

Newsletter

of the Rotary Club of Keilor East Inc.

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



Rotary Club 21222 - Charter granted 10th August 1983
October 14th 2019 - Volume 37 Number 11
Club Motto - "Fun and fellowship whilst helping others"
Club Website - www.keiloreastrotary.org

On Monday 14th October, our Guest Speaker was Robert Flynn from Beyond Blue. Robert told us of his personal struggles with anxiety over his lifetime and how he has developed strategies to manage it. We all wore our Hats and raised money for Rotary Mental Health.

President's Report

Monday 14th October 2019

President Mark Tognon



President Mark welcomed UK guest, Elisabeth Hayes from Chorley, North of Manchester and everyone in attendance. He introduced President Elect Michael Donnelly who read the Statement from the Heart from Aboriginal and Torres Strait Islander Referendum Convention, Uluru in 2017.

Opening of new works at Brimbank Bicycle Education Centre was held on Sunday. Michael will tell us more later.

New Member, Jenny Foster, will be leaving our Club to join the newly founded Rotary Melbourne Passport Club. As Rotary regulations state that a person cannot belong to two Rotary Clubs Jenny had to chose where she could do her best Service above Self. We hope that she knows that she will always be welcome at Keilor East Rotary.

Rotary Macedon Ranges will be launched on Sunday 20th October. We wish them well.

Athena Vass has Youth a Declaration Forms at tonight's meeting for us to complete.

A Multi District Public Image Seminar will be held from 10am -2.30 pm on Saturday 9th November at Baden Powell College, Hoppers Crossing.

The Keilor East RSL is looking for Poppy sellers for the Remembrance Day Poppy Appeal.

Next Monday 21st October is Back to School Night at our Club. Don't forget to wear your uniform and bring along Memorabilia.

On 28th October our International Committee will make a presentation about their projects.



Above: Gateway Rotaractor Cameron, President Mark Tognon and Alex Billson wore their hats on our Hat Night for Rotary Mental Health.

Other Reports

Monday 14th October 2019



Secretary- Chris Rundell - Chris reported that he has held the position for three years and would like someone else to take over for 2020-21.

Attendance - Lloyd Lancaster - our year to date attendance is 71.8463% which is impressive.

Treasurer - Steve Pennicott- Steve is also looking for a replacement Treasurer. He has effective procedures in place and is willing to train a successor.

Youth - Athena Vass - Athena handed out Rotary's Volunteer Declaration forms. Each needs three referees, only one of which can be a Rotarian. Please return ASAP.

Michael Donnelly- Due to unforeseen Club Vision Meeting has been postponed until early 2020. The Brimbank Bicycle Education's new Skills Track was opened on Sunday. The event was well attended.

Care Bear - Marianne Potgieter - We wish Tina Ballos a wonderful 50th Birthday. Best wishes also go to Ian Wright. Our thoughts are with Jack Watson who is very unwell in the Epworth Hospital.

Rotary Youth Exchange Student Marina Monnerat - is planning to hold a Brazilian Lunch on 8th December.

John Rafter - Brimbank Bicycle Centre - John recommended that we support the Centre because it was originally a Brimbank Central Rotary initiative. If Keilor East Rotary doesn't keep the connection it might be taken over by the Lions Club of Taylors Lakes.

Annie Webb - Annie has agreed to coordinate a team for the End Polio Walk around Albert Part Lake on Saturday October 19th, commencing at 10am - 2pm. Join our Club's Team (or donate at this link) for a 5 km walk. Walk fast or slow. Everyone is welcome.



International Committee - Birthing Kits - Pictures and Text by Barbara Rafter

On Saturday 12 Oct, the RCKE International Committee had a working bee to pack 145 Birthing Kits for the Philippines.

Cherrie, Deb, Helen, Annie, John and Barbara, and latecomer Jenny Foster attended - good fellowship was had by all.

2 local Philippine Groups (Pampangueno Club and Illonggo Association) who fundraise to support needy families and communities in the Philippines, will liaise with Philippine Rotary Clubs to distribute these kits, that help the less fortunate in the mountainous and remote islands in the Philippines.

In past years, the Rotary Club of Brimbank Central made over 1,000 birthing kits which were distributed by these 2 Philippine Groups and with the support of Rotary Clubs in the Philippines.



L to R: Helen Penna, Barbara Rafter, John Rafter, Annie Webb, Deb Sloggett and Cherrie Osborn.

Guest Speaker - Robert Flynn - Beyond Blue



Robert Flynn - Robert is a semi retired Professional Philosopher. He makes presentations for Beyond Blue which is a Not for Profit organization which deals with anxiety and depression.

Currently many First World countries seem to have an epidemic of mental health issues. Sadly there are eight suicides per day in Australia.

