**THE CHRONICLE**

A publication of the Rotary Club of Croydon ID No 18360 R I District 9810

Tuesday 2nd of April 2013 Volume 40 Number 37  President Mr Ross Taylor

| DATE       | Tuesday 2nd of April. Dorset Gardens Hotel 6.00pm for 6.30pm start  
            | Joint meeting with Rotaract Yarra Ranges |
|------------|--------------------------------------------------------------------------------|
| SUBJECT    | “Police Investigations”                                                          |
| SPEAKER    | Detective Senior Sergeant Jeffrey Maher                                          |
| CHAIR      | John Anderson                                                                   |

<table>
<thead>
<tr>
<th>DATE</th>
<th>Tuesday 9th of April. Dorset Gardens Hotel 6.00pm for 6.30pm start</th>
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<tbody>
<tr>
<td>SUBJECT</td>
<td>“Asylum Seekers Resource Centre”</td>
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<tr>
<td>SPEAKER</td>
<td>Ms Sheelagh Purdon</td>
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<tr>
<td>CHAIR</td>
<td>Richard Gilham</td>
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**ROTARY PROGRAM**

<table>
<thead>
<tr>
<th>Date</th>
<th>Guest speaker</th>
<th>Subject</th>
<th>Chairman</th>
</tr>
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<tbody>
<tr>
<td>2nd April</td>
<td>Det Snr Sgt Jeffrey Maher</td>
<td>“Police Investigations”</td>
<td>John Anderson</td>
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<tr>
<td>9th April</td>
<td>Ms Sheelagh Purdon</td>
<td>“Asylum Seekers Resource Centre”</td>
<td>Richard Gilham</td>
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Dates in RED/BOLD are Partners’ nights

**RAFFLE PRIZES** – Kevin Francis, John Gander, Richard Gilham, Fred Griffiths.

**BIRTHDAYS** - David Ferres 15th Kevin Francis 16th April

**ANNIVERSARIES** - Tony and Judith Wright 2nd April
**Club Information:**

<table>
<thead>
<tr>
<th>Postal Address:</th>
<th>P.O. Box 226</th>
<th>Croydon</th>
<th>Victoria 3136</th>
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<tbody>
<tr>
<td>Meeting venue:</td>
<td>Dorset Gardens Hotel</td>
<td>Dorset Road Croydon</td>
<td>9725 6211</td>
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<tr>
<td>Club President:</td>
<td>Ross Taylor</td>
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<tr>
<td>Imm. Past President:</td>
<td>Keith Amos</td>
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<tr>
<td>Secretary:</td>
<td>Tony Wright</td>
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<tr>
<td>Treasurer:</td>
<td>Eric Thomas</td>
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**Not Able To Come?*******

Please advise apologies for meetings to Richard Gilham - Mobile
0428329900 or at work 9725 2666 - or email nirvanacomputers@bigpond.com

**Note! Mondays before 10.00am.**

**Greeter for April is Edwina Ricci**

**Welcome!**

**Cashiers for April are Clive Baum and Greg O'Neill**

**Cost of the meal has been reduced to $25.00 !!!!!!!!**

Chronicle contributions from the President, Chairpersons, Directors or any articles of interest are invited from all members.

Please email Richard at: richardgilham@dodo.com.au

By close of business Friday.
Can you help?

Treasured Babies have donated a quantity of crocheted squares to the Royal Flying Doctor Service; they were surplus to their needs. The squares will be patch worked to make blankets of various sizes and then sent to RFDS in Mount Isa and Cairns for distribution in indigenous communities such as Doomadgee and Mornington Island.

It can drop below zero at night in the desert and proper blankets can save lives by reducing the need for small children to sleep in the same bed as their parents.

To make the blankets, we need flannelette, sheets, pieces, bunny rugs; poly-fleece pieces or blankets to form the lining. These could also be cotton or synthetic mix sheets or doona covers. We are searching for material suitable to make cot, single bed and double bed blankets.

If you can donate some material or you are able to suggest a source, please contact;

Di Paul on 9739 4807, 0409 394 807

eMail dianneplauao@bigpond.com
President Elect Report

Presidents Report  Meeting 26.3.2013

Regular forum meeting where we welcomed back President Ross on light duties.

I reported on our Lotus Garden visit on Sunday March 24. For those who ventured it was quite enjoyable. Marlene Sinclair has taken the driving wheel for our Yarra Valley Food and Wine Festival involvement. (Ticket selling and rubbish control). The keen support for our roles needs to be maintained to Sunday April 14 at Healesville racecourse by all members who are involved. Lets make this an easy day for Marlene.

