

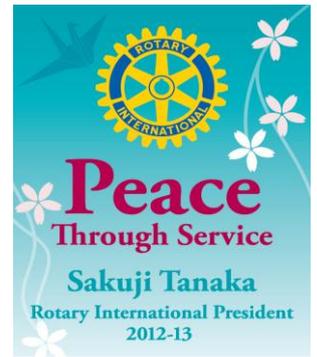


ROTARY CLUB of CLAYTON Inc.

District 9810 Victoria, Australia

Weekly Bulletin 2012-2013

Meets every Monday from 6:30pm at L'unico Restaurant
319 Clayton Road, Clayton (Melways 79C2)
(No meeting on public holidays)



15th April 2013

Volume 47, Number 34

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Upcoming Club Program

Date	Speaker	Chairperson	Desk	Visitors
15 th April	National Youth Science Forum opportunity for science students - Samantha Davies	Reddy Kandadi	Bronwen Lamond	Cheryl O'Toole
22 nd April	Meeting Committee reports and Board Meeting	Lesley Zuccaro	Cheryl O'Toole	Glenys Pattison
29 th April	Movie Night at Pinewood Cinema.			

Presidents Report

Hi Members and Friends,

What a great speaker we had last week, and very timely as Organ Donation issues had been in the news last week. Twanny and his guide dog were made welcome by all our members and we were able to talk to and pat his dog when she had the harness removed. I have been busy promoting Twanny to go to speak to other clubs in our cluster and I know they will love his talk as much as we did.

Sunday is the Post President Elects Training Seminar (PETS) training for incoming Presidents and Heather and Bronwyn will be attending. It is also to be attended by the new Assistant Governors whose task is to assist the District Governor by being the adviser and go between the President and members of usually a group of 4 clubs in the district and the District Governor. Through the AG's the District Governor will pass on information and the clubs use their AG's for advice and contact with the District Governor.

The incoming District Governor, Merv Erikson, phoned me a short time ago and asked if I would consider being one of his Assistant Governors for his year 13/14 and I have agreed. I will also attend the Post Pets on Sunday in this role and will learn which 4 clubs I will be looking after. I have a great mentor for this role in our current Assistant Governor Roger Coburn who has kindly agreed to help and advise me in this new role. I would like to thank Roger for all his help, assistance and advice.

I have been able to secure a Street Stall at Bunning's South Oakleigh on Saturday 4th May which will give us an opportunity to raise much needed funds for our current projects. Jean has been cooking up all sorts of jams and other preserves and will cook scones to sell on the day. Please get out your cake recipe books and see what you can cook up to bring along to sell. We suggest any cakes but please no cream. I am still waiting to hear from Bunning's Notting Hill, will advise once I hear.

Rotary Four Way Test

"Of the things we think, say or do:

1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?"

I have also booked a BBQ at Bunning's South Oakleigh on Saturday 28th December, please save this date.

Many thanks

Lesley

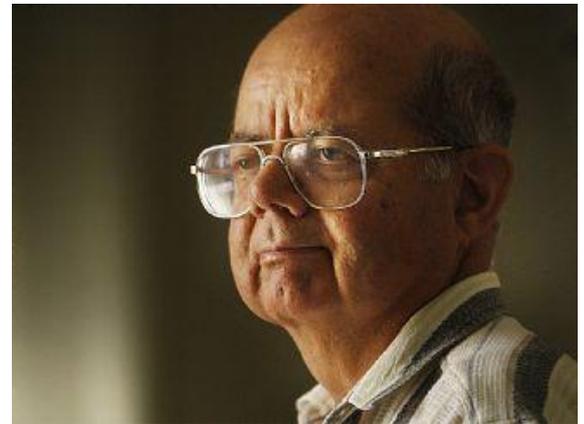
Last Meeting & Notes

Last Meeting (8^h April):

This week our guest speaker was Twanny Farrugia (along with his guide dog, Valli) who spoke to the club about Donate Life Victoria and his life as being a kidney transplant recipient.

