



The Camberwell Bulletin



**THE 5
AVENUES OF
SERVICE
CLUB
INTERNATIONAL
COMMUNITY
VOCATIONAL
NEW
GENERATIONS**

**Next Week
Wed 16 Nov
Sam Ginsberg
"Hands on Health –
Reaching out to the Disadvantaged".
Chair Don Jago**



FUTURE MEETINGS

- Wed 23 Nov Foodbank Visit "Foodbank Vic 4/2 Somerville Road Yarraville" Chair Fabienne Nichola
- Wed 30 Nov Andrew Leniart "Computer Tips and Traps, Do's and Don'ts" Plus 3 minute speaker
Katie Scott [Our GSE applicant] The Foundation GSE program Chair John DeCarro
- Wed 7 Dec Nigel Lane Facebook- "What it is and when is it dangerous." Chair David Atkinson
- Wed 14 Dec Bob Moran 'The Myeloma Foundation- A great Rotary Story' "Chair Peter Allen
- Sun 18 Dec CHRISTMAS FUNCTION- KEW GOLF CLUB
- Wed 21 Dec NO MEETING

MEETING ROSTER

November: Rotary Foundation Month			
Desk	Desk	Badge	Bar
Richard Stewart	Nick Pane	Michael Blood	John De Carro
December: Family of Rotary Month			
Desk	Desk	Badge	Bar
Patrick Cunniffe	Geoff Day	Marcus Falay	Nick Pane

IF UNAVAILABLE PLEASE ORGANISE YOUR REPLACEMENT

STOP PRESS
UPDATE VISIT TO FOOD BANK, YARRAVILLE
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**Club Meets
Wednesdays 6.15 for 6.30
Canterbury Centre, 2 Rochester Road
Canterbury**

**President: David Baker
Secretary: Richard Gray
Treasurer: : Loreto Resubal**

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BAKER'S DELIGHT

'GURU WINSTON' ON KNIVES AND FORKS...AND MEMBERSHIP.

If *'seven days without laughter makes one weak'*, marketing 'guru' Winston Marsh delivered a powerful marketing message on Rotary membership with enough humour and grunt to keep us going for a month of Sundays (*err..Wednesdays*). Doing away with the microphone and 'working the floor' like a seasoned pro at Vegas, Winston posed questions like...."What do you tell others you do at Rotary? Do you tell them you have...meetings!! This is not a reason for joining Rotary" Winston exclaimed. "Always look at it from a client's perspective. Like...Why do people join Rotary? Here are four good reasons. 1. Networking: The need to meet other people of interest to them. 2. Social interaction: The need to enjoy the company of others. 3. Self benefit: The need to improve their present situation. 4. Others' benefit: The need to do good



Bakers Delight, 377
Whitehorse Road
Balwyn



things." Winston then challenged us to answer three critical questions before you even try to recruit new members. 1. Who is the ideal member for our Club. 2. Why would that ideal member join our Rotary Club rather than joining another club or organization or just doing nothing? 3. How does that new member find out about our Club? During the course of his address, Winston lamented the lack of role models for young people and why Rotary is so important in the community. "Even how to use a knife and fork...I met one group of young people who implied it was a new experience to eat at a table with others (with knife and fork) and not in front of a TV." This is the 'marketing guru's 3rd [visit to our Club and was the best yet. Fantastic!](#)



Kerryn Dickinson Rowe celebrates her induction with partner and family- (from left) husband Chris, Madeleine, Kerryn, Rachel and Alex.

KERRYIN IS OUR NEWEST MEMBER. WELCOME!

It was a pleasure inducting Kerryn Dickinson-Rowe into the Club last night. And her family was there in force (husband Chris, daughters Madeleine & Rachel and son Alex) to celebrate the occasion. Immediately following her induction, Kerryn gave us an informative insight into individual family members as well as reinforcing her commitment to Rotary membership. It was an impressive start to her Rotary life at Camberwell. Kerryn has been placed on the Vocational Committee. Her classification is Law-General.

