



ROTARY CLUB of CLAYTON Inc.

District 9810 Victoria, Australia

Weekly Bulletin 2011-2012

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



8th August 2011

Volume 46, Number 6

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Upcoming Club Program

Date	Speaker	Chairperson	Desk	Visitors
8 th August	Zenaida Paras Sturzaker - Student Exchange and Beyond	Georges Ah-Tye	Ed Allchin	John Barnes
15 th August	TBA	Ed Allchin	John Barnes	Jean Cochrane
22 nd August	District Governors Visit - Partners Night.	John Barnes	Jean Cochrane	Jim Cochrane

Presidents Report

The golf day for Ronald MacDonald House is well under way and the event planning is running like a well oiled machine.

Last weeks speaker talked about ASPREE (aspirin daily in the over 70,s) a study that Monash Uni is under talking injunction with some partners.

I also hope that all members who have had surgery are well underway in the healing process.

Word for the week : Festschrift : **meaning** -a memorial or complimentary volume issued in honor of a scholar, usually in the subject area in which the individual distinguished himself or herself, often written by former students, colleagues or admirers; also, a similar volume honoring an institution or society, usually on a significant anniversary. [from German *fest* "celebration" + *schrift* "publication."]

Jon Breisch



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?"

Last Meeting & Notes

Last Meeting (01/08):

This week our guest speaker was Dr Sharyn Fitzgerald BSc (Hons), PhD, MPH from ASPREE at Monash University. Dr Fitzgerald is the Regional Manager of the ASPREE clinical trial. Dr Fitzgerald is responsible for co-ordinating and managing the six Victorian, one Canberra and three Tasmanian regional ASPREE sites. Dr Fitzgerald is a firm believer in healthy living for a long and active life. Dr Fitzgerald background includes, Overseas positions at the University of Mississippi Medical Centre (USA: 3 years) and Gothenburg University (Sweden: 2 years). Dr Fitzgerald was also awarded 'Victorian Young Tall Poppy', Australian Institute of Political Science (2002).

Assisting Dr Fitzgerald was Vanessa Bilog BSc (Hon). Vanessa completed her undergraduate degree in Psychology at Royal Melbourne Institute of Technology (RMIT), and is currently finishing her PhD within Neuropsychology. Vanessa's research experience has focussed on cognitive functioning and memory in people aged 60 years and above. Vanessa is largely responsible for raising the awareness within the community for ASPREE, plays a large role within the communications are, as well as administering the cognitive tasks associated with the study visits.

ASPREE is a double-blind, randomized, placebo-controlled primary prevention trial designed to assess whether daily active treatment of 100 mg enteric coated aspirin will extend the duration of disability-free life in healthy participants aged 70 years and above. The study will examine whether the potential benefits of low dose aspirin (particularly the prevention of heart disease, stroke, certain cancers and dementia) outweigh the risks (particularly severe gastrointestinal bleeding and hemorrhagic stroke) in this age group.

Participants will be eligible for the trial if they do not have a current clinical indication for (i.e. overt cardiovascular disease) or contraindication to (i.e. allergy or increased risk of bleeding) aspirin, do not have dementia, disability, low haemoglobin levels, or have a condition that is likely to be fatal during the 5 years of the trial and are capable of providing informed consent.

Nineteen thousand participants will be required to provide 90% power of a true relative risk benefit of 0.90 for the primary endpoint (a composite of all-cause mortality, incident dementia and persistent physical disability) in an intention to-treat analysis with an average follow-up of 5 years. The trial has received financial support from the National Institute on Aging (part of the National Institutes of Health), the National Health and Medical Research Council of Australia, the National Heart Foundation of Australia and the Victorian Cancer Agency. Bayer Schering Pharma provides in kind support through the provision of low dose aspirin and matching placebo.

The study will be carried out in community settings in the USA and Australia. In the USA, 6,500 participants will be recruited through clinical trials networks in regional hub settings. In Australia, recruitment of 12,500 participants will take place through general practices with the participant's usual treating General Practitioner (GP) as co-investigator.

For more information on ASPREE (ASPIrin in Reducing Events in the Elderly), you can visit the website at www.aspree.org

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.

