



## 6th DECEMBER 2016

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### NEXT MEETING - GUEST SPEAKER

**Clare Fargher, Nutritionist.**

#### *"More Energy and Better Sleep Through Your Diet"*

Adults have very different nutrition requirements from children, additionally adults' needs change throughout the decades - what we need when we are a young adult of 18 is very different from what we need when we are 40, 60 and so on!

Clare is a degree qualified nutritionist, who is passionate about helping adults live a long and healthy life. She understands the importance of nutritious food, especially as we age, to ensure we remain healthy, vigorous and disability free.



She does not believe in fad diets, and relies on helping people to have a positive attitude towards food for the long term and enjoy a healthy lifestyle. It is possible to have a healthy diet, and still eat food you love.

[Read more...](#)

### LATEST NEWS ON NOHN'S PROGRESS

*Posted by Roy GARRETT*

Nohn's operation was on Monday. In yesterday's report from Phnom Penn he is said to be "doing really well. He's awake, off and on, has sipped some soya milk and has taken a few steps out of bed. His Dad is happy too".

Depending on progress Nohn is expected to be in Phnom Penn for around 3 weeks.

Members will recall the superb response at a club meeting a few weeks ago when Roy spoke of the situation of Nohn Bounsey, from Ban Houei Yen village, Laos. Nohn suffers from Meningoencephalocele ['MEC']. Over \$4000 was pledged within a few minutes of members hearing of Nohn's situation.



### Meeting Responsibilities

#### 6th December

*Chair*  
MACKEY, George

*Greeter*  
O'BRIEN, Frank

*Reporter*  
LIM, Daniel

*Photographer*  
THORNTON, Roger

*Door*  
ROBINSON, Therese

*Project Report - Fundraising*  
GREENWOOD, Herb

*Bulletin Editor*  
JONES, David

### Upcoming Events

[Board Meeting](#)  
RACV City Club  
Dec 14, 2016  
5:30 PM – 7:00 PM

[Peninsula Family BBQ](#)  
Jan 15, 2017  
12:00 PM – 4:00 PM

[Lunar New Year Fireworks](#)  
Jan 28, 2017

### Speakers

Dec 06, 2016  
[Clare Fargher](#)  
More energy and better sleep through your diet

Dec 13, 2016

Last week Nohn and his father, accompanied by a translator/chaperone, took their first ever flights to get to Phnom Penh where Nohn had a correcting operation. Their 3-4 hour trip eventually took over 17 hours as they were routed via Bangkok.



**Photos;**

1. Shortly after his operation.
2. Pre-operation. Perhaps a little bewildered after a 17 hour journey from Luang Parbang to Phnom Penn.

[Chris Banks](#)

Zoos Victoria's international conservation partnerships

Dec 20, 2016

[CHRISTMAS BREAKFAST](#)

Dec 27, 2016

[CHRISTMAS BREAK](#)

No regular meeting today

Jan 03, 2017

[CHRISTMAS BREAK](#)

No regular meeting today

[View entire list](#)



## THE NEW McAULEY HOUSE

Posted by Peter DURAS

McAuley House, the scene of several major 'RCM' working bees over the years has just undergone a massive transition. The site in Flemington Road that started life as an orphanage in the 1930's has been sold for development.

Run by the Sisters of Mercy, for decades it has served as a refuge for homeless women and those seeking refuge from family violence. With the aid of \$4 million from the State Government and \$11 million from the Sisters a magnificent 3 storey purpose designed McAuley House has been built in Footscray.

Photo:

The Gerlingers and Duras's attended the opening on 30<sup>th</sup> November and were stunned by the design, facilities, light, space and colour that will be available to women who have led unbearably traumatised lives to this point. The facilities include 20 bedrooms with balconies and en-suites (3 equipped for the disabled), recreation and reflection rooms, a roof garden and a winter garden, dining rooms and 2 large kitchens plus medical and meeting rooms. Seventeen staff will work from the site. The colours and murals are superb. Suffice to say this facility will be an inspiration to all those who work

or find shelter within its walls.

