



CLUB BULLETIN



3rd February 2010

Rotary Club of Camberwell

Volume 54 Issue 29

Special points of interest:

- Last Weeks meeting
- New PHF Sapphire
- DIK Report
- Golf Team required
- Bush Fire 1 year On

Wednesday Feb 10th

Time: 6.15 for 6.30 pm

Club Assembly

Chair: PE Rob Davies

Inside this issue:

President's Message	2
Religious Fun	2
Last Weeks Meeting	3
Art Show Roster	4
District Community Sponsored Projects	5
Partners Night Details	6
DIK Report	7
Sorrento Golf	7
D9800 Bush Fire Recovery Report	8
Last Meeting Details, Guests, Birthdays, Etc.	9

Meeting Rosters

FEBRUARY
(World Understanding Month)

Registration Desk

David Loftus

Ian Feder

Welcomer

Syd Warneke

MARCH

(World Rotaract Month)

Registration Desk

Peter Allen

Michael Blood

Welcomer

Neil Hookey

It is the responsibility of the rostered Member to find a replacement if not able to attend

Future Club Program

<u>Date</u>	<u>Speaker</u>	<u>Subject</u>	<u>Chair</u>
Wed 17th Feb	Partners Night	More Information	Inside
Wed 24th Feb	Vocational Night & Awards		Frank Leigh
Wed 3rd March	Jane Broadhead	Future direction of Camcare	Geoff Day
	Jane is CEO of Camcare		
Wed 10th March	Adrian Campbell	Walking The Kakoda Track	Andy Spry
Wed 17th March	Gillian Hibbins	The Origins of Australian Rules Football	

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

President: Dennis Coleman
Secretary: Richard Gray
Treasurer: : Peter Pratt

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

From The Humidor

At the beginning of the year I set a target of 10 new members nett for the Rotary year, we are now half way there with five months to go, so it is up to all of you “the Camberwell Rotary family”. Each one of you need to invite one person to a dinner meeting there is



NO COST at all to you, their first meeting is on us. But the benefits received will be magnified 10 fold, especially at art show time.

I envisage this club to be one hundred members by 2012. Then when you think of the possibilities, more projects spread amongst more members makes the load easier. At the moment we are one of the largest clubs in district 9800 and we certainly tackle more projects than many other clubs, and this can only be constantly achieved by increased numbers.

So it is up to all of you to help make our club not only one of the biggest but the biggest in our district.

Last Wednesday we welcomed our exchange student Ana from Brazil to her first meeting, please get to know her and invite her to sit at your table, just remember speak slowly and clearly and before long she will be fluent.

At the beginning of this year I also said that each one of you at some time during the year would be our guest, so far we have had a few dinner’s and barbecues and Anita and I have enjoyed your company immensely.

Our next event will be February the 28th for afternoon tea, at our home where you are all welcome, there will be a board going around over the next 2 weeks for catering purposes.

These events are particularly important for our newer members, all of you whether you have been a member for a month, a year or a decade, you are all part of the “family of Rotary”. One of the great strengths of our club in particular is the quality and quantity of our fellowship functions, we have always tried to have a variety so as all of you will find one you enjoy, but you do not have to attend all of them- if you would like a particular sort of partners night just bring it to my attention and I will do my best. Remember the Rotary club of Camberwell ‘have fun working hard’ and ‘work hard at having fun’.

The future of Rotary is in your hands

President Dennis

“I envisage this club to be one hundred members by 2012”

Religious Fun



How to tell if a Catholic is driving too fast



Jewish Olympic Swimmer



After 39½ years of wandering in the desert, Mrs. Moses secretly asks for directions.



Last Weeks Meeting

The report on last weeks speaker was contributed by Jo-Anne Tamlyn, for which the Editor is grateful

We welcomed our **Exchange Student Ana Flavia** from Brazil who arrived last week, she briefly addressed the Club, told of her long flight via Dubai, of how Australia & Brazil appear to be very similar, thanking us for opportunity to stay, and hopes her English will improve.



P.E. Rob Davies awarded PH Sapphire: For his 20years of service during which he has been a tireless worker at the Art Show and has a long history of generosity and donations to Food bank.

Speaker Keith Wehl Presented a talk on behalf of Alzheimer's Australia on: "Where did I leave my keys?"

Following his retirement from a risk management position at Foster's Brewery, Keith was keen to find a suitable volunteer role to occupy his time. Over many years Keith and his wife had enjoyed a close friendship with a neighbour and his wife. Very sadly at 53 years of age the neighbour was diagnosed with Alzheimer's Disease. He died 13 years later and during this time Keith came to know his journey well. So well that when he retired he became a volunteer at Alzheimer's Australia, assisting on the helpline, travelling around Victoria to speak at various community engagements, and then becoming a Board member.

