

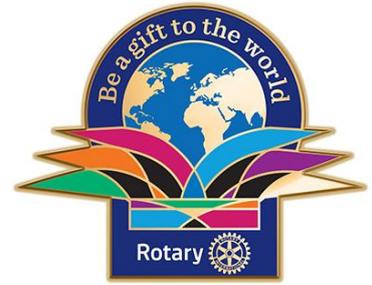


ROTARY CLUB of CLAYTON Inc.

District 9810 Victoria, Australia

Weekly Bulletin 2015-2016

Meets every Monday from 6:30pm at Clayton RSL
163 Carinish Road, Clayton (Melways 79C2)
(No meeting on public holidays)



21st September 2015

Volume 50, Number 12

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Upcoming Club Program

Date	Speaker	Chairperson	Desk	Visitors
21 st September	Warringga Scouts – Sharyn Gordon	Glenys Pattison	Val Manuelpillai	All Members
28 th September	Board Meeting	Glenys Pattison	Heather Norling	All Members
5 th October	RYLA Experience – Rachel Howard	Glenys Pattison	Sha Rijal	All Members

To see upcoming guest speakers use this link - <http://www.claytonrotaryclub.org.au/program1.htm>

Presidents Report

Hi Everyone,

What a great meeting we had last week. Nichol Van Brakel from RYDA was our speaker, what an amazing program this is for all teenagers looking at gaining or have just gained their Driver's Licence.

Nichol advised of the statistics of young drivers in car accidents and how since RYDA commenced this informative program in secondary schools how death rate in youth has dropped. I for one wish my sons could have had this given to them, it might have been less stress for me.

I have contacted both Westall Secondary College and John Monash Science School and will follow this up after the school holidays to see if we can start RYDA up in the new year. It will be held at the Sandown Greyhound Racing track so is easily accessible.

Lesley as always has been working on rosters for Synchrotron, our day at Monash and Bunnings sausage sizzles, please follow up on the dates and if you can assist for a few hours please let her know. This is a great way of getting our club out into the community and encouraging new members. It also lets the community know we are there and are vibrant and working in our own community.



Have a great week everyone.

Glenys Pattison

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 (14th September):

Apologies = Ed Allchin, John Goldspink, Bill Sides, Dianne Sides, Bronwen Lamond, Jim Cochrane, Jean Cochrane and Tom Portelli.

Make Ups = None.

Leave of Absence = None.

Visitors = Nicole Van Brakel & Sam Oddo.

This week our guest speaker was Nicole Van Brakel who gave a presentation and spoke to the club on RYDA (Road Safety Education).

RYDA is a series of practical and powerful workshops that aim to change the way young people think about road safety. As part of an interactive one-day experience, students experience braking at different speeds, devise travel strategies that will work for them in the real world and get tips from road safety experts on how to protect themselves, their friends and family. Perhaps the most impactful moments come from the personal stories of loss and survival.

In one session, students watch a powerful and emotional video on the life and tragic death of an 18 year old provisional driver and her best friend. And in another, they sit with a crash survivor and hear first-hand how one poor choice can change a life forever. New Zealand schools attending RYDA can fully or partially award NZQA credits through their unit standard program. RYDA is designed for 16-18 year old students who are approaching that crucial time in their lives where they start to drive independently or are travelling as passengers of novice drivers.

At RYDA, students will:

- Identify risks of car travel (to young driver and passenger) including life-long consequences.
- Identify contributing factors to crashes and understand how these are preventable (crashes aren't accidents).
- Identify what a low-risk driver/passenger is and compare to self (in relation to low-risk attributes).
- Investigate ways to manage and eliminate road risk by developing and rehearsing personal strategies.
- Prepare steps (safer driver and passenger behavior change) to lower identified personal risks and be a socially responsible road user.

RYDA is a one day program, conducted at an out of school venue, chosen to highlight crucial road safety messages. Supporting the graduate licensing schemes, the program focuses on the key government 'big five' road safety issues of speeding, DUI, fatigue, seatbelts and distractions as well as the importance of driving as a social responsibility.

For more information on RYDA go to www.rse.org.au

Please note that until further notice our meetings will be held at the Clayton RSL.

Meeting Notes:

- Glenys Pattison informed the members about the "Days for Girls Global Sew A Thon Volunteer Day". Currently looking for a hall to hold the event. Late Note: This event will be held now held on Sunday 10th October at the Wurringga Scout Hall, Davies Reserve, Talbot Ave, Oakleigh South. For more details follow this facebook page link - <https://www.facebook.com/events/698007230332877/>
- Ralph Zuccaro informed the members that we have an opportunity to run a BBQ at the Synchrotron Open Day on Sunday 11th October. We need to be there by 9am for set up first tours start at 10am. We hope to pack after 4pm approx. We have held these bbq's in the past for the open day, the only difference this time is we provide and set up everything and keep all the takings from the day. If you can help please contact Ralph or Lesley.

