th October at the Starlight Room, Taylors Lakes Hotel (Covid Restrictions permitting). Dress - Smart Casual. Please advise any special dietary requirements when you are making your booking.



YOU ARE INVITED TO ATTEND

**KEILOR EAST ROTARY'S  
PRESIDENT CHANGEOVER**

COME AND CELEBRATE THE YEAR THAT WAS 2020-2021  
AND INTRODUCE A NEW ROTARY YEAR 2021-2022

MONDAY 25TH OCTOBER, 2021 · 6.15PM FOR 6.30PM  
THE STARLIGHT ROOM, TAYLORS LAKES HOTEL

2 course Dinner - \$55 per person - Drinks at Bar Prices  
Dress - Smart Casual

Bookings - <https://www.trybooking.com/BRZSN>

Enquiries - Yvonne Osborn 0411773360



## UPCOMING EVENTS

PROGRAM SCHEDULE - Updated 29th AUGUST 2021 Annie Webb Organiser				
NOTE - ALL EVENTS ARE COVID PENDING - ALL DATES TBC				
Date	Day	Speaker / Event Title	Date of Notification	Organiser
<b>MEMBERSHIP &amp; NEW CLUB MONTH</b>				
30-Aug-21	Mond	NEW MEMBER INDUCTIONS ( & 5 min Chat each) via ZOOM- David Bennett, David Dippie, Elvira Tarrant, Tony Thomas & Robyn Soffe	Board 17/8 (Ph 26/8)	Yvonne
<b>BASIC EDUCATION &amp; LITERACY MONTH</b>				
4-Sep-21	Sat	Bunnings BBQ - Taylors Lakes -	(Ph 24/6 BR)(Brd 17/8GM)	Barb Rafter/Gerard
6-Sep-21	Mond	BEE KEEPING = (Rom & son Paul)	(ph 25/8 & text)E 29/8	Annie
10-12 Sept	Frid- Sund	CAMP GETAWAY (per Ken - still hopeful!!)	(ph 25/8)	Annie
13-Sep-21	Mond	<b>NO CLUB MEETING -</b>	(Brd 17/8)	Board
20-Sep-21	Mond	Spinal Muscular Atrophy Presentation - Elvira Tarrant	(Brd 17/8) (ph 18/8)	Yvonne
21-Sep-21	Tues	<b>BOARD MEETING</b>	(E 12/7)	Yvonne
27-Sep-21	Mond	<b>VOCATIONAL NIGHT -Richard Mason &amp; Nien Dinh - TBC</b>	(PH 22/6) & Brd 17/8	Yvonne
29-Sep-21	Wed	<b>DAYS FOR GIRLS Sew In Day</b>		Marianne
<b>COMMUNITY ECONOMIC DEVELOPMENT MONTH</b>				
3-Oct-21	Sund	Bunnings BBQ - Taylors Lakes -TBC	(Ph 24/6 BR)(E 23/7 GM)	Barb Rafter/Gerard
3-Oct-21	Sund	<b>CLOCKS FORWARD AT 2AM (DAYLIGHT SAVING)</b>		
4-Oct-21	Mond	<b>DEBATE: IS THE 4-WAY TEST RELEVANT? TBC</b>	(Board 20/7)	Micheal
11-Oct-21	Mond	HUMAN TRAFFICKING - Claire Griffin	(17/7)	Annie
18-Oct-21	Mond	District Governor's Visit (? Partner's Night too)	(ph 22/6 / 3/8)	Yvonne
19-Oct-21	Tues	<b>BOARD MEETING</b>	(E 12/7)	Yvonne
25-Oct-21	Mond	<b>PRESIDENTIAL CHANGEOVER - &amp; 5 Presentations at TAYLORS LAKES HOTEL</b>	((ph 18/8)(E 20/8)	Yvonne
27-Oct-21	Wed	<b>DAYS FOR GIRLS Sew In Day</b>		Marianne
<b>FOUNDATION MONTH</b>				
1-Nov-21	Mond			
2-Nov-21	Tues	<b>MELBOURNE CUP</b>		
6-Nov-21	Sat	Bunnings BBQ - Taylors Lakes -TBC	(Ph 24/6 BR) (E 23/7 GM)	Barb Rafter/Gerard
8-Nov-21	Mond			
15-Nov-21	Mond	Foundation Presentation - Murray Verso	(E 3/8)	Annie/John R
16-Nov-21	Tues	<b>BOARD MEETING</b>	(E 12/7)	Yvonne
22-Nov-21	Mond			
24-Nov-21	Wed	<b>DAYS FOR GIRLS Sew In Day</b>		Marianne
29-Nov-21	Mond	<b>AGM</b>	Ph: 22/7	Yvonne
<b>PREVENTION DISEASE &amp; PREVENTION MONTH</b>				
5-Dec-21	Sund	Bunnings BBQ - Taylors Lakes -TBC	(Ph 24/6 BR (E 23/7 GM)	Barb Rafter/Gerard
6-Dec-21	Mond			
Page 1 Updated 29/8/21				
Date	Day	Speaker / Event Title	Date of Notification	Organiser
13-Dec-21	Mond			
20-Dec-21	Mond			
21-Dec-21	Tues	<b>BOARD MEETING</b>	(E 12/7)	Yvonne
27-Dec-21	Mond			



Rotary  
District 9800

## DIVERSITY EQUITY AND INCLUSION WORKSHOPS

### Help Build a Better Rotary

The workshops are for Rotary Club DEI Champions or Rotarians who have an interest in creating change and ensuring their Rotary club is more inclusive and supportive of the community.