Twanny is a qualified loss and grief worker, welfare worker and educator with wide experience in community, welfare, loss and grief issues. Twanny's own health (a kidney transplant in 1971, legally blind, mobility and cardiac issues just to mention a few), loss and grief experiences (loss of health, death of a fiancé, father and brother) and an understanding of childhood migration (left Malta as an 11 year old child to migrate to Australia) has equipped him to empathise with people facing difficulties in life. Twanny has provided loss and grief workshops on gender issues, disabilities and in aged care for community based organisations, local government and the not for profit sector. Twanny is currently in private practice providing support service in the Human Services Sector.

Twanny enjoys ballroom dancing (ex competitor, medallist and now social dancer), Lawn Bowls with the Blind Bowlers Association, riding a bike with friends, walking, chatting with friends over dinner, going to the movies and above all enjoy the company of my family.



As Twanny's story was so fantastic and because the members who missed out would like to hear about it, attached is an article which explains his fantastic journey.

Although it was a balmy warm Friday night at 7.00 pm, October 22, 1971, I was very cold and tired after a full day of dialysing at St Vincent Hospital in Melbourne. Suddenly the telephone rang and I was given news which was to change not only my life but also the lives of all of my family. This telephone call was to inform me there was a kidney for me and I was to rush back to the hospital for final matching. I had been waiting for a transplant for such a long time. Now, 40 years later, with the same functioning kidney transplant I received back in 1971, I cannot help but reflect on my life and the people who played a pivotal role in getting me so far.

I was born in Malta nearly 6 decades ago, the youngest of 5 children. I was fortunate enough to select excellent parents to be born to who loved me throughout life - warts and all. I had a happy childhood though no one in the family knew that I was a very sick child. It was always difficult to keep up with my older siblings, constantly having lack of energy, being anemic, frequently suffering from cramps, vomiting after every meal and other feelings of "something being wrong" but no one could tell me what it was. Though being taken to doctors, no one was able to diagnose me until we migrated to Australia in 1965.

In Australia, like in Malta, doctors kept telling my family there was nothing wrong with me and that I was just a slow developer like my siblings were before me. Yet no one could explain the symptoms I had, that my siblings had never suffered from. Then, at age 15, though looking more like an 8 year old, my brother Joe, who I shared a bedroom with, noticed that I couldn't stand on one leg to put my trousers on without falling over, so he

THE OBJECT OF ROTARY

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

insisted he accompany my parents on our next GP visit. Again, without any blood or urine tests being done, nor even a simple blood pressure test, the doctor stated I was just a slow developer and all I needed was exercise to build me up.

Hearing this news my father, a retired British Army soldier, created a mini obstacle course in our back yard and put me through my paces. Being already physically weak the only thing all this exercise achieved was to make me even sicker. Of course this didn't work so back to the doctors we went. Since my brother and parents wouldn't take no for an answer, the GP, being at a loss in what to do next, decided to refer me to a heart specialist even though there was no evidence of any heart problems. After a few weeks of extensive testing by the heart specialist, which made me even sicker, he stated that my heart was fine but he could not find my kidneys. He then referred me to a renal specialist. Finally, after a bank of medical tests, I was diagnosed with renal failure or, medically speaking, I had glomerulonephritis. The way the doctors explained it to me was that my kidneys were retaining all the toxins in my body while discharging the nutrients I needed to survive. In other words my body was slowly poisoning me.

One of the reasons my kidneys couldn't be found by the heart specialist was due to the kidneys being surrounded by a lot of potassium. The doctors decided one of the first procedures was to clear excess potassium from my body. One of the side effects of this process was to cause me to have a seizure and advance into a coma. During this episode my left hip broke (I also suffered from brittle bones) and I woke up in traction with my hip having been replaced and have had 3 such replacements since. The renal specialists stated I could live for years on diets before I would require dialysis and/or transplantation, which to me, as a teenager, was a relief. Then one day, while doing my Form 4 exams at age 16, I fainted and was rushed to the casualty department at St Vincent Hospital, Melbourne.

