



# ROTARY CLUB of CLAYTON Inc.

District 9810 Victoria, Australia

## Weekly Bulletin 2010-2011

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



18<sup>th</sup> October 2010

Volume 45, Number 16

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### Upcoming Club Program

Date	Speaker	Chairperson	Desk	Visitors
18 <sup>th</sup> October	Heather Norling - Trip to Vanuatu	Michael Ellinger	John Goldspink	Reddy Kandadi
25 <sup>th</sup> October	Alan Newstead - Centurion Talk	John Goldspink	Reddy Kandadi	Craig Merson
1 <sup>st</sup> November	No Meeting (Cup Eve)			

### Presidents Report

We had had very bad news this week with the passing of Heather Fricke after her long battle with cancer. The stress of her illness on Warren cannot be imagined but both remained positive. We share the grief of her passing with entire Fricke family. I extend thanks to all those club members who visited and in many ways supported and helped the Fricke family during Heather's illness. Heather was a wonderful mother and caring person who worked long and hard and she will be greatly missed by us all.

The next project for our club is a joint effort with the Rotary Club of Monash, a Farmer's Market at Monash University at which we are to run a BBQ and assist. The Rotary Club of Monash has long had connections with farmers in Central Victoria and quality produce is assured. The market has a very good chance of being an ongoing market held every month and Monash have put in enormous effort and it has the potential to be a major ongoing income earner for both clubs but we need to publicise it wherever we go. A group of Clayton Rotarians in my absence I believe have got things organised but I suggest every member of Clayton should attend if possible to both assist and do your shopping. The produce is right from the farm and truly fresh unlike much of the supermarket produce.

Date is next Saturday 23<sup>rd</sup> from 8.30 AM to 1.00 PM in the University car park, entry is via the main Wellington Road Entrance.

Daylight saving is back with us now so day light extends well in the evening and it is also a period of better weather when we can socialise more away from the confines of a room. I throw it over to you to think up how we can better utilise the nice summer evenings.

Bill

## 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 (11/10):

This week our Guest Speaker was Kristine Ash who is the Executive Officer of the Coeliac Research Fund and also a member of the Rotary Club of Emerald. Kristine worked in the corporate sector in the UK and immigrated to Australia in 1997. She has been a professional fundraiser since 2001 working in the not-for-profit sector for children's organisations, research institutions and hospitals. Kris is a member of the Fundraising Institute Australia and has served on the Victorian Executive. She is passionate about improved awareness, diagnosis and research of coeliac disease.

Kristine gave us a fantastic presentation on Coeliac (pronounced as 'seel-ee'ak'). Coeliac disease is caused by a total and lifelong intolerance to gluten which is found in wheat, barley, oats and rye.

When people have coeliac disease, their bodies mistakenly produce an immune response to dietary gluten which in turn damages the lining of the small bowel.

In people with untreated coeliac disease, the 'villi', which are tiny, finger like projections in the bowel which absorb nutrients from the food we eat, become inflamed and flattened. Imagine a shag pile carpet versus a threadbare carpet and you have a good idea of what happens to the villi in a person with untreated coeliac disease.

Because they are damaged in this way, the villi are unable to properly perform their function of absorbing the nutrients we all need for healthy growth and bodily function.

Untreated coeliacs become 'starved' and as a result, their bodies can't function properly. Symptoms are varied and range from mild to severe to clinically silent.

In more scientific terms, coeliac disease is caused by a bodily reaction to gliadin which is a gluten protein (prolamin). The enzyme tissue transglutaminase modifies the gluten protein and the immune system responds causing an inflammation of the small intestine which leads to a flattening of the villi. This is called villous atrophy.

The Coeliac Research Fund's (CRF) aim is to make a very real difference to the lives of people with coeliac disease, both diagnosed and undiagnosed.

Coeliac disease affects over one per cent of the world's population. In Australia, that means that over 218,000 people are living with coeliac disease. It is nearly twice as common as Type 1 Diabetes and on a par with stroke rates. But despite this very high prevalence, diagnosis rates in Australia are very low and there is no cure available.

The CRF is taking action to deliver a better quality of life for the current generations of Australians living with coeliac disease and for future generations to come.

Three Areas of Focus are:-

- **To increase public awareness** and understanding about all aspects of coeliac disease - its prevalence, causes, symptoms, health implications, diagnosis and management.