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.

- Ralph Zuccaro also mentioned that on Wednesday 14th October that we will be holding a BBQ at the Monash University. We need to be there by 9.30 to set up for 10.30 start and hope to be packing up by 3.30pm. This is the first time we have been given an opportunity by the Level Crossing Removal Authority. Also this gives us an opportunity to have a presence at Monash University. For this event, it is held in a high traffic area in the centre of the campus where each Wednesday the Student Union run events. Good exposure. This could go for a number of years, great for fundraising and exposure of the Rotary Club of Clayton in our Community. If you can help please contact Ralph or Lesley.
- Lesley Zuccaro informed the club that there is an opportunity for our club to have a joint meeting with the RC of Noble Park to hear the presentation by Emily Cochrane on her recent medical trip to Ghana. A tentative date of the 29th October has been set. More details to follow.
- Glenys Pattison reminded the club members about the Foreign Currency Jar she has on the table each meeting. Members were urged to bring along any foreign currency they have at home.
- Glenys Pattison informed the club that our AGM will be on Monday 30th November.
- Ralph Zuccaro gave the members an update on Tom & Angela Portelli.
- Ralph Zuccaro also recently visited Frank at Lunico's to get an update on the progress of the changes to the venue. It looks like that we will not be returning back until early next year.

Foundation Facts



Did you know that there are 8 Arch Klumph Society Recognitions in Australia?

Important Club Dates

Sunday 11/10/15 – BBQ at the Synchrotron Open Day.

Wednesday 14/10/15 – BBQ at Monash University.

Sunday 08/11/15 – Bunnings BBQ in Oakleigh South.

Saturday 21/11/15 – BMW Charity Day BBQ.

Sunday 22/11/15 – Fun Day at Jells Park in support of the Monash Medical Centre. This is a district event. (More details to follow)

Monday 30/11/15 – Club AGM.



Special
Announcements

5th October – Gaye
Barnes Birthday

District 9810 News

Wed 30 September

7:00 for 7:15 am

Rotary Club of Box Hill Central
Annual Grand Final
Breakfast
featuring **Greg Champion**
from the **Coodabeen Champions**

Box Hill Golf Club
202 Station Street, Box Hill
(Melways 61D3)

All are welcome (not just Rotarians)
Wear Your Club colours and join in the fun
Only \$50 (inc. cereal and cooked breakfast)

Bookings Essential

Make your booking by credit card through the Try Bookings website:

<http://www.trybooking.com/152750>

For further information contact: Ken Clark on 0406 622 155 or suzken1@bigpond.net.au.

Full Details [click here](#)

Nepal Earthquake Appeal

Please support the people of Nepal by providing funds towards this cause using direct credit to the following account:-

Rotary Club of Clayton Nepal Earthquake Appeal Account.
BSB 033090 Account 524414

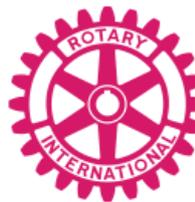
All funds will be passed directly through the Rotary Club of Pashupati in Nepal where Sha's father, Rajendra is a member.

In excess of \$15,000 has been raised and forwarded to the need in Nepal

Updates on the progress of this appeal will be posted on the Rotary Club of Clayton's Web and Facebook pages - www.claytonrotaryclub.org.au/ & <https://www.facebook.com/rotaryclubclayton>

Rotaract Club of Monash

Help | Learn | Enjoy
Rotaract
Rotary Club Partner



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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
7 th October	Bronwen Lamond
21 st October	Bill Sides

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

Upcoming Events in Monash

Monash Seniors Festival

Friday 2 October to Saturday 31 October 2015

Information, Activities and Events for The Over 55s.

Be part of the Seniors Festival celebrations!

Stay informed, stay connected and enjoy a range of activities and events right here in Monash.

Take advantage of the many FREE and low cost activities taking place across Melbourne and Victoria as part of the Victorian Seniors Festival.

Festival programs will be available for pick up from late August at Coles stores, local councils, libraries, neighbourhood houses and Seniors Information Victoria.

View the activities in our newsletter:

[Positive Ageing Newsletter: September - December 2015 \(PDF, 3MB\)](#)

Between Sunday 4 October and Sunday 11 October public transport is FREE for all Seniors Myki card holders.

