



The Weekly Bulletin of the

Rotary Club of Essendon North

Wednesday, May 28th, 2014 (Editor: grant@grantmaggs.com.au)



This Week: Pete Jensen

"Dealing With Depression- An Alternative View"

Chair: David Ursic

About Pete Jensen:

Pete took a leap of faith recently.

The Economics Honours Graduate, former secondary school teacher and Honorary Fellow of the Australian Institute of Business Wellbeing, Sydney Business School, University of Wollongong cleared his desk, bade farewell to a number of clients, donned an author's hat and wrote a book on the quest for the elusive, endlessly debated state of happiness.

The decision to embark on the book was fuelled by the realisation that he had found an uncharted course through the happiness maze, which had shifted him from despair to joy.

During a challenging couple of years, throughout which he piled on 30 kilos and found it hard to lighten his dark mood, the veteran leadership coach who had at his fingertips the latest psychological studies and tools, deduced that there was more to this happiness gig than he had realised. He turned to the concept of happiness as seen through the eyes of indigenous childhood friends in remote villages near his then family home in Africa, who he recalled possessed an enduring, resilient state of happiness even through tough times.

A light bulb moment and a considerable degree of applied reason led Pete to conclude that the villagers' remarkable level of sustained happiness was built on three core principles.

While there is nothing new about these principles when employed independently of each other, Pete determined that engaging them simultaneously with the focus and intent of the African tribal villagers of his youth the road to happiness is fast tracked and sustainable.

Central to his writing project was its mission statement, which stated that even if his insights unlocked the happiness riddle for only one person the book would have done its job. He was definitely not anticipating the level of interest and acknowledgement his book has received to date.

What distinguishes Pete from the flood of happiness experts who have come onto the scene in recent times?

For 10 years he has run a successful and widely respected consultancy in happiness related fields, Leadership Facilitation and Organisation Transformation, nationally and internationally with individual and corporate clients such as ANZ Bank, BHP, Australian Unity, Air New Zealand, St George Bank, Shell, Transfield, Westpac, Thiess, Symantec, Toyota, Melbourne Water, Drake International, ABIGroup, Queensland Main Roads; he emerged victorious after a long battle with depression and now epitomizes the effective application of his theories and practices that are based on his observations of methodologies in the developing world and offset by cutting edge techniques and skills acquired during over a decade in the happiness and wellbeing profession; he holds the unqualified view that happiness is sustainable.

Pete lives in Melbourne, Australia.

His love of life and passion for adventure and achievement are not confined to business and sport. (He has achieved state volleyball colours and representation, in a marathon and mini-triathlon participant, plays squash and tennis, parachutes, para-glides and enjoys jet boating and scuba diving.) He speaks four languages, plays the guitar and musical saw and writes poetry.

Club Directory 2014/15

President Elect: David Ursic

Fellow Rotarians,

Could all members please refer to the 2013/14 Directory and email me with any alterations that may be required before going to print on June 2nd. It will be understood that no return correspondence indicates all is OK for each member. Please give this high priority.

The Rotary Club of Point Gellibrand Inc. invites you and your partner to the

2014 District 9800 Changeover Luncheon



The Peninsula Room, Central Pier, 161 Harbour Esplanade, Docklands, Vic 3008 Sunday 29 June 2014

- Only \$75 per person (This all inclusive price includes beer, wine, main course, dessert and entertainment.)
- Central location with excellent access to tram and train transport.
- Plenty of parking opposite at Ethiad Stadium and other nearby car parks.
- Make up a table from your club & join in the fun.

Come and thank Ross for Engaging Rotary and Changing Lives and show your support for Murray as he begins to Light up Rotary.

Join District Governor Ross Butterworth and incoming District Governor Murray Verso in an afternoon of fun, fellowship and entertainment at the Annual District Changeover and the Club Awards Celebration

President Elect David is looking to get a table together. Be part of it!

Coming Soon...

- June 4th: Desiree Du Sart (Head of Molecular Genetics) and Melissa Chow (Medical Scientist), "International Training in FSHD Diagnostics" (funded by our club)", Chair: Les Jones
- June 11th: Greg McDonald (Vocational speaker), "Air traffic control", Chair: Kerry Warner
- June 18th: Introducing Eline (our exchange student) to make a final presentation. Chair: Judith Whelan
- June 25th: Handover Gala Evening: Goodbye to David P, and welcome David U!

Birthdays and Anniversaries

Happy Birthday to Terri Mott: May 13th, Marie Daffey: May 18th, Judith Whelan: June 4th, Cheryl Harvey June 9th. Happy anniversary to Grant and Anne Maggs: June 4th, John and Barb Boundy: June 6th,

The Rotary Clubs of Albert Park, Brighton North, Docklands and Melbourne, welcome you to the Breakfast Launch of the

Footy Nuts Project

at the exciting, Innovative new space at The Village, The Village @ National Australia Bank, (beside Etihad Stadium – Southern Cross footbridge level) 700 Bourke Street (Cnr Wurundjerie Way) Docklands

- \$20 Donation
- Friday 30 May 2014 (7.30 - 8.30 a.m)

Host: Leila Gurruwiwi of

The Marngrook Footy Show



Bookings: (Email or Phone), Rebecca Green, info@aboriginalliteracyfoundation.org or Kerry Kornhauser 0411 597 690



Peter Taylor

I went with Alan and Hazel Pettitt and others to see the preview of this show at the Clocktower last night. Fantastic! Would other members of the club be interested? (Contact Peter Taylor and lets....)



We gratefully acknowledge sponsorship by the Strathmore Community Branch of the Bendigo Bank.

Rotary Club of Essendon North meets every Wednesday at 6.00pm for 6.30pm at Fredricks, Mt. Alexander Road, Essendon. www.home.vicnet.net.au/~rcessnth/

Contact Rotary Club of Essendon North: Membership Director, David Ursic (9374 1255) or President, David Pagliaro (0419 469 182).