



Guest Speaker Monday 30th October  
President, Dr Ginny Billson - Pathology



# NEWSLETTER OF THE ROTARY CLUB OF KEILOR EAST INC.



Rotary Club: 21222 Charter granted 10th August 1983

October 30th, 2017 Volume 35 Number 14

CLUB MOTTO – "Fun and Fellowship whilst helping others"

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



# PRESIDENT'S REPORT

Meeting Report October 30th, 2017.



- ❖ The BBQ at the Great Strides Fun Run for Cystic Fibrosis Support event yesterday was ably coordinated by our BBQ stalwarts with Joe, Arnold, Tina, Marianne, Mark and Yvonne heading up the Keilor East team. Joe will give you an update on the day which I think was a great awareness raising sizzling success.
- 
- ❖ Alex and I were given a leave pass for the early start and we really needed a bit of a sleep in. The day was just too beautiful to spend inside and we went off to the open garden at the East Keilor sustainability Street community garden. Peter Tomlinson was selling herbs and seedlings and proudly demonstrating the wonders of the Gardens.
- 
- ❖ The Days for Girls Sew in on Wednesday afternoon at the Essendon Baptist Church in Buckley Street was a great success again in the new venue. We had some young ladies from the school over the Road at Saint Columbus's College, who all participated in preparing items for the kits and learning how fortunate they were.
- 
- ❖ Thursday evening's cluster clubs meeting was held at the D, I, K and we learned why the change of warehouse was needed. Ejanul told us about the Bangladesh project which was preceding at full speed and our club will be assisting them financially.
- 
- ❖ The Keilor Heights Primary School Trivia night was held on Friday evening and we have a table of 11 representing Keilor East. It was a very busy night with Hollywood, as the major theme. The quiz master gave a very professional performance and maybe we can use him as a contact in the future. We did not win as we did not come last either.
- 
- ❖ A reminder about the DIK dinner tomorrow evening we can car pool from the Essendon Baptist church at 6pm that evening if anyone wants a lift.
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- ❖ 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.

## PRESIDENT'S REPORT CONTINUED AND OTHER REPORTS

Mark cooked hundreds of delicious sausages at Sunday's Great Strides BBQ. Our thanks to Mark and the team.



- ❖ Jenny Foster and the Essendon Rotary Club are holding a fund raiser for Care for Cambodians that she spoke so movingly about a few weeks ago and hopefully Yvonne can get the flyer into the next newsletter. It will be at the Strathmore Bowling Club on Friday 10<sup>th</sup> November at 7pm cost \$60.00. Jenny has asked that anyone doing the Trybooking route be put on our Keilor East table with the designation "EK Rot". We will be on table 13 (my lucky number by the way).
- ❖ 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.
- ❖ 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.
- ❖ There will be a wreath laying ceremony for Remembrance Day at the Cenotaph outside the KE RSL on the Saturday 11<sup>th</sup> of November at 11 am for those who would like to attend.
- **Ginny introduced Barbara McKeon who was Chairperson for the evening.**

- ❖ Just a reminder to keep reading Yvonne's wonderful Club Newsletter to keep track of what is going on and what is in train for future events and activities.

### Other Reports

**Secretary – Chris Rundell** – Chris has just returned from a, sometimes taxing, bike ride in South Australia. Congratulations on all that hard riding Chris.

**Attendance – PP Lloyd Lancaster** – Lloyd could not give percentages as his abacus broke, dropped its beads and Demi, the dog, ate some.

**Club Services – PP Joe Albioli** – Thank you to those who helped with the Great Strides BBQ. A great effort raised \$977.50 so taking out expenses should make \$800 for Cystic Fibrosis Support.

**International – PP Cherrie Osborn** – Days for Girls last Wednesday was a great success with 35 in attendance. This number included some students from nearby St Columba's College which was great to see. Victorian DfG Coordinator, Carolyn Walker visited the group offering suggestions and support. 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)

# 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"



..... 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



## 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)







## GUEST SPEAKER – PRESIDENT DR GINNY BILLSON PATHOLOGY - WHAT WE DO WITH YOUR BITS



Dr Ginny Billson is a pathologist at the [Royal Women's Hospital](#). There are several branches of pathology. Pathology looks at the causes of diseases. Pathologists, scientists laboratory technicians and sample collectors work as a team to give results.



Chemical Pathology looks at chemical substances in blood or body fluids to diagnose diseases like diabetes.

Anatomical Pathology looks at tissue to diagnose diseases like cancer.

Forensic Pathology focuses on medicolegal investigations of sudden or unexpected death

Genetics looks at the genetic basis of disease.

