

In November, Rotary Club of Footscray hosted two zoom meeting with special guests, Lindsey Leigh Hobson and Catherine Cumming.

With qualifications in Life Coaching and NLP, Lindsey Leigh Hobson has coached Millennials and Gen-Zs to create a life filled with purpose and passion that they love. She also brings her experience as a Marketing Manager to this session, including more recently for a Melbourne Recruitment Agency sourcing premium talent for renowned Australia companies. Now, an Emerging Leader Expert as well as an Emerging Leader herself, Lindsey showed the Club members on how to not only gain more younger members, but how to harness their potential and engage them long-term for the good of the club as well.

Lindsey Leigh's personal battle with anxiety began when she was 13 and lasted throughout her secondary education, always questioning what it really means to be alive at a young age. Believing that everyone deserves to achieve all their dreams - anxiety or not, she began journey of self-discovery. Having conquered her anxiety she began a mission to empower others to do the same recognising that 51% of Millennials and Gen-Z's suffer anxiety particularly regarding their future work.

Lindsey encouraged the club to tap into the potential of those under 40 years of age who naturally want to give back to the community and make a difference and pointed out that many Millennials and Gen Z are keen entrepreneurs. She suggested that we might contact Melbourne Entrepreneur Group as a source of potential members and also use social media to promote projects that would appeal to this demographic.

Catherine Cumming, Member of Legislative Council for MLC Western Metropolitan Region spoke to the members earlier in the month. After 20 years on Maribyrnong City Council with two terms as Mayor Catherine Cumming was elected to the Upper House of the Victorian Parliament in 2018. Her background includes having run small business, a cafe, practicing Chinese Medicine and being a member of the Army Reserve. She is also a past member of the Rotary Club of Footscray.

Before being elected to the Legislative Council she had run unsuccessfully for a lower house seat on a number of occasions. Her passion for politics was initiated by a dispute with authorities over the family home and later becoming aware of the lack of infrastructure and the prevalence of mental health issues in the West. Since becoming a member, she has been concerned about the public perception of politicians and the desire of people to be involved in the decision-making process. Being an independent member has provided her the advantage of speaking freely rather than being bound by party policy. She is also concerned with the political process and the method that bills are handled between the Legislative Assembly and Council.

As one of the 5 members for the Western Metropolitan Region she has responsibilities to the local community, communicating with and questioning the Government, and sitting on committees. She has advocated for an enquiry into air pollution.

The Club members are thankful to both Linsey and Catherine for their precious time and the fantastic work they are doing for the community.

Tommy Quick's epic 9000km ride comes to sudden halt - hit by a car!

By Rodney Johnstone

Hello all, an important update for Tommy Quick and his epic ride to the 4 most extreme points on mainland Australia (West (done); South, East and North). He has sadly been [hit by a car](#) and is in hospital in Adelaide with a broken pelvis and right femur. Incredibly lucky to still be alive. Tommy has another fight on his hands to get through surgery today and then a long road to recovery. If you want to support Tommy and the team through this terrible event please donate to their 4-points Australia account – details below. They could really use some loving at the moment and a show of support no matter how big or small. Check out the story link below and then consider what you can do to support this incredible bloke – and his folks – to bounce back again. Tommy was over 3,500kms into his 9,000km ride on his recumbent tricycle to promote stroke awareness and social inclusion.

Read in [9news.com.au](https://apple.news/A5WFOn2sTRtWJp-G_xGSxLg): https://apple.news/A5WFOn2sTRtWJp-G_xGSxLg

[EFT DETAILS](#)

ACCOUNT NAME: AUSTRALIAN4POINTS INC

BENDIGO BANK, MOONEE PONDS

BSB: 633-000

ACCOUNT No: 18-309-8748

Use Reference – **Footscray Rotary** – so he knows we are supporting them.

This account is based on any balance left after legitimate 4points expenses to be donated to The Stroke Foundation.

RI President Shekhar Mehta urges countries at COP26 to protect mangroves

By **Ryan Hyland**

Rotary International President Shekhar Mehta joined the Rotary delegation to the 26th United Nations climate conference in Glasgow, Scotland, on 10 November to explore ways Rotary can work on environmental challenges, including by restoring mangroves, a crucial ecosystem that can mitigate the effects of climate change in coastal areas.

The climate summit, also known as COP26 (short for Conference of the Parties), brought together nearly 100 heads of state and governments over a two-week period to set new targets for fossil fuel emissions. This was Rotary's first time at the annual conference.

Mehta co-led a roundtable discussion with Patricia Scotland, secretary-general of the Commonwealth, that focused on the critical role mangroves play in mitigating and adapting to climate change. Mangroves sequester large amounts of carbon and also protect against

storm surges and coastal erosion, filter pollutants, and provide habitat for aquatic life, among other benefits.

<https://www.rotary.org/en/ri-president-shekhar-mehta-urges-countries-at-cop26-to-protect-mangroves>

Rotary Acknowledges Outstanding Teachers

The pandemic forced teachers to adopt new modes of teaching. It was uber timely that Rotary Altona City established the Hobsons Bay Rotary Teacher Awards program in 2018.

Focusing on early career stage teachers, experienced teachers, and teams, the awards recognise and encourage outstanding performance in local schools.

The pandemic sent everyone into a spin where suddenly, we were all forced to adapt to a socially isolated world. At lightning speed, teachers adopted new modes of teaching that embraced the family unit. It was uber timely that Rotary Altona City established the Hobsons Bay Rotary Teacher Awards program in 2018. Focusing on early career stage teachers, experienced teachers, and teams, the awards recognise and encourage outstanding performance in local schools.

