

## General update

- ! Lunches in January will be held at the Lomond Hotel again
- ! Night meetings next year will be held on 1<sup>st</sup> February and 1<sup>st</sup> March. After the March meeting a decision will be made if night meetings will continue.
- ! Attendance for September for our club was 59%
- ! As per the flyer Adam provided, please give blood! If you are unable to go to the city blood bank, there are other centres (see attached flyer).
- ! As per the Weekly Program info below, our AGM will be held next Thursday 30<sup>th</sup> November.
- ! Michael Landry had a suggestion of a fellowship function of a night to "roast past presidents" and other Rotarians. The idea came from his Toast Masters group. It's a fun night in honour of service provided by outstanding Rotarians, and could be held as part of a night meeting.
- ! Cheryle attended the Wilf Wilkinson dinner on Monday 20<sup>th</sup> November, and heard that there's no excuse for all Rotarians to not introduce new members to a club. It was also discussed that water is an issue that all clubs could take up.
- ! Bruce Le Page sends his greetings to the club, and his wife Shirley's knee is better.
- ! Barry showed us his gold, no bronze (!) medal from being an emergency on a team (he didn't say which!) that won an event in the Olympic Games, which is celebrating its 50<sup>th</sup> anniversary.
- ! Terry and Metta have sold LJ Hooker and will be working for Brad Teal ... Terry says he will "no longer be a hooker, but will be a duck!"
- ! Barry advised that doctors may have found the cause of Reg's illness. Reg sends his wishes.
- ! Michael Landry may have a new member for the club ... well done Michael!

## Christmas cakes, puddings and cards

- ! Once again, the Rotary Clubs of Collingwood and Carlton wish to remind us all that Christmas cakes and puddings are available for purchase again this year. Proceeds from purchases of these items will be matched dollar for dollar and go towards the following two causes, being jointly funded by Collingwood and Carlton:
  - o Senta Belong Helpim project -- helps and protects endangered children in remote North East PNG.
  - o St Vincent's project -- extensively renovating the Fitzroy recreation facilities.

Please give your orders to Barry, cakes and puddings are \$13 each.

**Christmas Cards** are available once again. They're \$10 for a pack of 10, with proceeds going to the Australian Rotary Health Research Fund, and are available each meeting.

## Coming weeks

- ! Friday November 24<sup>th</sup> free for lunch at Sofitel Melbourne  
Bring a table of members to: The "Business of Winning" function this year again in support of Rotary Club of Camberwell's "Youth Suicide Research Project" with ARHRF and Orygen.
- ! The Australia-East Timor Association is again running an Independence Day Dinner for East Timor, on Tuesday 28<sup>th</sup> November 6.30 for 7.00pm.
- ! **Annual Rotary Foundation Paul Harris Breakfast** to be held at the RACV City Club, 501 Bourke Street, Melbourne **Tuesday morning 28th November** 7.15am for 7.30am.  
The RSVP date for catering purposes is 21st November.  
The Guest Speaker is the **Chief Justice of the Federal Court of Australia**- The Hon Michael Black AC which will be of interest to all, especially the legal profession (see attached info).



## Guest speaker

Our guest speaker today was Des Jones from the Australian Rotary Health Research Fund. Des was disappointed at not being fined, as he usually is, so he put a fine into the box anyway!

The ARHRF will celebrate its anniversary on November 25th. One of their ongoing projects over the last 5 years, which will continue for the next 2 years, is mental illness and depression. Beyond Blue figures show 6% of females and 4% of males lose 6 million working days per annum due to suffering from mental illness or depression. The Smith Family has figures that show 60,000 suicide attempts, and one fifth of the population will suffer from mental illness and depression, and require medical attention.

The state government has spent millions of dollars reducing the road toll, which Des says is good, but there are more deaths from suicides than from the road toll. In the past 10 years there have been more people with mental health issues than cancer. A survey of 12-17 year olds in Queensland found that their greatest concern was mental health. A 10 year old gave a note to his/her teacher stating s/he felt like committing suicide. Des stated the governments need to respond to the issue better.

