

District Conference
2020
Bendigo 27-29 March
[Information Video Link](#)

Newsletter

of the Rotary Club of Keilor East Inc.



Rotary Club 21222 - Charter granted 10th August 1983
February 17th, 2020 - Volume 37 Number 21
Club Motto - "Fun and fellowship whilst helping others"
Club Website - www.keiloreastrotary.org

On Monday 17th February we were pleased to welcome John Ioannou from [Reach Siem Reap](#). He told us about his quest to help improve the lives of children in Siem Reap through education. There is more information on Page 4 of this Newsletter.

President's Report

Monday 17th February 2020

President Mark Tognon



President Mark welcomed Members and guests Marjorie Youings and David Bennett. He also introduced Assistant Governor, Des O'Shanassy and Guest Speaker John Ioannou from Reach Siem Reap. The Chairperson for the evening was Helen Penna.

Mark was also pleased to welcome our Member Daryl Cornish who usually joins us via Skype from Abu Dhabi but is visiting Australia briefly.

Mark thanked Marianne Potgieter for all her hard work in organizing the successful Kyneton Weekend. He urged us to support the Care4Cambodians Trivia Night on Friday 13th March.

We need more volunteers for our "4 Way Test" debate. See Mark if you would like to participate.

Mark congratulated the Gateway Rotaract Club for their very successful Combined Trivia Night. Together with their recent BBQs they have raised around \$6000 for Bush Fire Relief.

International Women's Day Breakfast at Crown Palladium will be held on Thursday 5th March.

Next Week - We should be hearing from our RYPEN students from Buckley Park College.



Rotary Club of Cobar Inc.
PO Box 268
Cobar NSW 2835
18th January 2020

Mr Steve Pennicott
Treasurer
Rotary Club of Keilor East

Dear Steve

Re Drought Relief Program Donation

On behalf of President Peter Patton and the members of the Rotary Club of Cobar I would take this opportunity to sincerely thank your Club for the very generous donation of \$3,000 to our ongoing Drought Relief Program to assist needy farmers in western NSW.

This Rotary program which has been running for some 16 months now is providing a practical lifeline to farmers severely affected by the ongoing drought.

Your donation is helping to put food on the table for farming families and provide basics such as essential items grocery packs, drinking water, working dog food, fuel and fresh meat and grocery vouchers for these people.


Some donors have asked for their donated funds to be spent on providing cash for families with children leading up to Christmas and this has been done with 24 young families each receiving an amount of \$500 directly deposited into their bank account prior to Christmas.

Some of your donated funds have been used for this purpose.

Your donation has helped us to make a difference and to let our farmers know that people do care about them and the situation that they find themselves in.

Thank you for your valuable support with our Drought Relief project, with your help we are making a difference to a lot of people

Yours Sincerely


Gordon Hill AFSM ESM JP
Secretary
Rotary Club of Cobar.



Thank you for your Donation - 100% of all funds raised will be used - to benefit the East Gippsland Community and individuals, that have been impacted by this fire disaster, through no fault of their own.

Five Rotary Clubs of East Gippsland have come together, forming the Fire Aid Committee - we are a greater force as one collective

Once again thank you so much for your Donation

Email: eastrotaryfireaid@gmail.com

DIK Donations In Kind Store is holding an Open Day on Saturday 29th February.

Other Reports - Monday 17th Feb 2020



Community - Phil O'Brien. Just by way of early advice so that you can pencil in your diaries. Will call for volunteers separately later, although if you would like to volunteer now, feel free:

- Community BBQ with Friends of Steele's Creek - Sunday 22nd March
- "Nurturing Wurundjeri Country and Culture Festival"
- Small crew required from 10am to 4pm approx.
- Pretty relaxed and interesting day
- Next Bunnings Taylors Lakes - Sunday May 3rd

Care Bear- Marianne Potgieter- Birthdays for Terry Badenhope's wife Pauline and Wedding Anniversary wishes for them both. Betty Lancaster is still undergoing treatment at John Fawcner Hospital and we are all wishing her well. We are also thinking of Lloyd and their family.

International- Cherrie Osborn -Our team of DFG volunteers is heading to Balibo on May 4th. Trivia Night on March 13th will help fund Safe Haven, a Medical Outreach in Cambodia. The goal is to fund at least 50 Wheelchairs for Kids and to build a portable shed to house them.