## 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.

- **To improve diagnosis** rates by disseminating information about the best evidence based clinical practice guidelines to the health care sector.
- **To fund innovative research** to find better solutions for the prevention, diagnosis and management of coeliac disease and ultimately, to discover a cure.

By working collaboratively with key people in the coeliac sector at home and overseas - including individuals, coeliac societies, health care professionals, researchers, patient advocacy groups and others who have an interest in coeliac disease - the CRF is committed to bringing about real change for those with coeliac disease, not only in Australia, but worldwide.

Coeliac disease is the most common hereditary autoimmune diseases in the world affecting more than 1% of the population. Unfortunately 75% of those with the condition haven't been diagnosed.

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### Meeting Notes:

- Bill Sides gave an update on the tree planting day which will be scheduled at a later date after being cancelled due to the ground being too soggy at Heatherton Park.
- Update on the upcoming Monash Farmers Market at Monash University was provided by Bill Sides. The first market will be on Saturday 23<sup>rd</sup> October & every 4<sup>th</sup> Saturday after that, except in December.
- The Rotary Club of Huntingdale is celebrating their 25<sup>th</sup> Anniversary on Thursday 28<sup>th</sup> October. For more information refer to the flyer attached to this bulletin. The RSVP for the night is by the 19<sup>th</sup> October. It was proposed that we use this meeting to replace the meeting we are not having on cup eve (1<sup>st</sup> November).
- The Rotary Club of Mt Waverley has invited us to attend their Australia Day meeting on the 2<sup>nd</sup> February 2011 at Bruce County. The guest speaker on the night will be Christine Nixon. The cost for the night is \$25 and RSVP is required by 20<sup>th</sup> October.
- Bill Sides reported that the "Christmas in the Vines" event has been cancelled for this year.
- A thank you letter was received from Denise Alexander for the donation we made towards the Fistula Hospital Fund.

**Apologies** = Warren Fricke, John Goldspink, Lesley Zuccaro, Ralph Zuccaro, Ed Allchin & Dianne Sides.

**Make Ups** = John Goldspink, Jim & Jean Cochrane (Foodbank).

**Leave of Absence** = None.

**Visitors** = Bronwen Lamond, guest of Heather Norling & Kristine Ash (RC Emerald & Guest Speaker).

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## Tribute to Heather Fricke

Dearly loved and highly supportive wife of Rotarian, PP Warren. The Rotary Club of Clayton, members and friends send their deepest sympathy to Warren, Chris, Clair, Sarah, Ben and family. Greatly missed Always In Our Hearts.

Heather passed away in the afternoon of Wednesday 13<sup>th</sup> October.

## Special Announcements

**21<sup>st</sup> October – Margot  
Allchin Birthday.**

**27<sup>th</sup> October – Michael  
& Monica Ellinger  
Wedding Anniversary**

## Think Foundation Thoughts

**October: Vocational Service Month • World Polio Day, 23 October**

*This week's Foundation Thought is about ...*

**Polio.** An iron lung was one of the most feared images of the polio epidemics that raged through the United States in the 1940s and 1950s. And it's where Dianne Odell, of Jackson, Tennessee, spent most of her 61 years until her death in 2008. —She was optimistic that eradicating polio would happen, says her childhood friend and Rotarian Sheila Campbell. —She was very supportive of what Rotary did. Her hope and prayer was that no child would ever go through what she had.

## Important Club Dates

**Wednesday 20/10/10** – Board meeting at the home of Bill & Dianne Sides starting at 6:30 pm.

**Thursday 28/10/10** – 25<sup>th</sup> Anniversary for the Rotary Club of Huntingdale (see attached flyer).

**Monday 22/11/10** – Annual General Meeting. All members to attend as we will be voting on the RC of Clayton Amended Constitution & the By Laws of Rotary International. If you wish to see a copy please contact Tom Portelli.

**Thursday 07/04/11 to Saturday 09/04/11** – 2011 District 9810 Conference.

## District 9810 News

### Rotary Club of Belgrave—Business Breakfast with Mark Bouris



Join local businesses for networking and to hear from Mark Bouris, Executive Chairman of Yellow Brick Road. Mark came from humble beginnings and started Wizard Home Loans with four people in 1996. Eight years later Wizard had grown to become Australia's largest non bank mortgage lender, employing 400 staff with over 250 branches in Australia and New Zealand. Wizard was sold to GE in 2004.