Award founder, Past District Governor and Assistant Principal Baden Powell College, Julie Mason says that it's never been more important to support and honour teachers.

"The requirements we've put on teachers in the COVID environment have been extraordinary so it's particularly relevant to acknowledge their work."

The Zoom award ceremony took place, 18 October, 2021. It was a powerful event telling stories of passion, dedication and relationship building that went beyond the student teacher relationship and into the families.

<https://www.rotarydistrict9800.org.au/Stories/rotary-acknowledges-outstanding-teachers>

Rotary supports COVID-19 Vaccinations in Timor Leste

Rotary Port Phillip in conjunction with representatives of Spend it Well, a local Timorese Government organisation, SABEH, and the Australian Government representative in Timor Leste coordinating the Australian Government response to COVID19, initiated a project to administer one dose of an anti-COVID vaccine to approximately 5,000 to 6,000 people over a two-week period.

The team of 30 volunteers left Dili on Monday, 4th October; 22 of whom arrived at the Balibo Fort Hotel (a Rotary project) after midnight, having conducted medical check-ups at Batugarde during the day. The remainder of the volunteers travelled directly to several remote villages. The hotel kindly provided its conference centre as a vacation hub. Along with vaccinations against COVID19, SABEH (Saúde Ba Ema Hotu) was able to conduct other medical treatments.

According to Dr Andre, Head of SABEH, the medical treatment SABEH conducted alongside the vaccinations was also very important. He stated that many people had preferred to live in pain rather than go to a health centre for treatment. The visit also highlighted the need for a school health program due to many children suffering from malnutrition, tooth decay and vision problems. As a result, many of those with dental problems were being connected to a dental clinic at the Balibo Community Learning Centre. The accompanying photos show how Rotary members, partners, supporters and donors are "**Making a Difference**" and saving lives.

<https://www.rotarydistrict9800.org.au/Stories/rotary-supports-covid-19-vaccinations-in-timor-leste>

Rotary & Interplast – A Good News Story

Fifteen-year-old Rashmi dreams of being a doctor. When Interplast last met the Sri Lankan schoolgirl, she was busy studying for her Ordinary-Level examinations, undertaken in the final two years of high school.

Aiming to enrol in a biology stream for her higher studies, Rashmi's goal was to become a doctor, and help others, as she has been helped over so many years.

Born with a congenital facial dysmorphic condition, Rashmi is certainly no stranger to the medical profession. Since her early childhood, the brave schoolgirl has undergone multiple reconstructive surgeries performed by local surgeons in Sri Lanka.

Rashmi's mother Ruhi was told by another patient of the work of the Interplast team at the National Hospital in the country's capital, Colombo.

Dropping her two siblings off at school early, Rashmi travelled with her mother Ruhi for the two-hour round trip from Kalutara in Sri Lanka's Western Province, where the family lives, to reach Colombo's National Hospital and meet the Interplast team.

For more information please contact your Interplast District Chair, or Interplast Rotary Coordinator, Janette Etherington, at janette.etherington@interplast.org.au

<https://www.rotarydistrict9800.org.au/Stories/rotary-interplast-%E2%80%93-a-good-news-story>

2023 International Convention

Melbourne will host the 2023 International Convention!! While the official promotion program for the Convention will not commence until after the 2022 Convention, have a think about the opportunities to Volunteer at this wonderful event.

<https://www.rotarydistrict9800.org.au/Stories/2023-international-convention>

December Birthday!

Happy Birthday, Wilson!

31st - Wilson Leung

Italian Evening

December 9, 2021, 6:30 am to December 9, 2021, 10:00 pm

You are invited to our end of year gathering with an Italian theme. Booking details to be advised. Enquiries to Rodney Johnstone 0417350890 or Phillip Caruso 0418102725.

[Read More...](#)



Albert Park College Book Fair - 18 December

December 18, 2021, 9:00 am to December 18, 2021, 5:00 pm

Albert Park College Book Fair - Saturday, 18th December

After two years of cancellations, Rotary Albert Park have been advised that they can now hold their Book Fair on Saturday, 18th December.

If you are around, please drop by and cheer and support the club!

[Read More...](#)

Hand in Hand- Let's lift the lid on mental illness

Gala Charity Banquet

A four course dinner, with wine, beer and soft drinks include. Entertainment includes a live band multicultural dances, opera singers, door prizes, raffles, auctions and dancing.

\$180 per guest with an early-bird rate of \$160 per guest up to and including Tuesday 30th November 2021. Number of seats will depend on density requirements specified by the government and hence will be strictly on a first come first served basis.
(A 'Deductible Gift Receipt' will be issued for a non-refundable amount of \$50 from the above price)

RSVP - Rotarians and Friends

<https://events.humanitix.com/hand-in-hand-we-will-lift-the-lid-on-mental-illness-arh>

RSVP - Freemasons and Friends

<https://events.humanitix.com/hand-in-hand-we-will-lift-the-lid-on-mental-illness-fmv>

Download flyer

<https://portal.clubrunner.ca/50232/Documents/en-au/2177ef73-d8b7-49fe-af51-a7ad1e0ab9ed/1/>

This is a 50/50 partnership event and hence the profits from the gala charity banquet will be divided equally between Australian Rotary Health and Freemasons Victoria Foundation and be used for mental health research within Australia and Victoria respectively.

Both organisations support only COVID-safe events and as such this event is only for fully vaccinated or exempted guests.

Contact: Suresh Marcandan