Keith explained that there are 90 different forms of dementia of which Alzheimer's Disease is just one. All dementia is characterised by loss of mental function, personality changes and memory loss. The most recently learnt information is the first to be forgotten often causing repetitive questions, while the things that happened 50 years ago are recalled the most clearly. Dementia is caused by a build up of protein deposits in the brain which block messages from getting through. It can take many years to manifest itself and often the person experiencing the dementia will hide their symptoms and not seek help.

Dementia can afflict anyone. There are no rules and it is unpredictable. It lasts an average of 10 years before the person dies but can be as short as 5 years or last a lot longer than 10 years such as Claudia Wright. In Victoria 50 people every day are diagnosed. It is expected in the future with an ageing population to reach epidemic proportions at enormous cost to the community.

Typically, symptoms begin with using incorrect words, getting lost, driving through red lights and getting figures confused. There are also personality changes with rapid mood swings progressing to bewilderment and anger. Often understanding it is dementia can be confusing because other conditions such as stroke, depression, diabetes and some medications can have similar symptoms. Keith's key advice tonight is if you have any signs to go to your GP as soon as possible.

The benefit of an early check is that you will get an explanation for your symptoms; it could be something needing immediate treatment such as a stroke; the sooner that dementia treatment is started the better the outcome is likely to be, and by knowing your situation you are in a better position to put future planning in place such powers of attorney.

The risk factors for brain disease are the same as for heart: smoking, high blood pressure and high cholesterol. People suffering dementia can be as young as 30 years but by age 90, one in three will be affected.



LAST WEEK'S MEETING (CONT'D)

Alzheimer's Australia employs 90 professional staff and 100 volunteers. Their main aim is to educate the community and reduce the fear and stigma of the illness. They also aim to assure the patient and carer that they are not alone in their journey. The services they offer are: the helpline phone support service, support groups, professional counselling, information sheets, education program for carers, and the speaker program. All services are free.



Keith concluded his talk by advising the audience to 'mind the mind'. Studies have shown that a brain healthy lifestyle is best. Eating foods that are rich in fats increases risk while foods rich in fish, fish oil and omega, vitamins A and E, drinking 6 glasses of water a day and red wine in moderation minimises risk, as does regular exercise and regular medical check-ups. It is also recommended to keep mentally alert, engage in regular social activities, crossword puzzles, learn a new skill or musical instrument and get out walking with friends or other group activities. The person caring for the dementia patient needs to care for themselves as well and seek support as it is a 24/7 job and often the person being cared for can become too great a responsibility and the carer needs to be able to know when the time has come for them to step back and let others assist.

Art Show Rosters

The Art Show Roster Form has been sent to all members,
Rosters Were Due Back Last Week

YOU ARE NOW LATE

Please consider your availability, the Art Show this year is much shorter than in Previous years, the whole process takes place only over eight days including two weekends.

Return Form To Peter Matthews
plmatthews@bigpond.com



**THE ART SHOW NEED YOU
TO RESPOND NOW**

District Community Service Sponsored Projects

YOUR EXCLUSIVE INVITATION TO GO THE TAN

The Go the Tan is an event organised by the Friedrich Ataxia Research Association to provide much needed funds for research into finding a cure for this terrible disease.

Bring your family and friends, register as your Rotary Club and join in the "Rotary Challenge" and help promote Rotary's work in the community

Sprint, jog or walk one lap of the famous 3.8km tan track to receive your official 2010 Tan time.

Go The Tan is an event for the Friedrich Ataxia Research Association, supporting research to find a cure for Friedrich Ataxia, a fatal degenerative, neurological childhood disease www.fara.org.au.

All profits from **GO THE TAN 2010** support world leading research into the first treatment for Friedrich Ataxia.

Join us on Friday 12th February at 12.30pm for the **GO THE TAN 2010 Rotary Challenge**. You can sprint, jog or walk it, it doesn't matter! Just one lap of the Tan to record your time will support research into this disease at the Murdoch Children's Research Institute and University of Melbourne.

Friday 12 February 2010
 12:30pm – Official Media Launch
 12:45pm – Celebrity Challenge
 1:00pm – Open to public





Rotary Club of Strathmore

Rotary Club of Strathmore proudly supporting
 RoCan in support of the Olivia Newton-John Cancer & Wellness Centre

ROTARY AGAINST CANCER Fashion Parade

Come along to a day of fabulous food and fashion where we will show case the latest fashions hosted by some of Moonee Valleys leading hair and makeup stylists.

A day of delectable cuisine, world class entertainment and the chance to experience the pure pleasure of enriching the lives of women in support of ovarian cancer awareness month and help join the fight against cancer.

