



Rotary 

DISTRICT 9600  
QUEENSLAND  
AUSTRALIA

WEEKLY  
**Bulletin**

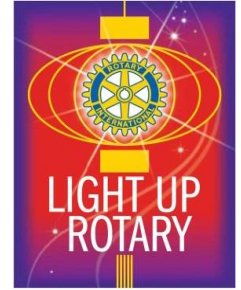
21<sup>st</sup> JANUARY, 2015

[www.rotaryclubofkipparing.com](http://www.rotaryclubofkipparing.com)

P.O. Box 60, MARGATE President: Ashley Broad – Mob: 0419 793 353

Secretary: Garry Gibson - Email: [rckipparing@gmail.com](mailto:rckipparing@gmail.com)

**CLUB MEETS: Every Wednesday 6.15 pm for 6.45 pm start**  
**Belvedere Hotel - Oxley Ave & Woodcliffe Cres, Woody Point**



**This Day  
In History**

## JANUARY 21

1801 - Unofficial founder of Melbourne, John Batman, is born... 1863 - Victoria's first ever state funeral is held, in honour of Burke and Wills... 1863 - Stuart receives a huge public welcome in Adelaide after his successful crossing of the Australian continent... 1815 - The first road is completed over the Blue Mountains in NSW, under the direction of William Cox.

### INSIDE THIS ISSUE:

- P1. Rotary friendship Exchange.**
- P2. Club Roster...**
- CALENDAR OF EVENTS...**
- P3. International Toast ..**
- Madison Smee returns...**
- P4. Farewell Jayden Midson..**
- Kippa's Rib-Ticklers.. Rotary Youth Exchange news**
- P5. RC BUDERIM LIFESTRAW PROJECT**
- P6. Rotary World News ..**
- Opera in the Gardens**
- P7. Rotary National Youth Science Forum..**
- P8. Australian Rotary Health future research.**


### THE FOUR-WAY TEST

Of the things we say and 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?

### WE ARE ROTARIANS

WE BRIDGE CONTINENTS  
WE BUILD COMMUNITIES  
WE SERVE ABOVE SELF  
WE CURE DISEASE  
WE BUILD MINDS  
WE BUILD PEACE  
WE BRING HOPE  
WE SAVE LIVES

Rotary 

### Bernard presents Friendship Exchange to Turkey

Bernard Van den Bergen gave us a great presentation about his Rotary Friendship Exchange trip to Turkey ... a very interesting exposé on what was a rather "full-on" event.. visiting numerous Rotary Clubs in many different towns throughout Turkey.



Doors of friendship were opened in a way which could not be duplicated except in Rotary. Rotarians seeking an unusual vacation and fellowship experience should learn more about the Rotary Friendship Exchange. Some unusual Rotary adventures are awaiting you!

**ROTARY FRIENDSHIP EXCHANGE:** This activity is intended to encourage Rotarians and spouses to visit with Rotarian families in other parts of the world. It may be conducted on a club-to-club or district-to-district basis. The idea is for several Rotarian couples to travel to another country on the Rotary Friendship Exchange. Later the hospitality is reversed when the visit is exchanged. After a successful pilot experiment, the Rotary Friendship Exchange has become a permanent program of Rotary.



There are three types of Friendship Exchanges:

**Visitor Program:** Individual Rotarians, who may be accompanied by family members, spend a few days in the home of a Rotarian in another country.

**Team Program:** Rotarian couples, typically four to six, visit several communities in a host district for up to one month.