Passport Club and Donations in Kind store - Deb Sloggett - Open Day on Saturday February 29th. It is a chance to celebrate the 600th Shipping Container leaving for overseas, a magnificent achievement.

Moonee Valley Art Show - Gerard Mahoney- Gerard reported that Yvonne Moon is out of ICU which is great news.

Paul Perrottet - We have 14 members and Partners attending the District Conference which is a great representation from Keilor East Rotary.

Des O'Shanassy - Shine On Awards are to be held on 14th March at Doncaster.

District Recognition forms need to be in by Feb 28th. There is a Statewide Interact Conference at Camp Getaway on May 23rd, 2020. Reps. from our sponsored Club (St Albans Secondary College) will be attending.

Vocational Service - A workshop will soon be held by Mary Barry. This will be well worth attending.



From: Rotary E-Club Edsa Ortigas, Dist. 3800

Endorsement of Birthing Kits for Dona Remedios Trinidad (DRT) Bulacan, Mountain areas Beneficiaries through Phil. Army 48th IB, by 1st Lt. our partners in service.



Endorsement of Birthing Kits for Dinapigue, Isabela mountain areas for the Dumagat people (Indigenous People or IP's), Received by Corazon Diaz, Councilor of the said area.

Reach Siem Reap - John Ioannou

Monday 17th February 2020



REACH Siem Reap, is a locally registered Cambodian NGO #8021, which is opening soon in the urban village of Thlok Andoung, Sla Kram, Siem Reap. Once open, we will be offering a variety of strategically crafted, comprehensive free programs to hundreds of disadvantaged children, youth and families in the community.

From the Reach Siem Reap Website

Annual Ride to Reach

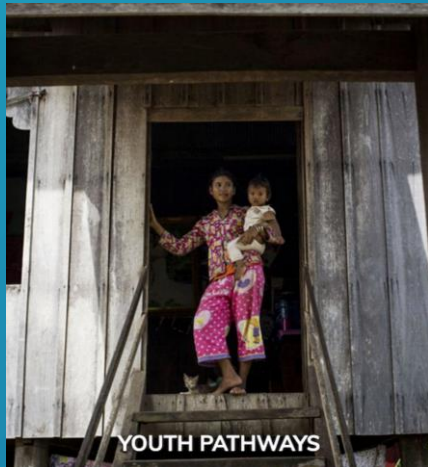
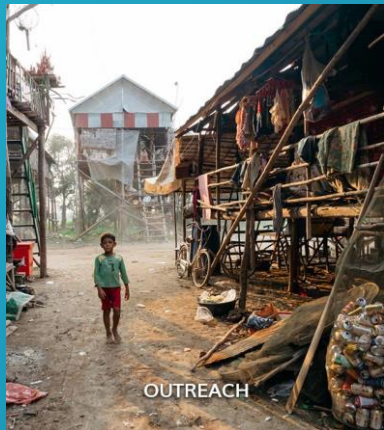
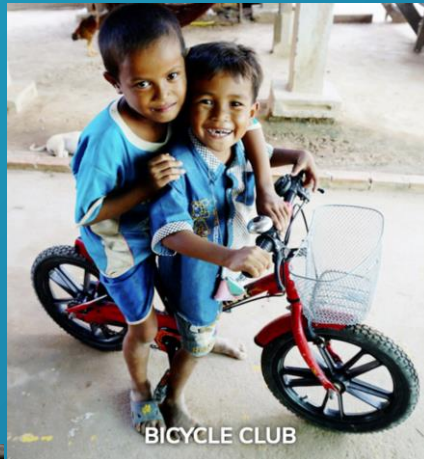
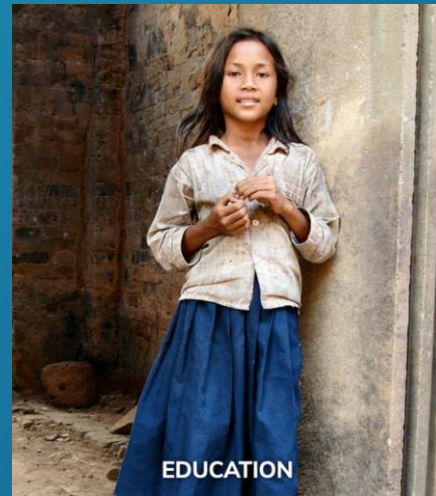
This year, do you want to do something extraordinary? Challenge yourself by joining one of our inaugural charity bike rides across the Kingdom of Wonder. Together we will pedal across this tropical oasis, through isolated villages that are untouched by tourism, and sweat it out, all in support of children and families in need.

