

# KEILOR EAST ROTARY NEWSLETTER

Rotary Club 21222 -

Charter granted 10th August 1983

May 15th 2022 - Volume 39 Number 20

Club Motto - "Fun and fellowship whilst helping others"

www.keiloreastrotary.org

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We are celebrating



The Legends Room at Windy Hill.

Finally, we have a new Meeting Venue.
by President Yvonne Osborn

After long search and a survey of members we have arrived at The Legends Room at Windy Hill in Essendon as our meeting venue. We have been made welcome by the staff and the Functions Manager, Nicole Franz.

Rotar

The room has a variety of seating and a large screen TV for audio visual presentations. A lift or stairs take us to the second floor where we hold our meeting from 7pm until 8pm after eating in the Bistro on the ground floor. The Bistro menu has many choices, Seniors Meals and Daily Specials. We have a weekly booking for twenty-five. We'd be thrilled if more members could be there.

The Bistro opens at 6.00pm. There is seating in the large foyer area near the bar for early arrivals. Social Club Memberships are available for \$11.00 per year.

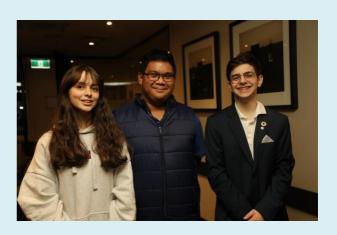
We look forward to warmly welcoming everyone to our new "home".

## National Youth Science Forum Students at our May 2nd Meeting

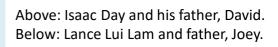
Our Guest Speakers were our NYSF Students Isaac Day from PEGS and Ruby Hall and Lance Lui Lam from St Albans Secondary College. They were interviewed by Keilor East Rotary's Youth Director, David Bennett. The students answered a series of questions about their experiences at NYSF which was held virtually in early 2022. They were also given the opportunity to speak about their ongoing interest in the sciences and to thank Keilor East Rotary for its sponsorship. We also acknowledge the Bendigo Bank's Community Enterprise Foundation which helped us with the cost of funding three students this year.



L to R: Lance Lui Lam, Ruby Hall, David Bennett and Isaac Day.









Ruby, Lance and Isaac with Youth Director David Bennett.



#### Monday 9th May 2022 - David Dippie - Our President Nominee for 2023-2024



David Dippie has agreed to be our President Nominee for the year 2023-2024 Rotary Year. Congratulations David! We look forward to working with you in the future.



David presented us with some ideas for forming Partnerships. He has been involved in partnerships in Balibo, Timor Leste and in Tonga. His work at the DIK Donations in Kind store enables him to see the possibilities which emerge when organizations partner to solve issues around provision of materials and equipment and of reducing waste.



Above: L to R: Assistant Governor Domenic Cichello and Minh Nguyen found they had a common interest.

Above left: Guest for the evening, Irene Wloch, is pictured with John Walsh. They are both members of Keilor East Probus Club. We hope Irene will visit again soon, now that she has retired from teaching at St Columbas in Essendon.

Business and Community Breakfast - Year 10 Mentor Program at St Albans

Secondary College.



Lou Gionfriddo, recently retired from Tobin Brothers Funerals I (as Keilor East Rotary President) had the privilege of attending a Business and Community Breakfast at St Albans Secondary College on Wednesday 4th May. The incredible array of food was prepared by the VCAL students.

L to R – Students from the Year 10 Peer mentor Program organised the event which was held in a new building at the school



The Guest Speaker was from FoodBank which provides supplies for a Breakfast Program at the school, and which has been trialing a Mobile Supermarket (a retired Sky Bus called Dorothy) to help struggling with food security in the area.

### **Interact - St Albans Secondary College**



Above: John Rafter explained Project W and how the Interact Club might become involved in supporting a school in rural Cambodia.





Cherrie added further information including the fact the initial schools are a pilot before continuing to assist 12 Secondary schools and their communities with health and wellbeing by providing them with fresh water.

Our Water Project, in conjunction with CRST Cambodian Rural Students Trust and Rotary Passport Melbourne, can be supported here

donations.rawcs.com.au/94-2020-21

#### A message from John Rafter to Aviv Palti Founder of CRST Cambodia Rural Students Trust

Last week President Yvonne, Cherrie, Barbara and I addressed the Interact club about support for the Cambodian Water project, it worked out well because the next day the school was hosting a Beacon Business breakfast and The Coordinator of the Interact Club was directly involved with that breakfast.

