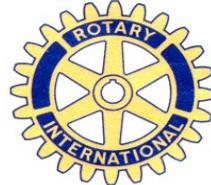




Kate Campbell

Kate, our exchange student bound for Denmark next January, made her presentation to club members. As you can see, she's already got a small collection of pins and badges on her blazer. Keep up the good work Kate—well done!



Rotary's early emblem was a simple wagon wheel (in motion with dust). It was designed in 1905 by Montague M. Bear, a member of the Rotary Club of Chicago who was an engraver. He designed the emblem to represent both civilization and movement. Most of the early Rotary clubs adopted the wheel in one form or another.

The present emblem, 24 cogs and six spokes, was adopted in 1924. A keyway was added to signify usefulness. An official description of the emblem was adopted at the 1929 International Convention.

Rotary Club of Fern Tree Gully Inc.

Volume 50 No. 22

3rd December, 2012

INCORPORATED REG. No. A0023463V
DISTRICT 9810 VICTORIA AUSTRALIA

CHARTERED: 16th May, 1963

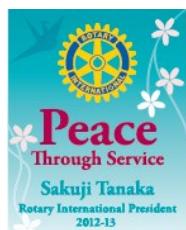
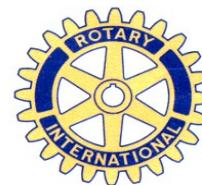
Postal Address: P. O. Box 164 FERN TREE GULLY, VIC 3156
Website: www.ferntreegullyrotary.org.au

WEEKLY BULLETIN

ROTARY CLUB OF FERN TREE GULLY 50TH ANNIVERSARY 2013

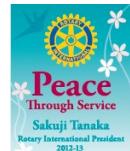
President, Rotary International - **SAKUJI TANAKA & Kyoko,
Rotary Club of Yashio, Saitama, Japan**
District Governor, Dist. 9810 – **BRIAN MARTIN & Sue,
Rotary Club of Box Hill Central**

President, Rotary Club of Fern Tree Gully – **GRAEME ASPINALL**
Benefactor, Rotary Club of Fern Tree Gully – **IVAN GIGOVIC, Vale: August 2003**





**THE ROTARY CLUB OF
FERN TREE GULLY INC.,
2012-2013**



The Board

PRESIDENT	-	Graeme Aspinall
PRESIDENT ELECT	-	TBA
SECRETARY	-	John Flemming
TREASURER	-	Enid Hughes
PAST PRESIDENT	-	Enid Hughes
COMMUNITY	-	Julie Goodchild
VOCATIONAL	-	Phil Walters
INTERNATIONAL	-	Paul McAloney
NEW GENERATIONS	-	Greg Downes

Office Bearers

FOUNDATION	-	Robert Dawson
MEMBERSHIP & MARKETING		Graeme Aspinall
FELLOWSHIP	-	Fran Mandergeddes
PROGRAM	-	Mike Spark
BULLETIN EDITOR	-	Enid Hughes
Aus. Rotary Health	-	Graham Faulkner

THE FOUR-WAY TEST

Of the things we think, say or do :-

- Is it the **TRUTH**?
- Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned?



PAST PRESIDENTS :