Meeting Notes:

- Ralph Zuccaro gave a report on our Annual Golf day which is on the 5th September. The committee is still looking for sponsors and players. If you know of any potential sponsors, please contact John Barnes. Lunches for the day have been organised. Flyers and entry forms have been completed and will be e-mailed to all members and also provided to the fortnightly District 9810 newsletter for advertising. Money raised from the Golf Day will go to Ronald McDonald House.
- Warren Fricke reported that invoices for this year's subscription will be sent out shortly to all members. Final cost is still to be set.
- Jon Breisch gave an update on the Rotaract Club of Monash Annual Trivia Night on Friday 12th August. For more details see the flyer attached to this bulletin.
- Jon Breisch gave an update on the health of Glenys Pattison. She is getting better and currently has home help.
- Bill & Dianne Sides announced that they will be on holidays for the next 8 weeks.

Apologies = John Goldspink, Glenys Pattison, Jim Cochrane, Jean Cochrane, Georges Ah-Tye, Bronwen Lamond, Rukshana Verzijl & Reddy Kandadi.

Make Ups = Jim & Jean Cochrane (Foodbank), Georges Ah-Tye (Farmers Market), Bronwen Lamond, Rukshana Verzijl & Reddy Kandadi (Transpacific Open Day BBQ).

Leave of Absence = None.

Visitors = Dr Sharyn Fitzgerald & Vanessa Bilog from ASPREE.

Think Foundation Thoughts

August: Membership and Extension Month

This week's Foundation Thought is about ...

Polio. —I was a Rotarian for many years and never contributed to The Rotary Foundation, because nobody ever asked me. Then one year, our club president made a plea for support for PolioPlus. Since my generation was hit hard by polio, I made a commitment to contribute every month. By the end of the year, it had become a habit to contribute each month, just like paying rent. That habit continues today, many years later, and each year I become more aware of how much good the Foundation does. — *Rotarian Dave Berry*

Important Club Dates

Friday 12/08/11 – Rotaract Club of Monash Trivia Night.

Monday 22/08/11 – District Governors Visit to the club.

Saturday 27/08/11 – Monash Farmers Market. See Craig or Katherine Merson for details and if you wish to be put on the roster.

Monday 05/09/11 – Annual Golf Day at Spring Valley.

Monday 05/09/11 – New generations District Seminar at Village Green Hotel. (More details to follow)

Special Announcements

**24th August –
Rukshana & Hans
Verzija Wedding
Anniversary.**

**27th August – Ed
Allchin Birthday.**

District 9810 News

GROUP STUDY EXCHANGE PROGRAM 2011 - 2012

In 2011-12, District 9810 will undertake a group study exchange with District 5790, Texas USA, lead by District Governor Sharron Miles. The Future Vision Focus of the exchange will be on Economic and Community Development.

The exchange will have emphasis on the vocational experience and the teams will participate in Rotary supported programs while in both Rotary districts. For example, they will focus on community projects that help and support the homeless, unemployed, retraining programs, disadvantaged, the health system and other programs, They will also cover economic development in a diverse range of manufacturing, agriculture, construction, real estate and the oil and gas industry.

District 5790 has 65 Rotary clubs and 3200 Rotarians. The exchange will be in the area near Fort Worth and the surrounding flat range lands in West Texas. Texas is the land of the oil and gas industry, land of the long horns and the cowboy, and the Texas rangers. It is a unique part of the USA.

The team will consist of a Rotarian Team Leader and four Team Members. The District 9810 team will depart Melbourne after our district conference on 23 or 24 April 2012 and will be in Texas for 4 or 5 weeks. The District 5790 team will be in District 9810 from around 21 March 21 to 23 April 2012.

TEAM LEADER: Although it is not a pre-requisite, it may be an advantage for a Team Leader applicant to work in the economic or community development areas.

Team Leader Applications close on Friday 19 August 2011.

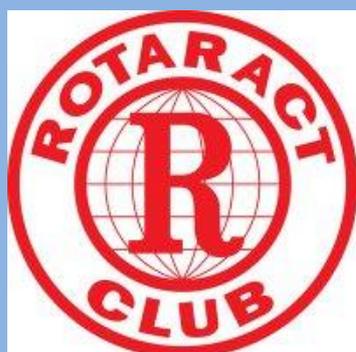
Team Leader Interviews will be held on Saturday 27 August 2011.