At the meeting I suggested that the Interact Club should look at adopting one school to support as their own project and mentioned a sum of \$5000.00 to provide a school with clean water, and not to be frightened of that figure, because even if they did not manage to raise the full amount, their school would still be completed by our Rotary Club.

#### A message from Tracey D'Elton, Assistant Principal, St Albans Secondary School.

The Interact Club are in support of the Cambodian Water Project, and they are enthusiastic about being involved.

We are looking forward to partnering with a school in Cambodia.

I will contact Richard Carthew to confirm we are interested in supporting the working bee as well, Students were also keen to have more contact with Rotary members in support of the projects for this year so students may contact you and Barbara or Yvonne or Cherrie as they work out the supports they may need.

# Walking Tour of Melbourne Riverside – Sunday 15th May 2022



Keilor East Rotarian Paul Perrottet led a group of members, partners and friends on a 90-minute walking tour along the northern bank of the Yarra River. He explained the history of the area and we learnt interesting facts which are usually only available to groups which he leads as a volunteer City of Melbourne Ambassador. Thank you so much Paul. It was a memorable experience for us all.

- Riverside Guided Tour with Keilor East Rotarian Paul Perrottet, (accredited guide with Tour Guides Australia.)
- Historical Landmarks, Indigenous and Early European History, Easy Walk (not too many stains). Richard Many Yang River. Southbank
- Meeting Point Federation Square in front of Time Out Cafe





Above ; Federation Square opened in 2002

Right: Fresh air rises from the underground labyrinth.





Above: View across the Yarra River to Southbank. Right: A view across Princes Bridge to Southbank and the Arts Precinct.

# Walking Tour of Melbourne Riverside – Sunday 15th May 2022



The weather stayed fine for our walk across Federation Square past the Ian Potter Centre and down to Birrarang Marr which was opened in 2002. We then walked west along the northern bank of the Yarra, beneath the Princes Bridge and ending opposite Southbank.



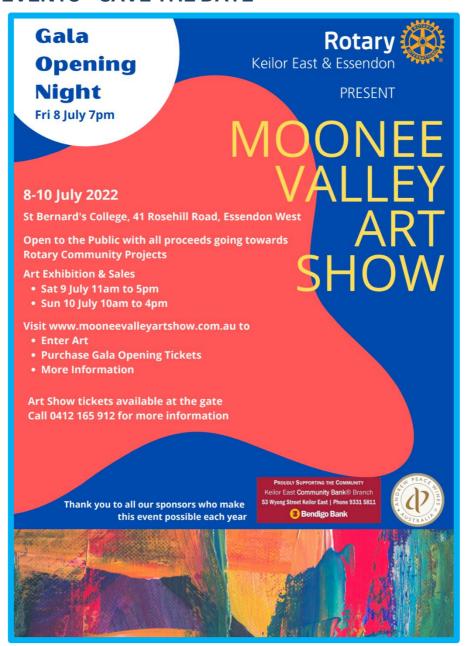
The Edge Theatre has irregular shaped double-glazed walls which provide insulation and acoustic accuracy during performances.



Volunteers play a vital role in the City of Melbourne's tourism services. Paul is an excellent Guide, and we are very grateful that he took the time to lead us on such a memorable and informative tour. **Thanks again Paul.** 

Fed Square is the size of a city block: 38,000 square metres (3.8 hectares) of steel and masonry, built on top of the city's most heavily-trafficked railway. Beneath the buildings is a labyrinth of tunnels providing cool or warm air channeled from above the river.