1963-64	HALL Frank	1989-90	FREGON John
1964-65	THOMSON Ken	1990-91	VIZE Stuart
1965-66	CLARKE * Harold	1991-92	ADAMS Brian
1966-67	MARTIN Laurie	1992-93	WYLIE * Peter
1967-68	ELDRIDGE Jeff	1993-94	ASPINALL Graeme
1968-69	RUSSELL Harry	1994-95	MOORE Robert
1969-70	CHAPPILL Geoff	1995-96	WILLINGHAM Ed
1970-71	COOK Duncan	1996-97	EDMUND Hilton
1971-72	CASTRICUM * John and MILLER Ken	1997-98	SPARK Mike
1972-73	LANGFORD * Greg	1998-99	FLEMMING John
1973-74	de JONGE Lawrence	1999-2000	OGLE Tony
1974-75	CRANE * Reeve	2000-01	YEATS Sandy
1975-76	BROWN John	2001-02	HALL Marilyn (First Woman President).
1976-77	FOSTER Ken	2002-03	McALONEY Paul
1977-78	CALLAHAN * Jack	2003-04	DAWSON Rob
1978-79	MILLER Ken	2004-05	MANDERGEDDES Fran
1979-80	RICHARDS John	2005-06	WALTERS Phil
1980-81	BEASLEY * Royce	2006-07	GOODCHILD Julie
1981-82	SHORTER Barry	2007-08	ASPINALL Graeme
1982-83	BOSCOTT Bob	2008-09	FAULKNER Graham
1983-84	BARUDAY George and DASBOROUGH Don	2009-10	LINCOLN Merv.
1984-85	MITCHELL * Ron	2010-11	LINCOLN Merv
1985-86	HURST Robert	2011-12	HUGHES Enid
1986-87	GLADWIN Bill		* Have "Passed on to meet Paul HARRIS".
1987-88	ELLIOTT John		
1988-89	GUINEY * David		

Police Officer in Court

Q: Policeman, when you stopped the defendant, were the red and blue lights flashing on your police car?

A: Yes.

Q: Did the defendant say anything when she got out of her vehicle?

A: Yes, sir.

Q: What did she say?

A: What disco am I at?



Six retired Irishmen were playing poker in Monaghan's flat in Dungarvan when Sean O'Toole loses ♦700 on a single hand, clutches his chest and drops dead at the table.

Showing respect for their fallen brother, the other five continue playing standing up. Michael Lennon looks around and asks, 'Oh, me boys, someone's got to tell Sean's wife. Who will it be?'

They draw straws. Cavan Colquhoun picks the short one. They tell him to be discreet and gentle and not to make a bad situation any worse. 'Discreet? I'm the most discreet Irishmen you'll ever meet. Discretion is my middle name. Leave it to me', announces Cavan.

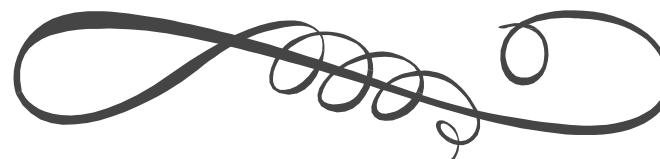
He goes over to O'Toole's house and knocks on the door.

Brenda O'Toole answers and asks what he wants. Cavan declares: 'Your husband just lost ♦700 and is afraid to come home.'

'Tell him to drop dead!' snarls Brenda. 'I'll go tell him.' says Cavan.

UPCOMING MEETING RESPONSIBILITIES

Date & Time:	Monday 3rd Dec [6:30 for 7:00] Knox Tavern	Monday 10th Dec [6:30 for 7:00]	Monday 17th Dec [6:30 for 7:00]	Monday 24th Dec [6:30 for 7:00]
Venue:	Knox Tavern	Knox Tavern	Knox Tavern	
Program:	Committee Mtg	Carpets for Communities	End of Year Break-Up	Christmas
Speaker:	N/A	Anna Jolly	N/A	Eve
Committee Subject	TBA	N/A	N/A	
Chairman:	Graeme A	Enid H	Bob H	No
Cashiers:	Angela L & Greg D	Graham F & Julie G	Rahul M & Fran M	Meeting
Grace & Toast:	Enid H	John F	Angela L	
Rotary Knowledge				
Sergeant-At-Arms:	Julie G	Phil W	Phil W	
Scribe:	Virginia R	Rahul M	Rob D	



Birthdays:	None
Wedding Anniversaries:	None
Induction to R.C. of F.I.G	None

MINUTES OF MEETING: MONDAY, 26th November, 2012

The meeting opened at 7.00 p.m. with President Graeme welcoming all members, exchange student Kate and her parents Terri & Terry, Stuart McDonald and exchange student Caroline.

President's Announcements:

- Peter Maldon (RC Boronia) requested help with gift wrapping for Info Link. It would appear they don't need our help—they have sufficient.

