



Guest Speaker Monday 16<sup>th</sup>  
October – PP Brett Bedson -  
Sleep



# NEWSLETTER OF THE ROTARY CLUB OF KEILOR EAST INC.



Rotary Club: 21222 Charter granted 10th August 1983

October 16th, 2017 Volume 35 Number 12

CLUB MOTTO – "Fun and Fellowship whilst helping others"

# PRESIDENT'S REPORT

Meeting Report October 16th, 2017.

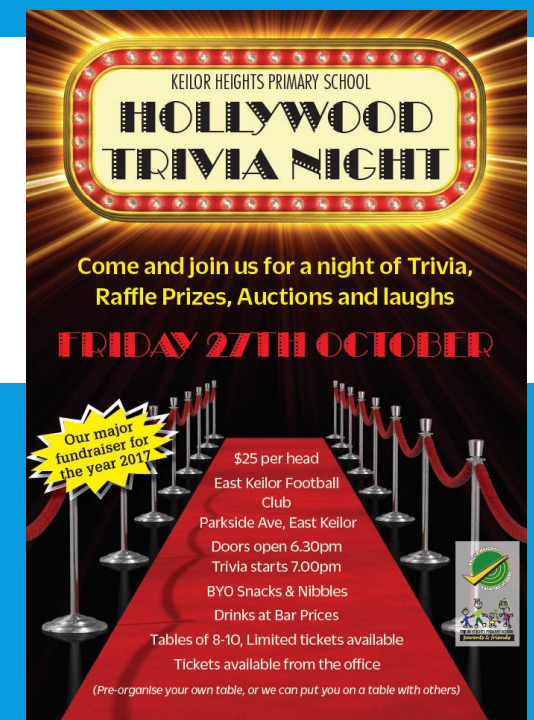


- ❖ Another plug for the Art Show as now is the time to approach any contacts you may have to offer them a sponsorship “deal they cannot refuse” and a super way to promote their businesses.  
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- ❖ On Saturday I attended course on CPR and using one of the now frequently available defibrillators. The St John’s ambulance carries out these courses and my medical insurer advised me to do it. I recommend all of you to do it as it is very straightforward.  
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- ❖ After the course, I attended the Huntington’s Ball with Judith and a few of her friends at the very posh ZINC events centre close to Federation square. It was very inspiring to see how many people living with or family members with HD go on with leading their best lives. The ball was a fund raiser and I hope many thousands were raised to advance the research needed to combat this genetically inherited condition.  
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- ❖ We did another Woolworth’s BBQ yesterday and although it is not as busy as Bunnings it was steady and we sold over 100 snags. We had the assistance of my darling Alex, the ever reliable John Walsh for start-up and Barbara for the morning shift and Joe, Marianne, John and Alex again and Joy Ryan with Minh making a clean-up time appearance in the afternoon. We had a great Rotary presence and made a bit of money.  
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- ❖ And by the way we have managed to score 3 gigs at Bunnings highpoint early next year as a consequence of my making contact with their operations manager for the Lift the Lid table we had last week. Minh is following up this contact.
- ❖ I helped with onion cutting and setting-up in the morning shift the scuttled off at about midday to University House for the orientation of Sam Zhao our Australian Youth Science candidate. We heard about the inspiring things Sam and 600 other Aussie and some international students will be exposed to in Canberra and Brisbane in mid-January for 2 weeks next year. Then back to the BBQ at about 3pm when it was all just about cleaned up.

## PRESIDENT'S REPORT CONTINUED AND OTHER REPORTS

- ❖ A reminder about our DIK dinner on Tuesday the 31<sup>st</sup> of October, put it in your diary especially our international team and Days for Girls. We will car pool from the Essendon Baptist church at 6pm that evening if anyone wants a lift.
- ❖ 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. Flyers will be on your tables.
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- ❖ I had the pleasure of attending a meeting with the Keilor East Airport West Friendship group when I gave a talk about "What does a Pathologist do with your Bits?". These are the ladies, and a few gents that host the knitting group and whom we had the trivia night for and came on the night.
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- ❖ The other beneficiary of our trivia night was the Keilor Heights Primary School and they have asked for us to help them with their Trivia night on Friday the 27<sup>th</sup> in a couple of weeks' time. I have booked a table of 10 and need another 3 to join Mark Alex me and a few ring ins. Flyers also on the tables. The flyer says tickets are available from the office which is the schools office.
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- ❖ Wasn't it a great talk from Carli Cook of Foodbank last week? I propose we have a pre-Christmas food and necessities collection starting next week and completing at the end of November. There are flyers on your table of what would be good to donate and I will