#### **UPCOMING EVENTS - SAVE THE DATE**







# You are invited to

Join us to celebrate our PRIDE OF

# WORKMANSHIP **AWARDS**



MONDAY 23RD MAY 2022

6.30 FOR 7.00PM

Aberfeldie Community Bowls Club 7B Batman Street Aberfeldie

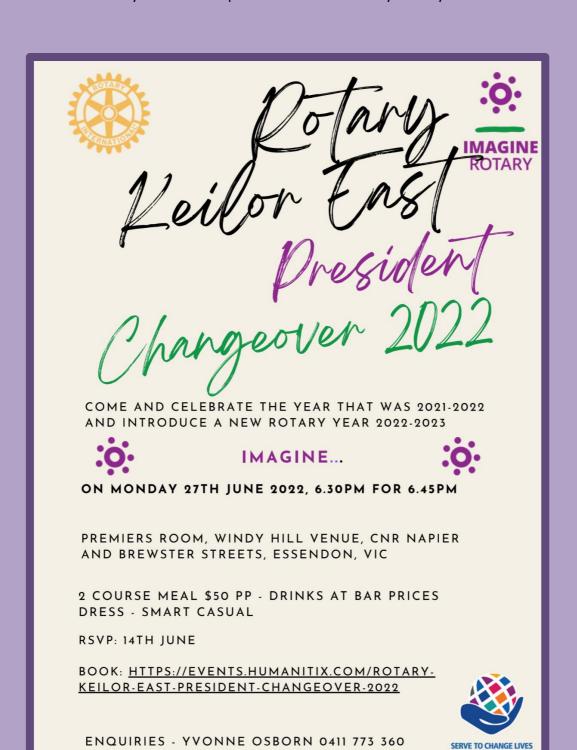
Buffet Dinner - \$35 per person. Children over 10 years \$15. Drinks at bar prices. Please advise any special dietary requirements.

Bookings – keiloreastrotary@gmail.com or Text Bob McMartin 0421 671 868 by Wednesday 18th May.

#### **UPCOMING EVENTS**

It's an exciting time for us all as we change Presidents around June 30th each year. This year President Yvonne Osborn will pass the chains of office to Deb Sloggett on Monday June 27th at the Premiers Room, Windy Hill, Napier Street, Essendon.

During that event we will be presenting Honorary Keilor East Rotary Membership to our wonderful Charter Member, Lloyd Lancaster. Please feel free to pass the invitation below to past members and friends of our club. We would like as many attendees as possible to celebrate Lloyd's 39 years with Keilor East Rotary.





#### "Let's Talk About Mental Health"

In recent years the mental health of our young people; teenagers and young adults has become a concern with around 25% suffering some form of distress. This has been exacerbated by the impacts of COVID.

You are invited to a forum to help unlock the mental health puzzle with a focus on anxiety and depression. Join us to hear from some experts in the field, learn to identify the signs and symptoms and find out how you can help.

#### Wednesday 18 May at 7pm Kensington Town Hall



Maria Ruberto is a psychologist with over 23 years of clinical and industry experience. She has worked extensively on Trauma Response and statewide initiatives in Student Wellbeing with the Department of Education.

Maria has worked with the Travancore School of Mental Health/ Royal Children's Hospital, Orygen Youth Mental Health and is currently consulting with Beyond Blue. She is a registered trainer with Youth Mental Health First Aid and Resilience Training.



Dr Parisa Shiran is a researcher at the Multicultural Centre for Women's Health.

Her work focuses on migrant women's mental health and violence against women.

Pansa is a volunteer with the Rotary Club of Carlton.



Ms Catherine Johnson is a PhD candidate at the University of Melbourne. She is supported by a scholarship from Australian Rotary Health, funded by the Rotary Qub of Flemington Kensington.

She has worked extensively on the Mental Health First Aid program with a focus on children and teenagers.



Patima is a young woman from an Ethiopean back-ground. She is a member of the Headspace Youth Advisory Group and will speak on a lived experience in mental health. She will be supported by Katherine Monson, Headspace Community Development coordinator.

#### Please book via Humanitix

for further information contact Lesley: Lillico2009@gmail.com



#### INTERNATIONAL CONVENTION 27-31 MAY 2023 MELBOURNE, AUSTRALIA

May 2022

2023 RI Melbourne Convention Launch 4-8<sup>th</sup> June 2022 (Houston, USA time)



SPECIAL REGISTRATION FEE – 5 DAYS ONLY – https://convention.rotary.org/ei

Ensure you register for this once in a lifetime RI Melbourne Convention between **4-8<sup>th</sup>June (Houston time)** to get the cheapest and best registration rate for this amazing Convention. Registration fee goes up by AU\$70.00 on  $9^{th}$  June.

#### ACCOMMODATION - https://convention.rotary.org/en

If you are seeking accommodation in one of the many RI block booked hotels for the Convention it is recommended you book this at the same time to ensure you get the best accommodation within your price and distance range from the two Convention venues—Rod Laver Arena at Melbourne & Olympic Park and the Melbourne Convention and Exhibition Centre, ( MCEC) on Spencer Street.