In the late 60's and early 70's, hemo-dialysis consisted of 6 to 8 hours - three times a week depending on height, weight and overall health condition. Given I was a very small specimen – approximately 19 to 25kg and 1.47m – I used to be completely drained after each dialysis session. While dialysing, I continued with my Form 5 secondary studies, being tutored by an accommodating teacher. This process continued for 10 months until that fateful evening when I received that most important telephone call. When I arrived at the hospital there were 4 other potential recipient's for this available kidney. After more intensive testing it was considered that the graft kidney matched me far better than the other 4 even though 2 of them were ahead of me on the waiting list.

The operation itself took approximately 10 hours and the new kidney started to produce urine while I was still on the operating table, which according to the doctors is the best sign that the new kidney will work. After spending 2 weeks in hospital I was ready to go home. As mentioned, up to this point in my life (age 18) every time I ate, I would end up vomiting all my food. There were limited foods that I could eat as, prior to and during dialysis, I was on a 50-gram low protein diet which limited food intake. After my transplant I was able to eat anything and everything - I went on an eating binge not only because I was experimenting with new foods I never had before but also all the immune-suppressive medication I was on made me eat a lot. Unlike today, back in the early 70's transplant patients were placed on high dosage of steroids, which in my case increased my appetite along with my weight, which went up to 70 kg.

In 1985 the rock in my life, my father, died and I realised what an important person this man was in my life. He directly and indirectly taught me how to be a man in so many different ways. The biggest lesson he taught me was that even as a man it was alright to feel different emotions and to be able to cry whether you were happy, sad or in pain. On his death the family decided to agree to his wishes while alive to become a donor. So for our family the circle has been completed. I was a recipient and, in turn, my father became a donor.

Since my transplant I have been diagnosed with osteoporosis, had by-pass surgery (after initial complications requiring a visit to intensive care and a return to temporary dialysis), and have become vision impaired. I am on the same anti-rejection medication given to me at time of transplantation. In 2009, due to my vision impairment, I was hit by a car, which made me consider applying for, and was successful in obtaining, a guide dog. In June 2010 I was trained with a lovely 2-year-old black Labrador called Valli, whom I call Val for short. This highly intelligent dog not only guides me and keeps me safe when I leave home but

Special Announcements

27th April – John & Gaye Barnes Wedding Anniversary.

29th April – Jon & Phuong Breisch Wedding Anniversary.

30th April – Deb Simmons Birthday.

has also become my very good friend and companion.

Many people say to me 'isn't it sad you had all these health issues' but to me they have been a blessing in disguise as it has made me the person that I am today. Since my transplant I have a great quality of life which I never experienced in the first 18 years of my life. I live life each day as if it is my last and enjoy every minute of it.

I have been gainfully employed since 1973 – even managing my own business for 15 years. I participated in ballroom dancing for over 30 years with a few years of competition, volunteered in various community groups and enjoy a lovely social life. I feel proud of the volunteering work I have done for Kidney Health Australia and the Dialysis and Transplant Association where I am honoured to have served as both President and Secretary.

All of this would not have been possible without some very special people in my life. They include: - my God that I believe and have Faith in; my family, particularly my mother, father and brother Joe; my friends, many of whom have also been my work colleagues along the way; the Medical Profession – Dr John Niall (deceased - my nephrologist who cared for me till he retired), the hundreds of doctors, nurses including the allied health workers and many more who supported me medically and psychologically; my teachers; my field supervisors; my rehabilitation workers; and many, many more who have given freely to support me. Most importantly, this journey would not be possible without the donor family. Even though I don't know who they are and they don't know me, I'd like to think that I haven't wasted this gift I was given by them in their time of sorrow.

So the journey continues and I would like to finish by sharing my motto in life, which I appropriated from other sources. It is a familiar one used by most worthy scholars, poets and warriors although I make no claim to be one: 'He who dares – wins.' Or to use a Monty Python equivalent: 'Always look on the bright side of life.'