To book and give your support, please complete the registration form and scan, fax or post it to us as soon as possible. Ticket numbers are limited. If you are unable to attend, your donation will be much appreciated. Any donation over \$2 is tax deductible.



Come Be Inspired by the beautiful voice of our very own Silvie Palladini!

Date	Saturday 20th February 2010	Includes:
Time	12.30pm - 5.00pm	Free drink on arrival
Cost	\$50.00 per ticket	Cocktail food
Venue	Celebrity Room Moonee Valley Racing Club McPherson Street MOONEE PONDS, Victoria	Free gift bag
		Fashion parade
		Door prize
		Entertainment
		Expo room where you can score some great bargains and door prizes.
		Additional drinks available at bar prices



RoCan
Rotary Ovarian Cancer Research



OLIVIA NEWTON-JOHN
CANCER AND WELLNESS CENTRE LIMITED
Supporting Ovarian Cancer Research

Printed by Minuteman Press Essendon
138 Keilor Road, Ph 9379 3377

Ticket sales: contact Peter on 0418 134 204 or ptckart@stepsaustralia.com.au

Partner's Night 17th February



"Hello, Hello....."

Testing. Testing! 1...2...3

**CAN YOU
HEAR ME?**



ON WEDNESDAY 17 FEB.

Cancel the in-laws visit.
Cancel squash.
Cancel the gym.
Cancel the jog.
Cancel Desperate Housewives.
Cancel everything!

SPECIAL GUEST SPEAKER

One night only. Everyone knows this act. Partners will go crazy!

DO NOT MISS!

SAME time 6.15 for 6.30pm
Special premium meal.
SAME cost as normal meeting.
FREE drinks.

**A GREAT NIGHT GUARANTEED!
BOARD GOING AROUND.**

Bookings essential for catering.

A Fellowship Family Friendly Fundraiser.

DIK Report October 2009 to January 2010



TASKS COMPLETED

In the period October 2009-to 31 January 2010 DIK operated every Tuesday and Thursday: for this period, a total of 2,070 hrs.

Some highlights of the work done in this period:

- 5 Containers SAMOA-Tsunami, RC Sunshine, Frank Dri and SAMOAN expats.
- 1 Container Manila Flood .RC Brighton Beach, Ruth Carlos-Martinez and Virginia Turner.
- 2 Containers - Fiji schools, RC Canterbury, Keith Thompson
- 2 Containers -Timor Leste, paying shippers and DIK
- Chadstone East MALVERN -25 working and BBQ
- RC Footscray lunch meeting @ DIK 35 attended.
- RC Malvern ,WORK DAY and BBQ
- RC Camberwell, storing and re-packing their "picture Dictionaries" for Victorian Schools.
- RC Keilor East-3 truck loads of excellent Medical equipment and expendables.
- Chadstone - East Malvern RC, delivered 60 Computers complete.
- YARRA Cluster, AG and cluster-dinner meeting and briefing @DIK. Catered by Laurie and Sandra Fisher
- RC Essendon, dinner meeting @ DIK- 40 attended

FUTURE AND CURRENT TASKS

- We have a sponsored 40 ft Container to load by mid Feb
- West FOOTSCRAY RC-2 Containers for TANZANIA, ready to load.
- Sat 30 Jan- RC Keilor East, RC West Footscray, Dr Hamish EWING, Royal College of Surgeons, collected \$12,000 of new, unused medical equipment from RMIT.

URGENT – VOLUNTEERS NEEDED

We have to vacate the free shed 43 ASAP, and we need to consolidate all the new clothing (mainly Yakka) into standard cartons, so we can store multi-stacked. Please get this word out for ALL non working Rotarians, family & friends. This is VERY URGENT. Any Tues or Thurs 9.30-2.30 or any Sat 9-12

Bill Dagg Co-ordinator DIK Jan 2001-?. 0425741045 bdagg@tpg.com.au

Charity Golf Day

Rotary Club of Sorrento

Is Hosting

A Charity Golf Day

Sorrento Golf Club

Monday 15th March

Ambrose Competition—Shotgun Start 1pm

Lunch From 12 noon

Cost \$70.00 per person

Members Interested in This Event Which the Club has Supported Over many Years—Contact Pierre Kriegler



District 9800 BUSHFIRE RECOVERY PROGRAM - PROGRESS REPORT NO. 5, FEBRUARY 2010

The particular significance of this Report is that it has been written almost one year after the "Black Saturday" Fires. Much has happened in that period of time.

It is frequently said that "time heals"; however, while this is in part a truism it is not relevant to a disaster such as a large bush fire. Indeed, there is a serious negative effect associated with the efflux of time in such a situation, while a disaster will usually create a great welling up of immediate sympathy and assistance, as time passes the impact fades and external support rapidly diminishes while trauma and suffering persist. It is now quite difficult to attract volunteers to continue to assist in the bush fire affected areas of Victoria and agencies that have given so much to help the damaged communities are now beginning to run out of funds and other resources.