#### CONVENTION EVENTS - https://convention.rotary.org/en

The Melbourne HOC is hosting several exceptional and exciting Special (night-time) Events, including Host Hospitality during the Convention. Tickets for these events will be sold on a first come basis, so it is important that you choose the events you want to attend and lock them in <u>ASAP</u> to ensure you get to attend what you really want to experience!!

In the meantime, you can visit the HOC Website at  $\underline{\text{https://rotarymelbourne2023.org/index}}$ 



Please Help Us support People Impacted by Cancer

Join us at Burley Griffin Neighbourhood Centre and show your support

When: 25th May 2022

Where: Park Drive, Keilor East

Time: 10 am to 12 pm



Sponsored By
Community Bank - Keilor East
Avondale Heights Probus
Keilor East Rotary Club

Click here to donate





Our Next Keilor East Rotary Meeting is on Monday 16th May at Legends Room Windy Hill. We order a meal from 6.00pm at the Bistro before the 7.00pm Meeting in The Legends Room on the second floor (there is a lift).

At our May 16th
Meeting we will hear
from Canh-Vinh
Nguyen - founder of
Canh- Vinh and You
Inc. Australia - Helping
the disadvantaged in
Vietnam.



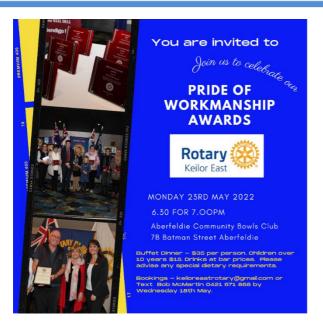
# "If you really want to change the world you have to inspire young people. That's how you change the world." TAKE ACTION: Engage Rotary, Change Lives

#### **Our Vision**

"To see compassionate people doing selfless actions.

To see hopeless people smiling towards the hope we share of a better tomorrow."

On May 23rd, 2022, we will be holding our Pride of Workmanship Awards at the Aberfeldie Community Bowls Club at 7B Batman Street Aberfeldie.



Legends Room will be the setting for our May 16th Meeting after dinner in the Windy Hill Bistro.

We welcome your suggestions for future Guest Speakers. Email keiloreastrotary@gmail.com

Date	Day	Speaker/ Event	Contact
May 15	Sunday	Walking Tour of Melbourne Riverside - 11.20 for 11.30 at Federation Square outside Time Out Café.	Paul Perrottet
May 16	Monday	Canh-Vinh Nguyen - founder of Canh- Vinh and You Inc. Australia - Helping the disadvantaged in Vietnam	Yvonne Osborn
May 23	Monday	Pride of Workmanship Awards at Aberfeldie Community Bowls Club 7B Batman Street Aberfeldie	Bob McMartin
May 30	Monday	Andrew Makohon - Ukraine Association Sunshine President - Staying Positive through challenging times	Yvonne Osborn
June 6	Monday	Rotarian behind the Badge Yvonne Osborn	Yvonne Osborn
June 13	Monday	No Meeting Queen's Birthday Public Holiday	
June 20	Monday	Planning Evening for 2022-2023 Rotary Year	Deb Sloggett
June 21	Tuesday	Club Board Meeting – Allocation of Funds	2021-2022 Board Members
June 27	Monday	President Changeover from Yvonne Osborn to Deb Sloggett At the Premiers Room Windy Hill	Deb Sloggett

## **Club Birthdays and Anniversaries**

# **Birthdays**

May 2: Jessie Allan May 4: Linda Lye May 9: John Youings May 11: Barry Mullen May 11: Robyn Compton May 18 Ginny Billson

May 18: Persphone Chessell May 20: Barbara Mckeon May 20: Michael Donnelly May 23: Paul Perrottet May 24: Maryanne Walsh May 31: Brett Bedson

May 31: Grandma Win Osborn who will be 105.



# Wedding Anniversaries

May 4: David and Laraine Barnes May 8: Gerard and Lynn Mahoney May 10: John and Robyn Compton May 19: John and Debbie Bergbauer May 25: Bruce and Lois Cameron May 26: Bob and Janet McMartin



# **Rotary Anniversaries**

May 10: Ginny Billson 2004



# **MEMBER NEWS**

Day.

It would be great to get more photos from

to my phone 0411773360 or email to

keiloreastrotary@gmail.com

Mother's day for our next Newsletter. Send





Keilor East Rotary Newsletter

granddaughter Cassandra who married John in

the Chapel at Overnewton Castle on Saturday

14th May.