



President Ginny laid a wreath on behalf of Keilor East Rotary at the Keilor East RSL's Remembrance Service on Sat 11th November.



# NEWSLETTER OF THE ROTARY CLUB OF KEILOR EAST INC.



Rotary Club: 21222 Charter granted 10th August 1983

November 13th, 2017 Volume 35 Number 16

CLUB MOTTO – "Fun and Fellowship whilst helping others"

Club Website - [www.keiloreastrotary.org](http://www.keiloreastrotary.org)



# PRESIDENT'S REPORT

Meeting Report November 13th, 2017.

- Welcome to all members and visitors and especially Joy who will no longer be a visitor after tonight and our guest speaker Ros Ben-Moshe.
- 
- ❖ We have been giving the club's support to The Keilor Heights Primary School and will present the school two \$100 scholarships to senior students as Leadership awards.
- 
- ❖ The Soufflé Sisters are having a concert with 2 other choirs on the 19<sup>th</sup> of November and proceeds will be divided between the DFG and The olive way. Notices in the newsletter.
- 
- ❖ Jenny Foster and the Essendon rotary Club held a fund raiser for Care for Cambodians last Friday 10<sup>th</sup>. It was a well-attended event and the Coordinator of the program gave a really inspiring story of how the program changed the life of one child from living on his back staring at the ceiling to participating in village life and moving around with the aid of physiotherapy, social worker and a Rotary wheel chair. Yvonne, Marianne Alex and I were the reps of our club.
- 
- ❖ The FoodBank bin will be out the front each week until the end of November and Foodbank will collect the offerings when we have finished. A couple of extra items in your shopping trolley each week can make a huge difference to families that are doing it tough.
- 
- ❖ I attended the Remembrance Day Ceremony outside the RSL on Saturday and laid a wreath on behalf of KERC on the Cenotaph. It was a moving morning and the mayor and our honorary member and local MP Ben Carrol were there together with a small contingent of KERC'ers including Yvonne, Joe and the ever reliable John Walsh.
- 
- ❖ Sunday morning dawned bright and warm and off we trotted to our fourth Woolies BBQ. It was lovely to see our newest members Barbara and Jo in full swing and many thanks to Yvonne relieving a very crook Alex. Stalwarts John Walsh and Marieanne with Tina did the arvo shift. Thanks to Minh and his friend for helping us get set up in the morning. It would be nice to see a few different faces at this rather low key BBQ. Although it is shorter, not as busy and less lucrative than the traditional Bunnings BBQ's it is a lovely way to get Rotary seen in our community.



## PRESIDENT'S REPORT (CONTINUED) AND OTHER REPORTS



- What a great night Annie had set up for us last week. I don't often get too dressed up but I really enjoyed wearing my fascinator and it got another workout the next day at the gym for a bit of fun on Cup day. On a less fun topic Annie had a few non shows that the club had to pay for and we really need to be a bit firmer with prepayment for these special events that need specific numbers for the catering section. Annie can give us a few more details in her report.
- Just a reminder to keep reading Yvonne's wonderful newsletter to keep track of what is going on and what is in train for future events and activities.
- **OTHER REPORTS**  
Secretary Chris Rundell reported that our AGM will be held before next week's Club Meeting.
- Attendance – Lloyd Lancaster - Our percentage attendance for October was 76.7% In October 2016 it was 79.2%.
- Care Bear – Marianne Potgieter – John and Maryann Walsh will celebrate their 51st Wedding Anniversary on Friday.
- Community Service – Minh Nguyen – reported that a successful day was had at the Woolworths BBQ in Moonee Ponds. The morning shift was relatively busy whilst the afternoon was quiet.
- Social Director – Annie Webb – Wondered how many members will be around in January for a Progressive Dinner styled social gathering? She gave us prior notice of a 22nd April 2018 Winery Tour. She is open to member suggestions of a suitable area to visit.  
Annie told of her disappointment at being seven down in numbers for the Ascot Races Night last Monday. She explained that the Club still had to pay for their meals. She floated the idea that unless people who booked and didn't attend pay afterwards (Ed. which would be "fair to all concerned", as in Rotary's 4 Way Test), that all such future functions will need to be prepaid.



