



October Bulletin 2021

Dear Rotarians,

Hope you are doing well and enjoying the new/old freedom to the fullest. It was wonderful to see some of you at the last zoom meeting and hear about the wonderful work done by the Australian Rotary Health (ARH). I also managed to wake up early and attend the Southbank Rotary's CEO Satellite Club meeting with Guest Speaker Josh Frydenberg on 21st October at 7:30am. The Treasurer provided an Economic Update - Post Covid Recovery and I was happy to hear about his connection with Rotary amongst other things he shared. The Q&A was worth the wait, wish there was more time!

Presenting to you the October 2021 edition of the bulletin. You find details on the Rotary Club of Keilor's THANK YOU initiative supporting doctors, nurses and health care staff. Jaime reports that our Club will be contributing \$500 to the 'Coffee Fund', additionally donations is not essential however, if you would individually like to contribute please see the bank details in the article I have shared in the bulletin.

It is my favourite festival today, Diwali and perhaps the only two occasions in a year I am most homesick (second is my birthday). I have been invited to a friends' house for dinner and will be making a dessert we offer when we pray. Hopefully it turns out well 😊

Enjoy the face to face meeting tonight and I wish you and your families a Happy and Prosperous Diwali!

Pragya

Editor

The President's column

I am greatly looking forward to a real, in-person, meeting on Thursday, 4 November. By then most of us should have had a haircut, visited Bunnings, put seedlings in the garden and generally gambolled about like lambs in Spring sunshine. Well, perhaps some of us are past gambolling.

Zoom meetings have been a lifeline of connectedness but not all people feel comfortable with either the technology or the format of talking heads. The buzz of many conversations round a table acts like a charge of adrenaline in itself whereas attempting many conversations on Zoom brings chaos to the collective. The usual Zoom suspects should be augmented at The Plough this week. I suspect that Zoom will not disappear from our lives, and some Board meetings may find them beneficial, but I'd like to think that our regular club meetings will be, living, breathing, laughing, munching events.

We will happen to share the day with Diwali, the Indian Festival of Lights, which celebrates Rama's victory over the King of Lanka. It's food, fireworks and full-blast music all round in India but we'll just make do with fishnchips or chicken parma. Curiously, Guy Fawkes night is the following day, so more fireworks and bonfires all over Britain. Talking of pyrotechnics, COP 26 in Glasgow will have produced a few more by Thursday night.

You may know that Rotary International has added Environment and Sustainability as an Avenue of Service. We have plans to upgrade and add trees to Doug Mills Reserve and also to assist with the improvement and management at some other spots along the Maribyrnong River. Actually, Somo has asked me to include our projects as part of his "The Australian Way", as he said to me, without Footscray Rotary, we haven't a hope in hell of reaching our targets. To extend our usefulness, I'm asking you all to ride bikes to all our meetings; we can't leave all the heavy lifting to Wilson Leung.

Saving the planet, and burning calories, what a win/win situation!

Back in serious mode, I'd really like to see a full house this Thursday at what is more or less a restart of the Rotary Year. It's been frustrating and we need to regain momentum for projects old and new. Come and bring your own heat and light to the occasion; it can be our version of Diwali.

Warmly yours

Jamie

ROTARY CLUB OF FOOTSCRAY BOARD MEETING

ROTARY CLUB OF FOOTSCRAY BOARD MEETING

HELD ON Thursday 29th July 2021, 5.35pm

Via Zoom online meeting – Footscray.

MINUTES

1. Welcome by President Jamie Robertson.
2. Present/Apologies

Present – Jamie Robertson, Rodney Johnstone; Graeme Thompson; Suzanne Zammit; Fred Maddern, Maria Silber, Elia Andriotis, Bob Newman, Emanuel Tumino (via phone).

Apologies – Angus Scott-Walker, Emanuel Tumino.

3. Confirmation of Minutes of previous Board Meeting.
4. **President's** report – Jamie Robertson

Jamie is in a blizzard of Rotary emails.

He has had a cluster meeting – Gateway East (zoom) – hope to get a joint project together. Flem/Kens have already started working on something along the Maribyrnong. We may piggyback with them. And get our Directors together with other Club Directors with same portfolios. May lead to a hands on project. Suzanne mentioned that we do work on the playgrounds project via DIK. Jamie wants a list of projects that we already do as well as proposed projects for the DG meeting.