- ❖ have big box here each week to try to fill up each week. Foodbank will collect them 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.
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- ❖ Peter Boudville of the RC of Brunswick has asked for our assistance in organising and ecumenical Christmas Carol event at Saint Peter's Catholic Church Keilor East on 14 December starting at 6 PM and completing by 9:30 PM. It's in our locality so we should be there with banners and brochures too. We could do a BBQ and a bit of financial assistance for them. Further details to follow.
- ❖ **Other Reports**
- ❖ Social Director - Annie Webb reminded everyone that the meeting on the Monday evening before Melbourne Cup Day will be a Carnival night for us. Further details are on page 4 of this Newsletter.



# CLUB EVENTS



## ASCOT CUP

CARNIVAL NIGHT

MONDAY, 6<sup>TH</sup> NOVEMBER

AT RSL HOFFMAN'S RD.

LADIES & GENTLEMEN,  
PLEASE JOIN US FOR A BLACK  
& WHITE FORMAL AFFAIR.  
BRING PARTNERS, FAMILY &  
FRIENDS, TO PARTICIPATE IN:



- CUP SWEEP
- PHANTOM CALL CALCUTTA,
- BEST HAT AWARD
- A COUPLE OF RAFFLES
- AND OTHER FUN FILLED IDEAS

**\$25:00 PER HEAD / 2 COURSES**

(INCLUDES CHAMPAGNE / ORANGE JUICE ON ARRIVAL)

## SLEEP - PAST PRESIDENT BRETT BEDSON – PSYCHOLOGIST



### Why Do We Sleep?

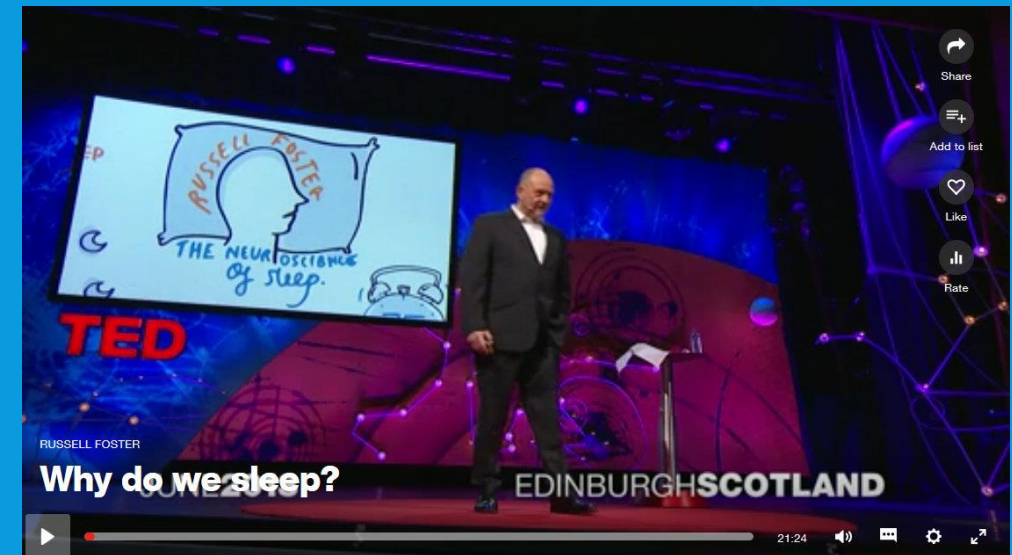
[https://www.ted.com/talks/russell\\_foster\\_why\\_do\\_we\\_sleep?utm\\_campaign=tedspread--a&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/russell_foster_why_do_we_sleep?utm_campaign=tedspread--a&utm_medium=referral&utm_source=tedcomshare)

Brett gave a brief introduction into how sleep (or lack of) has affected the emotional resilience of some of his clients with social media being a major contributor.

Brett may be contacted on 03 9336 0309 or 0413 653 533.

Brett's practice is at -  
48 Milleara Road Keilor East VIC 3033

Chairperson Vanda Mullen thanked Brett for his informative presentation.





# SHOP 'TIL YOU DROP - SATURDAY 21<sup>ST</sup> OCTOBER 2017

## REPORT BY CHERRIE OSBORN



Although numbers were down, the tour organizer, Karen McNeil, came to our rescue and joined us up with another lovely group from Sunbury. Our Hostess, Meredith, was the loveliest lady and kept us all informed and excited.