## INDUCTION OF A NEW MEMBER – WE WARMLY WELCOME JOY RYAN (AND HER HUSBAND STEVE) TO KEILOR EAST ROTARY

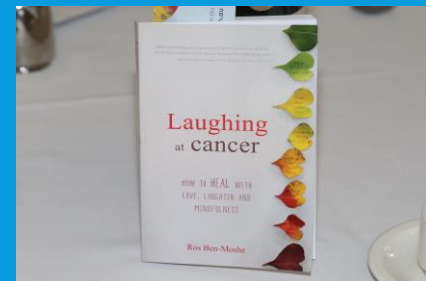


Joy Ryan was nominated by President Ginny Billson. She will serve on the Community Services Committee under the directorship of Minh Nguyen and will have Yvonne Osborn as her mentor. We wish Joy a wonderful Rotary journey, as a member of our Rotary family at Keilor East.



## GUEST SPEAKER - ROS BEN-MOSHE- LAUGHTER WELLNESS

- Ros Ben Moshe works in the area of Wellbeing in the Laughter Therapy field. Six years ago, at age 42, when life seemed to be going along well for her, her husband and two children aged twelve and fifteen she had a bowel scan which revealed a malignant 21mm polyp. She was given three choices
  1. Do nothing and keep her fingers crossed
  2. Have a partial bowel resection
  3. Have a complete bowel resection
- Ros began writing down her thoughts for herself but with a view towards a future audience. She realized that she needed to have a positive focus, that doctors could take charge of her illness but she could take charge of her wellness. She aimed to boost her body's endorphin supply as it is thirty times more powerful than morphine.
- She found that one cannot experience two opposite emotions at once so when negative thoughts emerged then she would bring to mind things that had gone well, small things, micro moments of joy like tea with a friend, green lights, etc.
- She asked to think of things we are grateful for, to breath slowly and use our passive para sympathetic nervous system rather than stressing. When stressed, the body doesn't heal as well. Smiling can help, especially a smile from within. Ros launched her book, *Laughing at Cancer* in June 2017. She gave half of the proceeds to Bowel Cancer Australia.
- Ros asked that we should change the language of cancer e.g. "He has a cancer" rather than "He has cancer". She is certain that we are experts on ourselves. We can change our mindset and we can control how we respond. If we respond to a cancer diagnosis with positivity it can be most helpful in our recovery.
- Chairperson Ken Allan thanked Ros for her informative and heartfelt presentation and gave her a USB memory stick as a token of our appreciation





# MOONEE VALLEY

## Art Show

Rotary 

ART SHOW 23-25 MARCH 2018  
(UPDATES BY [JANE ODGERS](#), ESSENDON ROTARY)



### SPONSORS – CAN YOU HELP?

The Art Show committee has decided that for the 2018 show 5 prizes will be awarded. These will be the previous four awards, Best in Show, Best Oil / Acrylic, Best Watercolour, Best Pastel or Drawing, and a new Best Youth Artist (under 25) award to encourage local young artists to enter, and to bring their families along to the Art Show.

We would love to increase the value of our 5 prizes. This will help attract new entrants, continue to improve the quality of the art for sale, and bring more people through the gate. To do this the committee is currently focused on increasing the number of sponsors. We are particularly keen to increase monetary sponsors, rather than in-kind. If you or anyone you know might be a potential sponsor, the Art Show committee members would love to hear from you.

### FACEBOOK

We have also recently commenced a Facebook campaign. At the moment there are occasional posts, but in January these will become much more frequent. If you use Facebook we would appreciate if you could please search for the Moonee Valley Art Show (MVAS) Facebook page, and like and share any posts you see. The more we can market the Art Show, the more attendance we will get, and the more money we will raise for our projects.

### VOLUNTEERS

Later we will also be looking for volunteers to help at the Show. So please have a think about how you might be able to contribute some of your time.

### FUNDS

As per last year, funds raised from the Art Show will be allocated to the club's general projects fund for the Board to use as it sees fit. So please get behind this major local community event.

### QUESTIONS?

Don't hesitate to ask Moonee Valley Art Show Committee members such as [Gerard Mahoney](#).