Help us raise much needed funds to break the cycle of poverty, one pedal at a time. Find out more [here](#).

2 different Bike Rides in January 2021 of 600 and 780 Kms

What we do
REACH Siem Reap is more than an English school.

With our goal to improve the living conditions of children, youth and families in the whole community, we have identified wholesome programs which will work together to make positive and lasting change: Education, Nutrition, Youth Pathways, Computer Literacy, Bicycle Club, Outreach.



John Ioannou, a retired journalist, is happy to have been able to join the new Passport Club. He met Emily who is the co-founder of Reach Siem Reap NGO. Her father, John's friend Paul, urged him to organize a fundraising bike ride across Cambodia. The aim is to build self sustaining Community Centres/Schools.

Kyneton Weekend - Friday 14th - Sunday 16th February 2020



It was a stormy evening, but the rain couldn't dampen the enthusiasm of those Members, family and friends who attended our Friday Night Pizza and Drinks at the Kyneton Bushland Resort. Our accommodation was in comfortable cottages and we were able to use large communal areas for getting together.



Top L to R: Lois and Bruce Cameron. Below: Annie Webb and Tina's Mum, Fay.

Top L to R: Fay, Tina Ballos and Tina's friend. Below: Tina Ballos and Jane Odgers.

Top L to R: Alisha Braecker Rotary Youth Exchange Switzerland and Luna from Norway. Below: Steve Pennicott and Annie Webb.

Kyneton Weekend - Friday 14th - Sunday 16th February 2020



During the day on Saturday people chose to explore Kyneton, Castlemaine and Bendigo. Our Saturday Night Dinner was held at Colenso Restaurant in High Street, Kyneton. On Sunday people wound their way back to Melbourne via Macedon and Riddell's Creek.

Above: Marianne, Luna and Alisha enjoyed the delicious gnocchi .
Below: John Rafter and Helen Penna. It was Helen's first Social Weekend with the Club.

Above: Our engaged couple, President Mark and Melissa Softley.
Below: Always photogenic and regular attendees at Club Weekends are Lois and Bruce Cameron.

Above L to R: Deb Sloggett and Barbara and John Rafter.
Below: David Bennett and Rosemary joined us for the first time.

Kyneton Weekend - Friday 14th - Sunday 16th February 2020



We had a delicious dinner at Colenso in High Street Kyneton.



We supported the local social enterprise "Social Foundry" which mentors young people in the Macedon Ranges.
Annie Webb



Jane, Marianne & I went to brilliant Sand Sculptures at Riddles Creek, Dromkeen Homestead. Annie Webb.



We are very grateful to Marianne Potgieter who organized our great social weekend at Kyneton Bushland Resort.

What's Next?

23-Feb-20	Sund	RPM (Passport) Connect Meeting Golden Fleece Hotel Sth Melb 6pm		Jenny Foster
23-Feb-20	Sund	MVCC Food Fair TBC		Joe
24-Feb-20	Mon	RYPEN - TBC (or to be held in April?) ??? TBC Poppy / RYLA	(email 27/11/19)	Athina
26-Feb-20	Wed	DFG Sew in / Baptist Church		Cherrie
2-Mar-20	Mon	Buckley Park College Principal / TBC	BOARD MEETING	Harold Cheung (email 7/01/20)
7-Mar-20	Sat	Passport Meeting 10am (10:15 start) (DIK)		Jenny
9-Mar-20	Mon	No Meeting (Labour Day)		
15-Mar-20	Sunday	MVCC Family Fun Day / TBC		Joe
16-Mar-20	Mon	Community Youth Leadership Awards - TBC	(email 27/11)	Athina
21-Mar-20	Sat	DIK Working Bee 10 - 3pm		Jenny Foster
22-Mar-20	Sunday	BBQ - Friends of Steele Creek at AJ Reserve		Phil O'Brien
23-Mar-20	Mon	Vocational Committee - Club Debate - 4 Way Test Relevant ? TBC	(email 3/9)	Mark T/ Michael
25-Mar-20	Wed	DFG Sew in / Baptist Church		Cherrie
27-29 Mar	Fri - Sund	District Conference - Bendigo		
29-Mar-20	Sunday	MVCC Neighbour Day Picnic / TBC		Joe
30-Mar-20	Mon	Aberfeldie Bowls Club Competition & BBQ	(email 14/12/19)	Gerard