Mark believes all Australians should have access to quality financial advice. To that end he founded financial services company Yellow Brick Road in 2007. With thirty four branches already nationally, Yellow Brick Road has a branch in Upwey. Mark is a published author and regular columnist in various publications. He is well known to television audiences as the host of the Australian version of **The Apprentice Australia**. Join Mark and hear his story in his own words. You will leave inspired.

For more information contact Robert Mokos Tel (03) 9757 8188 or [robert.mokos@ybr.com.au](mailto:robert.mokos@ybr.com.au)

**When:** 7am-9am, Tuesday 26 October 2010

**Where:** Kingston Links Golf Course

Corporate Avenue, Rowville (Mel 81 F2)

**Cost:** \$37 per person (incl GST) or \$350 for a table of 10

**RSVP:** Friday 22 October 2010

**To book: pay online by credit/debit card at [www.trybooking.com/5478](http://www.trybooking.com/5478)**  
or contact PP Sue Brown, RC of Belgrave at [sbrown@skillsplus.com.au](mailto:sbrown@skillsplus.com.au) for a registration form.

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## 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:

- 30<sup>th</sup> October – Halloween Party at a venue TBA.
- 13<sup>th</sup> & 14<sup>th</sup> November – Relay For Life at the Bill Sewart Athletics Track, East Burwood Reserve.

### Rotaract Roster:

Date	Rotarian to Visit
20 <sup>th</sup> October	Richard Simmons
3 <sup>rd</sup> November	John Barnes

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

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## Upcoming Events in Monash

### Keeping The Community Safe In October

Community safety will be the talk of the town in Monash during October.

Monash Council, together with local police, the Metropolitan Fire Brigade, Neighbourhood Watch and other local organisations, is encouraging everybody to get involved in the various events planned for the annual Community Safety Month.

The annual awareness month aims to provide Monash residents with information, activities and safety measures aimed at reducing crime, violence, injuries and emergencies.

Monash Mayor Charlotte Baines said everybody had a role to play in making their community safe, including Council, which always considered safety a top priority.

"This annual awareness month is a good chance for everybody to make sure

their home is safe and to learn a few extra tips about how to live, work or study in a safe, happy and healthy community,” Cr Baines said.

“Whether it be making sure you have tamper proof screws on your number plates, or paying a visit to our local police and fire station for a behind the scenes look – all throughout October people will hopefully realise that they can play a part in making their community safer.”

Some of the activities taking place as part of Community Safety Month include:

- 21 and 28 October - Wiser Driver Course, Monash Civic Centre, Glen Waverley, 10.30am – 12.30pm.
- 25 October - Wiser Walkers – Live Longer seminar, Clayton Community Centre, Cooke St, Clayton, 11am.
- 26 October - Walk in the Park and Children’s Services Expo, Waverley Netball Stadium, Wheelers Hill, 9am – 1pm.
- 31 October - Glen Waverley Police and Wheelers Hill Fire Station Open Day, 10am – 4pm.
- 10 November - Immunisation four-year-old party, Glen Waverley Community Centre, 5pm – 7pm.

➤ See the full [program of events](#) for Community Safety Month.

➤ Or contact the Health Promotion Officer on 9518 3574 or email [shelleyt@monash.vic.gov.au](mailto:shelleyt@monash.vic.gov.au)

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## Upcoming Events in Kingston

### Senior's Big Day Out

**Friday, 22 October 2010**  
**9:30 AM - 3:30 PM**

Discover the World of Technology - an exciting day for Seniors to learn about - what a computer can do for you! Tips on using mobile phones, How safe is internet banking, how and where can I learn about the internet and email. All those and more at the Mordialloc Community Centre. Phone the Centre on 9580 3675 for a registration form. Cost - \$10 per person which includes lunch and prizes and surprises! Book Now!

**LOCATION:** Mordialloc Community Centre, Warren Rd , Mordialloc

**CONTACT NAME:** Norma Gibson **PHONE:** 9580 3675

**EMAIL:** [assistant\\_manager@mordicc.org.au](mailto:assistant_manager@mordicc.org.au)

**WEB:** <http://www.mordialloccommunitycentre.org.au>

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## 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](http://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](http://www.rotary.org))

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## 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](mailto: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.**

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## Joke of the Week

A mature-aged man walked into a jewellery store on Friday afternoon with an attractive young woman on his arm.