**Photo; Sue Duras and one of the colourful murals.**

Last week McAuley House sought our assistance relocating the dog enclosure, that Dick Mitchell and the Club donated, from Parkville to the new complex. Kevin Walklate, Frank O'Brien, Bernie Gerlinger and Peter Duras dismantled it and transported the enclosure and the kennel to its more luxurious setting where it will continue as an essential part of the shelter process. McAuley Community Services will continue to operate a number of low key shelters for women in the Metropolitan area.

**Photo; Kevin, Frank and Bernie transporting the dog kennel.**

## GUEST SPEAKER 29th DECEMBER

Posted by Sarah OVERTON

Tony Wood, Director of Energy Programs, The Grattan Institute.

**"The Urgent Need for Integrated Energy and Climate Policy in Australia."**

"...we have become too dependent on economic modelling in determining the load on existing power sources. Models are inherently misaligned with reality..."

Photo:

Tony focused on extreme events impacting energy supply in Australia over the past six months, and invited us to consider their implications for climate and energy policy. The subject will continue to be newsworthy in the coming years as state and federal governments seek long term solutions to address challenges raised by the move to renewables and the increasing interconnectivity of the country's energy supply.

Four major energy supply failures have occurred in 2016 as a result of compounding, unanticipated, and un-connected events: one in Tasmania, two in South Australia, and one in Victoria. Each scenario reflects the challenges faced by policymakers and the long-term impact of their decisions.

1. *The consistent energy shortages in Tasmania* were a direct result of carbon taxation policy introduced in 2012, not because of the policies themselves but because of their fickleness. Implemented during an unstable period in the Rudd-Gillard administration, power companies responded to the tax not by reconfiguring their operations but by passing on costs to consumers and maximising renewable resources.

TasHydro, for example, drained its dams to supply energy, knowing that – in a pinch – it could draw on Victoria's power supply via the Bass Strait Link. The change of government in 2014 resulted a repeal of the carbon tax, and TasHydro was well-placed for having resisted any policy-driven change to its business model. However, the company had operated on the assumption that 1) it would rain, and 2) the Bass Strait Link would function. When a drought coincided with a freak hole in the underwater cable, Tasmania was unequipped to sustain its power needs, and suffered rolling brown and blackouts throughout the summer.

[Read more...](#)

## **CHRISTMAS MEETING**



THE CHRISTMAS MEETING WILL BE HELD ON

**TUESDAY 20th DECEMBER.**

Family and friends are especially invited to share this special meeting.

Please note that pre-booking is required, before 15th December, for catering purposes and should be advised to;

Paul Fraser

e-mail: [pjf3000@bigpond.com](mailto:pjf3000@bigpond.com)

or Tel. 0457 788 753.



Please see separate item for Christmas Hamper details

## **CHRISTMAS HAMPERS**

Once again the club will support:

- The homeless and elderly through **Steps Outreach Service** and
- Refugee families through **Lentara UnitingCare Asylum Seeker Project**

Red and Green bags will be available for members at next week's meeting. A list of suggested products for each of the beneficiaries is in the **flyer** - ['CLICK HERE'](#)

For the refugee families Margaret Thomas has again volunteered to purchase appropriate spices and fruits in bulk with a price per pack of \$27.00, a significant saving on buying these quantities from a supermarket and a more appropriate family size package. [Details in the flyer].

If you would like to buy one or more packs please contact Margaret direct [margthomas6@gmail.com](mailto:margthomas6@gmail.com) or by phone **9370 3091** before 9<sup>TH</sup> December.



Posted by Marjorie GERLINGER

### **DO YOU KNOW SOMEONE WHO WANTS TO CHANGE THE WORLD?**

Rotary is now accepting applications for the world competitive Rotary Peace Fellowships program. The application deadline for submissions through local rotary clubs in District 9800 is to the District Chair, Rob Helme, by May 15, 2017.