Microbiology deals with diseases caused by infectious agents.

Immunopathology looks at diseases of the immune system.

Haematology deals with diseases affecting the blood and management of blood transfusions.

General Pathology covers a general approach to all disciplines of pathology.

Ginny belongs to the Royal College of pathologists of Australasia  
[www.rcpa.edu.au](http://www.rcpa.edu.au)

Her work is painstaking and detailed. The slicing of tissue, waxing and slide preparation are shown in the videos available on the above [website](#).

# VALE – COEN ASHTON 11-8-1997 – 18-10-2017

We met Coen Ashton when he visited our Club with his mother, Dawn Mayes, back on March 19<sup>th</sup> 2012. Dawn spoke about what life was like for a family of a child with Cystic Fibrosis. Coen spoke very briefly as his lung function was low due to the damage done by CF.

He had moved to Melbourne, with his parents and brother Kai, from the Fraser Coast, Queensland, in order to be available if a set of donor lungs should become available. He was about to jet ski down the Murray River to raise awareness about Organ Donation. His goal was to sign up a thousand extra potential donors.

Two months later Coen attended our Fundraiser at Moonee Valley Racecourse's Inner Circle Room. There he had us try to breath through a straw to show us how it felt to be short of breath. Our fundraiser was a great success and the money raised helped in the refurbishment of the Transplant Gym at the Alfred Hospital where the transplant would eventually take place.

When he was 15 Coen received a set of lungs and enjoyed being able to have enough lung function to laugh for the first time. From that time forward, he had as his motto "My donor, my hero."

He was then able to enjoy a lot of outdoor pursuits and again jet skied the Murray River, this time upstream. Coen received three Pride of Australia medals ( State, National and Peoples' Choice) for his courage and service to raising awareness about Organ Donation.

When he was well Coen toured Australia giving motivational speeches at schools and signing up organ donors.

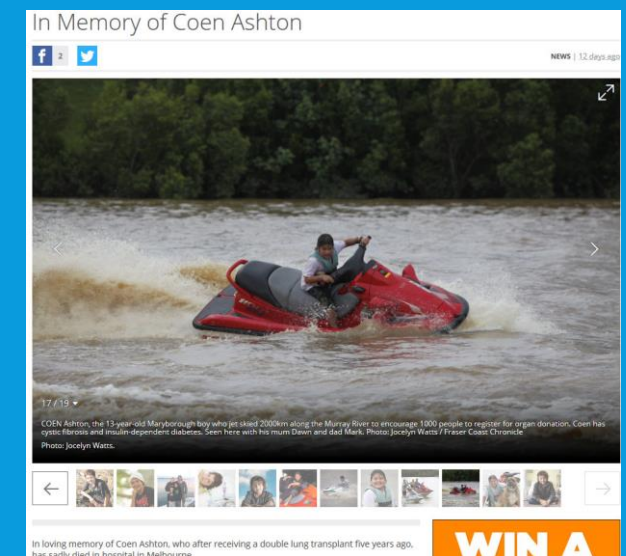
Sadly, in past months, Coen's kidneys began to fail and he began dialysis. They had been damaged by the medications he had been taking for so long. Coen and Dawn returned to Melbourne to await a kidney transplant.

Coen's parents, Dawn and Mark, were willing to donate kidneys to help their inspirational son but the opportunity was taken from them when Coen's health deteriorated and he passed away on October 18<sup>th</sup>. He will be sadly missed by the thousands of people he inspired with his courage and zest for life. We are proud to have known Coen and his family and plan to continue to support both CF and Organ Donation awareness. You can register as an organ donor at The Australian Government's [Donate Life website](#).



Photos: Above: Coen and Dawn visited our Club in March 2012.

Below: Coen took seven weeks to jet ski down the Murray River. Photo [Fraser Chronicle](#)



# 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 Souffle Sisters performed at our Club Changeover on June 26<sup>th</sup> 2017.

**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 Kellor East  
Gateway Cluster & The Olive Way



# LOCAL EVENTS



## Our Connections to Care 4 Cambodians

- Jenny Foster ( left) is the President of Essendon Rotary Club, our partner in the Moonee Valley Art Show
- Helen Penna ( centre) was a recipient of our Valued Volunteer Awards 2015.
- Founders of Care 4 Cambodians, these ladies were recent Guest Speakers at our Club Meeting.





careforcambodians



careforcambodians

## Invitation

# Fundraising Dinner

Supporting

## PROJECTS IN CAMBODIA

Fri, 10th November 2017  
7.00PM  
Strathmore Bowling Club  
40 Loeman Street,  
Strathmore  
\$60 per person

Bookings:  
<https://www.trybooking.com/SEZC>

RSVP: Wed, 1st November  
[careforcambodians@gmail.com](mailto:careforcambodians@gmail.com)

Reaching from Australia to Cambodia  
by raising awareness, providing  
equipment and funding projects.

