

THE ROTARY CLUB OF ESSENDON
President 2015-16: Peter Halaseh
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 Editor – Sunil Perera



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The Rotary Club of Essendon celebrated its 81st birthday on 17th of May at Ascot House 50 Fenton Street Ascot Vale. Richard Lawrence was the Master of Ceremonies for the night and announced to the full house gathered that Charter 3764 was obtained by our club on the 21st of May 1935, the sponsor club was Rotary Club of Melbourne.

Richard together with President Peter thanked the guests & members for their presence at our Charter night.

President Peter thanked the members for the help provided during the year and said that he wished to acknowledge this by presenting Recognitions and Awards.

The following members received the prestigious Paul Harris Recognitions:

- Stephen Roe – for work with the International Committee
- Sam Tartaglia – for his work as Treasurer
- Lisa Lowcock – for work as the past President and the establishment of the Men’s Shed

Roger Leask spoke about the Royce Abbey award and said that this award is presented for “enthusiasm and commitment” he gave a short explanation of how this award was started

The following members received the Royce Abbey Award:

- Jenny Foster – for her untiring work at DIK and for establishing a Rotary Club of Essendon medical area at DIK
- Sunil Perera – Editor Contact



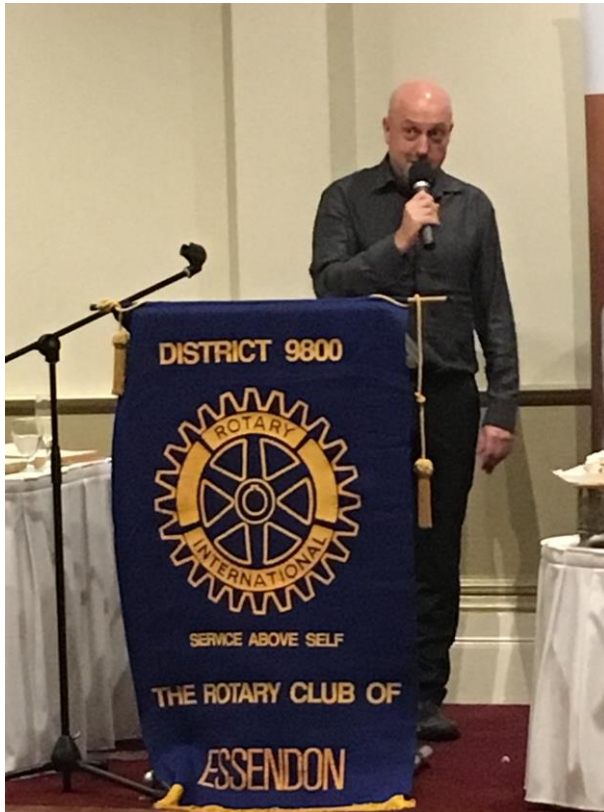
Newsletter of the Rotary Club of Essendon Inc.



The Award & Recognition winners above



Gwen Mollica, Norm Mollica with daughter PP Lisa Lowcock



The speaker for the day was Jake Niall chief AFL reporter and writer for Fox Sports, he is the winner of the Walkley Award.

Jake spoke in great detail about the problems faced by the Essendon Football club, about the drug scandal and the fall from grace of some of the famous football players.

He said that over the years the game of footy has changed to be a very competitive sport and that some clubs have the financial backing and other do not and as such the clubs with the money have to support the poorer clubs.

He said that due to the competitive nature of this sport most coaches now go overseas to study the methods used by other codes to cope with the growing challenges faced in our sport and how it can be applied to improve the quality and strategies to our game, as well as to improve the psychological wellbeing of the players.

Jake gave examples of great players who had gone astray just before and soon after retirement, he highlighted

Wayne Carey who he said was one of the best players in the tournament and was bigger than the club he represented, but could not control his behaviour at the end of his career. He gave another example of Ben Cousins the Brownlow medal winner who came from a good family and had all the required attributes such as talent and strength and even looks but ruined himself with drugs and drink, he also mentioned Brendon Fevola who he said was a great player but was a 10 year old in a 30 year olds body.

Jake said that as the game became more and more competitive clubs tends to use every advantage they can get to be better than the competition and this results in some clubs using unethical means to get ahead, he said this is what happened to the Essendon Footy Club.

Jake also spoke about the problems faced by the aboriginal players most recently Adam Goodes and the reasons as to why he was treated the way he was, Jake said that Adam had opened an old wound when he reminded people of past atrocities by his war dance after scoring a goal, he said that Adam may not have meant it in the way it was perceived but it resulted in a lot of grief to him, his supporters and also the game.