I made mention of a chronicle article from Di Paul regarding a blanket project. Those able please assist as they can.

Notice of next weeks agenda. We must make an enthusiastic welcome to members of Yarra Ranges Rotoract club (partly sponsored by Croydon R.C.) we have as a guest speaker Jeff Maher from Victoria Police. An interesting night seems on the cards.

The meeting then enjoyed behind the badge stories from 2 of our relatively new members.

Sue Jonas

Born in the UK Sue’s early years were spent there till the age of 17 when her family then migrated to Australia. At a young age she married and had her only child a son who is now 43. Her working life has been involved in many industries with her current employment now with a glass company. Within the last 10 years she enjoyed a change of scenery with a period working in Port Moresby. During this time she enjoyed a time of membership with Rotary. She however returned to Melbourne to support family with health issues. She credits her mother for instilling in her all the good credits to make her a good citizen.

Richard Burton.

As with Sue, Richard was born in UK but family moved to Australia where he spent most of his school years. Family hierarchy decided to return to the UK. Richard recalls his dilemma which sport to play – rugby, soccer or cricket. English return was not to last so back to Australia for the Burtons. Career wise he started with a spa company. Progress was quick to an eventual position as International Sales Manager for the company. Working for a company I guess was never going to be fulfilling enough. Next step his own spa selling distributorship. My guess Rotary will create many opportunities for his skills.

Last issue discussed was a review of our raffle. All components were dissected and comments from members were invited. Issues that drew most discussion were pricing, selling times and venues, marketing and involvement of outside selling groups. Whilst some commented that we appeared to be going round in circles all comments are always useful for the dedicated group which will organize this years raffle. It is always great to give all club members an opportunity for input.

That’s all for now

David Ferres P.E.

Sue Jonas & Richard Burton
Clean water brings better health

Residents of Makoor, Kerala, India, show the effects of years of drinking and cooking with highly fluoridated water.

The World Health Organization estimates that almost one-tenth of global diseases could be prevented by improving the water supply, sanitation, hygiene, and the management of water resources.

The citizens of Patari, a village in Uttar Pradesh, are among 25 million people in India alone who suffer the consequences of fluorosis, an irreversible condition caused by elevated levels of fluoride in drinking water. The painful effects of fluorosis can include bone deformities, calcification of ligaments and tendons, and abnormal bone density.

“The fluoride, because of its strength, rots teeth and destroys bones,” says Maurice Halliday, past governor of District 1020 (Scotland). Rotary clubs in Scotland partnered with District 3110 (India) to provide fluoride filters to 60 families in Patari and sanitation, safe drinking water and hygiene training to surrounding schools.

The Rotary Foundation leverages local experience and professional know-how to help communities, like Patari, help themselves. In honor of World Water Day, I invite you to consider a special gift to The Rotary Foundation to help address the unique water and sanitation needs of communities across the globe.
You can direct your Annual Fund gift to SHARE, to help support the local and international activities identified by Rotary clubs in your community. Or, you can direct your gift to Rotary’s Water and Sanitation fund, to be spent on quality water and sanitation projects identified and implemented by Rotarians around the world. Either way, your contribution will be used to fund high impact, sustainable solutions to our world’s most pressing needs.

CONTRIBUTE NOW

JOINT MEETING CROYDON AND ROTARACT YARRA RANGES

APRIL 2ND NOT TO BE MISSED

The meeting to be held on 2nd April will be a combined meeting with Rotaract Yarra Ranges. We are expecting visitors from other local supporting Rotary Clubs to attend as well as two VIP’s. Visitors are welcome to come along and enjoy the fellowship of Rotary. This meeting will be an event of the year. Come and joins us.

Guest speaker will be Detective Senior Sergeant Jeff Maher from Victoria Police. His subject should be incredibly interesting. Entry which includes a two course meal is $25.00. Bar Service starts at 6.00p.m. and the meeting starts at 6.30p.m.sharp. If you have not apologized or believe you have missed the time frame don’t panic, Dorset Gardens will work in with us. Contact rgilham@bigpond.net.au by 10.00a.m. on the 2nd of April if you need more seats or even tables. If you are not coming please forward an apology.

Members please feel free to invite a friend to this one.

They will not be disappointed in the content of the evening. Tick of Approval

We have the facilities, the content and the fellowship this Tuesday night. All we need is you.

Almoners Report.