Projects the Fund undertake include the Kids Matter Project – this project covers primary school children (5% of which it's believed have mental health issues), and includes Beyond Blue, Black Dog in NSW and the School Principals Association. It covers all states, including rural areas, and including primary schools and catholic schools amongst others. The project aims to improve the mental health and well-being of primary school students, Reduce mental health problems - eg anxiety, depression and behavioural problems, and increase support and assistance for students at risk or experiencing mental health problems.

Two years ago there was an opportunity for clubs to match dollar for dollar with ARHRF funding, covering programs for MS, bowel cancer, youth suicide and motor neurone disease.

The Fund also provides research grants for PhD's. One chap studying Attention Deficit Disorder and autism with MRI technology had such good findings that he presented his papers in Florence after 12 months. Generally people don't hear of the difficulties faced by researchers, including low pay, hard work and little notice in the community.

The Fund runs an Indigenous Student Scholarships, from which 50 students have now graduated. In Victoria there are 12 new scholars undertaking courses in a wide range of medical courses. A number of these students are living far from their homes, and a large number are the first in their family or tribe to undertake a university education, which can sometimes cause difficulty with family/tribe members. A number of scholars will take what they've learned back to their local area.

The Fund is offering medical scholarships for students attending Rural Clinical Schools. The aim of the Scholarships is to provide incentives for medical students to complete at least one year in a rural area. This will encourage and influence the medical students to consider pursuing a medical career in rural Australia upon graduation or following postgraduate medical studies. In Cowra, there is only one doctor, and the community know they shouldn't go to see him unless it's an emergency.

The Fund will spend \$4m this year, has grown over the last two years, and Des says the funds are used well. State and federal government are giving their support, and the Fund received an award from the SA government. The Past World President acknowledged the Fund's outstanding contribution. The government has spent \$1.8b, partly due to ARHRF work, which included building facilities for mental health patients.

Des told us that our club has contributed \$6288 over the 25 years!

## This week's joke

*Courtesy of Mick*

Paddy and Mick are walking down a street in London. Paddy happens to look in one of the shop windows and sees a sign that catches his eye.

The sign said "Suits £5 each, Shirts £2 each, Trousers £2.50 per pair."

Paddy says to his pal, "Mick, look! We could buy a whole lot of dose, and when we get back to Ireland, we could make a fortune. Now when we go into the shop, you be quiet, okay? Just let me do all the talking 'cause if they hear our accent, they might not be nice to us. I'll speak in my best English accent."

"Roight y'are, Paddy, I'll keep me mouth shut, so I will," says Mick.

They go in and Paddy says in his best English, "I'll take 50 suits at £5 each, 100 shirts at £2 each, and 50 pairs of trousers at £2.50 each. I'll back up my truck and..."

The owner of the shop interrupts, "You're from Ireland, aren't you?"

"Well... yes," says a surprised Paddy. "How der hell d' y' know dat?"

The owner says, "This is a dry cleaners."

## Weekly Program

November 30 <sup>th</sup>	Thursday lunchtime	Club AGM / RC Box Hill Central Operation Cleft presentation
December 7 <sup>th</sup>	Thursday lunchtime	David Kennedy's Birthplace of the Ashes speaker
December 14 <sup>th</sup>	Thursday lunchtime	Cheryle: plan for 2007-08
December 21 <sup>st</sup>	Thursday lunchtime	Christmas Week Breakfast Meeting

## Other Items

### CONFERENCE

Time is ticking away....and it is not long before the Early Bird Special for the D9800 Canberra Conference closes. Make sure *you and your members* are in the draw for the fabulous *Early Bird Prize!*....

**SAVE!! AND WIN!! HURRY!!**

**EARLY BIRD SPECIAL!!! NOT TO BE MISSED**

Register by 13th December 2006 to Be In The Running To Win A Weekend Of Luxury Courtesy Of Lexus Of Blackburn.