For more information about the Seniors Festival and what is happening across the state please visit www.seniorsonline.vic.gov.au



Upcoming Events in Kingston

PrimeSCI! Science in the Park

Tuesday 29 September 2015
Braeside Park, Lower Dandenong Road, Braeside
10:00 am to 3:00 pm

PrimeSCI! will be returning to Braeside Park to present hands-on children's science workshops during the school holidays! Join us to learn more about the living world around us. Topics include Wetland Explorers and Plant Propagation.

For more information, please visit: primesci.monash.edu

Or book online at: www.trybooking.com/IVTE

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 **Lesley Zuccaro** on **0438 505 286** or at info@claytonrotaryclub.org.au 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.

Note:- Visit our new facebook page at:- <https://www.facebook.com/rotaryclubclayton?ref=hl#/rotaryclubclayton>

Joke of the Week

A large company, feeling it was time for a shake-up, hired a new CEO. The new boss was determined to rid the company of all slackers.

On a tour of the facilities, the CEO noticed a guy leaning on a wall. The room was full of workers and he wanted to let them know that he meant business. He walked up to the guy leaning against the wall and asked, "How much money do you make a week?"

A little surprised, the young man looked at him and replied, "I make \$400 a week. Why?"

The CEO then handed the guy \$1600 in cash and screamed, "Here's four weeks pay, now get out and don't come back!"

Feeling pretty good about himself, the CEO looked around the room and asked, "Does anyone want to tell me what that goofball did here?"

From across the room came a voice, "Pizza delivery guy."

Heroin's comeback

By Megan Ferringer
The Rotarian
14-Sep-2015



After his granddaughter's overdose, Rotary member Roland von Kaler rallied his club and community against a surging opioid epidemic. Above, von Kaler and his family gather inside the mausoleum where granddaughter Raven was laid to rest.

Photo Credit: Frank Ishman

From the September 2015 issue of The Rotarian

One Friday evening four years ago, Elizabeth Solomonson was at home. Her husband, John, was away on a fishing trip. An ice storm had swept through her small Michigan, USA, town, and the phones and power were out. It was about 6 p.m., and she wasn't expecting a knock on the door. She opened up to find a police officer, who asked if she had a daughter named Raven.

"I was always worried I'd get that knock on my door," Solomonson says. "But you're never prepared for it. Raven battled heroin for three years until I lost her."

Raven's overdose in 2011, at age 20, was one of several in Tecumseh that year. Over the next four years, heroin-related incidents began siphoning more of the local police department's resources.

"Once we realized we had a heroin problem, we had to play catch-up," says Lenawee County Sheriff Jack Welsh, whose team monitors heroin-related cases. "Nobody is protected from this addiction. It's hitting every age group, every economic group." In 2014, six heroin-related deaths occurred in Tecumseh – the highest number ever recorded in the community of 8,500. As of June, the Lenawee County medical examiner had reported four more heroin-related deaths in the town in 2015.

East of Tecumseh, Monroe County has a similar story. In April 2015, three people died of heroin overdoses in 24 hours. With about 40 deaths attributed to drug overdose just last year – 15 of them related to heroin – Monroe County health officials say the area is facing a heroin epidemic.

Michigan is only one part of a larger story. In the United States, fatal heroin overdoses nearly tripled between 2010 and 2013, from 3,036 to 8,257, according to the U.S. Centers for Disease Control and Prevention. Vermont has seen a more than 770 percent increase

in people receiving treatment for opiate addiction since 2000. During one week in 2014, 22 people died in Pennsylvania after injecting heroin laced with fentanyl, a drug that can be 100 times stronger than morphine.

When Oscar-winning actor Philip Seymour Hoffman died of a toxic combination of heroin and other drugs in 2014, reports on the country's growing heroin problem made headlines. President Barack Obama's "drug czar" at the time, Gil Kerlikowske, warned the public of a nationwide resurgence of heroin and noted a gateway drug: prescription painkillers.

Between 1999 and 2010, U.S. sales of opioids such as Percocet, Vicodin, and OxyContin quadrupled. Makers downplayed the risk of dependency, and the drugs were relatively easy to obtain through a prescription – or from a friend or relative. In 2010, the National Institute on Drug Abuse reported that 8.76 million Americans were abusing prescription medicine, with 5.1 million misusing painkillers.

"Too often, opioid painkillers were prescribed to excess," wrote Sam Quinones, author of "Dreamland: The True Tale of America's Opiate Epidemic," in the New York Times in April. "After I had my appendix removed a few years back, I received 60 Vicodin, when four might have been enough."

In response to prescription painkiller abuse, the Drug Enforcement Administration (DEA) began shutting down "pill mills" – clinics where doctors prescribe narcotics inappropriately. Those arrested faced criminal charges, including conspiracy to distribute a controlled substance. Purdue Pharma, the manufacturer of OxyContin, redesigned its pills, encasing them in a stronger shell so they would be more difficult to misuse by crushing, chewing, or snorting. The DEA also tightened control on major national pharmacies by regulating the amount of OxyContin, Percocet, and Vicodin they were allowed to sell. The combined efforts led to a sharp decline in availability.