TEAM MEMBERS: Team members must be aged between 25 and 40 years of age and either work or live within the boundaries of District 9810. Applicants should be involved in community development areas, local council programs, work with the advantaged, homeless or unemployed or in the economic planning area. Other relevant occupations include engineers, bankers, construction personnel, planners, real estate agents, administrators, manufacturing and the gas and oil industry. There will be an information evening for prospective team member applicants on 8 September.

Team member applications close on Friday 23 September 2011.

Team member selection interviews will be held on Saturday 8 October 2011 with final interviews on Sunday 16 October.

Further information and application forms are available from the Foundation – GSE page of the Rotary International website or from Kay Gordon, District GSE Chairman.



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:

- Trivia night on Friday 12th August at Clayton Hall, Clayton. Full details in flyer attached to this bulletin.

Rotaract Roster:

Date	Rotarian to Visit
17 th August	Rukshana Verzijl
7 th September	Lesley Zuccaro

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

Upcoming Events in Monash

Winter Concert Series presents:

The Fifth Suit

11 September 2011, 2:00pm-4:00pm

Bookings Essential: 5 - 9 September, 9:00am-5:00pm

Light refreshments will be provided.

Be impressed with the vocal stylings of The Fifth Suit. This young and talented group will inspire you to join in and sing along to their varied repertoire.

Monash Civic Centre

293 Springvale Road, Glen Waverley

Phone: 9518 3636

TTY: 9518 3655 (hearing impaired)

Upcoming Events in Kingston

Syzygy Ensemble

Sunday, 21 August 2011

2:00 PM - 4:00 PM

Don't miss your chance to be a part of this premier performance experience while the music is still wet on the page - **TICKETS NOW ON SALE!**

Interested in classical music but keen for something a bit more adventurous?

On Sunday 21st August join the award winning Syzygy Ensemble for an afternoon of unforgettable chamber music. They'll perform contemporary repertoire from internationally acclaimed composers, alongside brand new music written and developed especially for this event at a series of recent workshops held at Kingston Arts Centre by the Syzygy ensemble with local

composers.

Engage with your local artistic community and don't miss your chance to be a part of this premier performance experience while the music is still wet on the page!

Syzygy are: Leigh Harrold (piano), Laila Engle (flutes), Julia Stoppa (clarinets) and Blair Harris (cello). For more information visit www.syzygyensemble.com

LOCATION: Kingston Arts Centre Theatre

CONTACT NAME: Box Office PHONE: 9556 4440

EMAIL: arts@kingston.vic.gov.au

WEB: <http://www.kingstonarts.com.au/performing-arts/syzygy-ensemble-uncovered->

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.rotary9810.org. 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 **Ralph Zuccaro** on **0408 991 741 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 London lawyer goes through a stop sign and gets pulled over by a Glasgow policeman. He thinks he is smarter than the cop so decides to have some fun at the cop's expense.

"Licence please," asks the cop. "What for?" says the lawyer. "You didn't come to a complete stop at the stop sign."

"I slowed down and no one was coming," says the lawyer. "You still didn't come to a complete stop. Licence please," asks the cop. "What's the difference?" asks the lawyer. "The difference is, you have to come to a complete stop, that's the law." "If you can show me the legal difference between slowing down and stopping," the lawyer says, "I'll give you my licence and you give me the ticket. If not, you let me go and don't give me the ticket." "Sounds fair," says the cop, "get out of your vehicle, sir."

The lawyer gets out of his car. The cop takes out his truncheon and starts beating the living daylights out of the lawyer before asking, "Do you want me to stop or just slow down?"

Global grant scholar focuses on human rights

By Dan Nixon
Rotary International News -- 27 July 2011

Claire Achmad of New Zealand is passionate about improving the quality of people's lives by working as an advocate for human rights.

Achmad is studying international public law as a 2010-11 Rotary Foundation Global Grant scholar at the University of Leiden in the Netherlands. She is also interning with UNICEF's Child Advocacy and Rights Unit in the Netherlands and helping organize a juvenile justice course at the university. Her scholarship is aligned with Rotary's peace and conflict prevention/resolution [area of focus](#).

