



The Camberwell Bulletin



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

Next Week

Wed 14 Dec

Bob Moran

**'The Myeloma Foundation- A great
Rotary Story "**

Chair Peter Allen



FUTURE MEETINGS

Sun 18 Dec CHRISTMAS FUNCTION- KEW GOLF CLUB

Wed 21 Dec Wed 28 Dec Wed 04 Jan

NO MEETINGS

Thur 12 JAN CLUSTER MEETING KEW GOLF CLUB

**Wed 18 JAN Leah Annetta 'Sunday Service'-
The Camberwell Sunday Market**



MEETING ROSTER

December: Family of Rotary Month

**Desk
Patrick Cunniffe**

**Desk
Geoff Day**

**Badge
Marcus Falay**

**Bar
Nick Pane**

January: Rotary Awareness Month

**Desk
Geoff Heath**

**Desk
Richard O'Brien**

**Badge
Tim Landsberg**

**Bar
Syd Warneke**

IF UNAVAILABLE PLEASE ORGANISE YOUR REPLACEMENT

STOP PRESS



FUNNY 'BUNNY SUITS' FOR SUE : Just a reminder on the Bunny Suits for Susan Gray and her February trip to the Vietnam Orphanage. Our local Sue, Sue Hope is coordinating the collection of Bunny Suits (she has specifically mentioned as new BUNNY SUITS and not general baby clothes) and invites delivery to either our December 14 dinner meeting or to the Christmas Lunch on December 18 at Kew Golf Club. Sue's aim is to get hold of 100 Bunny Suits for Sue Gray. Thank you Sue Hope

**Club Meets
Wednesdays 6.15 for 6.30
Canterbury Centre, 2 Rochester Road
Canterbury**

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

**Apologies—Bookings
Alan Lorenzini
Mobile 0411 884 032
W: 9855 1444
alan@lorenzingroup.com.au**



FRIEND OR FOE? IT'S UP TO YOU!

"The opportunity for social advancement and a good time **or** a dangerous path to terrible consequences" was how **Nigel Lane** concluded his **Facebook** Q&A style talk to the Club last night. Nigel spends his time helping young people and their parents *find a better way* which has been his full time career for 20 years. Nigel started off with an explanation of the terms 'Tweet, Flicker and Tag.' He added, "as the popularity of Facebook and other social networking sites grows, so does the danger around them. It is becoming more difficult to keep our children away from them, so it is up to parents and grandparents to teach children how to be safe while using them."



Bakers Delight, 377
Whitehorse Road
Balwyn

Nigel referred to four major risks associated with Facebook.

1. Giving out personal information (once this is released, it can go anywhere) **2.** Cyberbullying (it happens fast on the internet) **3.** False Identities (children have no idea who they're actually talking to and **4.** The amount of

Time people spend on computers. "Cyber Bullying can be particularly damaging to young people. Once you could go home and feel safe by closing the door. Bullying couldn't get in" Nigel said. In dealing with family Facebook problems, Nigel said "don't remove the computer, even if someone is being bullied on line. It only creates further issues.. You could consider joining Facebook and being their friend." He also suggested having the family computer in public view.

Yet, Facebook and other social networking sites such as MySpace, Twitter, and LinkedIn, are only dangerous because of some people who use them. They also provide an entertaining place for people to meet and stay in touch. Nigel said many kids use it like they would a phone, contacting friends, sharing pictures, and setting dates and events up together. "Since the world we live in is growing more dependent on computers, it only makes sense that children try and incorporate it into their lives at a young age. It is our responsibility to help our children learn how to use social networking sites in a healthy, safe way. The first thing to do is to check out these sites for yourself" he concluded. Nigel was introduced by **David**

Atkinson who chaired the meeting and extended question time well.



RYLA REPORT FROM RICHARD

On Thursday 1st December our New Gens Chair, Richard Stewart attended the annual Rotary Youth Leadership Awards (RYLA) dinner at Oasis Camp Mt Evelyn. This year the Club sponsored 4 students out of a total of 60 who attended the program this year from District 9800. Our Club's contribution was by far the most by number.

At the Dinner all of our RYLarians expressed their thanks and appreciation to the Club for the support and opportunity given to them. After dinner, the RYLarians put on an hour's entertainment centered around the themes of Values, Community, Communication and Compassion. Several spoke of



Richard Stewart with (L to R) Bell Lektawasin; Tim Bystersky; Chairman Richard, Hollie Johnson; Rachel Spencer

(Continued on page 4)

BOB'S COMING BACK TO TELL US ABOUT A GREAT ROTARY STORY.