An early start at 7.30am and it was cold! But we soon warmed up and headed off for a fabulous day out. Grandma was the star and our bus driver, Keith, became her total slave. Tania and Caylie were with us which was the only time the tours had had four generations from the same family on board! (photo)

All the outlets were great, but a couple were struggling with the big numbers of coaches to get us all through the checkouts, so, sadly we had to cross one of our outlets out, for lack of time! The Richmond chocolate factory was a big hit (Photo with Marianne, Photo - Ginny with an arm full), as was the Fields knitwear where Grandma bagged a bargain! (Photo - Marianne enjoying the day!)

Lunch to suit everyone (plus the glass of wine) was at Il Gambero and was delicious. (photo Marg J, Janice and friend).

The most stunning display was the Christmas Elves - last stop then back home (photos). Everyone tired but happy!

Thank you so much to all those who joined in the fun and helped with the fundraising for our International Balibo Project Days for Girls.





# 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

# FOR YOUR DIARY



**The Soufflé Sisters**  
with  
**Homebrew**  
and **Errol's Angels choirs**

**End of Year Concert**

**Sunday 19<sup>th</sup> November**  
**1.30 - 4.00 pm**

Brunswick Uniting Church  
212 -214 Sydney Road  
Cnr Merri Street (Melways 29 G 9)

Tickets -\$10 available via TryBooking  
<https://www.trybooking.com/SGYS>  
or \$15 at the door  
*Afternoon tea is included*

Donations will be made to Days for Girls Keilor East  
Gateway Cluster & The Olive Way



Rotary Club of  
**Essendon**



## The Rotary Club of Essendon Inc

Invite Rotarians and Friends of Rotary  
to dinner at

## **DONATIONS IN KIND**

**Tuesday 31<sup>st</sup> October**

6.30 – 8.00pm

Cost: \$30 per person / BYO drinks

Shed 40, 400 Somerville Road

*(Back warehouse on the right-hand side)*

West Footscray

Tonight we come together with DIK & CWA volunteers to remember  
on the 100th anniversary of the Battle of Beersheba to remember how  
Australians are always there to help each other.

Rotary's 'Donations In Kind' (DIK) project is often the most practical  
and cost effective way to help people in our local community and in  
developing countries.

RSVP: <https://www.trybooking.com/SJBF>

by **Tuesday 24<sup>th</sup> October**

For further information please contact Jane Carbone  
[carbone.jane@gmail.com](mailto:carbone.jane@gmail.com) or 0417-329005



## WHAT'S NEXT?

15TH SUNDAY	<b>WOOLWORTHS MOONEE PONDS BBQ</b>
16TH	<b>BRETT BEDSON</b> - Sleep
21ST SATURDAY	<b>SHOPPING TOUR</b> - Meet at RSL at 7.30AM
23RD	<b>CAITLYN RUSTEM</b> - RYLA experience
<b>29TH</b>	<b>CYSTIC FIBROSIS GREAT STRIDES FUN RUN - BBQ</b>
30TH	<b>JON WALKER</b> - The coward punch
31ST	<b>DINNER AT DIK WITH ESSENDON ROTARY</b> , 6.30 at DIK

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**

# OCTOBER BIRTHDAYS AND ANNIVERSARIES

## Birthdays

- October
- 8<sup>th</sup> Lloyd Lancaster
- 10<sup>th</sup> Marianne Potgieter
- 14<sup>th</sup> Tina Ballos
- 15<sup>th</sup> Ian Wright



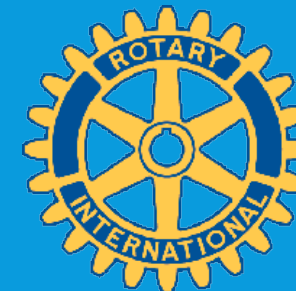
## Anniversaries

October 16<sup>th</sup> Yewkong and Linda Lye



## Rotary Anniversaries

October  
15<sup>th</sup> Chris Rundell 2012  
21<sup>st</sup> Minh Nguyen 2002  
26<sup>th</sup> Alex Billson 2015



## MEMBER NEWS



Mark Tognon has his Certificate of Graduation from the Rotary Leadership Institute. Congratulations Mark.



Four generations of shoppers surprised the "Shop 'til you Drop" tour operators on Saturday October 21<sup>st</sup>. L to R: Win Osborn, Caylie Moore, Tania Moore and Cherrie Osborn.

### WANTED

More new Club Members.  
Maybe Frank .... ?

F – Friends  
R – Relatives  
A – Acquaintances  
N - Neighbours  
K - Kids

Why not bring them along  
to a Club event soon?