This article was in the newsletter "Shoe String" from The Dialysis and Transplant Association of Victoria Inc. and was dated September 2011.

Meeting Notes:

- Lesley Zuccaro informed the club that the Entertainment Books are for sale at \$65 with \$13 going towards the club from each book sold. If you are interested please contact Lesley.
- Lesley Zuccaro gave an update on the money collected in support of the Uncle Bobs Club for the Royal Children Hospital Good Friday Appeal on Friday 29th March. Money raised on the day was over \$5,500 which was around \$600 more than last year. Thank you to all the collectors on the day and the club was also thanked by the Uncle Bob's Club through Bronwen Lamond for the effort on the day.
- Lesley Zuccaro informed the club that an application has been sent to Bunning's in Notting Hill with regards to holding a Street Stall which will hopefully be in May. Days of choice are Saturday & Sunday and the hours can be chosen. Also Bunning's in Notting Hill have offered a date for a BBQ on the 5th July 2014 (yes that is 2014). Also the club has decided that we will give a certificate of appreciation to Bunning's to hang on their board inside their foyer. This is for the support they have provided to our club.
- Lesley Zuccaro also thanked the Good Guys through Cheryl O'Toole for the Digital Radio which was donated for Stepping Stones at Monash Child and Adolescent Psychiatry unit after a request from Kerry Mulligan. A certificate of appreciation will also be sent to the Good Guys as well.
- Bill Sides reminded the club that we still need to buy or build a BBQ trailer with the government grant we received last year, which will run out in September this year. If you have any good BBQ trailer ideas can you please contact Bill.
- Lesley Zuccaro informed the club that we have been asked to sponsor two students from Caulfield Grammar to attend MUNA (Model United Nations Assembly) in May.
- Dianne Sides advised the club that a representative has been invited to attend the 20th Anniversary of Ronald McDonald House in Clayton on the 26th April. Bill Sides will attend on behalf of the club.

- Bronwen Lamond informed the club that she is attending the Leadership Training which is organised through the district and is being held at Box Hill TAFE. Bronwen said that she is enjoying it very much. Bronwen also advised that Heather Norling and she will be attending PETS training on Sunday 14th April.

Apologies = Warren Fricke, Ed Allchin, Sha Rijal, Glenys Pattison, Richard Simmons & John Goldspink.

Make Ups = Dianne Sides (E-club Melbourne & BFN), Warren Fricke, Sha Rijal & Richard Simmons (Good Friday Collection).

Leave of Absence = Craig and Katherine Merson.

Visitors = Twanny Farrugia (Guest Speaker).

Think Foundation Thoughts

April: Magazine Month

This week's Foundation Thought is about ...

Peace. —A skeptic might ask: _How can Rotary be a real force for peace? It has no jurisdictional power. It is not a religion. It has no army or tanks, and it insists on being non-political. 'Such a viewpoint looks at peace as something that can be ordered or militarily enforced, as if it is only the responsibility of governments. Rotary has always approached peacemaking systematically — it has sought to break down the barriers that cause people to point fingers at one another. By trying to understand peoples' points of view and reaching across lines of race, religion, and culture to become partners in service to all mankind, tensions are reduced and friendships are increased. Humanitarian aid has been Rotary's answer to hunger, sickness, illiteracy, and economic disaster — the seeds of conflict. — From *A Century of Service: The Story of Rotary International* by David C. Forward

Important Club Dates

Wednesday 17/04/13 – Club 48th Birthday.

Monday 29/04/13 – Movie Night at Pinewood Cinema. Movie to be advised.

Monday 01/07/13 – Club Changeover at Mulgrave Country Club.

District 9810 News

The Rotary Club of Hampton

invites you to the

15th Great Southern Trivia Challenge

Friday 3rd May

7pm for a 7:30pm start

At Sandringham Football Club, Beach Road, Sandringham.

Quiz Master is John Wood.

\$25 per person

Drinks at Bar Prices

BYO Supper

Raffles.