The FREE workshops led by 'Courage to Care' will explore:

- Creating awareness of the dangers of prejudice, racism and discrimination
- Educating to challenge attitudes and behaviours
- Demonstrating that every individual can make a difference
- Transforming "bystander" behaviour to "upstander"

Each Workshop is funded by D9800 and will conclude with a light lunch.

Sunday 15<sup>th</sup> August -Melbourne 9.30am-1pm  
Registration at: <https://www.trybooking.com/BSZOD>

Sunday 29<sup>th</sup> August – Woodend 9.30am -1pm  
Registration at: <https://www.trybooking.com/BSJQN>

**NEW DATES Sep 19, 2021, 9:30 AM – 1:00 PM**  
Montague St School  
100 Montague Street  
SOUTH MELBOURNE, VIC 3205  
**Sep 26, 2021, 9:30 AM - 1:00 PM - WOODEND**

## CALLING ALL VOLUNTEERS

Join us to celebrate  
100 years of Essendon Airport



Community Event!

# Open Day

**NEW DATE Saturday October 9th, 2021.**

**SAT 4 SEPTEMBER**

A day celebrating our past, present and future.

**VOLUNTEER SHIFTS**  
9.30am - 12.30pm  
12pm - 3pm

On site parking, event entry, coffee and lunch vouchers provided  
All event parking proceeds go direct to the Rotary Club

To register to volunteer contact:

**Rod Gurry**  
Rotary Club of Essendon North  
0412 338 844  
rodgurry@hotmail.com



EF100.com.au

## Club Birthdays and Anniversaries

### Birthdays

August 7: Wayne Parker (Athena's husband)

August 10: Keilor East Rotary Birthday

August 11: Trish O'Brien

August 13: Joel Hewish

August 20: David Barnes

August 22: Peter Tomlinson

September 4: Ken Allan

September 7: Khaled Ebrahim

September 13: Deborah Akers

September 17: Annie Webb

September 18: Pamela Vandenharn

September 20: Deb. Bergbauer

September 21: Colin Akers

September 21: Bruce Cameron

September 22: Laraine Barnes

September 22: Kim Nguyen

September 22: Helen Penna

September 23: Greg Osborn

September 25: Terry Badenhope

September 26: Janet McMartin

### Wedding Anniversaries

August 27: Arnold and Pam Vandenharn

September 4: Khaled & Emma Ebrahim

September 7: John & Marjorie Youings

September 9: Paul & Alison Perrottet.

September 21: Raj & Jeselee Vytilingam

### Rotary Anniversaries

August 1: David Barnes 1991

August 1: Bruce Cameron 1984

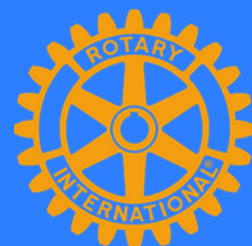
August 1: Peter Tomlinson 1991

August 10: Lloyd Lancaster 1983 Charter Member

August 10: John Walsh 1983 Charter Member

August 10: Yvonne Osborn 2002

August 22: Vanda Mullen 2011





# MEMBER NEWS



*At last night's meeting I mentioned for some feel good distraction, as in Lock Down Two last year, the Peregrine Falcons in the CBD have commenced laying this year's clutch of eggs. I'm hoping as I'm sure you are, that's this is not like Ground Hog Day.*

*The first egg was laid on Saturday and the second this afternoon. Falcons usually produce between two and four eggs and don't usually seriously commence incubating until all eggs have been laid. This allows for all the chicks to hatch at about the same time and therefore not have the situation of the older and stronger chicks out competing their younger siblings for food.*

*Unlike last year, Mirvac have taken over the management of the site and there is no longer Live Chat available, although Dr. Victor Hurley the Falcon Project Manager has a Facebook page.*

*The link to the live cam is <https://367collins.mirvac.com/workplace/building-overview/falcons-at-367-collins>*

*Happy Bird Watching and Stay Well and Keep Safe,*

*Bob McMartin*



The Peregrine Falcon. We are so "Eggcited". Sorry about this.



Lockdown activity for Days for Girls volunteers and some occupational therapy for Alex.

Above Left: Ginny and Alex's dog Benny is wondering which book to read next during Lockdown.