Jamie has written up a strategic plan with help from Maria and Elizabeth and needs to be fleshed out by our Board members (homework

5. Committee Reports:

- **Club Service** – Maria Silber
- **Youth** – Suzanne Zammit
 - Not sure how many students will be going to RYPEN (third weekend of November). Applications going out in early September – Graeme to advise Suzanne Sunshine High principal. (\$297 per student).
 - RYLA 8 day camp – in January 2022 (\$1,000 per candidate – no more than 2)
 - No applications for NYSF – closed last week.
- **Program** – Bob Newman
 - Elwyn Davies – formerly Western Health. (August 2nd) He will be speaking about Safe Injecting Rooms – Pros and Cons. We will invite others from community and Council.
- **Community Service** – Fred Maddern
 - Fred mentioned that council were interested in a **Young Achievers** prize at Australia Day awards and they were also interested in a **cycle-a-thon** for the community. Will get his committee organised to discuss.
 - Michael Clarke is interested in becoming a member of Rotary (and Mary his partner) and would be able to have the most appropriate senior person attend.
- **Vocational Service** – Emanuel Tumino
 - Emanuel had a brief chat with Fred about **Evan Phillips apprenticeship award** – \$2,500
 - **Mambourin Enterprises** Limited helps get people with disabilities to get employment for projects that they quote for. Competition for good workers. NDIS limited funds for such programs. Perhaps we need to have a link to People with Disabilities. Emanuel wants to link with Mambourin to create a couple awards for their workers. \$1,000 for a Rising star and \$1,000 for long term worker, and third with \$1,000 for progress made over past 12 months. An exec plan will be prepared for consideration.
 - Other ideas: such as public speaking.
- **Foundation** – Bob Newman
 - Nothing much to report at this stage.
 - Suzanne said that a person from Art Prize Dinner has donated funds to the Club for our scholarships. District contribution is capped each year. Need to clarify the year 11 / 12 scholarship per year. Bob will report back about the funding of same.
- **Fundraising** – Elia Andriotis
 - We need to talk about the Golf Club – and day is likely to be late 22nd October (to be arranged)
- **Membership** – Elia Andriotis
 - Elia wants to catch up and check membership paperwork with Rodney.
 - Julie Carroll – parent of youth exchange student
 - Khushel (engineer) and Rana are also keen to become members.
 - Nada Stojkovic will also become a member
 - These are to be inducted at the DG visit on Aug 19th.
 - Jamie asked about the booklet given the new members by Lawrence. Jamie has written a page on Footscray to be included in their new member kits.
- **Public Relations** – Graeme Thompson
 - Graeme has updated Facebook and Website with meeting details.

6. **General Business**

- Jamie wants a new membership book to be put together. Jamie and Rodney will chase up the membership details with all members. 85th Graeme is happy to help.

7. **Meeting closed 7:05pm**

Zoom meeting with PDG Greg Ross

By the fantastic Graeme Thompson

On 21st October, the guest speaker at the Club's zoom meeting was PDG Greg Ross and he spoke about the excellent work by the Australian Rotary Health (ARH) as well as the Lift the Lid initiative. Greg gave a brief about the history of ARH which began in 1981 under the leadership of Royce Abbey. One of the early projects funded by ARH concerned Sudden Infant Death Syndrome (SIDS) which identified that sleeping face down was a significant risk factor for babies dying, transforming the understanding of SIDS. In 2000 funding research into mental health became a focus of ARH. Later in 2009 an Indigenous Health school program was funded.

Currently ARH operated with a staff of 5, a board of 12 and a separate search board that reviews the 300 grant applications received each year.

Over the years a \$18 million fund was established which fluctuates according to the current economic environment.

In 2016 "lift the Lid" was established as a means of creating awareness of mental health issues during Mental Health Month (October) both in the community and Rotary, encouraging financial support. An early example of a successful fundraiser was a bike ride from Victor Harbour to Broken Hill, raising \$70K.

In coming years, the focus for support will be studies addressing mental health issues in children up to the age of 14.

PDG Lawrence Atley - Parkinson's Painting Challenge

Dear Fellow Rotarians

With the technological help of my daughter Celia I seek your support for my current fundraising focus. At 83 years young I am undertaking a new venture to raise money and awareness for Parkinson's, a disease which I suffer from personally and hope to help via awareness and research.

Some of you may remember last year, I participated in the 27 for Parkinson's challenge where I walked for 27 days (while in lockdown) and raised great funds with many of you supporting me. This year, I am proud to have been asked to be an ambassador for Parkinson's Victoria and hope to do my utmost to support the cause.