For Further information visit

Helen Wragg M: **0418 530 800**

Email : hwragg@globalwisetravel.com

Online Bookings by 26 April via

<http://silverhook2013.eventbrite.com.au>

Rotaract Club of Monash

Club Meeting Details:

The Club meets on the 1st and 3rd Wednesday of the Month at 7:30pm
Mulgrave Neighbourhood House
36 – 42 Mackie Road, Mulgrave
(Melways 80C3)

Upcoming Rotaract Events:

Rotaract Roster:

Date	Rotarian to Visit
17 th April 2013	Bronwen Lamond
1 st May 2013	Cheryl O'Toole

If you cannot attend on the night you are rostered, please organise a replacement to take your place.

Upcoming Events in Monash

Mulgrave Fun Day 2013

Saturday 20 April 2013, 11am - 3pm
Wellington Reserve, Mackie Road, Mulgrave

The final event on the Monash festival calendar, the Mulgrave Fun Day, will be held at Wellington Reserve on Saturday 20 April from 11am to 3pm.

This children's event is jam packed with activities, rides and **free entertainment**.

Take a Jungle Safari with us:

- Be entertained by Main Stage program show casing the antics of Bongo the Cheeky Monkey
- Enjoy the performances offered by Sir Rammy Livingston - Safari guide and Game Hunter and Tinkles the Funky Fairy
- Participate in the Interactive performances, including Bollywood Dancing, Zumba, and Toddler playtime
- And enjoy the workshops on offer including; cupcake decorating and children's tennis tournaments

Visitors are also encouraged to explore the **Community Garden**, where you can chat with an experienced horticulturist

Children of all ages can 'Explore, Create and Imagine', get their hands dirty in the Community Garden and take part in free workshops. The Mulgrave Farmers Market will showcase a selection of their delicious fresh and homemade produce.

The **Mulgrave Neighborhood House** will host activities such as music, dance and games for children as well as a second hand book sale.

Visit the new Mulgrave Neighborhood Library and access the internet or borrow from the small but interesting collection.



Upcoming Events in Kingston

How to be a Health Ninja! with Tiffany Hall

Tuesday, 23 April 2013
6:30 PM - 7:30 PM

Tiffany Hall, well-known trainer on *The Biggest Loser* and author of four health books, will be speaking at Cheltenham library. Her theme is "How to be a Health Ninja: Lose Weight, Strengthen Motivation and Cook Healthy Meals". Her books will be available for sale courtesy of Benns Books. To book call 1300 135668 or visit any Kingston Library branch.

LOCATION: Cheltenham Library, 12 Stanley Ave Cheltenham
WEB: <http://kingstonlibraries.net>

Where other Clubs Meet

A Rotarian can attend the weekly meeting of any Rotary club around the world. This is a "make-up" and counts as attendance credit when you are not able to attend a meeting of your own club.

Details for all District 9810 clubs can be obtained in the district directory or website www.9810rotary.org.au Details for clubs around the world are available in the RI Directory (held by the club secretary) and on the RI website (www.rotary.org)

Reminders

Please ensure that the club is aware if you will be missing a meeting. Contact **Bronwen Lamond** on **0439 339 645** by **4 pm** on the **day of the meeting**, if you are not going to be present.

Contributions for inclusion into the Bulletin should be passed to michaele@netspace.net.au by Thursday evening of each week.

Please remember if you cannot perform your rostered job, it is your duty to find a replacement to take your place.

Joke of the Week

A passenger in a taxi leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention.

The driver screamed, lost control of the cab, nearly hit a bus, drove up over the kerb and stopped just inches from a large plate glass window. For a few moments everything was silent in the cab.

Then, the still shaking driver said, "Are you OK? I'm so sorry, but you scared the daylights out of me". The badly shaken passenger apologised to the driver and said he didn't realise that a mere tap on the shoulder would startle the driver so badly.

The driver replied, "No, no, I'm the one who is sorry. It's entirely my fault. Today is my very first day driving a cab. I've been driving a hearse for 25 years".