Past member of our Rotary Club, Bob Moran OAM, is returning. This time as our Guest Speaker on Wednesday 14 November. When Bob's wife, Glenys was diagnosed with Myeloma, he decided to do more than to be a spectator to the progress of her illness. In Rotary parlance, he elected to take 'the opportunity for service'. Together with his fellow

Co-Founder and Patron of Myeloma Foundation of Australia, Robert Moran, being presented with his Order of Australia Medal (OAM) by the Governor of Victoria, Professor David de Kretser A.C. at a function at Government House Melbourne in May 2008 for services to the Foundation.



founder Brian Rosengarten, he led the development of a myeloma patient support organisation that was destined to become The Myeloma Foundation of Australia. That was fourteen years ago. The Rotary Club of Camberwell has remained with Bob throughout his journey. It's 'a great Rotary story' that will be of interest to all, particularly our newer members. Partners are also encouraged to hear Bob's story. It's a night not to be missed! ◆◆◆

'TIS BETTER TO GIVE THAN TO RECEIVE? LIFE SCIENTISTS FIND THAT GIVING SUPPORT OFFERS HEALTH BENEFITS -- TO THE GIVER

Providing support to a loved one offers benefits to the giver, not just the recipient, a new brain-imaging study by UCLA life scientists reveals.

"When people talk about the ways in which social support is good for our health, they typically assume that the benefits of social support come from the support we *receive* from others, but it now seems likely that some of the health benefits of social support actually come from the support we *provide* to others," said Naomi Eisenberger, a UCLA assistant professor of psychology and the senior author of the study, published in the online edition of *Psychosomatic Medicine*, a peer-reviewed health psychology journal.



Eisenberger and UCLA psychology graduate student Tristen Inagaki studied 20 young heterosexual couples in good relationships at UCLA's Ahmanson-Lovelace Brain Mapping Centre. The 20 women in the couples underwent functional magnetic resonance imaging (fMRI) brain scans while their boyfriends were just outside the scanner receiving painful electric shocks. At times, the women could provide support by holding the arm of their boyfriends, while at other times, they had to watch their boyfriends receive shocks without being able to provide support (each woman instead held a squeeze-ball). At still other times, the boyfriends did not receive a shock, and the women could either touch or not touch them.

The life scientists found that when women gave support to their boyfriends in pain, the women showed increased activity in reward-related regions of the brain, including the ventral striatum and septal area. In addition, the more reward-related neural activity these women showed, the more connected they reported feeling with their boyfriends while providing support. Under conditions in which no support was provided, these regions showed decreased activity. "One of these regions, the ventral striatum, is typically active in response to simple rewards like chocolate, sex and money," Eisenberger said. "The fact that support-giving also activates this region suggests that support-giving may be processed by the brain as a very basic type

(Continued on page 4)

(Continued from page 3)

of rewarding experience."The researchers also found another interesting pattern of neural activity in the septal area. In addition to being a pleasure centre, this region plays a role in threat- or stress-reduction by inhibiting other regions of the brain that process threats, such as the amygdala. Researchers found that the women who showed greater activity in the septal area also showed less activity in the amygdala."This finding suggests that support-giving may have stress-reducing effects for the person who provides the support," said Eisenberger, who directs UCLA's Social and Affective Neuroscience Laboratory. "Activity in the septal area during support-giving was negatively correlated with activity in the amygdala, which is a region known to play a role in fear and stress responses. If there is something about support-giving that leads to reductions in amygdala activity, this suggests that support-giving itself may have stress-reducing properties." "Giving to others has benefits," said Inagaki, the lead author of the study, who has been awarded National Science Foundation and Jacob K. Javits fellowships. "We even saw substantially more activity in these reward brain regions when the women were giving support than when they were touching their boyfriend when he was not getting shocked. You might think it would be more pleasurable to touch your boyfriend when he is not going through something painful, but we found the opposite, which was surprising." Eisenberger said she thinks the benefits of providing support also apply when a loved one is experiencing other stressful events, including emotionally painful events. She offered a theory to explain the findings. "Giving support to those we are close to, such as family members or children, may increase their likelihood of survival and, therefore, the likelihood that our genes will get passed on," she said. "Because of the importance of support-giving for the survival of our species, it is possible that over the course of our evolutionary history, support-giving may have become psychologically rewarding to ensure that this behavior persisted." Currently, Eisenberger and Inagaki are conducting further research on how giving to others may reduce our stress responses and ultimately contribute to better health. ◆◆◆