# CLUB EVENTS

## About Cambodia Rural School Trust

The Trust was set up by the Palti family after their daughter, Steph, decided to join her high school's project to volunteer to build houses in rural Cambodia.

### Aviv Palti

Based in Melbourne, Aviv provides, leadership and direction to the NGO team. Aviv is the CEO at Lifestyle Brands, one of Australia's leading marketers of photographic, stationery and home decor products, with worldwide distribution channels.

The organization is unique in that 100% of its funds are used for its educational and community programs.

In January 2017 they launched the CRST Ambassador Program, with the belief that international travel to developed countries will provide their leadership team with an invaluable educational experience and open their eyes to possibilities for their future and the future of their country.

## KEILOR EAST ROTARY

presents

### "A Cambodian Story"



Cambodia  
Rural  
School  
Trust

..... an inspirational evening with special guests from the Cambodia Rural School Trust (CRST), Student Ambassadors Sompeas and Veun! Coming all the way from Siem Reap, Cambodia, they will share their personal journeys with you of what it's like growing up in rural Cambodia and how their lives have changed through CRST.



**When:** Monday 20th of November 2017

**Time:** 6:30pm for 6.45pm

**Venue:** Keilor East RSL Hoffmans Rd, West Essendon.

**Meal Cost** -\$20. Not eating - Free

Please help us by confirming your attendance and any special dietary requirements through clicking the RSVP button.

RSVP

## Reminders

**International – PP Cherrie Osborn** –The next Days for Girls workshop will be held on Wed 29<sup>th</sup> November.

Cherrie also flagged the visit by Cambodian Rural School Trust Ambassadors, students Sompeas and Veun along with founder Aviv Palti and supporter Kerry Osborn at our November 20<sup>th</sup> meeting. Please let Secretary Chris Rundell know numbers attending and any special dietary requirements [crundell2015@gmail.com](mailto:crundell2015@gmail.com)



# NOVEMBER FOOD DRIVE - KEILOR EAST ROTARY'S FOOD DRIVE FOR FOODBANK VICTORIA



- ❖ President Ginny will have a big carton at Rotary each week to try to fill up.
- ❖ Foodbank will collect the food when we have finished. A couple of extra items in your shopping trolley each week can make a huge difference to families that are doing it tough.



## Food drive

# DONATE HERE

TO HELP VICTORIANS DOING IT TOUGH

### MOST NEEDED ITEMS

- ☐ Canned fruit, vegetables, fish, soups and meals
- ☐ Dried fruit and nuts
- ☐ Sauces and seasonings
- ☐ UHT milk and juices
- ☐ Coffee, tea and spreads
- ☐ Rice, pasta and noodles
- ☐ Cereal
- ☐ Shampoo and conditioner
- ☐ Soap and deodorant
- ☐ Dental floss, toothpaste and toothbrushes
- ☐ Tissues and toilet paper
- ☐ Feminine hygiene products

### DONATION GUIDELINES

- ✓ Within best before date
- ✓ Unopened packaging
- ✓ Has ingredient/allergen listing



[WWW.FOODBANKVICTORIA.ORG.AU](http://WWW.FOODBANKVICTORIA.ORG.AU)

f @ @FoodbankVictoria



# DISTRICT CONFERENCE MARCH 16-18,2018 - WARRNAMBOOL, VICTORIA.

Our Club's On to Conference contact is Past president Bob McMartin. Please contact Bob if you would like to attend the conference as he is able to assist with accommodation, bookings etc.

THE POWER TO MAKE  
**A DIFFERENCE**  
2018 DISTRICT 9800 CONFERENCE  
16-18 March / Warrnambool / Victoria

Rotary



Save \$50 by registering before  
**Thursday November 30th**

CHECK OUT FIRST TIME ATTENDEE'S DISCOUNT

<http://www.rotaryconference.org.au/>

## SPEAKERS

## MC



**STAN GRANT**, well known as a presenter for the ABC will share his personal story and the story of his family which illustrates the dispossession and hardship shared by indigenous people



**SONJA DAWSON**, a nurse with experience in many fields has a passion to volunteer in the global health area and has spent over a decade volunteering with Mercy Ships.