Jake finished by saying that the greatest challenge is how to promote this game as a family friendly sport and to this end all the AFL clubs are taking actions to ensure this happens.

NEXT WEEK SPEAKER – 31st May

Marcus Veerman - Self-described maker, hacker and designer Marcus Veerman is CEO and Founder of Playgroundideas.org, an organisation that supports communities around the world to build playgrounds from local tools, materials, and skills.

With a background in primary education, outdoor leadership, and design-build learning, he founded Playground Ideas after spearheading the construction of 40 bespoke playgrounds along the Thai/Burma border.

Marcus responded to a wave of interest in international playground building by creating an open source platform to share best practices.

Demand for his services has taken him to Asia, Africa, The Middle East and South America to facilitate playground construction, consult on projects, and train teams of playground builders. Playgroundideas.org has now supported 900 communities in over 72 countries by building play spaces, impacting over 450,000 children around the world. And they're just getting started.



RUN MELBOURNE – Tam Willenberg

<http://everydayhero.com.au/event/runmelbourne2016>

24TH JULY 2016 10:30AM

EVENT: 5KM RUN under 40 MINS



Dear Essendon Rotarians,

I am doing my first 5km run this year as a personal challenge and in celebration of good health after being diagnosed with Cervical Cancer last year. Your help to reach my target fundraising of \$2500.00 will be so greatly appreciated.

All money raised goes to support Cancer research through the Peter MacCallum Cancer Research Centre (Peter Mac Foundation). What I love about this foundation is that it doesn't discriminate between cancers, no one cancer is more worthy of dedicated research than another

The details are as follows:

1. Go to my Everyday Hero sponsorship page:
<https://runmelbourne2016.everydayhero.com/au/tam-willenberg>
2. Click the "Give Now" button and donate whatever amount you would like. I don't think any amount is too small!

Alternatively, come and see me and I can help you do this...

...And, in the meantime do encourage your female friends and loved ones to get tested...

Thankyou in advance for your kind and generous support 😊

Graffiti Clean up day in picture





GOLF DAY SPONSORS

Mercedes-Benz
Melbourne Airport Express



**HOW TO RAISE HAPPIER, STRONGER, MORE RESILIENT KIDS
A GALA LUNCH FEATURING MICHAEL CARR-GREGG**



Come and hear Michael Carr-Gregg, Australia's leading family psychologist reveal his insider tips and secrets on how parents, employers and other care-givers can prepare young people for a successful life.

He'll discuss how to:

- Set limits with technology and identify when how much is too much
- Help them handle disappointment and rejection when things don't go their way
- Reduce risk-taking behaviour and help them make better decisions
- Identify bullying behaviour, strategies for stopping it and how to deal with teachers who ignore it
- Engage them in the workplace and harness their tech savvy skills
- Retain them as employees and get the most from them
- Have successful conversations around sex, body image, cyber bullying and other important topics

ABOUT MICHAEL

Dr Michael Carr-Gregg is one of Australia's most high-profile psychologists and an internationally recognised authority on teenage behaviour.

PERFECT FOR

- Parents
- Grandparents
- Professionals who work with children
- Employers of young people

ABOUT ROTARY

Rotary Essendon is a vibrant service club that helps create a better world for those less fortunate.

It is non-profit, non-religious and welcomes people of all ages and backgrounds.

If you want to make a difference locally or internationally - but don't have the contacts or the support to make that happen, Rotary can help.

EVENT DETAILS

When: **Friday 3 June 2016**
 Time: **12 - 2:30pm**
 Where: **The Anglers Tavern,
 2 Raleigh Road, Maribymong**
 Cost: **\$50 (includes three-course lunch)**

BOOKINGS

Online: http://www.trybooking.com/_ALI
 Jenny Foster 0410 595 847
 Jane Carbone 0417325005

"If you want to land your kids in therapy, then by all means, give them everything under the sun."

Michael Carr-Gregg

Kenyan 2016 trip

This trip is planned to start on September 20 and be for two weeks. Presently only two people have committed. If you are keen to participate please contact Connie Maina within the next week to ten days, otherwise the trip will have to be cancelled.