CAMBERWELLSUNDAY MARKET. GEOFF NEEDS VOLUNTEERS!

Murray Wilkinson & David Hattam from the Rotary Club of Balwyn gave the Club a brief run- down on the Camberwell Sunday Market and our Club's involvement which could be worth around \$18K annually. It's a fantastic opportunity to partner the RC Balwyn and to bolster our Charity Funds a/c. They also presented the Club with a copy of the just launched book 'Sunday Service', a history of the market by Leah Anetta. Thank you!

It's a beautifully prepared publication and available to Club members. More on this in later Bulletins. Our Fundraising Chairman Geoff Day has devised a Sunday Camberwell Market Roster. The Roster will appear in every Bulletin. The latest roster follows.

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DG WEEKLY MESSAGE



Foundation Month almost upon us!

With our Foundation month of November almost upon us, I would like to congratulate Rotarians in our District for their support in helping us again put forward two successful nominations for the Rotary Peace Fellow Scholarships for study in 2012. Fresh from the recently held Foundation Seminar, the Foundation team in particular should be given special acknowledgement for the wonderful work they have contributed to Foundation programs this year.

In terms of the Peace Fellows nominated by District 9800, following their interviews in June 2011, it was both Natasha Holt and Zuleika Arashiro who were successful in their applications.

Natasha Holt was sponsored by the Rotary Club of Gisborne and lives in New Gisborne herself. Natasha has been selected as a first pick Peace Fellow of the University of North Carolina to Study for a Master's Degree in Peace and Conflict resolution/social work. Natasha has a Bachelor of Arts from Monash University and has worked as a researcher with Child Wise and in social work with Berry Street Victoria. Natasha is very grateful to be the recipient of a Rotary Peace Fellowship, which will support Natasha across the 2 years of her study. We wish her all the best!

Zuleika Arashiro was sponsored by the Rotary Club of Melbourne and is District 9800's successful nominee to attend the 3-month Professional Development Certificate program at Chulalongkorn University Bangkok Thailand. A former Rotary cultural ambassador, Zuleika is a Brazilian national who was living and working in Australia at the time of the selection process. Having grown up under a military regime in Brazil, Zuleika has been driven to help reduce the effects of fear, poverty and oppression in the world, along the way obtaining a PhD from La Trobe University and a Masters Degree from Georgetown University. Again we wish Zuleika the best of luck with her studies.

I believe this makes it something like 14 years in a row that our District has been successful in nominating candidates for Rotary Peace Fellowships. This is a fantastic result for our District as this means that we have not missed a year since the Peace Fellowships were conceived in terms of successfully putting forward representatives. We should be immensely proud of this record – our support is assisting the furtherance of world peace by providing the means for those most passionate about the subject to pursue their goal – a better and more peaceful world. I would like to thank in particular the Chair of the Rotary Peace Scholars Committee Dr Bob Fels and PDG Foundation Director John Davis as well as all those on the Committee for their tremendous efforts.

Foundation programs are the backbone of Rotary International's achievement around the world and really speak for the soul of Rotary – as Rotarians we seek to give back and to leave our community and our world in a better place than we found it. The Rotary Foundation does just that.

I urge each of you to get behind our Foundation programs this coming November and show your support.

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The impact we can have on lives is truly tremendous and we should never underestimate just what the power of a little support to a dream can achieve. Two more programs I would also like to draw your attention to have a similar impact – the Rotary Youth Leadership Awards (RYLA) and the Rotary Youth Program of Enrichment (RYPEN).

The RYPEN team did an amazing job recently with the latest RYPEN program with the Rotary Club of Melbourne South putting together a weekend that has doubtlessly changed the lives of a number of young people. Putting the program together, executing it and then also feeding 50 hungry mouths is not always the easiest thing to do, but from the feedback I have heard, it sounds like it was certainly one of the most rewarding. Congratulations to all involved.

RYLA in 2011 will be held at Camp Oasis, Mount Evelyn - Sunday November 27th through Saturday December 3rd. If your Club is looking to make a difference in a young life, this is the perfect opportunity to sponsor a young person and watch them grow. Applications close November 1st – applications can be downloaded via <http://www.ryla9800.org.au>.