(Continued from page 2)

how the camp had opened them up to new ideas and understanding and given them new confidence to be themselves. A number gave speeches outlining their particular passion and focus for future community work. **Richard said** "This is a wonderful program and the Club can be very proud for giving these exceptional young people this opportunity. Rachel and Hollie wish to come to the Club sometime next year and express their personal thanks and discuss their experiences. This will be a meeting all members should attend." Thank you Richard for representing the Club (see photo) and for your report.

FINALLY It was great seeing past member **Walter Fawcett** (Trish) again. Expect a call Walter! Likewise, good seeing **Chris Howell** (Geoff Day) again and thanks Chris (and to our other volunteers) for your contribution to the Dec 4 Bunnings Hawthorn BBQ (see sep. story) which yielded around \$1600. Well done! Next week, I'll report on my **Sunday Market** volunteering (Dec 4) from start to finish. As our inaugural 'guinea pig', it was a worthwhile experience at a very well organised event. Welcome back **Peter Pratt** and nice seeing **Mandy Campbell** at our Meeting. Heard from Don Jago that our GSE applicant **Katie Scott** (who spoke to the Club last week) was unsuccessful. And don't miss our Thursday January 12 Cluster BBQ / dinner Meeting at Kew Golf Club. It's our first Meeting for 2012 and will be an informal, family affair. A Board will go around (again) next week. Which is a good segway to next week's Guest Speaker and past member, **Bob Moran**. It will be a special night on a topic close to Bob. Multiple Myeloma. Finally...thanks Sergeant **Jon Oppy** for a great fines segment. Very entertaining and no doubt profitable (\$\$). Good work.

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

A CHRISTMAS STORY

The year our youngest daughter, Shelly, was four, she received an unusual Christmas present from "Santa." She was the perfect age for Christmas, able to understand the true meaning of the season, but still completely enchanted by the magic of it. Her innocent joyfulness was compelling and catching -- a great gift to parents, reminding us of what Christmas should represent no matter how old we are.

The most highly prized gift Shelly received that Christmas Eve was a giant bubble-maker, a simple device of plastic and cloth the inventor promised would create huge billowing bubbles, large enough to swallow a wide-eyed four-year-old. Both Shelly and I were excited about trying it out, but it was after dark so we'd have to wait until the next day.

Later that night I read the instruction booklet while Shelly played with some of her other new toys. The inventor of the bubble-maker had tried all types of soaps for formulating bubbles and found that Joy dishwashing detergent created the best giant bubbles. I'd have to buy some.

The next morning, I was awakened very early by small stirrings in the house. Shelly was up. I knew in my sleepy mind that Christmas Day festivities would soon begin, so I arose and made my way toward the

kitchen to start the coffee. In the hallway, I met my daughter, already wide awake, the bubble-maker clutched in her chubby little hand, the magic of Christmas morning embraced in her four-year-old heart. Her eyes were shining with excitement, and she asked, "Daddy, can we make bubbles now?"

I sighed heavily and rubbed my eyes. I looked toward the window, where the sky was only beginning to lighten with the dawn. I looked toward the kitchen, where the coffeepot had yet to start dripping its aromatic reward for early-rising Christmas dads.

"Shelly," I said, my voice almost pleading and perhaps a little annoyed, "it's too early. I haven't even had my coffee yet."

Her smile fell away. Immediately I felt a father's remorse for bursting her bright Christmas bubble with what I suddenly realized was my own selfish problem, and my heart broke a little.

But I was a grown-up. I could fix this. In a flash of adult inspiration, I unshouldered the responsibility. Recalling the inventor's recommendation of a particular brand of bubble-making detergent -- which I knew we did not have in the house -- I laid the blame squarely on him, pointing out gently, "Besides, you I have watched her eyes light back up as she realized, in less than an instant, that she could neutralize this small problem with the great and wonderful truth she was about to reveal.

"Oh, Daddy," she promised, with all the honesty and enthusiasm and Christmas excitement she could possibly communicate, "Oh, Daddy, I do."