Anxiety - we all have it but it usually passes quickly. Always being anxious and having physical symptoms is a medical condition - anxiety.

Depression - is a pervasive condition of not being able to get out of bed. One in five females and one in eight males suffer from this, an overwhelming tiredness.

Robert told us his personal story.

In 1993 Robert was working at a NSW smelting works. He was 42 years old; a computer analyst and he was anxious about an upcoming meeting.

At 4.50 pm he had a severe panic attack. He felt like he needed fresh air, became sweaty and lost consciousness after having a dry mouth and palpitations. He woke up in an ambulance.

Robert's anxiety started as a teenager. He was particularly anxious about exams in High School. He had sleeplessness and was "nervy". This carried on into university years. He suffered from sleep paralysis where his mind was aware but he couldn't move. He described a condition which is called "pain in the bum", a tension of muscles causing pain in that region.

Robert was fortunate to be treated by a wonderful doctor from South Africa. He was helped by three things

1. Stabilizing medication which he may need to always be taking.
2. Cognitive Reconditioning and Hypnosis which replace worries with positives.
3. A strong support network. Robert had his wife and two close friends.

Robert has now been telling his story for three years. He is control of his anxiety and knows how to manage it.

No stigma should be attached to having anxiety or depression. Get help. Start with a GP with an interest in mental health or phone Beyond Blue. If you are a candidate or friends or loved ones have these feelings, encourage them to do something.

There seems to be a gene for anxiety which could be inherited. Never let the "get over it" mindset" of past decades be repeated.



Polio Walk - Saturday 19th October - Albert Park Lake

Proud to say, I think our Club were the biggest supporters today of End Polio walk at Albert Park Lake...about 70 attended...thanks to all - Annie Webb.





Opening of new Skills Track at [Brimbank Bicycle Education Centre](#) - Sunday 13th Oct 2019

A large contingent of Keilor Easters attended the opening of the two new training tracks. Brimbank Central supplied the funds for the Rotary Track and the Taylors Lakes Lions Club funded the Lions Track. A lovely afternoon and many attendees of all ages came to try out the lovely facilities. New member Sam and Michael D are on the management committee and several Brimbank Central members were instrumental in the Centres design and construction including Howie and the Rafterers. Photos and text by Ginny Billson.



Our Rotary Youth Exchange Student - Marina Monnerat from Nova Friburgo - Brazil



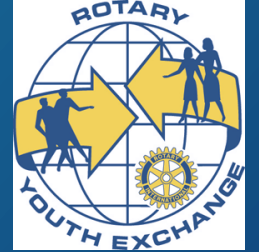
Keilor East's Rotary Youth Exchange student Marina Monnerat is moving to the home of Athena Vass and Wayne Parker where she will live until she returns to Brazil on January 13th, 2020.



Above: Marina at the State Library with her friend Georgia Bate. They are both Year 11 students at Buckley Park College.




During the weekend Marina visited Healesville Sanctuary with Luana and her Host Mum.



Highlights of the week have been wearing her Safari Hat to our Hat night for Mental Health, going out for Vietnamese food with Athena, going to the Gym with Rayssa, an excursion to the State Library and visiting [Healesville Sanctuary](#) with her friend Luana.

Upcoming Events

A Celebration of the Rotary Foundation



The Rotary Foundation

Kooyong Lawn Tennis Club
489 Glenferrie Road,
Kooyong Victoria 3144

6.30pm for 7.00pm
13th November 2019

2 COURSE DINNER

Drinks at bar prices
(one drink on arrival included)

TICKETS
\$60 per person

RSVP
5th November

BOOKINGS
<https://www.trybooking.com/BEYQD>

Wednesday 13th November 2019

"A CELEBRATION OF THE ROTARY FOUNDATION"

ROTARY
CLUB OF
KEILOR EAST
IS GOING

**BACK
TO
SCHOOL**

Monday 21st October 2019
Keilor East RSL
Hoffmans Rd Essendon North
6.30pm for 6.45pm start

ROTARY
RULES

School Uniform
must be ironed

Follow Directions

Do Your Homework

Respect Others

Have Fun

We would love some of your school photos and memorabilia from your school days to make our Back to School night lots of fun.

If you don't have some from your school days, you might have some from your children or grandchildren.

Hi All

I have been asked by our District Foundation Chair Murray Verso to invite you and your members to attend the Rotary Foundation dinner with Past Rotary International President and Rotary Foundation Chair Elect, Ravi Ravinden on November 13

Ravi is one of the world's most popular and distinguished Rotarians. He is an outstanding speaker and has been invited by the Parramatta Office of Rotary International to address multi district events in Brisbane, Sydney and Melbourne during Rotary Foundation month.