I again urge you to support a young person by sending them along to the RYLA program – you are investing in not only a young person, but also a potential community leader - and maybe someday, a future Rotarian. Yours in Rotary service, Keith Ryall District 9800 Governor 2011-2012 ♦

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CAMBERWELL SUNDAY MARKET ROSTER (DEC/JAN)

Sunday Dec 4:	David Baker	Sunday Dec 11:	Geoff Day
Sunday 8 Jan:	Patrick Cunniffe	Sunday 15 Jan:	VACANT
Sunday 22 Jan:	Graeme Hope	Sunday 29 Jan:	VACANT

Geoff would like finalize the January Roster next few days so that he can advise the RC Balwyn. **If anyone can do either 15 or 29 January, please advise Geoff ASAP!** A Board will go around at the next meeting to book dates for the remainder of 2012 with plenty of dates available. Volunteers start 7am sharp and finish 1pm. Thank you Geoff and to members for your support!

DISTRICT NOMINATING COMMITTEE. INTERESTED? Our District 9800 is seeking nominations from Past Presidents to serve on the Nominating Committee which will select a nominee for District Governor 2014-2015. Three PP's (not from the same Club) will serve on the Committee. Deadline for nominations is Dec 9. More information is available from me or Secretary Richard Gray. Thanks.

FINALLY...It was great having new member prospect **Terry Ryan** join us last night. Margret and I have known Terry for several years and I'm optimistic he'll return next week for another Rotary experience. Congratulations to **Neil Hookey** on a 'big' birthday celebration on 4th November. Good luck to **Peter Allen** and his band of Rotary helpers et al for the Business of Winning Lunch on Friday. Please support the **Camp Getaway** weekend 18-20 Nov (Andy Spry) and our upcoming **Bunnings BBQ's**- Fri. Nov 25 at Box Hill and Sun. Dec 4 at Hawthorn. Speak to me initially on this. And thank you **Bern** for getting the Bulletin together from up in Queensland (this and next week).

Participate and Enjoy your Week in Rotary. David Baker (and Margret) ♦

NEXT WEEKS' SPEAKER

DR SAM ON REACHING OUT TO THE POOR



Dr Sam Ginsberg OAM and Paul Harris Fellow (amongst a host of other awards) will address the Club on Wednesday 16 November. He is currently Patron of **Hands on Health**, a National and International registered charitable organisation providing health services, community support and training for poor and disadvantaged people in Australia and in the Asia Pacific Region.

Hands on Health Australia (HOHA) aims to assist communities to improve the delivery of health and other services to marginalised people, utilising the resource of community volunteers. Volunteers work in communities providing various therapies and services to those who would be otherwise unable to access them. These services include; chiropractic, dentistry, dermatology, general medicine, hairdressing, massage, naturopathy, nursing, physiotherapy, podiatry, psychology and legal advice. Dr Sam has extensive experience in community health projects and initiated the Asia Pacific Hearing Project (training local people to assess hearing loss; supplying pre-used/recycled hearing aids to children and adults in Australia and the Pacific Region). Members and partners are invited to hear Dr Sam speak. ♦



STRAWBERRIES PROTECT THE STOMACH FROM ALCOHOL, RAT EXPERIMENTS SUGGEST

In an experiment on rats, European researchers have proved that eating strawberries reduces the harm that alcohol can cause to the stomach mucous membrane. Published in the open access journal *PLoS ONE*, the study may contribute to improving the treatment of stomach ulcers.

A team of Italian, Serbian and Spanish researchers has confirmed the protecting effect that strawberries have in a mammal stomach that has been damaged by alcohol. Scientists gave ethanol (ethyl alcohol) to laboratory rats and, according to the study published in the journal *PLUS ONE*, have thus proved that the stomach mucous membrane of those that had previously eaten strawberry extract suffered less damage.