**MICHAEL CROSSLAND** is an extraordinary young man who has defied the odds of a life threatening cancer to build a life of exceptional achievements. His story is Inspirational



**MANDY DRURY** has moderated conferences for many organisations and charities. Rotex President in 1993, she continues to be part of Rotary through family connections

CHECK THE WEBSITE FOR INFORMATION ON OTHER SPEAKERS AND ACTIVITIES



ATTEND THE FRIDAY AND SATURDAY NIGHT  
FUNCTIONS FOR ONLY \$120

THE CONFERENCE PROGRAM WILL INCLUDE A WIDE RANGE OF SPEAKERS, INFORMATIVE BREAKOUT SESSIONS, ACTIVITIES AROUND WARRNAMBOOL AND AN OPPORTUNITY TO BE INVOLVED IN A HANDS ON VOLUNTEERING PROJECT



Find us on  
**Facebook**

<https://www.facebook.com/D9800Conference/>

# WHAT'S NEXT?

Updated 1/10/17	
<b>NOVEMBER</b>	<b>Rotary Foundation Month</b>
5TH, SUNDAY	BOARD MEETING 2:30PM
6TH	"BLACK AND WHITE" CUP CARNIVAL NIGHT AT RSL - SOCIAL
10TH, FRIDAY	BOWLS NIGHT AT ABERFELDIE W/ROTARACT
12TH, SUNDAY	WOOLWORTHS MOONEE PONDS BBQ
13TH	ROS BEN-MOSHE - Laughter wellness
16th, THURSDAY	PITCH FOR FUNDS - Nancy Kitchner Centre-Avondale Heights
20TH	Brief AGM, then CAMBODIAN RURAL SCHOOL TRUST - Aviv Pati, Kerry Osborn and Cambodian university students.
21ST, TUESDAY	PERU NIGHT - ESSENDON PRESIDENT JENNY FOSTER
27TH	JEREMY OATES (Chairman of Consultative Council on Obstetric & Paediatric Mortality & Morbidity) - VTT in Timor Leste
<b>DECEMBER</b>	<b>Disease &amp; Prevention Month</b>
3RD, SUNDAY	BOARD MEETING 2:30PM
4TH	JON WALKER - The Coward Punch
10TH, SUNDAY	WOOLWORTHS MOONEE PONDS BBQ
11TH	PERSONS BEHIND THE BADGE (TBC)
18TH	CLUB CHRISTMAS BREAKUP
25TH	CHRISTMAS DAY - NO MEETING

Program Director 2017-18  
Ian Wright



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

## ROTARY GRACES

- o We give thanks for our daily food. May Rotary friends and Rotary ways, help us to serve all our days.
- o For good food, good fellowship, and the privilege to serve, we give thanks.



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

# NOVEMBER BIRTHDAYS AND ANNIVERSARIES

## Birthdays

November 1st – Mark Tognon

November 7<sup>th</sup> - Lynn Mahoney

November 30<sup>th</sup> - Phil O'Brien

## Wedding Anniversaries

November 17<sup>th</sup> John and Maryanne Walsh

## Rotary Anniversaries

November 1<sup>st</sup> - John Bergbauer – now at Bendigo South RC

November 4<sup>th</sup> - Judith Maddocks

November 9<sup>th</sup> – David Gibbs

November 17<sup>th</sup> – Raj Vytilingam

November 24<sup>th</sup> - Daryl Cornish 2007





## MEMBER NEWS

Lucky and generous Marianne was one of the raffle winners at the Care4Cambodians dinner on Friday 10th November.



Bob McMartin's mother, Jean, celebrated her 100th Birthday back in July. She is pictured here at her special Birthday Afternoon Tea on July 21st, looking elegant, with Bob and his sister Glenda. Thank you to Bob for the great photo.



Happy 60th Birthday to Lynn Mahoney. Lynn reported that she enjoyed some wonderful celebrations and that her daughter made her a delicious cake. She said she felt spoilt by all the attention. We think it was well deserved Lynn. Congratulations.



We warmly wish Jean a belated Happy 100th Birthday. We congratulate her upon such a brilliant achievement, 100 years young.