Also, more recent disasters have occurred: there is "competition" for available resources, and in the current economic situation the "well is very nearly dry"!

The RI D9800 Bushfire Recovery Fund has been conservative in its application of funds to projects up to the present, being fully aware of the likely position that now seems to be emerging. While the Fund is still capable of responding to project proposals, it must be emphasised that money is not the only requirement: there is still considerable need for volunteers and for people to establish and maintain contacts with survivors in the affected communities. Trauma related effects are still a main concern in these areas; according to expert advice that position is not likely to change significantly in the next several years.

Without frontline support, Rotary efforts would simply comprise provision of money for projects until the resources of the Funds are completely dispersed. It will be necessary to devise ways by means of which the Rotary effort can involve leveraging on available funding via human input: this may even require provision of some on-going financial support for some volunteer organisations (including Rotary Clubs) that are prepared to do real work in the Recovery Program.

Make no mistake, a year has passed but there is still great need for assistance in the areas that were affected by the "Black Saturday" and related bush fires! While in some areas considerable progress has been made in others very little has been done.

THE GREATER KINGLAKE AREA:

Much of the D9800 effort has been directed to projects in the greater Kinglake area.

Dealing with survivors in that area has been highly dependent on the relationship that we have built up with *Global Care*.

A ten day "Stress Relief" Holiday for 26 residents from Kinglake was organised before Christmas in conjunction with Rotary Districts in New Zealand

A Christmas Party for children from primary schools in the greater Kinglake area was held at Kinglake West with the support of the Rotary Clubs of Prahran, Malvern, Chadstone-East Malvern, and Melton Valley

Youth Space (Centre) at Kinglake Work continues on development of a Project Proposal for this provision.

Kinglake Ranges Radio (94.5 FM) The *RI D9800 Bushfire Recovery Fund* donated \$30,000 to enable the purchase of a transmitter and other ancillary equipment. The Station was officially launched on 29 January 2010.

MARYSVILLE

Marysville Central Stage 1 of the Project involving refurbishment of the old Marysville Motor Museum as a market and business centre has been completed and were officially opened on 5 December 2009

IN CONCLUSION:

After the first year of the Bushfire Recovery Program much work still remains to be done.

Rotary can and is making a difference and is very well recognised and respected for its efforts. Money is not available to do everything that may be required and desirable; however, with judicious application of available funds and leveraging with other inputs, Rotary is making a meaningful contribution to the recovery of individual survivors and their communities.

Our reward is in the personal satisfaction gained from the service we provide; however, the time and effort contributed by our members to the cause must never be taken for granted and our heartfelt thank go out to everyone who has supported the RI D9800 Bushfire Recovery Program.



Rotary Club of Camberwell Inc
(Inc. A0020974E)

PO Box 178
Canterbury 3126
Web Page:
www.camberwellrotary.org.au

President:
Dennis Coleman
(M) 0409 412 963
(E): balwynjewellers@optusnet.com.au

Secretary:
Richard Gray
(M): 0412 389 889
(E): rh_gray@optusnet.com.au

Treasurer:
Peter Pratt
(M): 0410 002 914
(E) pcpratt@aapt.net.au

Bulletin Editor:
Mike Pavey
(H) 9898 3206
(M): 0418 990 815
(E): m.pavey1@optusnet.com.au

District Governor:
Colin Muir
R.C. of Werribee
(E): dg@rotarydistrict9800.org

Assistant Governor for Eastside Cluster
Philip Rowell—RC of Brighton North
ageastside@rotarydistrict9800.org

Birthdays & Anniversaries

Birthdays

Mike Pavey 6th Feb
Mariella Neumann 9th Feb

Wedding Anniversaries

None

Club Anniversaries

Anne Murphy 5 Feb 7 Yrs



Last Meeting's Guests, Apologies, Etc

Members and Guests

Keith Wehl—Speaker
Glenda Davies—Rob
Ana Flavia—Exchange Student

Visiting Rotarians:

None

Apologies:

Gordon Duxbury, Marcus Falay, Ian Farmer, Colin Gould, Mark Hassed, Geoff Heath, Bob Heinemann, Frank Leigh, Michael Mullins, Malcolm Munro, Jim O'Hara, Jon Oppy, Joseph Orlando, John Steven.

Make Ups:

Don Fotheringham—Toorak

Raffle Winner

Neil Hookey

Farewell

None



Quote of The Week

"Those Who Do Not Take Note of Quote Cannot Replicate It"

[Mike Pavey]

Almoners Report

No report, all well

Directory Changes

Ian Farmer Has a new email address

farmerip6@bigpond.com