Chairman: Fran Mandergeddes called for reports:

Secretary: John Flemming

- Distributed the incoming mail
- Council Seminar on Changes to the Incorporations Act. The changes probably won't affect us too much. The major one is that the Public Officer is now, under the Act, going to be known as the Secretary. We will need to change our Club Rules the next time we update them. The Act comes into effect today (26th Nov).

Treasurer: Enid Hughes

No Report

Vocational: Phil Walters

No Report (Absent)

Community: Julie Goodchild

- The small memorial garden in Upper Ferntree Gully has been upgraded so our help is not now needed.
- The CFA in Sassafras are conducting a door-to-door knock explaining what people should do in the event of a bushfire.

International: Paul McAloney (on leave)

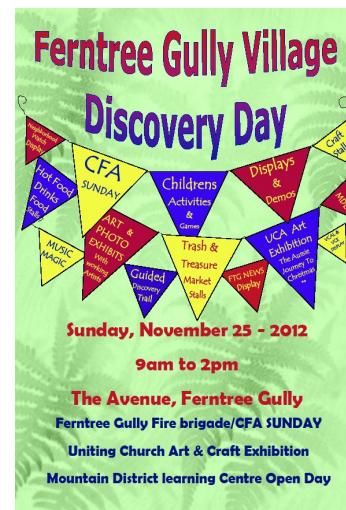
No Report

New Generations: Greg Downes

No Report (absent).

Fellowship: Fran Mandergeddes

- Calendar Girls was an excellent show and was enjoyed by all who attended. The club funds have been swelled by \$100.
- Christmas Break-Up—asked members to email her with numbers so that catering etc. can be arranged.



A BIG thank you to those who helped out this year. (President Graeme, Stuart V, Bob H, and Virginia R—see pictures). The day was successful in its objective—to put Ferntree Gully Village “on the map”. Local traders, the CFA and many others combined to show people what the Gully can do. Bron te Schofield, from Mountain District Learning Centre and central to the organisation of the day, was recovering from very recent surgery. Never-the-less, she did a wonderful job. Great day for the local community.

Hopefully, next year being the third year the event will have been run, some funding will be available to enable some expansion of the activities.



Other: Rob D reported that the Puffing Billy—Thomas the Tank Fun Run was held on Sunday. Our DG Brian Martin dropped by. Funds raised were about \$10,000 for the Angliss Hospital

Graham F asked for donations to be made for **Movember**

Rotary Education: Virginia Rutledge

As a fairly new member, Virginia told us a little about herself:

- Her birthday—12th October
- First job—in Haematology—only lasted a year
- Went into Cardiology, left and went to Swinburne for a time.
- Married and lived down Mornington Peninsula for a while; moved around.
- Had three children and currently works as a school teacher.

Sergeant-at-Arms: Julie Goodchild

Asked for the translation of various Rotary acronyms—RYLA, MUNA, etc. Fined all those who didn't know and all those that did!

Skill: Julie drew the 6 Hearts

PROGRAM: Kate Campbell, Outbound Exchange Student (Denmark)

Kate spoke about herself, her aspirations and what she is hoping to get out of her exchange stint in Denmark. She showed us a Powerpoint presentation depicting photos of her family, friends, pets etc. Some of the things she hopes to experience/gain/develop over the next year are:

- A new culture
- Different lifestyle
- New relationships
- Life-long friends
- Become more independent
- Build confidence

Kate told us about her farewell from school—it involved a bus, balloons, streamers etc. It seems Kate will be sadly missed by her friends.

Well done Kate and Good Luck for next year. Make sure you keep in touch with us.

President Graeme reminded members about the Christmas Celebration at the CHL development (Corner of Dorset Road and Burwood Highway). We're doing a sausage sizzle there on Saturday 15th December, Noon to 2.30 p.m. approx.

There being no further business President Graeme thanked everyone for coming, read out the housekeeping and birthdays and closed the meeting.

Meeting closed at 8.15 pm.