The cost of black-market painkillers soared, and some addicts turned to heroin, which was available at one-tenth of the price. Heroin, a derivative of opium, has a chemical effect similar to that of opioid painkillers. A CDC study found that three out of four new heroin users report previous abuse of narcotic painkillers.

"If these [overdose] deaths are the measure, we are arguably in the middle of our worst drug plague ever," Quinones wrote. "Prescription pain pills have created a new home for heroin in rural and suburban middle America."

Raven's family first suspected something was wrong when her grandmother, Janet von Kaler, noticed that painkillers she had been prescribed were disappearing from her medicine cabinet in large amounts. Raven was about 16 then. The von Kalers believe that around the same time, Raven's boyfriend introduced her to heroin at a graduation party. By the time she turned 17, the family says, she was using regularly.

"I talked to her about marijuana and drinking – everything but heroin, because I thought it was a big-city problem," her grandmother recalls. "I said, anyone who offers you drugs, don't do it. But when they are that age, and at a party, they do it."

After Raven died, her grandfather, Roland von Kaler, a member of the Rotary Club of Tecumseh, Michigan, needed a way to cope with his grief. So he decided to take a closer look at the drug problem in the community. He researched death certificates in Lenawee County and found that, in an 18-month period, heroin and opioids caused more overdoses than cocaine or methamphetamines. He also learned that abuse of these drugs was the leading cause of hospital admissions for overdoses in Lenawee County. "I knew our town had a growing heroin problem, and my research and personal experience with Raven led me to believe that prescription painkillers were the gateway," von Kaler says.

To keep kids from taking pills out of medicine cabinets, von Kaler, a retired engineer, came up with the idea of building a drug locker – a lockable plastic box large enough to hold three or four pill bottles, where families could safely store their medications. He brought the concept to his Rotary club.

After hearing von Kaler's proposal, the Tecumseh club started the Raven Project, and began collecting donations to cover the \$14,000 cost of making the custom mold needed to produce the plastic lockbox. They raised enough money for 50 boxes, which were distributed to local pharmacies and schools. But three years after the effort started, the free boxes were sitting unused. People didn't grasp why they needed to lock up their prescription medications.

"After a few years of working on this project, I realized people didn't understand how heroin addiction starts," von Kaler says. So he began a campaign to inform community members that it often traces back to prescription medication. Working with the Tecumseh school district, city hall, and community organizations including his Rotary club, von Kaler helped form the Tecumseh Coalition for Youth. Its members meet monthly and work with medical professionals to distribute information on prescription drug abuse at school and community events.

Their pamphlets are available in doctors' waiting rooms and accompany prescriptions filled at local pharmacies. The coalition also focuses on the Michigan Automated Prescription System (MAPS), a program created to track prescriptions. April Demers, a regional prevention coordinator for the group, is working with Michigan State Senator Dale Zorn and Representative Jason Sheppard to draft a bill that will require doctors and pharmacists to register to use MAPS when prescribing or filling medications. This will make it easier to track prescription medication misuse.

Despite their efforts, progress is slow and frustrating, von Kaler says, noting that he wishes people realized how vulnerable they are. He says he still gets angry when people don't pay attention to the drug problem until it hits their own family and they find out the pain firsthand. "We need more public awareness," he says.

Quinones believes the community must play a role in dealing with addiction. "One thing families of addicts say is that when someone has cancer, neighbors bring casseroles," he notes. "When someone has an addict in the family, the family is ostracized."

After losing her daughter, Elizabeth Solomonson started operating a booth at Tecumseh's summer festival and other street fairs. She hangs up a banner that reads "Raising H.E.L.L. for R.A.V.E.N.," the name of the nonprofit she started in Raven's honor. For hours, Solomonson hands out brochures and speaks to passersby about drug addiction. In October, she'll march with others in Washington, D.C., as part of "FED UP!", a rally demanding a federal response to the country's opioid epidemic. Retelling Raven's story isn't easy for Solomonson, but she does it to educate others that nobody is immune to addiction, she explains: "You have to put a face on this epidemic to get people to connect the dots. Everyone thinks heroin users are scumballs, and Raven was this great, beautiful kid. She was a musician, loved animals, and was so kind and warm. She hated being an addict.

"I remember after Raven died, the funeral director politely asked, 'What do you want to tell people?'" Solomonson recalls. "I told him that I want to tell the truth. I am not ashamed of my daughter. I have never been ashamed of her, and I'm not going to start now."