**Uni-vocational:** Host and guest Rotarians of the same occupation observe how their job is done in other countries.

**CLUB ROSTER - IF YOU ARE UNABLE TO CARRY OUT YOUR REQUIRED DUTIES, PLEASE ASK ANOTHER MEMBER TO FILL IN FOR YOU ON THE NIGHT**



TONIGHT –

WEDNESDAY 21<sup>st</sup> JANUARY, 2015 – 6.45 p.m.  
Club Night

Date ► Duty ▼					21 Jan	28 Jan	4 Feb
Chair					Colleen	Colleen	Daisy
Duty					Bernard	Bernard	Sherin
Host					Fran	xxxxxxxxxx	Fred
Thanks					Garry	xxxxxxxxxx	Doug
NOTES					Club Night	Club Meeting Laura Van Zyl	TBC



Rotary

UP AND COMING  
DATES FOR  
YOUR DIARY

"Volunteers are not paid  
-- not because they are  
worthless, but because  
they are priceless."

**JANUARY**

- 21<sup>st</sup> – Informal meeting/Board Meeting
- 28<sup>th</sup> – Formal meeting with Laura Van Zyl and Potential new members night

**FEBRUARY**

- 4<sup>th</sup> – Informal Meeting downstairs
- 11<sup>th</sup> – Madison Smee Rebound Youth Exchange Student Presentation
- 18<sup>th</sup> – Trailer Thank You dinner
- 25<sup>th</sup> – Polio Movie “The Second Best Exotic Marigold Hotel” more details to follow

Rotarians join for  
BUSINESS & FELLOWSHIP  
and stay to  
CHANGE the WORLD

ROTARY AREAS OF FOCUS

Basic education and literacy

Disease prevention and treatment

Economic and community development

Maternal and child health

Peace and conflict prevention/resolution

Water and sanitation



### **Rotary Club of Osgoldcross & Elmet (near Leeds in England)**

*The Rotary Club of Osgoldcross and Elmet (Chartered in 1988) carries out a range of charitable, community and social activities in the ir local area.*

*Osgoldcross and Elmet rotary club encompasses this area and villages east of Leeds which were in the ancient kingdom of Elmet.*

*They meet at Monk Fryston Hall each Wednesday for dinner, 19:45 for 20:00.*

*Current Club Membership is around 20..*

*They have a work hard, play-hard attitude, and as such have a friendly, social atmosphere, but also probably raise more money per member than any other club in the area! ( Sounds familiar ☺ )*

*Local community events include annual Bonfire..Dragon Boat Races.. local annual Carnival and regular car boot sales.*



*Europe4Europe 2014*

*The **Rotary Club of Osgoldcross & Elmet** were thrilled to be the UK club selected to represent the UK for the **Europe for Europe** (E4E) biannual cultural exchange visit, which took place last summer (July/Aug 2014) for young people between the age of 18 and 21. One person from from each of the European Union Member state is selected to represent their country and Rotary. E4E is organised to celebrate the founding of the EEC Union by the 7 initial member state. The E4E cultural exchange is organised and hosted by 7 rotary clubs (1 from each country visited on the programme), awardees meet in Milan (Italy), and then proceed to visit France, Germany, Holland, Belgium, Switzerland, Austria, Luxemburg etc, taking part in a number of events and activities over some 18 days. The trip was an equal mix of leisure and historical activities. The trip offered several castes and their history and museum visits, including the Mercedes Benz museum whilst in Germany. There was also leisure activities such as banana boat riding, water skiing, high rope garden – involving the leap of faith and cycling through the city in Amsterdam.*

***Fellows and guests please be upstanding, and raise your glasses to toast the Rotary Club of Osgoldcross & Elmet.***



***Our Club's 23<sup>rd</sup> Rotary Youth Exchange rebounder Madison Smee returns from her Rotary Youth Exchange year in Germany.. Madison was school captain at St. Columbans College in Caboolture, prior to her year abroad. Come see her Club Presentation about her experiences and her future aspirations on Wednesday February 11 ..***