Program Director 2019-2020
Mark Tognon (assisted by
Annie Webb)



PROUDLY SUPPORTING THE COMMUNITY
Keilor East Community Bank® Branch
53 Wyong Street Keilor East | Phone 9331 5811
Bendigo Bank



Our Club gratefully acknowledges the sponsorship we receive from the Keilor East Bendigo Community Bank and Smart Storage World to assist us in providing services to the Community.

Rotary Club of Keilor East meets on
6.30pm for 6.45pm at Keilor East RSL,
Hoffmans Rd, West Essendon
For Club Membership or Sponsorship information
Contact: Past President, Joe Albioli (0438133123)
<http://www.keiloreastrotary.org>

Rotary Thanksgivings

*We give thanks for our daily food. May Rotary friends and Rotary ways, help us to serve all our days.

* For good food, good fellowship, and the privilege to serve, we give thanks.

Upcoming Events

PLEASE DONATE YOUR UNWANTED FOREIGN COINS AND NOTES. THEY HELP SUPPORT ROTARY PROJECTS.

Contact Barbara Rafter, Rotary Club of Keilor East





Kitengela Education Fundraiser Trivia Night



Donations in Kind -
4th of April
5.30pm
\$25 per person - snacks included
Tickets available online at
Humantix or contact Victoria
Porter for more details -
0402 575 041

"bring the fun back into fundraiser"

FRIDAY MARCH 13 2020

TRIVIA NIGHT

7.00 PM
STRATHMORE BOWLS CLUB,
40 LOEMAN ST, STRATHMORE, 3041

Hosted by the International committee Rotary Club of Keilor East & the Care for Cambodians committee. Together we are: **Supporting Cambodia.** All proceeds will be going direct to Safe Haven Medical Outreach, Siem Reap

"help disabled children reach their full potential, lead healthy lives and their highest level of personal independence".

Your support will help to send a 20ft container full of much needed rehabilitation equipment for disabled children and their families.



TICKETS \$25PP

TABLES OF EIGHT. JOIN A TABLE AND MAKE NEW FRIENDS OR GATHER THE GANG AND BOOK A WHOLE TABLE

BYO food to share with the table, drinks at bar prices, dessert items available for purchase. Please no BYO drinks. Including raffle, silent auction and other fun activities

Book now at:

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



FOR MORE INFORMATION, CONTACT:
HELEN PENNA 0408 941 247 OR DEB SLOGGETT 0403 259 024

6th ANNUAL MOONEE VALLEY ART SHOW 2020



ART EXHIBITION & SALES

Saturday 18 April 11am – 5pm
Sunday 19 April 10am – 4pm
North Park Mansion, 69 Woodland St, Essendon

Gala Opening Preview Evening
Friday 17 April
Spectacular Entertainment

PLUS - Live music
- Food and beverages
- Devonshire tea

To enter art or purchase Gala Opening tickets
mooneevalleyartshow.com.au
Exhibition tickets at the door

Entry: Adults \$10, students & pensioners \$5, family \$20, under 12 free
Call 0412 165 912 for more information

MOONEE VALLEY Art Show
Rotary 

 **Rotary Club of Keilor East**
Rotary Club of Essendon

Upcoming Events



VICTORIA POLICE

Moonee Valley Community Conversation Forum



JOIN A PANEL OF REPRESENTATIVES FROM YOUR LOCAL POLICE TO HEAR ABOUT:

- Crime and safety issues currently affecting Moonee Valley
- We want to hear your voice on crime and safety in the area and what's important to you

DATE:
11TH March 2020

TIME:
6.00pm – 8.30pm

LOCATION:
The Clocktower Centre, 750 Mt Alexander Rd, Moonee Ponds

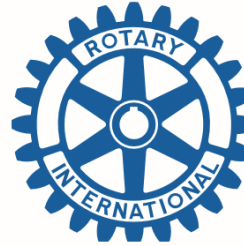
REGISTER:
LIMITED SEATS - BOOK FREE TICKETS VIA EVENTBRITE
<https://www.eventbrite.com.au/e/victoria-police-community-conversation-forum-tickets-90558802817>

Speakers:

- Officer in Charge S/Sgt Rachael Coleman
Moonee Ponds Police Station
- Neighbourhood Watch
- Crime Trends in Moonee Valley

food, tea & coffee & local performance included

police.vic.gov.au



Help us celebrate shipping the 600th container this century!