"My mind has been stretched, challenged, expanded, and enriched in many ways, and I have had the privilege to be taught by some fantastic teachers and experts in the field of peace, justice, and development," says Achmad, whose scholarship is sponsored by District 9940 (New Zealand) and the Rotary Club of De Rottemeren in District 1600 (The Netherlands). "I am not only learning a lot and reaping a lot of knowledge through my study, but I am giving back through my other commitments in the community."

Before her scholarship, Achmad worked as an attorney with the Ministry of Social Development in Wellington. She was also honored as young corporate lawyer of the year in 2010 by the Corporate Lawyers Association of New Zealand.

District 9940 and host District 1600, both Future Vision pilot districts, have brought together considerable experience to help ensure Achmad's scholarship works smoothly. District 1600 has hosted several Rotary Scholars from District 9940. In addition, District 9940 has sponsored five Rotary Peace Fellows.

To overcome an initial lack of awareness about global grant scholarships among its member clubs, District 9940 featured the scholarships in Future Vision pilot workshops and at the district assembly, presidents-elect training seminars, and the district conference, says Past District Governor Antony Fryer.

"To ensure continuity in the district's scholarship program, the membership of the previous Ambassadorial Scholarships committee continued into the Future Vision pilot scholarships committee, in addition to the appointment of new members," Fryer says

In May, Achmad addressed a UNESCO European regional forum in Tuscany, Italy, on the topic of children's rights. After her scholarship, she would like to work with a nongovernmental or intergovernmental organization and eventually with a United Nations agency.

"My education at Leiden will be a crucial stepping stone to developing my career, allowing me to make the contribution I aspire to, addressing [humanitarian] needs on a long-term basis through sustained work," she says. "I feel a sense of deep gratitude towards Rotary and the support of The Rotary Foundation, District 9940, and Harbour City [Wellington] Rotary Club."



Global grant scholar Claire Achmad visits the UN Office of the High Commissioner for Human Rights in Geneva. *Photo courtesy of Claire Achmad*

The Board of Directors of
Australian Rotary Health
cordially invite you to their
30 Years Celebration Dinner Dance

on
Saturday 13th August, 2011
7pm

Moonee Valley Racecourse

\$65 per person (includes 3 course meal - drinks at bar prices)

Seating will be Tables of 10

Plenty of parking available at the course

Dress Code: Lounge Suit / Cocktail Dress

RSVP: Monday 1st August 2011

LIMITED TO 300 PLACES—PLEASE BOOK EARLY



Tickets will be mailed to Postal Address as bookings are received.

- 1 Cheque(s) payable to: Australian Rotary Health
Mail Booking Form and Cheque(s) to:
Australian Rotary Health, PO Box 3455, Parramatta NSW 2124 (Phone: (02) 8837 1900)
- 2 By Credit Card: Mail or Fax this sheet to Australian Rotary Health Office in Parramatta (02)9635 5042

I authorise payment of \$ _____.00 Mastercard Visa American Express Diners

Name on card: _____ Signature: _____

Card No: Expiry Date: /

Names of Attendees: _____

Rotary Club of _____ Special Dietary Needs: _____

Postal Address for mailed tickets: _____

Monash Rotaract Club invites you to their annual



Trivia Night

Join us for a night of questions, games,
prizes and a whole lot of laughter!

Friday 12th August 2011

7:00pm (7:30pm start)

Where: Clayton Hall,
264-268 Clayton Rd,
Clayton VIC

Cost: \$15 per person
(pay at door)

BYO drinks and nibbles
Tables- Max 10 people

Theme: Simply Red!
Best dressed wins a prize!

**Proudly Supporting
MonashHeart,
Southern Health**



RSVP

Contact Carla on:

Email:

trivia@monashrotaract.org.au

Phone: 0416 051 266



For more information please visit
www.monashrotaract.org.au
www.monashheart.org.au

Over 150 years ago our ancestors
settled this land, now you can conquer it...



A DATE FOR YOUR DIARY

The Rotary Club of Clayton

extends an invitation to you and your friends to enjoy a great day of golf at one of
Melbourne's best sand belt courses,

Spring Valley,

home to the Victorian Open

Date: **Monday, 5 September 2011**

Time: 12:30 pm tee off

Enquires please contact Warren Fricke on 9544 3489 or wfricke@bigpond.net.au