Just a short 45 minute drive from central Melbourne, The Sebel Heritage Yarra Valley is part of the prestigious Heritage Golf & Country Club and Heritage Retreat & Dayspa. This weekend includes one night's accommodation at The Sebel Heritage Yarra Valley\* in a deluxe room, including buffet breakfast for 2, access to all recreational facilities and the first private Jack Nicklaus designed signature golf course in Australia.

To travel to your destination in style and comfort, the winner may select a Lexus vehicle of your choice\*\* for the duration of a weekend, courtesy of Lexus of Blackburn.

Win a weekend of luxury courtesy of Lexus of Blackburn.

\* Sebel Heritage Yarra Valley Terms and Conditions apply and subject to availability.

\*\* Vehicle subject to availability on your chosen weekend, minimum one weeks notice and subject to terms and conditions outlined in the Loan Vehicle Agreement.

NB Vehicle and Accommodation must be used in conjunction with one another.

Have your members sent in their Registration Forms?

Need extra forms? Go to the Conference website for easy to download forms:

[www.rotaryd9800.org/conference](http://www.rotaryd9800.org/conference)

*Remember... 'Procrastination Is The Thief Of Time'!!*

Register Today! (online via the D9800 Canberra Conference website [www.rotaryd9800.org/conference](http://www.rotaryd9800.org/conference) or returning the Registration Form by post to: PO Box 1092, Hawthorn, VIC 3122

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### **CHRISTMAS ASSISTANCE REQUIRED by THE SMITH FAMILY**

- ! Do you have a **normal drivers licence**?
- ! Ever wanted to **drive a Mercedes Vito** delivery van?
- ! Can you **volunteer** time on December 4<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>? (any or some dates)

Five hours driving and minimal lifting involved to collect toy donations for disadvantaged children this Christmas.

Please contact: MARK CUBIT [mark.cubit@smithfamily.com.au](mailto:mark.cubit@smithfamily.com.au)

Ph: 0415 109 817 Fax: 9416 0725

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### **FOUNDATION HUMANITARIAN GRANTS**

The Rotary International Foundation through its humanitarian grants programs, has, since its establishment in 1917, provided substantial funding in the support of thousands of Club & District projects.

The vast majority of these projects without the financial support of the Foundation would have struggled in achieving the desired final outcome. As Rotarians we assess needs, consider our resources and constantly endeavour to do the most with what we have. Our Foundation provides a central reserve of funds that increases the power of each Rotary Club.

#### **Health, Hunger and Humanity ( 3H ) Grants.**

These Grants fund large-scale ( \$100,000 to \$300,000), two to four year, international projects, by Clubs or Districts, that enhance health, help alleviate hunger, or improve human development through self-help activities.

#### **Matching Grants**

These Grants fund medium size ( \$5,000 to \$25,000 ) international service projects of Rotary Clubs or Districts in cooperation with Rotarians in another country. Matching Grants are funded from District Designated Funds ( DDF ) in conjunction with The Rotary Foundation.

#### **District Simplified Grants ( DSG )**

These Grants up to a maximum of \$5,000 support the short-term service activities or humanitarian endeavors of Clubs in communities locally or internationally. Clubs must match \$ for \$ to secure funding. District Simplified Grants ( 20% of DDF ) are funded from District Designated Funds

### **Individual Grants ( Volunteer Grants )**

These Grants support the travel of individual Rotarians, Spouses, Rotaractors and qualified Alumni who are planning or implementing International service projects. They replace the **Discovery Grants**.

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### **Garden DesignFest volunteer report**

It was great to be able to provide 4 volunteers for the RC Kew's Garden Design Fest at very short notice! Special thanks to Barry Cross and Sally (and Doug Walsh too, although in the end we didn't need the extra help), who helped along with Mel and myself.

Barry volunteered on Saturday afternoon, Mel and I Sunday morning and Sally on Sunday afternoon.