I broke records getting to the store, and in no time at all we were out on the front lawn creating gigantic, billowing, gossamer orbs--each one filled with Joy and sent forth shimmering into the Christmas sun.

— By Ted A. Thompson ◆◆◆



UNWRAPPING THE GIFT OF GIVING



"And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store?"

What if Christmas, perhaps, means a little bit more?" – **Dr. Seuss**

Last [Christmas](#), my much loved toddler was truly overwhelmed by the generosity of friends and family. On Christmas Day gift after gift was gratefully received, opened, then piled aside. With little time to process this excess, let alone what she had received from whom, it quickly got to the stage where she simply handed me the unopened gift as she had clearly had enough.

As a toddler, she could be excused for thinking that Christmas did indeed come wrapped in a box adorned with colourful ribbon. When it comes to the modern-day version of Christmas, which seems to have sprung from glossy store catalogues and our insatiable desire to buy, to own, and to have. I wonder what we are actually teaching our children about the true value of giving. To be quite honest, although the gifts were beautiful and generous, my toddler was happy to simply have her family gathered around talking, laughing, playing, eating, and sharing time together.

As the crazy Christmas countdown speeds along, maybe it is time to slow down and reflect upon ways to make the act of giving more meaningful within our hearts and within our homes, for ourselves and for our children. Let's start with **three ideas for giving gifts at Christmas** that place value back on being family rather than on pretty paper and colourful ribbon.

1. Giving a whole family

gift :Why not choose a gift the whole family can enjoy together? What is right for your family will obviously depend upon the ages of your children



and your shared interests, but the gift should be something which encourages talking and interacting, which is fun and involves everyone. A new board game, set of art materials for family drawing time, or a basketball hoop and ball are just a few suggestions.

2. Giving the gift of time :Instead of giving a physical gift, give the gift of your time and undivided attention. Our modern lives are full and busy. We juggle work, households, family, child care, school and extra-curricular activities. To reconnect as a family, plan a special way to take time out, away from the busy-ness and preferably unplugged from all forms of electronic distraction. Again, how you choose to spend this time will depend upon your own family; it doesn't have to be elaborate – a picnic or a bushwalk, a visit to a museum, zoo, aquarium, or the beach. Or why not take it in turns, and let each family member choose an experience or an outing once a month? That way, you can develop a whole calendar of special 'family time' events to look forward to.



(Continued on page 7)

(Continued from page 6)

3. Giving gifts to the community: One way to help children develop compassion, tolerance and a greater sense of community is to find a way to work together in giving back to your local community. Consider which sector of the community you would all most like to be involved in – the elderly, homeless, disabled, children, animals or the environment, and how you might like to contribute, whether it be by:

Donating goods, such as collecting canned food for a local food bank or involving your children in choosing toys and clothes ready to donate to a charity store.

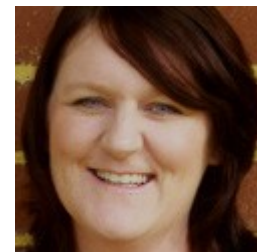
Volunteering by dedicating time to being involved directly with a community organisation, for example, by walking dogs for your local RSPCA shelter, assisting at a soup kitchen or participating in a community clean up day.

Committing financially as a family to sponsor a child, adopt an endangered animal species or support **Guide Dogs Australia.**

Maybe, just maybe, by adopting one or two of these gift ideas you and your family can learn that Christmas indeed means a little bit more.

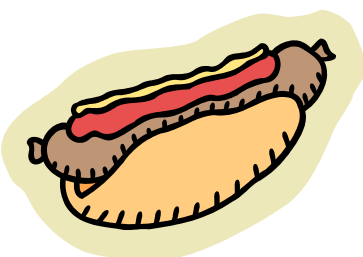
What do you do with your kids to help them learn the value of giving?