***Will be worth seeing.. ☺***

**Happy Birthday to Matt Roue and Ron Goward  
(both 10th January)**

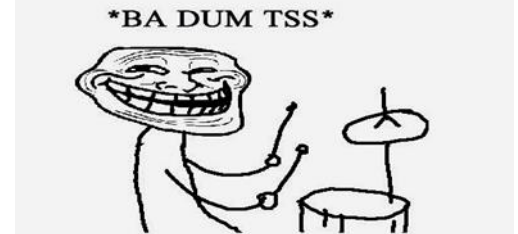




## KIPPA'S RIB-TICKLERS OF THE WEEK!

### Some Political Axioms

- The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. - *Mark Twain*
- If you don't read the newspaper you are uninformed; if you do read the newspaper you are misinformed. - *Mark Twain*
- A government which robs Peter to pay Paul can always depend on the support of Paul. – *George Bernard Shaw*
- In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other. - *Voltaire (1764)*
- The government is like a baby's alimentary canal: a happy appetite at one end and no responsibility at the other. - *Ronald Reagan*



### RC KIPPA-RING farewells the Club's 24<sup>th</sup> Youth Exchange student

**Jayden Midson** (pictured right with Club President **Ashley Broad** and inbound YEP student **Nina Weber** from Switzerland), gave our Club a presentation last week about his pending Rotary Youth Exchange year to Sweden. Following intense orientations and training, he is now on his way to experience the adventure of a lifetime. Jayden will be sponsored by **RC Nynäshamn**. Nynäshamn, which lies about 60 km south of Stockholm, is a hugely popular destination for Swedes of all ages in the summer months. The Polferries terminal also offer regular routes to Gdansk in Poland. Several cruise ships on tours in the Baltic Sea also stay in the harbour, because they are too large to go into Stockholm.

**RC Kippa-Ring extends Jayden and his family best wishes for the coming year.**



Inbound YEP student **Nina Weber** bids farewell to this year's Outbound YEP student **Jayden Midson**



Rotary D9600 Youth Exchange team (minus two who departed earlier from Domestic Terminal) at Bris International Airport awaiting departure with District Governor, **George Grant** and Past District Chair Y.E.P and RC Kippa-Ring President - **Ashley Broad**.



**Matt Kanowski** (PICTURED ABOVE) is heading to Denmark for his Rotary Youth Exchange year.. He is also the grand-son of RC Kippa-Ring member **Fred Stolz**.





## LIFESTRAW PROJECT

[https://www.youtube.com/watch?v=CDmEQUI\\_W28](https://www.youtube.com/watch?v=CDmEQUI_W28)



**The need for safe drinking water is denied to many people in this world. Every 15 seconds, a child will die as a result of drinking unsafe water.**

**As Rotarians, we are committed to help those in need. We consider that access to safe drinking water is a basic human right and necessity. Therefore our efforts and energies are focussed on providing safe water wherever a need is identified, particularly following disasters, where in many instances the quality and safety of the water supply has been compromised.**

### **What is LifeStraw®**

LifeStraw® is an award-winning point-of-use portable water filter that transforms microbiologically contaminated water into safe, clean drinking water. It is ideal for a variety of users outside of the home, from hikers and campers to people displaced by natural disasters.

- \*Lightweight--only 56 grams (or 2 ounces)
- \*Uses hollow fibre microfiltration technology
- \*Purifies a minimum of 1000 litres (264 gallons) of water
- \*Removes virtually all bacteria (99.9999 percent) and protozoan parasites (99.9 percent) that can contaminate water, including giardia
- \*Reduces turbidity (muddiness) by filtering particulate matter larger than 0.2 microns
- \*Made of durable plastic
- \*Chemical-free
- \*Doesn't require electrical power, batteries or replacement parts—it's powered by user-generated suction

Since introduced in 2005, LifeStraw® has been used in major natural disasters including the Haiti earthquake and Pakistan floods.

When contaminated water is consumed, the outcome can range from gastrointestinal discomfort to serious diarrheal illness or life-threatening disease.

