



13th DECEMBER 2016

INDEX:

- **WELCOME ROHAN**
- **NEXT MEETING - GUEST SPEAKER**
- **NOHN'S PROGRESS**
- **VALE. IAN RUST, CHARTER MEMBER**
- **PENINSULA BBQ**
- **CHINESE NEW YEAR IN STYLE**
- **OUR FRATERNITAS AWARDEE**
- **GUEST SPEAKER'S PRESENTATION**
- **CHRISTMAS MEETING**
- **CHRISTMAS HAMPERS**
- **SPECIAL GENERAL MEETING**
- **MEETING REPORT 6th DECEMBER**

WELCOME - NEW MEMBER INDUCTED



Welcome ROHAN WILLIAMS

Meeting Responsibilities

13th December

Chair
ROBERTSON, Doug

Greeter
ROLLS, Russell

Reporter
SEALE, Alan

Photographer
THORNTON, Roger

Door
SALVANO, Neil

Project Report - Strategy
CAVELL, Warwick

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

Rohan is a chemical engineer with over 30 years experience in the oil industry. He has been involved in both technical and commercial within Australia, Netherlands and Singapore. The company mainly import oil products from 17 locations around Australia, and moving products from Geelong refinery to other locations.

Susan [who was at the induction meeting] and Rohan are proud parents of 3 children, Daniel (studying engineering) Alex (uni next year) Kate (year 12 next year). It was through Kate, he was introduced to Rotary when he attended International Youth Science Program. He met **Neville John** at the program and was really impressed with quality of Rotary programs - building a powerful future. Rohan said it took only one meeting to convince him to join. He is keen to be involved in Youth Programs and to learn how to contribute to the clubs work.

NEXT MEETING - GUEST SPEAKER

Chris Banks

"Zoos Victoria's International Conservation Partnerships"

As a zoo-based conservation organisation, Zoos Victoria supports recovery programs for 21 threatened native species and a range of international conservation projects. The key criterion for the international relationships is clear benefits to both wildlife and people.

Chris is manager of Zoos Victoria's International Conservation Partnerships. In this role he details Zoos Victoria's multi-year partnerships in the Philippines, Papua New Guinea and Uganda, a conservation grants program and a sister zoo partnership in Port Moresby.



NONH'S PROGRESS



Roy has received this update from our excellent contact at RC of Phnom Penh [Past President Michael Wright - as Roy notes 'Michael Wright PP PP!']

"We located a patient at the hospital that speaks fluent Lao. We had him moved to the bed next to

Chinese New Year Party

Jan 27, 2017

Speakers

Dec 13, 2016

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](#)





Nonh. He is in the photo.

Nonh is still making great progress, but while I was there yesterday I commented, via the "translation route", that he looked sad. I also noticed he was sobbing. I established that he is missing his mother. He has never spent any time away from her before. There's not much we can do except give him diversions.

All being well he and Bouncy [Nohn's father] will be moved to the convalescence home a few miles away. We have several patients there and they will be brought back for appointments. Bouncy has his phone and will talk every day to our Lao speaker at the hospital, plus he can use it as a hotline. We will also arrange a tuk tuk outing or two for them both around Phnom Penh once Nonh is ready. An ice cream usually works wonders."

VALE. CHARTER MEMBER, IAN RUST

VALE Ian Arthur Rust - PHF; FAPI Charter Member



Ian being presented with a PHF, 2002.

We mourn the passing of a respected former Member, Ian Rust who passed away on Monday after a long illness at age 82.

Ian joined RCM in 1987 as a Charter Member and resigned in June 2007 following retirement as a Property Consultant. Positions held included Director of International Service Committee in 1993/1994 and again in 1996/1997. He was also on District 9800 "Livewire" Committee. He was presented with a PHF in 2002.

Ian was a very keen yachtsman and a member of the Blairgowrie Yacht Squadron since the 1970's. He skippered boats in Sydney to Hobart and Melbourne to Tasmania races and other ocean cruising expeditions. During his business career Ian was regarded as one of the most highly respected commercial real estate agents and valuers in Melbourne. He also served terms as President of the Building Owners and Managers Association (now the Property Council) in Victoria, and as President of the prestigious Athenaeum Club in Melbourne.