Never has there been such an obvious need for well-trained committed personnel to foster the cause of world peace. Rotary International has been committed to this program for 15 years and has trained over 1,000 graduates who work in the fields of peace, conflict resolution, human rights, international relations, public administration, sustainable development, public health or a related field. Up to 100 fellowships are awarded annually (fifty master's degree fellowships and fifty professional development fellowships) at Rotary Peace Centres in six prestigious universities around the world. Australia has an outstanding track record in supporting and mentoring successful applicants.

[Read more...](#)

### **MEETING REPORT 29th DECEMBER**

Posted by Sarah OVERTON

**Chair** for the day: Frank O'Brien

**Guests for the morning:** Stuart Cardell, RC Southbank, Sue Jones, RC Brighton North, Phil Mortimer, RC Brighton North, Dominic Leome, RC Albania, Murray Chessell, RC Kew and Rohan Williams.

President Justine asked members to remember recently deceased member Wolfgang Jacobs during a period of silence.

#### **Reports**

- Roy Garrett updated on **Nohn's surgery** in Phnom Penh which took place yesterday with great success. The tumour in his skull was removed, and a hole in the skull repaired. He will be monitored over the coming days, and should be released with a clean bill of health in the coming days. He will remain in Cambodia for the next three weeks for recovery.
- Paul Fraser announced that Christmas is just around the corner! The **Christmas Hamper appeal** is now underway, and all members can collect a bag (red or red with a green ribbon) to fill for Steps Outreach Services or Lentara Asylum Seekers Project, respectively. Full bags will be received at our Christmas breakfast 20 December.
- Kevin Love reminded members going to **Conference** to order their polo shirts. If you have not yet filled in your order, please contact Kevin directly.
- Roger Thornton (and visiting chair of the **Garden DesignFest** Phil Mortimer) drew raffle winners from a giant leaf collector bag. Winners included 2 Wendys, 1 Helen, 1 Verona, and Michael Potter of RC Brighton North.

#### **President's announcements**

- President Justine thanked Marjorie and Bernie for their efforts organising the **Paul Harris breakfast** on the 22<sup>nd</sup> November, which raised \$8,000.

- Thanks to Roger Thornton and Phil Mortimer for their successful shepherding of the **Garden DesignFest** event.
- Congratulations to Maziar Taravat, who was successful in his application to attend RYLA.
- Bouquets to Michael Lapina, who is the **Group Vocational Exchange** Team Leader for the upcoming trip to the Philippines in March. A number of specialists are currently invited to apply in diverse areas such as food and water sanitation, disease prevention, maternal and child health, and basic education.

#### **Update on District Conference from Kevin Love**

Kevin announced that 529 conference attendees have registered, with a day left for early bird registration (until 30 November). The target attendance is 700-800

Tom Callender reported that sponsorship has been secured from NAB, Tallis Wines (official supplier), and the City of Greater Shepparton. Individual and business level sponsorship packages will be promoted in the coming weeks.

All members should consider registering if they have not already, and get in touch with David Jones to arrange accommodation.

Also keep an eye out for messages from John Heinrichs as On To Conference Chair. Volunteers are still welcome to become part of the organising committee, which next meets on 10 December. Many hands will also make light work at the conference – can you get involved with set up, parking and traffic management, or other on-the-ground volunteer activities?

**Guest Speaker** - please see separate report in this Bulletin.

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#### **GALLERY**

Roger and Phil Mortimer hard at work with the Garden DesignFest raffle draw:

Photo:

Photo:

The New McAuley House:

Photo:

Photo:

Roger and Rob with GDF guests Sue Jones, Phil Mortimer and Murray Chessell

Photo:



Rotary Central Melbourne Sunrise

2017 DISTRICT 9800 CONFERENCE SHEPPARTON - VICTORIA 30 MARCH - 1 APRIL

www.rotaryconference.org.au

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A QR code is located to the right of the text.



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