According to the Centers for Disease Control, during water-related emergencies, the quality and safety of water can be compromised. Water-related emergencies can be created by natural disasters such as earthquakes, floods, hurricanes, tornadoes, and landslides.



**Immediately following Typhoon Haiyan in the Philippines, the rotary Club of Buderim deployed just over \$90,000 of LifeStraw® units to the worst hit areas of Tacloban and surrounding villages.**

*For further information and donation information; refer to [www.buderimrotary.org](http://www.buderimrotary.org)*

# Pop Singing Pres!!!

This Rotarian is a pop and soul singer/songwriter, owns his own indie label, and dabbles in real estate. In July, he added club president to his résumé. When Nathan Stone starts talking, his enthusiasm for whatever he's doing at the moment comes through – and, at any given moment, he is doing a lot. Stone, a pop and soul singer/songwriter, owns his own indie label and dabbles in real estate. In July, he added president of the Rotary Club of East Nassau (Bahamas) to his résumé. Sixteen years ago, when he was starting out in the music business, a friend invited him to a Rotary club meeting. "I didn't look like the typical Rotarian," says Stone, who was then in his 20s. "But there are a lot of people like me who want to do the heavy lifting, even if they don't yet have the experience or financial resources." As he heads up his club, he has plenty of ideas for making Rotary more fun. "We work hard, and we achieve great results," he says. "And I say if we work hard, we're gonna play hard. Members who like spending time with each other in fun activities will be more likely to work together during tougher or longer-term projects." That attitude is what makes Stone an asset to Rotary, notes Past RI Director Barry Rassin, a fellow member of the East Nassau club. "With him and others like him," Rassin says, "we will see a transition to a new, younger Rotary that appreciates the past, builds on it, and produces new ways to grow all aspects of the organization."



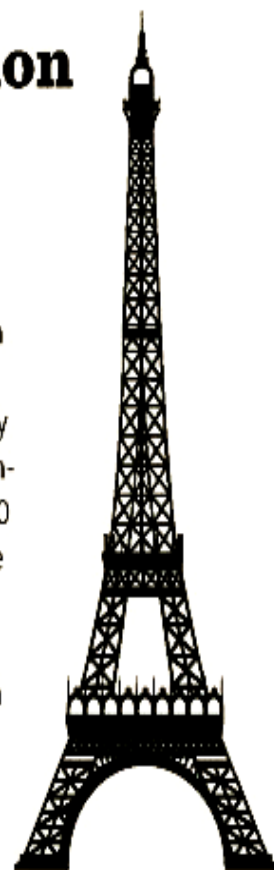
Rotary 



News

## Le Marathon Rotarien

In the year 2005 the idea of holding a Rotarian Marathon on the occasion of the 100th anniversary of Rotary was proposed by then district governor Jean-Claude Brocart. About 200 Rotarians from around the world came together to run in Paris and to make Rotary popular. Since then a Rotarian International marathon has been held every year.



To commemorate the 10th anniversary of this special event, we are running the Paris marathon again next year. The planned schedule for the weekend is:

Friday, April 10: Arrival of participants – hotel check in – get-together in a typical restaurant

Saturday, April 11: City tour – collection of race documents - Rotarian Pasta Party

Sunday, April 12: Marathon – farewell dinner with exchange of banners

You will find detailed information and the registration forms at [www.rotarianrun.org](http://www.rotarianrun.org).

**Ralf Ludewig**

**President 2014-16**

**International Marathon Fellowship of Rotarians**

## Opera in the Gardens

Join some of Queensland's favourite Opera stars for an afternoon of cherished musical highlights in the picturesque Mount Coot-tha Botanic Gardens



22 MARCH 2015  
2PM - 5PM  
MT COOT-THA BOTANICAL GARDENS  
[www.operainthegardens.com](http://www.operainthegardens.com)

Adult Tickets \$60  
Student Tickets \$30  
Early Bird Tickets \$50

Coordinated by the local Rotary Clubs of Brisbane Planetarium, Brookfield, Karana Downs, Kenmore and Toowong; Opera in the Gardens will raise money for local community projects, as well as local charities Drug ARM Australasia and the Rotary Oceania Medical Aid for Children (ROMAC)

Proudly Sponsored By





# Reaching for the Stars

Thirty years since the National Youth Science Forum began operations with Rotary as its founding partner, the program continues to nurture the next generation of leading scientists and engineers, supporting a sustainable future for our nation.