Scribe: Enid Hughes



PRESIDENT'S REPORT

When you receive your Rotary Down Under magazine each month, do you ever give any thought as to when and who came up with the vision for such a magazine? I found it interesting to discover it was a club within our own cluster who played a significant role in establishing the magazine.

The following is an extract from a brief history of Rotary Down Under....

Rotary Down Under Incorporated was founded in 1965 as a joint project of the Rotary Clubs of Newtown, New South Wales and Bayswater, Victoria. Foundation:

The two clubs, independently of each other, had been planning to establish a magazine for the Australian-New Zealand-Pacific area. The Bayswater club had gained approval of its district conference to proceed with its planning. Newtown club had decided to seek authority of all District Governors to publish three issues of a magazine as a pilot project to test the reaction of Rotarians and had asked District 275 (9750) Governor Ken Scheller to ask his fellow Governors for permission to write to clubs inviting subscriptions for the "pilot" issues.

When District 282 (9820) Governor Bill Brett received Ken Scheller's letter (requesting permission for Newtown to communicate with clubs), Bill advised Ken of Bayswater's interest. The two clubs were put in touch with each other and immediately joined forces.

Permission to publish three issues of a Rotary regional magazine was granted by all Governors in February 1965 and the first "pilot" issue of Rotary Down Under appeared in April 1965.

Name:

The name proposed by the two clubs was "The Rotary Family" – to emphasise the close affinity of Rotarians everywhere and to emphasise the involvement of wives and children of Rotarians in Rotary activities. This name was submitted to RI General Secretary George Means with an outline of the plans to publish. George agreed that the proposals were in harmony with RI policy as related to regional magazines but considered the name to be unsuitable as the name of the magazine "should reflect its position as a Rotary publication".

The name Rotary Down Under was adopted by the Governors of the time, after consideration of several other proposed titles.

Hope you found this as interesting as I did. See you on Monday.

Graeme Aspinall
President

NEWS

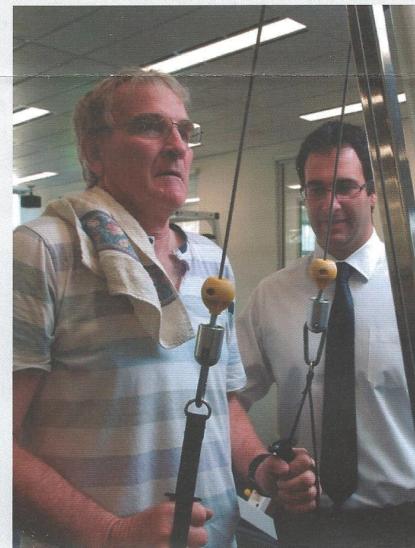
Breakthroughs by a Young Investigator supported by PCFA are giving hope to men with prostate cancer!

Exercise scientist Professor Daniel Galvão and his team have found exercising eases the side-effects of the hormone therapy commonly used to prevent prostate cancer from spreading. Men diagnosed with prostate cancer are now surviving longer due to a wide range of treatment choices. However, long term treatments such as hormone therapy that slows cancer growth by suppressing male hormone testosterone, have major side effects. These range from fatigue and reduced bone density that raises fracture risk, to the loss of muscle mass and more body fat, increasing the chances of suffering heart disease.

Awarded a PCFA grant in 2008 and recently appointed Professor at Edith Cowan University in Western Australia, Daniel's initial work showed exercise helped physiologically and psychologically when undertaken during or after traditional cancer treatment.

Professor Daniel Galvão has since published a pioneering exercise trial in the official journal of the American College of Sports Medicine. This was the first report of resistance exercise considerably improving musculoskeletal function in men with prostate cancer, countering the impacts of androgen suppression.

Along with his research role, Daniel is also Director of the Edith Cowan University Health and Wellness Institute. His track record of successful national and international collaborations places him at the forefront of exercise-related cancer research in Australia.



Professor Daniel Galvao (right) at work with prostate cancer survivor Dennis Doust.

Your donations to PCFA fund initiatives like research by leading scientists like Professor Daniel Galvão, helping us open doors to a better quality of life for Australia's estimated 120,000 prostate cancer survivors.