Brumby's Babes Team – Relay for Life

Morning Tea Invitation



Featuring -

Wendy Stapleton and Choir

The Ark Clothing Company

Date: Saturday, 30 July 2016

Time: 10:00 am to 12.30 pm

Where: Strathmore Bowls Club
40 Loeman Street, Strathmore

Cost: \$30 per person (Lucky Door Prize)

Bookings: E: info@brumbysbabes.org | M: 0408 611 963 (Deb) | 0409 120 919 (Gaye)

RSVP: For catering purposes please pay and book by Wednesday, 27 July, 2016

Direct Deposit: BSB 633 000 | Account No 128605847

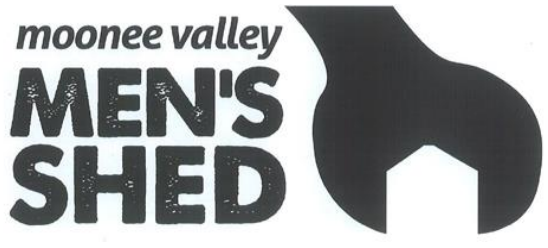
All proceeds go to Relay for Life, Cancer Council Victoria



Rotary Club of Essendon door roster

May 2016 - Daryl Lee, Roger Leask & Maurice Mollica

June 2016 - Daryl Lee, Roger Leask & Maurice Mollica



MOONEE VALLEY STRATHMORE COMMUNITY MEN'S SHED

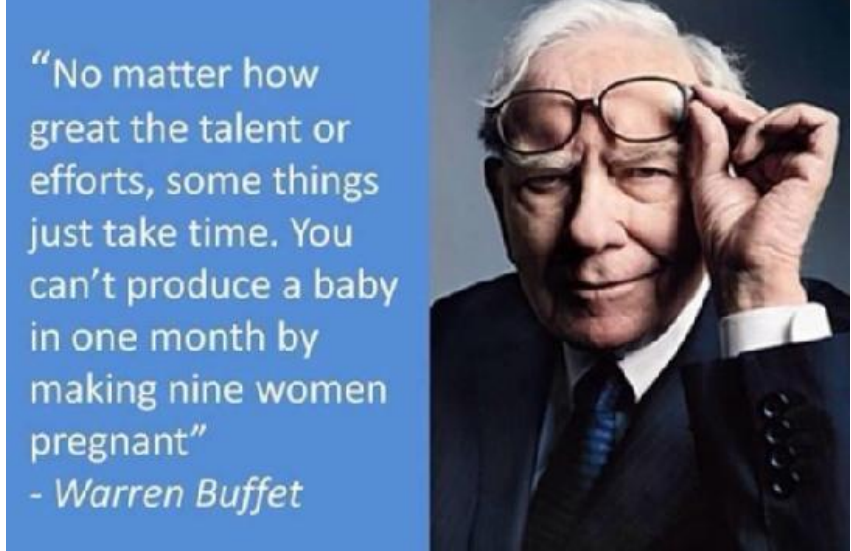
Saturday 21 May 2016 - BBQ LUNCH - ALL WELCOME

The BBQ will fire up about 11.30am to ensure anyone who needs to get away early can get a "free lunch" around 12.00 noon.

EVENTS CALENDAR

DATE	SPEAKER/EVENT	VENUE
21 st May Saturday	BBQ Lunch	Men's Shed 11.30am onwards
31 st May	Marcus Veerman	The Anglers Tavern 12.30 pm for 1pm to 2pm
3 rd June – Friday	Rotary Presents – Guest speaker renowned Psychologist Michael Carr-Gregg	The Anglers Tavern 12.00 pm to 2.30pm
7 th June	Andrew Weatherhead – Bereaved parent & sibling support	The Anglers Tavern 12.30 pm for 1pm to 2pm
14 th June	Dr Ranjit Sao	The Anglers Tavern 12.30 pm for 1pm to 2pm
21 st June	Alan Mead	The Anglers Tavern 12.30 pm for 1pm to 2pm

Thought for the day



“No matter how great the talent or efforts, some things just take time. You can’t produce a baby in one month by making nine women pregnant”
 - Warren Buffet

John Kouppas
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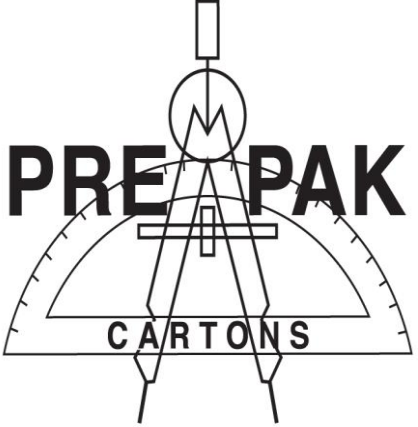
Strathmore **Community Bank**[®] Branch

 **Bendigo Bank**

Help yourself and help the Club by banking with Strathmore Community Bank. For example, take out a home loan and the club will receive up to \$500. Take out a 3 month fixed term deposit and the club will receive up to \$50.

For more details drop into the branch at 337 Napier St or call branch Manager Philip Stewart on 9374-2607.

PRE-PAK
CARTONS



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Pascoe Vale, Victoria 3044
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OFFSITE DATA