He told the jeweller he wanted a special ring for the woman. A ring selling for \$5,000 was displayed.

Said the potential customer: "I don't think you understand the depth of my love for this woman."

The jeweller headed for his special stock and returned with a ring for \$100,000. The woman's eyes sparkled and the man said he would take it.

"A wise choice," gushed the jeweller. "And how will you be paying today?"

The man replied: "I will pay by cheque. But you of course will feel better if you know everything is in order. I'll write the cheque today, you can telephone the bank on Monday, then telephone me and I'll pick up the ring on Monday afternoon."

On Monday morning a sour jeweller telephoned the man and told him the cheque had bounced.

"You lied to me. You knew there was not enough money in that account," moaned the jeweller.

"Well," came the reply. "You still have the ring and I had a wonderful weekend."

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## Rotary International News

### Afghan students raise awareness for polio eradication

By Arnold R. Grahl  
Rotary International News -- 8 October 2010

Afghan students from several high schools fanned out across Jalalabad in September, raising money and awareness for efforts to eradicate polio from their country.

The students were all participants in the [Global Connections and Exchange Program](#), a project of the Rotary Club of La Jolla Golden Triangle, California, USA, which administer Internet training labs in six high schools as well as a central training facility in Jalalabad. The effort is funded by a grant from the U.S. State Department as part of a larger initiative to promote technology, curriculum development, and international collaboration.

On 21 September, Abdul Qaum Almas, a member of the Rotary Club of



Members of the College of Education Training team share their polio eradication campaign with a business owner in Jalalabad. *Photo courtesy of the Global Connections and Exchange Program*

Jalalabad and director of the program, and La Jolla Golden Triangle club member Fary Moini organized a workshop on the importance of polio eradication, attended by the students and community members.

Ajmal Pardis, the regional director of public health, made presentations with his staff, while a few of the students put on a play they had prepared about a young person who became crippled because his parents would not allow him to receive the polio vaccine.

The students left the workshop fired up to design their own fundraising drives, and spent two days visiting schools, businesses, homes, and government and political offices. White T-shirts identified them as participants in the Global Connections and Exchange Program and featured the words "Let's Kick Polio from Afghanistan."

### **First of its kind**

Each team put together a slideshow on their campaigns and returned to the central training facility to share the results. Moini said the team from the College of Education Training lab, led by trainer Sahar Sohrab and team leader Ulfat Kazemi, won top honors for having collected the most.

"All the schools did a great job," she said. "I am extremely proud of them. They are the source of my inspiration and my strength."

Rotary Foundation Trustee Stephen R. Brown, a member of the La Jolla Golden Triangle club, said the students' eagerness in spreading the word about polio was more significant than the AFA25,000 (US\$550) raised. "These kids were armed with information, and they jumped on the opportunity to go out and talk to people about what polio is, and how two drops of vaccine can save lives."

"This activity was the first of its kind in Afghanistan, with students fundraising to save others from polio and tell the Afghan public how to assist in this important cause," Almas added.

Several months earlier, the La Jolla Golden Triangle club gave seed money to the Internet labs to help the students develop service projects in their communities. The students fixed local wells, repaired classroom equipment, and undertook landscaping projects. Brown said natural leaders emerged from the process, which helped the students when it came time to form teams for the polio drive.

He said the program is about much more than just Internet training for the students. "It has become its own unofficial trademark. They are all very proud of being in the program and its community outreach."

Several student leaders have begun taking steps to form an [Interact](#) club, Brown said.



# The Rotary Club of Huntingdale

The President of the Rotary Club of Huntingdale formally requests the company of all past and present members, Rotary friends and partners at a Dinner to celebrate the 25<sup>th</sup> anniversary of the Club's formation, which occurred on the 4<sup>th</sup> of October, 1985.

Friends, family and other guests are welcome.

**Where:** Huntingdale Golf Club,  
Windsor Avenue, South Oakleigh.

**When:** Thursday 28<sup>th</sup> of October 2010, commencing at 7.00 pm

**Cost:** \$35.00 per person (includes table wines)  
Drinks at bar prices

**Dress:** Lounge Suit / Smart-casual (no denim)

**RSVP:** Before 19<sup>th</sup> October, please.  
David Whiting (Club Secretary)  
PO Box 1094 Huntingdale Vic 3166  
M: 0418-554-287  
E: david\_whiting@bigpond.com

Rotary: Building Communities, Bridging Continents