Sara Tulipani, researcher at the University of Barcelona (UB) and co-author of the study explains that "the positive effects of strawberries are not only linked to their antioxidant capacity and high content of phenolic compounds (anthocyanins) but also to the fact that they activate the antioxidant defences and enzymes of the body."

The conclusions of the study state that a diet rich in strawberries can have a beneficial effect when it comes to preventing gastric illnesses that are related to the generation of free radicals or other reactive oxygen species. This fruit could slow down the formation of stomach ulcers in humans.

Gastritis or inflammation of the stomach mucous membrane is related to alcohol consumption but can also



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NEW TREATMENTS FOR BALDNESS? SCIENTISTS FIND STEM CELLS THAT TELL HAIR IT'S TIME TO GROW

Yale researchers have discovered the source of signals that trigger hair growth, an insight that may lead to new treatments for baldness.

The researchers identified stem cells within the skin's fatty layer and showed that molecular signals from these cells were necessary to spur hair growth in mice, according to research published in the Sept. 2 issue of the journal *Cell*.

"If we can get these fat cells in the skin to talk to the dormant stem cells at the base of hair follicles, we might be able to get hair to grow again," said Valerie Horsley, assistant professor of molecular, cellular and developmental biology and senior author of the paper. Men with male pattern baldness still have stem cells in follicle roots but these stem cells lose the ability to jump-start hair regeneration. Scientists have known that these follicle stem cells need signals from within the skin to grow hair, but the source of those signals has been unclear.

Horsley's team observed that when hair dies, the layer of fat in the scalp that comprises most of the skin's thickness shrinks. When hair growth begins, the fat layer expands in a process called adipogenesis. Researchers found that a type of stem cell involved in creation of new fat cells -- adipose precursor cells -- was required for hair regeneration in mice. They also found these cells produce molecules called PDGF (platelet derived growth factors), which are necessary to produce hair growth.

Horsley's lab is trying to identify other signals produced by adipose precursor stem cells that may play a role in regulating hair growth. She also wants to know whether these same signals are required for human hair growth. Other authors from Yale are lead author Eric Festa, Jackie Fretz, Ryan Berry, Barbara Schmidt, Matthew Rodeheffer and Mark Horowitz.

The work was funded by the National Institutes of Health and the Connecticut Stem Cell Research Program. ◆



Researchers have discovered the

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be caused by viral infections or by nonsteroidal anti-inflammatory medication (such as aspirin) or medication used to treat against the *Helicobacter pylori* bacteria.

Maurizio Battino, coordinator of the research group at the Marche Polytechnic University (UNIVPM, Italy) suggests that "in these cases, the consumption of strawberries during or after pathology could lessen stomach mucous membrane damage."

Less ulcerations after eating strawberries

The team found less ulcerations in the stomachs of those rats which had eaten strawberry extract (40 milligrams/day per kilo of weight) for 10 days before being given alcohol.

Battino emphasises that "this study was not conceived as a way of mitigating the effects of getting drunk but rather as a way of discovering molecules in the stomach membrane that protect against the damaging effects of differing agents."

Treatments for ulcers and other gastric pathologies are currently in need of new protective medicines with antioxidant properties. The compounds found within strawberries could be the answer.

Furthermore, as well as scientists at the UNIVPM and the UB, others from the universities of Salamanca and Granada in Spain and of Belgrade in Serbia have participated in this research study. ◆

NEWS FROM OUR MAN IN SPAIN !!



Hi everyone, Today we are in Seville. Weather is beautiful for a change, has been quite cold and wet late last week.

Saw another cathedral today but with quite a different way of accessing the tower, a ramp. A succession of 30 flights of ramp around the tower which we discovered were there so that a horse could transport its rider to the top of the tower 5 times a day the call the Muslims to prayer.

We are staying another night here before going to Cordoba. We are driving (VW Polo 1.4 couldn't get a Peugeot) so we are very flexible with our schedule.

So far we have been to Barcelona. Gaudi was good but the crowds on a Saturday were worse than Venice. A pickpocket had a go at me on the Metro, I thought the woman was groping me. I got rid of her very quickly and she very quickly left the train. Of course she tried it coming into a station.