The process for volunteers was pretty straight-forward, and involved either marking off pre-purchased tickets (before the weekend or at other gardens), or selling entry to the garden (either single entry or one of two tickets). We also had raffle tickets for sale too.

Early in the day, many people purchased a full 31-garden entry ticket, although as Sunday progressed, being the final of the 2 days, most of the purchases were for 5-garden tickets (even a few of these around 1pm with only 3.5 hours left to see other gardens) or single entry tickets.

With 31 gardens and so many designers, owners, volunteers and marketing to organise, it's no surprise the festival is only held every second year: there would be 100s of hours of time involved for the project.

For Sunday's session, Mel and I went over to Hawthorn on Saturday night to pick up the float/money box, and then helped Sally pack up Sunday night before we took all of the money and equipment back to the organiser's office in Hawthorn. The RC Kew team visited around lunchtime and dropped in cool water and spent time with us and also the garden's designer (who in our case also lived there too). The designer, Phil Stray, was a great host, supplying a handy hammer for the large flag display and table (we supplied our own chairs), as well as refreshments and the Sunday paper! No time to read the paper though -- our garden was busy from about 5 minutes before opening time and kept busy all day. It was a beautiful garden: many of the visitors reckoned it was by far their favourite of all they'd seen.

The garden we were at was quite stunning, many of the visitors reckoned it was by far their favourite of all they'd seen. We had a quick tour around in the morning before it was open, you'd never realise from the street how big the garden was out the back or how lovely it was: although the front garden and nature strip were a bit of a giveaway as to what might be hidden out the back: the nature strip had a lovely row of big bushy "things" (don't ask me what they were, but they had great flowers on them!) -- and behind the well-clipped front hedge was a nice Australian garden with banksia and lots of other species, along with a 100-year old Canary Island Date Palm (got that species out of the souvenir program!) and even mini/baby mondo grass instead of a lawn.

A number of times during the day we noticed Phil in the garden with an enraptured audience around him: and some of the visitors told us they'd come to visit just this one garden from pre-weekend publicity. Others had come back over the weekend with husbands/wives to show them the garden, or come back with friends. Sally even had a bus-load of 50 arrive during the afternoon (thankfully all with pre-paid tickets!) who were touring the gardens.

We had a nice shady spot in the driveway for our "gate keeper" table and were happy to take around \$900 or so for the day yesterday (for tickets not pre-purchased or purchased at other gardens). And Greg and Glenyce Sewell came through as visitors during the morning, nice to see familiar faces.

Each garden also had an extra volunteer for security/keeping an eye on visitors, although no troubles, just mainly watch no-one was taking clippings! The security volunteer during our session, Teresa, was a

horticulture student at Burnley TAFE, and got asked a few questions about some of the plant species, although was stumped a little for one of the answers. Phil did come to the rescue though. She was impressed and happy that Mel or I didn't like to do too much hands-on gardening (and Mel's not keen on spiders) -- which meant there was demand of course for garden designers, not just DIY-ers! One of the visitors was also able to pass on a tip to Phil in regard to his chopped wood stack, which was stored against the side of his lovely 1850s home -- termites love to tunnel, and the wood had some bore holes, so best keep it away from the house.

All in all a very friendly crowd, great host and hopefully, with good weather this year, a great fundraising result for RC Kew's worthwhile charitable projects: ROMAC, Interplast, Angel Flight and Children First Foundation.



**Dean and Mel Kennedy**



**Dean and Mel with Theresa, another volunteer, and Michael, one of the organisers**

# Give blood

## URGENT:

### Blood donors needed

One donation can save up to three  
lives...

Can you spare the time to give?

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#### ADDRESS / OPENING HOURS:

Level 2, 360 Bourke Street, CITY

**MONDAY- FRIDAY**

**7:45 AM – 3:15 PM**

**DONATE 90 MINUTES & SAVE  
UP TO THREE LIVES!**

**13 14 95**

 Australian Red Cross  
**BLOOD SERVICE**

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