The Melbourne dinner will be held at the Kooyong Lawn Tennis Club on Wednesday 13th November. It is very moderately priced at only \$60 per person. Bookings via www.trybooking.com/book/event?eid=543871&. See attachments for more details.


Representatives from each of the five Rotary Districts in Victoria will be attending. Club presidents are invited to promote it at your club meetings and through their club newsletters.

AG Des O'Shanassy

More Upcoming Events

Rotary






Multi District Public Image Seminar

A **free** seminar designed to provide interested Rotarians with the opportunity to learn skills to assist with raising the profile of their Club and thereby **increase membership**. This Seminar is designed to enable participants to produce a **Club Brochure** and Business Cards, and design a **press release** to send to their local newspaper. They will be confident to suggest better content on **web pages** and will confidently use **Social Media** to showcase fabulous projects and programs.


Date: Saturday November 9th
Venue: Derrimut Heath Campus
Baden Powell College
Sycamore Street, Hoppers Crossing
Time: 10 am to 2:30 pm

| | |
|-------------|---|
| 9:30 | Participants arrive refreshments served |
| 10 am | Keynote Speaker  Bernadette Schwerdt. "The Importance of the Rotary Story" |
| 10:30-12:45 | Workshops provided |
| | Using My Rotary Brand Centre Lesley McCarthy |
| | Writing a successful Press Release Alesha Capone |
| | The power of Social Media Amanda Wendt |
| | A Web Presence with a difference Mark Stephens |
| | Everyone Can Tell a Story Bernadette Schwerdt |
| 12:45 | Lunch |
| 1:15 -2:30 | Connecting with and keeping Members! |

Julie Mason
Past District Governor 2015/16
Rotary District 9800
Public Image Assistant Coordinator 2018/2020
Mobile: 0402 324 093

Kerry Kornhauser Public Image District
9800 Mobile: 0411 597 690
Email: kornhauser.k@gmail.com

This is a Do-Fest not a Talk-Fest



"People don't know what they want until you show it to them" Steve Jobs

Public Image and Membership Seminar

Want to improve your Web page, impact through Social Media, write a successful Press Release, confidently tell your Rotary Story and attract new members ... well, this day is for you!!

Venue:

Baden Powell College Derrimut Heath Campus
Sycamore Street, Hoppers Crossing.

Date:

Saturday the 9th November 10 am to 2:30 pm


Bookings essential


Kerry Kornhauser E: kornhauser.k@gmail.com

Julie Mason
Past District Governor 2015/16
Rotary District 9800
Public Image Assistant Coordinator 2018/2020
Mobile: 0402 324 093

Kerry Kornhauser
Public Image District 9800
Mobile: 0411 597 690

Rotary





OAKS DAY GARDEN PARTY

Thursday 7 November
12.00 - 4.00 pm
997 Old Calder Hwy, Keilor

A day to frock up and wear your best hat. Food, drinks, entertainment, raffles, silent auctions, gifts to buy, a sweep, and lots of fun!


\$50
Tickets strictly limited.
To book:
<https://www.trybooking.com/BFHTB>

Funds raised will help Days for Girls Keilor Gateway Cluster continue to make and distribute female hygiene kits to all secondary school girls in Balibo, Timor Leste.

Credit cards and cash accepted for purchases on the day.

JANE
0403 924389

JANICE
0414 782557



The beautiful private Keilor garden referred to in the above Poster is our own Cherrie Osborn's. Click on the poster to reach our Trybooking page.

Even More Upcoming Events

The Soufflé Sisters
with guests
**Errol's Angels
Community Choir
& Broken Creek**

**An Afternoon of
Music**

**Sunday 17th November
1.30pm**

Brunswick Uniting Church
212 -214 Sydney Road
Cnr Merri Street

Tickets \$10 available via TryBooking
<https://www.trybooking.com/BGCFA>
(kids under 12 free)
or \$15 (kids \$5) at the door

Afternoon tea is included

A donation from ticket sales will be made to Days for Girls Keilor East Gateway Cluster & The Olive Way
All enquiries to Paula Corotte 9384 0371



**PLEASE DONATE YOUR UNWANTED
FOREIGN COINS AND NOTES.**

**THEY HELP SUPPORT ROTARY
PROJECTS.**

Contact Barbara Rafter, Rotary Club of Keilor East



The Rotary Clubs of Australia Drought Appeal



About the Appeal

Farmers are in crisis. Record-high heat and record-low rain mean their livestock is starving. Their crops are dying. Many farmers and their families are suffering in silence.

The Rotary Clubs of Australia have partnered with Channel 9, Great Northern Brewing Co. and Bendigo Bank to raise funds and in-kind donations for the drought affected communities across Australia.