Dubai Rotarian fights the scourge of pollution

By Brittany Shoot
The Rotarian -- April 2013

When David and Theresa Wernery plan a road trip, they don't mess around. In early 2012, they quit their jobs – he as a lawyer, she as a merchant banker – packed up their modified Ford F-150, and headed out from their home base in Dubai on a journey across the Middle East and Europe.

Their aim: to educate people about the environmental effects of plastic pollution. They called it the Plastic Not So Fantastic Expedition.

The Wernerys have both lived in the United Arab Emirates since childhood; David is German, and Theresa is German-British. They originally planned one epic, 18-month trip that would cover more than 110,000 miles through 55 countries. They later decided to split their itinerary into several stages – the first, five-month leg of which began this past May and took them across Iran and Turkey, through the Balkans and Central Europe, to the United Kingdom, then through Scandinavia, the Baltics, Russia, the Caucasus, and back home. They are now raising money for the second leg of their odyssey, slated for next year.

The couple learned about plastic pollution through David's father, Ulrich Wernery, the scientific director of the Central Veterinary Research Laboratory in Dubai. He has studied the role that plastic debris plays in the deaths of desert animals, finding that many species, including protected ones such as sand gazelles, die after ingesting plastic, either from choking or from blocked digestive systems. Even as plastic breaks down, the tiny particles pose a persistent threat to hungry, curious birds and other animals.

With the elder Wernery's help, David, a member of the Rotary Club of Jumeirah-Dubai, and Theresa began giving local educational presentations and organizing cleanups at desert dump sites. When they started noticing a buildup of plastic trash at their favorite camping areas, the nature lovers decided to hit the road to share what they'd learned. "I was surprised when they told me they wanted to fight pollution globally, and extremely grateful and happy that they choose this way to make countries aware of this problem," David's father says.

As they planned their trip, the couple worked with several eco-minded companies. Fellow Rotarian Jan Willem Van Es donated a fuel additive distributed by his firm, Saham Global, to help increase their truck's fuel efficiency. "Sponsoring the expedition allowed David and Theresa to reduce their carbon footprint," Van Es says. GoalZero, which manufactures portable solar devices, helped the Wernerys set up solar power for their truck-turned-camper. Reusable containers filled with power adapters, cookware, and lightweight cotton clothing went in the truck bed next to a makeshift wooden shower stand. The Wernerys took along two folding sinks, a small clothesline, and a mini fridge. They installed a roof rack as well as heavy-duty off-road shock absorbers. Except for the time they spent with friends and family in the United Kingdom, Germany, and Scandinavia, they camped out almost every night.

As David plotted their course, the couple contacted Rotary and Rotaract clubs along the way. David had been a Rotaract club president a decade earlier, while he was a university student in Bonn, Germany; he later served as the New Generations service director and Rotary Foundation chair for his Rotary club. In areas where the couple had no personal connection, they used the Rotary Club Locator app to find nearby clubs.

The Wernerys focused on documenting the impact of plastic pollution on the people and places along their route. At club meetings, they talked with Rotarians about the effects of plastic trash on local nature reserves, beaches, and camping sites. When they were in one place longer than a few days, David notes, they tried to visit as many clubs as possible.



Theresa and David Wernery in Bulgaria during their Plastic Not So Fantastic Expedition. *Photo by PNSF Expedition. All rights reserved. Not for reuse*

“We were able to attend meetings at a number of clubs in London and in North Wales,” he says.

In July, the Wernerys spent five days at Latitude, a music festival in Suffolk, England. They camped in the mud, assisted with recycling and cleanup efforts, and set up a table where they handed out information and talked with festival goers about environmental issues.

Some couples might not do well spending months together on the road, squeezed into a tiny truck cab by day and sharing a small tent by night. But the Wernerys enjoyed the hours of uninterrupted togetherness, and they are pleased by how supportive fellow Rotarians have been throughout their travels. “Rotarians speak a common language,” David says. “Environmental issues are immediately discussed and supported.”