Join us on Saturday 29th of February 10.00 - 3.00
Shed 39 / 400 Somerville Road, West Footscray
(official short speech at 12.30)

It's a party so food and drink will be available
We hope you will be able to join us and share in the fun.
Please RSVP for catering purposes to dik.vic.rotary@gmail.com



Dr Robert Flynn

TOWARDS GREATER MENTAL HEALTH & GENERAL WELLBEING

A HALF-DAY PRIMER FOR THOSE WITH BUSY WORKING LIVES

BACKGROUND & CONTEXT

Mental health and wellbeing in the workplace is a topic of increasing relevance as we move further into the 21st century. The current Coronavirus outbreak is just another reminder of how vulnerable we are. Fortunately, those in leadership roles are becoming more conscious of the need to pay greater attention to our physical, emotional, and mental wellbeing. While always a subject of interest for public health professionals, its reach is now far greater. This half-day primer is for those of you with either specific responsibility for, or special interest in, the wellbeing of people in their organisational working lives. You may be a CEO, or People & Culture professional with direct responsibility in this arena. Either way this Primer should prove invaluable.

My interest comes from two directions. First, I am someone with a lived experience of anxiety and related issues. I know firsthand how debilitating this type of condition can be on not only your working life, but all aspects of your day-to-day living. I was fortunate to find the right kind of help and guidance that enabled me to take control of the condition.

Second, I've now been a student of mental health conditioning for over twenty years. While my initial interest was personal, I subsequently progressed to a more generalised commitment. As such I can now tackle the topic objectively, and with a view to helping others. That said, please note that I am not a clinician. My relevant training is in both psychology and philosophy. Regarding the latter my special area of research has been what it means to live a meaningful, fulfilling, happy, and flourishing life – one capable of overcoming the effects of undue stress or other debilitating influences.

WHAT YOU WILL LEARN IN THIS WORKSHOP

Two very important topics will be addressed in detail: one remedial and the other preventative. The former explains why it is crucial to seek help if you're feeling anxious and/or depressed, and especially if this seems to be an on-going and worsening factor in your life. You'll get guidance on where confidential, professional help can be found, and what it's likely to entail. Regarding the preventative element, this is arguably where you'll get the major payback from attending. I describe in detail a set of steps which, if followed with commitment, will not only serve to keep anxiety and depression at bay, but more importantly help you to actually enjoy a more fulfilling, productive, and happy life.

WHERE TO FROM HERE?

I'd be delighted to run this workshop for an appropriate audience in your organisation. It will be highly interactive, with plenty of opportunity for joint exploration of the issues. As a semi-retired practitioner I will gladly refer you onwards if there are more appropriately credentialed people to assist you further.

INVESTMENT

Depending on your circumstances my fee for conducting this primer will range from pro bono (plus reasonable expenses) to \$1,250 (plus GST and relevant expenses charged at cost).

FURTHER ENQUIRIES

Please get in touch if this opportunity is of interest. All enquiries welcome. You can get me at:

- rflynn1@bigpond.com OR robert@robertflynn.com.au
- Mobile: +61 408 524 746

February Birthdays and Anniversaries

Birthdays

February 3: Jeselee Vytilingam
February 11: John Rafter
Feb 22: Pauline Badenhope
February 26: Joy Ryan and John Young
February 29: Bob McMartin

Wedding Anniversaries

February 12: Ginny and Alex Billson
February 23: Terry and Pauline Badenhope

Rotary Anniversaries

February 1: Bob McMartin 1986
February 10 Ian Wright 1997
February 16: Marianne Potgieter 2004
February 17: Patrick Honeyborne 2003
February 25: Gail Horkings 2002
February 25: Bob Sercombe (Honorary Member) 2008