The appeal is administered by Bendigo Bank's charitable arm, Community Enterprise Foundation™.

Where does the money go?

Money raised will be used to provide charitable relief in locally identified drought affected areas by supporting projects that assist in the relief, recovery and reconstruction for drought affected persons and communities across Australia.

Following a consultation process, Rotary along with representatives of drought affected communities will be conducting a localised consultation process to understand the needs and assistance required for those directly impacted by the drought. This will define how funds are best allocated in supporting families and communities.

Distributions of grants will be made to eligible ITEM 1 Deductible Gift Recipient (DGR) Charities and Not-For-Profit Organisations.

How to Make Donations

1. Donations can be made online via the following link: <https://www.bendigobank.com.au/rotarydrought>
2. In person by visiting any branch of the Bendigo Bank: <https://www.bendigobank.com.au/locate-us/>
3. Or by Cheque. Cheques to be made payable to "Community Enterprise Foundation" and posted to Community Enterprise Foundation, PO Box 480, Bendigo, VIC 3552

I'm a Corporate Organisation and I want to get involved

If your organisation wishes to support the appeal please head to www.bendigobank.com.au/rotarydrought and click on the "Ways your business can help" button. Upon completion of your email correspondence someone will be in contact with you directly to discuss.

I'm a Charitable Organisation and would like to apply for a grant

Following the community consultation process with drought affected communities, applications for funding will open in late November, 2019. Further updates will be provided as they are confirmed.

If you require further information regarding the Community Enterprise Foundation™ grant process please click on the following link: <https://cia.communityenterprisefoundation.com.au/Documents/FAQs.pdf>

What's Next?

| Date | Event |
|------------------------|---|
| Monday 21st October | Back to School Night |
| Thursday 24th October | 5 Rotary Districts Train Ride to Federation Square |
| Monday 28th October | International Committee/ Project Night |
| Wednesday 30th October | Days for Girls Sew In at Baptist Church Hall Buckley Street Essendon |
| Thursday 31st October | Vocational Visit - Mark Tognon |
| Saturday 2nd November | Passport Club Meeting and Working Bee at DIK - Jenny Foster |
| Monday 4th November | No Club Meeting - Cup Eve |
| Thursday 7th November | Oaks Day Garden Party at Cherrie Osborn's (Days for Girls Fundraiser) |

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



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.

October Birthdays and Anniversaries

Birthdays

October 8: Lloyd Lancaster
October 10: Marianne Potgieter
October 13: Jack Watson (Wow! He will be 90)
October 14: Tina Ballos
October 15: Ian Wright
October 18: Dawn Watson



Wedding Anniversaries

October 16: Yew Kong and Linda Lye
October 20: John and Barbara Rafter

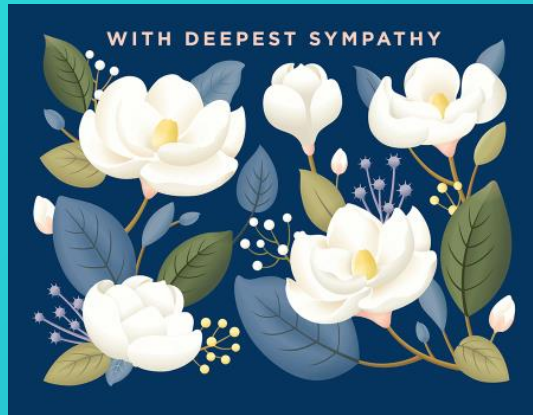


Rotary Anniversaries

October 15: Chris Rundell 2012
October 21: Minh Nguyen 2002
October 26: Alex Billson 2015



Member News -



Vale Jack Watson

Our Sincere Condolences and warmest thoughts go to Dawn Watson and her family upon the death of our Honorary Member, Jack Watson. Jack, who is pictured, with his wife Dawn, at last year's Club Birthday celebration and at his recent 90th Birthday celebration on October 13th, died on Sunday 20th October. He will be sadly missed.



Jack was inducted into Rotary in June 1996, Past President of Brimbank Central Rotary Club year 2004-2005
In 2018 he became an Honorary Member of Keilor East Rotary with his wife, Dawn, and many of his friends from the former Brimbank Rotary Club.
Paul Harris Fellow plus 3 Rubies
Member of the District Shine On for 13 years,
Member of District Computers 4 Community for past 20 Years

Jack's Funeral will be held at 1pm on Friday 25th October at Our Lady of the Nativity Church, Fawcner Street, Essendon.
Envelopes will be available at the Church for donations, in Jack's memory, to the Rotary Foundation.

We welcomed Jack and Dawn to Keilor East Rotary on August 13th, 2018.



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