We went from Barcelona to Granada by overnight train, quite an experience. Granada is beautiful and the Alhambra quite remarkable. We had a beautiful apartment in the old part of the town with a superb view of the Alhambra. From Granada we got our car and drove to Ronda, an absolutely beautiful town built on both sides of a very deep and steep gorge with a spectacular bridge.

We made one mistake in Ronda by breaking one of Sir Lunalot's rules of dining by eating lunch at a restaurant with a great view of the stone arched bridge over the gorge. The food, grilled sardines, Sue, and grilled anchovies, me, was the worst meal we have had in Spain.

I think the restaurant was aimed at those who wear sox with sandals.

The food, apart from the above, has been great and cheap, less than half price of Melb.

There is no evidence of Rotary in Spain so far. Must be an underground movement.

Hope all at home are well. Haven't heard anything much from home since my normal email has stopped forwarding soon after arriving in Spain. Please use this gmail with any news.

Nick, Liz, Beatrix and Ignatius went to Sydney for the weekend and they are stranded due to the Qantas lockout.

The flight over was quite an experience, Seoul is a destination that is by no means a must see.

Best wishes to all ,Love, Sue and David ◆

PERKS OF BEING OVER 50

Even if you're not there yet, there's not long to go!!

You quit trying to hold your stomach in no matter who walks into the room.

You sing along with elevator music.

Your eyes won't get much worse.

Your investment in health insurance is finally beginning to pay off.

Your joints are more accurate meteorologists than the national weather service.

Your secrets are safe with your friends because they can't remember them either.

Your supply of brain cells is finally down to manageable size.

You can't remember who sent you this list. And you notice these are all in Red Print for your convenience. ◆



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Inc**

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QUOTE OF THE WEEK

*"Where your talents and the needs of the world cross - lies your calling."
[Aristotle]*

LAST MEETING DETAILS

Guests of Members :

Kerryn Dickinson-Rowe Terry Ryan Chris Rowe David Hattam
Madeleine Rowe Murray Wilkinson Rachel Rowe Helen Gray

Margret Baker

Visiting Rotarians:

Apologies:

Campbell Farmer Fotheringham Hassed Hookey Lear
Leigh Loftus McCormick Madigan Orlando Vasimalla

23RD NOV . VISIT TO FOODBANK

How our Club reinvented material aid distribution in Victoria!

6.30pm 4/2 Somerville Road, Yarraville

Not all our members are aware that Foodbank – the largest provider of food and material aid within Victoria, was a brainchild of Camberwell Rotary Club members. It is one of the Club’s great success stories and our visit this month will be a great opportunity to learn the history of how in 1996, our Club got this amazing initiative up and running. The night will start with a tour of the Yarraville facility and an overview of its current activities. Over dinner we will hear about Foodbank’s beginnings out the back of a trailer through to its nationwide coverage and very exciting plans for future expansion. All the while we will be munching on very tasty African, Asian and Middle Eastern finger food prepared by the Asylum Seeker Resource Centre’s commercial catering arm – a not-for-profit business supporting refugees. **Payment:** Cost is the usual **\$25/head** however we will need it paid in advance so please come prepared to pay at the desk **next week (16th November)**. As Alcohol cannot be sold on the Foodbank premises, please **BYOG. BUS**



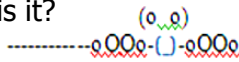
ARRANGEMENTS: Due to the low number of people seeking bus transport there is no cost-benefit in the Club hiring a bus for transport to and from the venue. Could members planning on driving to the venue please assist others by carpooling where convenient to do so.” ♦

Last Week Poser :It is greater than God and more evil than the devil. The poor have it, the rich need it and if you eat it you'll die. What is it?

NOTHING !!

This Week Poser : What goes into the water black and comes out red

????????????????????????????????????



New Directory Input:

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Birthdays

Club Anniversaries

Wedding Anniver-

GordonDuxbury Nov 13
Michael Paragreen Nov 13
Angela Pane Nov 15