I know members will join me in extending Sympathy to Kevin and Margot Francis on the death of Kevin’s younger brother Geoff, several brothers and a sister will sadly miss him. Marlene’s foot is mending and she too is quite "chirpy".

Here tell Ian Brodie went for a cruise in a Cobra on Friday. All reports indicate a very very “chirpy” Ian when he got home.

A safe and happy Easter to all

If you know of any other members who are not 100% please let me know

Clive Baum
Almoner
Good Friday with Ian Brodie

On Friday, Ian Brodie was picked up and taken for a highly spirited cruise in a Cobra. After a 2 1/2 hour marathon run in the Cobra from Croydon to Kew, Whittlesea, Kinglake and Yarra Glen the Cobra arrived back with a very happy passenger. The Ride of his life does not even get near to how he was feeling. Thanks Ian for being there to share.

More pics at https://www.facebook.com/CroydonRotary

Upcoming Events.

- Support the Australian Rotary Health's Indigenous Health Scholarships with a Charity Dinner and Auction to be held at Bram Leigh Receptions with David Smorgon as the Keynote Speaker. Wednesday 22\textsuperscript{nd} May 7.00p.m

Our Cyber Activity

The link to our website is http://rotarycroydon.org.au/ Click on the link and Croydon Rotary Club will come up. Across the top of the page there are different menu tabs. You can access all material available to the general public including a “Chronicle” section.

To view information that is regarded as sensitive you have to sign in using your user name and password. For example; enter your username and password and go to the Members Section. Use the web site as your Rotary tool kit. Learn how to use, show and share the website with confidence.

Our Facebook page https://www.facebook.com/CroydonRotary is going very well. A lot of people around the world are observing what path Croydon Rotary is following.

We need a few more of our members to start joining in and participating in a bit of liking and sharing on our Facebook page. Thanks to those of you that checked Ian’s Cruise in the Cobra. Surely this is the best way to pass on our message.

Do you know someone that is living an unfulfilled life even though they have achieved some much? Share this with them

http://www.youtube.com/watch?v=Ubqc7_MnBeE
Wangaratta Conference Report

The District 9810 Conference was held over the weekend of 15-17 March 2013. Everything combined to make this a memorable conference, the weather was kind, the venue was comfortable, the food good and the speakers interesting and informative. Saturday evening we celebrated St Patrick’s Day eve with a “touch of green” in a huge marquee in Merriwa Park accompanied by the Fitzgerald Brothers band and the Wangaratta Wombat band. No doubt the highlight of the evening was the attempt to get several hundred people to dance an Irish Jig. After lunch on Sunday the bike riders set out on a 900 km ride home to raise funds for Australian Rotary Health.

The following are a few points from two of the Speakers.

Susan McLean

Susan McLean was one of the speakers at the recent Rotary Conference in Wangaratta. Her topic and her passion is Cyber Bullying. Based on the content of Susan’s presentation Cyber Bullying is something all parents, teachers and grandparents should be aware of and always looking for the signs. Cyber Bullying may start out as a bit of fun at school but it then comes home with the mobile phone, computer etc. Surveys would indicate that 30% of all teens have been bullied.

The following is a little about Susan McLean.

Susan McLean is Australia’s foremost expert in the area of cyber safety and young people and was a member of Victoria Police for 27 years. Widely known as the ‘cyber cop’ she was the first Victoria Police Officer appointed to a position involving Cybersafety and young people. In 2003 she was the Victoria Police Region Four Youth Officer of the Year. She has also been awarded The National Medal and the Victoria Police Service Medal and 2nd Clasp.

The following link will take you to an informative web page about Cyber Safety.


Associate Professor Felice Jacka

Felice Jacka is the winner of an Australian Rotary Health scholarship to study Adolescent Mental Health. I believe that possibly the most interesting findings from the research is the effect of diet on mental health particularly depression and anxiety. An interesting figure quoted was 30% of all 3 to 4 year olds are overweight or obese. Children who are obese at an early stage in their life can expect to have a shorter life span than their parents. Anxiety can start as early as 6 years of age and depression at 13 years of age. Children who experience anxiety and depression at an early age are 75% more likely to have ongoing issues
when compared to those who do not suffer anxiety or depression. Diet can be a major factor in getting anxiety or depression. People who eat a high proportion of “Western” diet food, ie high in fried and fast foods have a greater chance of developing depression than those who eat a more healthy diet eg “Mediterranean” foods. Professor Jacka’s message was if governments would take a similar approach to obesity as they took towards cigarettes then we would all live happier and health lives.