Meet Lachlan Oberg. Lachlan is a 17-year-old Year 12 student from Ormiston College in Brisbane's Bayside who, with his parents, has been absorbed into the family of the Rotary Club of Wellington Point, Qld.

Back in April 2013, Lachlan was chosen from a group of many applicants to attend the National Youth Science Forum (NYSF) in Canberra.

The forum comprised of some 450 students who eventually attended one of three two-week camps. While Lachlan's passion is physics, his boundaries were pushed by his involvement in the life sciences group. Being exposed to different disciplines from geology to waterway management, quantum physics and much more, while living in a dorm situation was a great lead-up to the university life Lachlan soon hopes to embrace.

From there it was off to the Massachusetts Institute of Technology (MIT) where he spent six weeks with 83 science students from all over the world. Joining like-minded people from Spain, Russia, Turkey, Israel, Japan, Saudi's, China, etc. was a mind-blowing experience that will remain with Lachlan for a long time to come.

During his time at MIT, Lachlan investigated condensed matter physics under his mentor, Professor Leonid Levitov. He produced a paper entitled *Enhancing Capacitance Response through the Manipulation of Dielectrically Anisotropic Metamaterials*, in which he investigates the applications of directionally dependent electrostatic fields within electronic components.

Lachlan's interest in science began as young boy playing with LEGO® in the sandpit, exploring

creeks, visiting museums and asking questions about everything. This interest developed into a deep passion when his Grade 7 teacher lent him a copy of Stephen Hawking's *A Brief History of Time*. Now, emerging from his international studies, that young boy has evolved into a young man with an ambitious future in science ahead of him.

Aiming to be a Rhodes Scholar and ultimately seeking a career in Academia with a University Government centre performing vital research, Lachlan embraces all that life has to offer. President of the Rotary Club of Wellington Point, Lorraine Hooker, says he is a shining example of the value these programs can have.

In a recent letter to the club Lachlan wrote:

"I am fortunate to have received the club's assistance and guidance in my academic pursuits. I understand how hard the club works to raise funds and your persistence makes me value your generous support even more. I cannot overstate the positive benefits and experiences I have gained – it has fuelled my passion for science even further and enhanced my communication and networking skills. I am always inspired by the positive attitude of club members, their dedication and humour. I would love any opportunity to assist you in future endeavours and projects."

Likewise, Lachlan has enriched the lives of Wellington Point Rotarians who will continue to follow his amazing journey as he continues to reach for the stars. •



President of the Rotary  
Club of Wellington  
Point Lorraine Hooker  
with NYSF student  
Lachlan Oberg.



# THE FUTURE OF RESEARCH

Each year Australian Rotary Health receives an abundance of research grant and scholarship applications. It is a challenging, but worthwhile task to select the highest quality research projects that will be of the most benefit to the health of Australians.

From October 22-24, the ARH research committee, Board of directors, CEO and research administration manager met to discuss mental health research funding for 2015.