C4C proudly partnering with:



Rotary



Club of  
Essendon Inc.

Ticket Includes  
3 course dinner  
Drinks at bar prices  
Raffle & Auction items

International Guest  
Speaker



Jessica Whitney  
In-Country Director/Nursing Supervisor  
"Safe Haven Medical Outreach",  
Cambodia



Contact:  
Jenny Foster 0410-595847  
Janice Memery 0419-554243  
Helen Penna 0408-941247

# WHAT'S NEXT?

23RD	CAITLYN RUSTEM - RYLA Experience
29TH	CYSTIC FIBROSIS GREAT STRIDES FUN RUN - BBQ
30TH	DR. GINNY BILLSON - Pathology
31ST	DINNER AT DIK WITH ESSENDON ROTARY, 6.30 at DIK
<b>NOVEMBER</b>	<b>Rotary Foundation Month</b>
5TH SUNDAY	BOARD MEETING 2:30PM
6TH	ASCOT RACES - CUP CARNIVAL NIGHT - SOCIAL at Keilor East RSL
10TH FRIDAY	BOWLS NIGHT AT ABERFELDIE W/ROTARACT
12TH SUNDAY	WOOLWORTHS MOONEE PONDS BBQ
13TH	ROS BEN-MOSHE - Laughter wellness (TBC)
16th THURSDAY	PITCH FOR FUNDS - Nancy Kitchner Centre-Avondale Heights
20TH	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

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 7<sup>th</sup> - Lyn Mahoney

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

## Wedding Anniversaries

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

## Rotary Anniversaries

October  
26<sup>th</sup> Alex Billson 2015

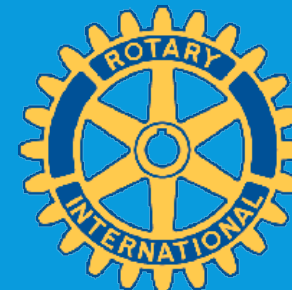
November 1<sup>st</sup> - John Bergbauer – now at  
Bendigo South RC

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

November 9<sup>th</sup> – David Gibbs

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

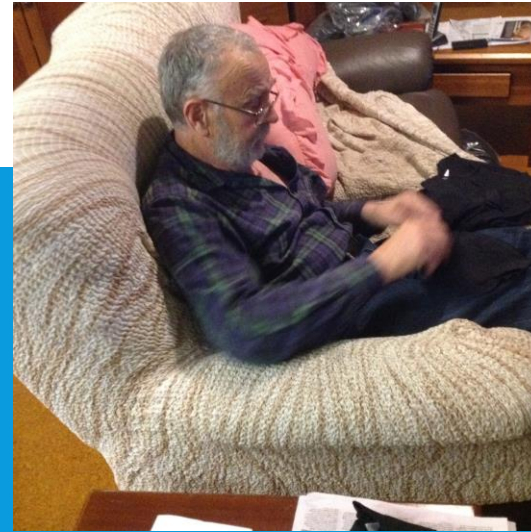
November 24<sup>th</sup> - Daryl Cornish 2007





## MEMBER NEWS

Thank you to President Ginny (pictured with PAG Vanda Mullen) for stepping in to fill a Guest Speaker role which needed to be postponed. We were fascinated by her presentation about the detailed procedures which are undertaken in investigating "our bits", as Ginny calls them.



Very supportive "First Bloke", Alex Billson, folded hundreds of pairs of freshly laundered new knickers which were donated to Days for Girls. Thanks for your hard work and patience Alex and thank you for photographing the action Ginny.



Peter Tomlinson and his family are keen supporters of the East Keilor Sustainability Community Garden in Tuppal Place, Keilor East. Ginny snapped this photo of Peter at the Garden's Open Day on Sunday 29<sup>th</sup> October. Ginny was impressed by the community spirit and the enthusiasm of this great local group.



This happy bunch of Club members enjoyed a quieter moment prior to the rush at the BBQ at the end of the Great Strides Fun Run for Cystic Fibrosis support. We particularly remembered Coen Ashton 11-8-1997 – 18-10-2017 who inspired us with his courage during his CF journey. We raised around \$800 to support the cause.