The following is a little about Associate Professor Felice Jacka

Role and profile
A/Prof Felice Jacka is an NHMRC Research Fellow within the Barwon Psychiatric Research Unit based at Barwon Health in Geelong. Over the last seven years A/Prof Jacka has been developing an innovative program of research that examines how individuals’ diets interact with the risk for mental health problems. This research is being carried out with the ultimate goal of developing an evidence-based public health message for the primary prevention of the common mental disorders.

The following link will enable you to view an interview with Associate Professor Felice Jacka.


Ross Taylor

Keynote Speaker District Conference 15.3.13

Jon Cattapan

Jon was commissioned by the Australian War Memorial Art Museum to provide a contribution reflecting the Australian Army role in Timor Leste in 2008. Jon’s background primarily is an artist of urban environments. To perform his duty he needed to be embedded with the serving troops. A special interest for him was using night vision goggles to produce art that demonstrated all the dangers of nighttime. He came away impressed by the quality of our Australian soldiers.

His work is now on display at the art museum for the public to view.

Footnote: Jon Cattapan’s works are widely distributed throughout Australia and Overseas. With a major work “The Melbourne Panels” on display in the National Gallery of Victoria. His works are respected widely but sadly not my cup of tea.

David Ferres (art critic)

District 9810 Conference

To view photographs taken by Ian Ballantine and Jeff Steel at the District 9810 Conference 2013

visit http://rotarybmc.org/conference
CHARITY DINNER & AUCTION
GUEST SPEAKER
David Smorgon OAM

David Smorgon’s journey includes a myriad of life experiences—from early days as a lawyer and a gruelling three-year apprenticeship in the abortoirs, to growing a $1 billion family business, steering a battling AFL club to survival and enduring personal tragedy. There is arguably no one better equipped to talk about business, success, adversity, teamwork and resilience.

A well-known and respected businessman, David Smorgon epitomises corporate success as well as exceptional community leadership, embodying the values of family and work ethic.

Peace Through Service

The Rotary Club of Croydon has been providing community service to the local community for the past 40 years.

The members of our Club are ordinary people who are drawn together with the common goal of:

Service Above Self.

FOR BOOKINGS, QUERIES & INFORMATION:

Telephone: Ross Taylor 9870 0146
Email: roscoe55@optusnet.com.au
www.rotarycroydon.org.au

ADDITIONAL INFORMATION:

10 guests per table @ $75.00 per person
Includes 3 course Dinner, Wine, Beer and Champagne
Payment by Cheque or EFT
Bookings close May 1, 2013
Please make cheques payable to
‘Rotary Club of Croydon’ and post to:
P O Box 226, Croydon 3136
Bank Details for funds transfer:
85B : 063 1124
Account # 0009 5014
Email details to: roscoe55@optusnet.com.au

DRESS:
LADIES: AFTER FIVE
GENTLEMEN: LOUNGE SUIT
BRAM LEIGH RECEPTIONS
383 MT DANDENONG ROAD
CROYDON 3136

YOU ARE INVITED TO A
CHARITY DINNER & AUCTION

With Keynote Speaker
DAVID SMORGON OAM

Hosted by the
ROTARY CLUB of CROYDON

Wednesday 22nd May 2013
Bram Leigh Receptions
7.00pm

Sponsored by:

Maroondah City Council

ABOUT THE INDIGENOUS HEALTH SCHOLARSHIPS

The value of each scholarship is $2,000 per year

Objectives:

• To provide scholarships to assist Indigenous students to undertake courses in a wide range of health related disciplines.

• To assist students to gain an education which will in turn enable them to work for the benefit of Indigenous people in remote areas of Australia.

• Whilst the program initially focussed on training Indigenous doctors, the scheme has developed to include nurses and other health related professionals.

Criteria to apply for the Australian Rotary Health Indigenous Health Scholarship are:

• The student must have completed at least 2 years of a current medical course; or

• The student must have completed at least 1 year in other approved health related courses.

Australian Rotary Health is Australia’s largest non-government funding body of mental illness research. The genesis of Australian Rotary Health in 1981 was the mystery of Sudden Infant Death Syndrome (SIDS). The late Ian Scott, from the Rotary Club of Mount Waverley, established Australian Rotary Health to support research into SIDS. As Australian Rotary Health grew so did the vision for medical research possibilities. Supported by Rotarians worldwide, Australian Rotary Health was soon in a position to sponsor health research in areas that did not readily attract funding.

www.australianrotaryhealth.org.au