Member News -

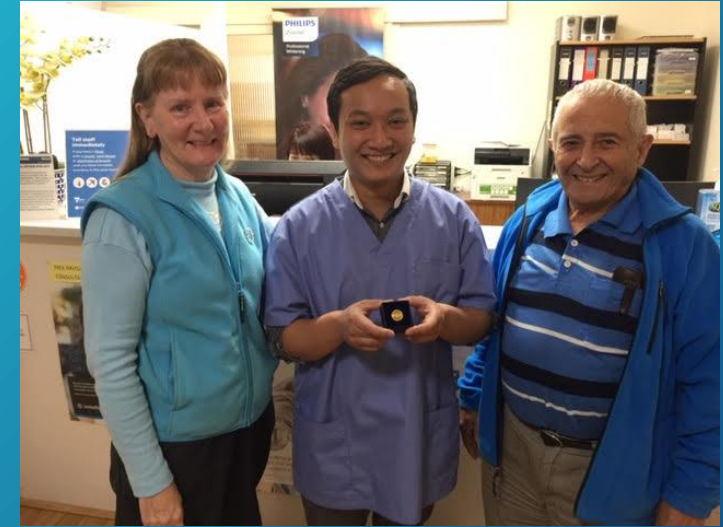
Barbara found this delightful recipe in Kyneton last weekend.



Dawn Watson and Marianne Potgieter after Monday's Meeting.



Congratulations Michael



A message from John Rafter
Photo of Michael Nguyen receiving his 5th PHF Sapphire from John & Barbara at his Sunshine Dental Surgery 57 Devonshire Rd Sunshine
Kohn & Barbara were representing President Mark
Michael will be marrying Caroline on the 29th March.

Do you know someone who might be interested in this opportunity ?

We would love some of your family and/or holiday photos for this page. Text to 0411773360 or email to keiloreastrotary@gmail.com



130 fellowships for fully funded university training in peace and conflict resolution, are now available

Applications to district 9800 close 15th May 2020

Through application of their training, study, networking, and practice Rotary Peace Fellows become leaders and catalysts for peace and conflict resolution.

Many go on to careers in national governments, NGOs, the military, law enforcement, peace education, media, international organizations like the United Nations and World Bank, and grass roots organisations working in communities. See also: <https://www.rotaryclubofmelbourne.org.au/peace>

Rotary International is committed to this program. Since 2002 more than 1,300 graduates have been trained.

THE ROTARY PEACE FELLOWSHIP INCLUDES:

- Tuition, fees and course materials
- Room and board
- Round-trip transportation
- Internship/field study expenses
- Insurance

TWO YEAR MASTERS DEGREE

Up to two years of fully funded graduate study at an internationally recognised program in England (University of Bradford), Japan (International Christian University), Sweden (Uppsala University), or United States (Duke and University of North Carolina at Chapel Hill).

THREE MONTH PROFESSIONAL DEVELOPMENT CERTIFICATE

Designed for mid-career professionals already working in the field of peace and conflict resolution. This fully funded course at Chulalongkorn University in Bangkok and Makerere University Kampala offers a mix of theory and practical skills in both a classroom environment and in the field.

ELIGIBILITY AND SELECTION CRITERIA

Applicants for Rotary Peace Fellowships must have the following:

- A strong commitment to peacebuilding demonstrated through professional and academic achievements
- Excellent leadership skills
- Proficiency in English
- For the master's program, a bachelor's degree or equivalent, plus three years of full-time relevant work experience
- For the certificate program, a strong academic background, plus five years of full-time relevant work experience

HOW TO APPLY

Rotary Peace Fellows are selected through a competitive worldwide process.

REVIEW: The entire application online at <https://my.rotary.org/en/peace-fellowship-application>

SPEAK TO: A Rotarian that you know, before 21st March 2020

CONTACTS: Rob Helme, Tania Miletic (Peace Fellow Alumnus) or Bob Fels at office@rotaryclubofmelbourne.org.au

DISTRICT 9800

District 9800 has recruited and mentored more successful Rotary Peace Fellow applicants than any other district, worldwide. **On-line applications for peace fellowships require District endorsement.**

Is there someone that you know who might benefit from this program? Please circulate this flyer to them.