After 50 years as an Architect unfortunately Parkinson's has taken away my ability to draw, sketch and even to write, which was so integral to my life. Walking has also become more difficult this year but with a brainstorm we have found a new way to be involved and so I have committed to painting 27 paintings in 27 Days in October.

I ask that you assist by donating via my online link and help me reach my target this year of \$5000 for Parkinson's Victoria.

Here's the link:

<https://www.27forparkinsons.org.au/fundraisers/lawrenceatley>

"You can sit at home and watch TV or you can choose to get out and do something that helps to make the world a better place to live in."

Lawrence Atley, OAM

Also, read this great article published in Aged Care News ... more articles to come -

Atley is no stranger to charity work, having been awarded the Order of Australia medal in 2015 for in excess of 50 years of charity work across organisations such as Rotary International, St Vincent De Paul and YMCA.

<https://agedcarenews.com.au/2021/09/23/unstoppable-atleys-bold-plan-to-produce-27-paintings-to-raise-funds-and-awareness-for-parkinsons/>

Kind Regards

Lawrence and Margaret Atley

Or you may contact Lisa 0417 550 808 or Celia 0458 453 537

Newsletter #5 - Tommy Quick - 9000km ride across Australia - Stroke awareness

By Rodney Johnstone

Here is an update for Tommy Quick and his epic ride across Australia to create awareness about Stroke and inclusion

Footscray Rotary has a target to raise \$1,000 in support of Tommy's efforts for The Stroke Foundation.

Click on this link to donate.

<https://www.fundraise4stroke.org.au/fundraisers/rotarycluboffootscray/the-4-points-australia>

Distance ridden – **2,493 km** (across SA and WA)

Current location – Tommy is nearing Coolgardie, WA.

Visit Tommy and get updates at: www.the4pints.org

Or follow his video posts on Instagram.

Supporting Doctors, Nurses and Health Care staff during this time of crisis, offering a coffee to say "THANK YOU"

By Mary Engert

As Rotarians we work tirelessly for the good of others. Now's the time to show we care more than ever.

COVID-19 is affecting everyone, not only here but also around the world. We are relying on our Front Line Medical and Emergency Workers to keep us healthy, saving the lives of you and me, our loved ones and the **HUMAN RACE**.

Let's dig deep, pull our resources together and start donating those cups of coffee to these Fantastic Warriors looking after us in our time of need.

If you would like to participate in this very worthy cause, we have done all the groundwork to make it happen.

1. Donations can be made by either credit card or direct payment.
2. Email your club details ie: letterhead, and the hospital will generate a receipt.
3. Western Health Foundation

Payment Details:

NAB

BSB:083-170

124431443

Please follow up payment with an email showing your club details so they can allocate and record the money from your club.

Email: foundation@wh.org.au

If paying by credit card.

Contact details: Claire Ph: 83457660

WESTERN HEALTH - FOOTSCRAY, SUNSHINE, WILLIAMSTOWN & BACCHUS MARSH HOSPITALS.

Come on Rotarians let's get behind our Front Liners, ring around get all those donations in, and most of all let's show how much we **CARE**.

If you have any queries, don't hesitate to contact me:

Mary Engert

Rotary Club of Keilor

Mary@engert.com.au

November Birthdays!

Happy Birthday, Philip!

12th - Phillip Caruso

Rotary D9800 DEI workshop 2- Disability

November 6, 2021, 10:00 am to November 6, 2021, 12:00 pm

Rotary D9800 DEI workshop 2- Disability



This FREE workshop Provided by the Rotary District 9800 Diversity, Equity and Inclusion committee will cover;

- Social Inclusion and Belonging
- Disability and Inclusion training
- Presentations from 'All Things Equal'
- Presentation from 'Belonging Matters'
- Breakout rooms, Questions and Discussion

Saturday 6th November 2021 from 10am to 12pm.

<https://www.trybooking.com/events/landing?eid=826415&>

[Read More...](#)

Morning Tea with the DG

November 27, 2021, 10:00 am to November 27, 2021, 11:15 am

Join us online via Zoom for an informative catch up with DG Dale and a variety of interesting topics and presenters

Saturday 27 November 2021 10:00 AM - 11:15 AM (UTC+11)



<https://www.trybooking.com/events/landing?eid=810483&>

[Read More...](#)

If you no longer wish to receive messages from Rotary Club of Footscary,