Eight Postdoctoral Fellowship candidates were interviewed, eight Ian Scott PhD applications (out of 27 received) were selected for interview and 28 mental health research grants were assessed in these meetings alone. The following projects were awarded funding. →

## New Mental Health Research Grants – \$624,288

*Professor Richard Mattick*  
*National Drug & Alcohol Centre, NSW*  
Impacts of parental supply of alcohol on late-adolescent alcohol outcomes: Phase II of a longitudinal cohort

*Dr Lisa Mundy*  
*Murdoch Childrens Institute, Vic*  
Pubertal risks for mental health disorders

*Dr Marie Yap*  
*Monash University, Vic*  
Evaluating a tailored web-based parenting intervention to prevent adolescent depression and anxiety disorders: A randomised controlled trial

*Associate Professor Clare Rees*  
*Curtin University, WA*  
Group mindfulness based cognitive therapy vs group support for self-injury among young people: A pilot randomised controlled trial

*Dr Matthew Spittal*  
*University of Melbourne, Vic*  
Detecting fatal and non-fatal suicide attempt clusters in young people

*Dr Sophie Havighurst*  
*University of Melbourne, Vic*  
Tuning in to toddlers (TOTS): A randomised controlled trial of a program for parents of toddlers

*Dr Philip Batterham*  
*Australian National University, ACT*  
A randomised controlled trial testing the effectiveness of a fully-tailored adaptive intervention in reducing mental health symptoms among young people

*Associate Professor Maria Kangas*  
*Macquarie University, NSW*  
The CoolKidsHealth Program: An investigation of a psychotherapy program for distressed youth with functional (medically benign) somatic syndromes

*Dr Lauren McLellan*  
*Macquarie University, NSW*  
Improving access to mental health services for children with anxiety

*Dr Matthew Fuller-Tyszkiewicz*  
*Deakin University, Vic*  
Timely intervention: Efficacy of a depression symptom monitoring smartphone app to deliver psychological intervention at time of greatest need

## Continuing Mental Health Research Grants – \$622,205

*Associate Professor Stephanie Brown*  
*Murdoch Childrens Research Institute, Vic*  
The impact of intimate partner violence on child mental health in middle childhood

*Professor Jane Fisher*  
*Monash University, Vic*  
Identifying the earliest indicators of anxiety among toddlers and their mothers to inform effective early parenting interventions

*Dr Laura Hart*  
*University of Melbourne, Vic*  
Teen mental health first aid training: A pilot cluster randomised controlled trial

*Dr Sophie Havighurst*  
*University of Melbourne, Vic*  
Tuning in to Teens: The prevention of mental health difficulties in adolescents using an emotion-focussed parenting program

*Professor Helen Herrman*  
*University of Melbourne, Vic*  
The Bounce Project: The effectiveness of peer support training to enhance the mental health and wellbeing of young people leaving out-of-home care

*Professor Jane Pirkis*  
*University of Melbourne, Vic*  
Effective suicide prevention campaign material for young people: A randomised controlled trial

*Associate Professor Judy Proudfoot*  
*The Black Dog Institute, NSW*  
Tools for resilience: A mobile phone and web-based intervention for improving mental wellbeing and reducing distress in adolescents and young adults with Type I diabetes

*Dr Carolyn Schniering*  
*Macquarie University, NSW*  
Work/family conflict, work/family enrichment, and their significance for children's mental health

*Associate Professor Allison Waters*  
*Griffith University, Qld*  
Helping young Australians to 'Look for Good': A school-based trial of positive attention training to increase children's emotional wellbeing and prevent anxiety and depression

## New Postdoctoral Fellowships – \$150,000

*Dr Laura Hart*  
*La Trobe University, Vic*  
Confident Body, Confident Child: Effectiveness trial of community-based dissemination of a resource to support parents of preschoolers in preventing body dissatisfaction, eating disorders and obesity in their children

*Dr Louise Mewton*  
*National Drug & Alcohol Centre, NSW*  
The effect of cognitive training on adolescent behavioural disinhibition and binge-drinking

## Continuing Postdoctoral Fellowships – \$150,000

*Dr Tonelle Handley*  
*National Drug & Alcohol Centre, NSW*  
Multi-tiered approach to suicide prevention in young Australians

*Dr Janette Smith*  
*National Drug and Alcohol Centre, NSW*  
Neurocognitive deficits in young heavy drinkers