BY Christie : Christie is a qualified early childhood teacher and Mum of one very busy toddler. With many years of experience working with children and families teaching preschool, early primary and directing a child care centre, she thought being a parent would be a breeze but quickly learnt that the practicalities of parenting are very different to the theories! You can read more about Christie's adventures as a proud Mum, domestic disaster and passionate early childhood teacher on her award winning blog, ◆◆◆

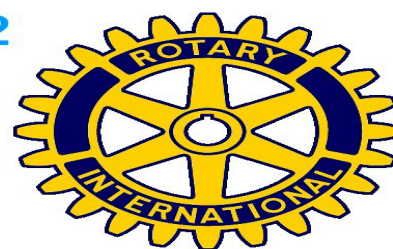


BUNNINGS HAWTHORN A SIZZLER

Another one down. And a very good result at Bunnings Hawthorn on Sunday December 4 thanks to our team of sausage sizzle volunteers (Michael Blood, Peter Matthews, Robert Davies, Syd Warneke, Kerryn Dickinson-Rowe, Peter Anderson and Chris Howell). **The profit will be around \$1594 which is a terrific outcome.** A couple of expenses are still being tidied up. It was a challenging day at a very busy location. And being three volunteers short meant an extra effort from everyone which is appreciated. Special thanks to Fabienne for hangin' in most of the day and to Kerryn for getting down and dirty with the end of day clean up. A recent visitor to our Club, Chris Howell (Geoff Day) did a great job and was cool as a cucumber when under the pump. It's estimated we sold around 720 sausages plus a selection of canned drinks. **Our next Bunnings outing is at Box Hill on Tuesday 27 Dec.** ◆◆◆



9-12 March, 2012
**The Melbourne
Convention
and
Exhibition Centre**
Bringing us together
for more than just a conference.



**Rotary Club of Camberwell
Inc**

**PO Box 178
Canterbury 3126**

www.camberwellrotary.org.a

President

David Baker
0418 104 272

david@bakerdgb.com



Secretary

Richard Gray
0412 389 889

rh_gray@optusnet.com.au



Treasurer

Loreto Resubal
0425-751-281

info@jrj.com.au



Bulletin Editor:

Bern Connell
98855270

0418 129 347

berna84@bigpond.net.au



District Governor:

Keith Ryall
0418 589 144

dg@rotarydistrict9800.org



Assistant Governor
Eastside Cluster

Kevin Love 0409 008 931
Kevinlove.rccms@gmail.com



Politics is supposed to be the second oldest profession.

I have come to realize that it bears a very close
resemblance to the first.

Almoners Notes :

Don Fotheringham is currently through his course of chemotherapy and coping quite well. The quality of his voice has marginally improved. Following his chemotherapy some form of surgery will complete the treatment.

Gloria Resubal underwent a Cystoscopy today as a day procedure to cauterise some local blood vessels, she is home and doing well.

FRANK Leigh is about to undergo surgery in the Bladder area we all wish him Don and Gloria all the very best.

Birthdays

Leslie Brown Dec 13

Frank Leigh Dec 14

Club Anniversaries

Graeme Hope Dec 10 8 years

Michael Mullins Dec 11 26 years

Wedding Anniversaries

Donald & Margery, Jago Dec 12

LAST MEETING DETAILS

Guests of Members

Chris Howell ,Walter Fawcett, Mandy Campbell

Visiting Rotarians:


Apologies:

Angus , Anderson , Blood , Brown , Fotheringham , Hased , Heil , Leigh , Lorenzini , Pavey , Spry , Tor'Bey , Satharajah , Vasimalla

Make Ups:

Raffle Winner:

Michael Mullins

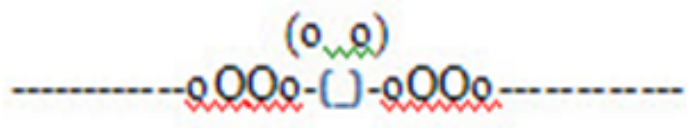
 **Nick Pane wishes to remind members that unwrapped gifts for children will be collected at the Kew Golf Club on Sunday December 18. The Salvation Army will distribute to needy children ♦♦♦**

Camberwell Market rostered members for December and January are

11 Dec	Patrick Cunniffe
18,25 Dec & 1 Jan	Market is closed
8 Jan	Geoff Day
15 Jan	Peter Anderson
22 Jan	Graeme Hope
29 Jan	Peter Mathews

QUOTE OF THE WEEK

"In the face of uncertainty, there is nothing wrong with hope."



Last weeks answer

$2^6 - 63 = 1$ (In other words,
 $2 \times 2 \times 2 \times 2 \times 2 \times 2$, which equals 64)

This weeks poser

Here is a series of numbers. What is the next number in the sequence?

1,11,21,1211,111221,312211,13112221,?