We extend our sincere sympathy to his wife Helen and family.
(John Meehan, Honorary Member)

FAMILY BBQ - 15th JANUARY 2017

Peninsula Family BBQ



We hope you and your family will join us for a barbecue hosted by Lorraine and John Meehan.

WHEN: Sunday **15th January 2017**

TIME: Midday

WHERE: Lorraine and John Meehan's home,
15 Watson Rd., Mt Martha.

SUPPLIED: Gourmet BBQ meats / Salads / Breads /
Eating Utensils

BYO: Drinks /Chairs

COST: \$10.00 per person, pay on day

RECREATION: 3 min walk to sandy beach or lap pool
on site, boardwalk along Balcombe Creek etc.

RSVP: Friday **6th January 2017**

Register on the RCM website or notify Roger Thornton,
Tel. 0400 999 203 or email: piroton@connexus.net.au

**Please advise of any special dietary
requirements.**

CALLING ALL ROOSTER'S



"CHINESE NEW YEAR PARTY"

27th January at 7pm

Unit 1801, No 1 Freshwater Place, Southbank

\$50 per person

Drinks and food provided throughout the night including a variety of dumplings, spring rolls and other Chinese finger food, wine and champagne (and some Chinese beer)

ALL PROFITS WILL SUPPORT

Rebuilding of a village school in Laos

BOOKINGS - PLEASE RSVP by 20th January

Cecily Neil 9682 3992 or cecily_neil@yahoo.com

ALL WELCOME, BRING YOUR FRIENDS AND FAMILY

(numbers limited to 40)

Hopefully the Crown firework display will be on that night and we can adjourn to the Freshwater Place communal garden and watch the display from there.

OUR FRATERNITAS AWARDEE

Posted by Tony THOMAS

RCM's Fraternitas awardee, International House ['IH'] student Robert Soh (20), has a seriously international background. He was born in NZ and is a NZ citizen. But as a three month old, he went with his father Mark (an ex-Singaporean, now New Zealander) and mother Virginia (New Zealander) to Hong Kong for several years, and then to Singapore.

If you think he's English-fluent, it's because that's the only language he speaks at home. Virginia speaks some Cantonese as a second language but Mark also speaks Hokkien, Mandarin, and some Cantonese, handy for his pre-retirement career in management with Chevron.



The club's Fraternitas award of \$500 is for the IH student best exemplifying citizenship and service to the IH community over three years. Students chose Robert by vote for his leadership and student admin work. "RCM's awards to IH are highly regarded," he says.

[Read more...](#)

GUEST SPEAKER'S PRESENTATION 6th DECEMBER

Posted by Daniel LIM

Clare Fargher, Nutritionist

More Energy and Better Sleep Through Your Diet

"Eat according to your energy needs not your emotional needs."

Clare explained she is qualified nutritionist who uses researched, evidence based, strategies to provide practical advice.

She emphasised the importance of nutritious food, especially as we age, to ensure we remain healthy, vigorous and disability free. As a teenager she struggled with her weight and has empathy with those wanting to lose weight and those who are struggling to find the right foods to help with their health issues.



Ranked behind excessive drinking and smoking, diet has the next most profound impact on long term health. Diet impacts risk of heart disease, hypertension, osteoporosis, stroke, diabetes and cancer. Excess nutrition is the main cause of obesity, not lack of exercise and portion size is very important. Most Australian portions are too large.

[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
pre-booking is required, before
15th December, for catering
purposes and should be advised
to;*

Paul Fraser
e-mail:

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 or by phone **9370 3091** by **9th December**.



**NOTICE OF SPECIAL GENERAL MEETING 17th
JANUARY 2017**

President Justine has announced Neville Taylor has accepted nomination to become President of the Club for the 2018-19 Rotary year.

In accordance with the Rules of Rotary Central Melbourne Inc, a Special General Meeting will be held during the breakfast meeting on Tuesday 17th January 2017 to consider the following Motion:

"That Neville Taylor be confirmed as President-Elect for 2017-18 and President-Designate of the Club for 2018-19."

Neil Salvano
Secretary and Public Officer

MEETING REPORT 6th DECEMBER

Posted by Daniel LIM

President Justine Murphy opened the meeting and handed to Chairman George Mackey to propose a toast to Rotary International.

Justine welcomed Guests:

- Robert Soh - Winner of Fraternitas Award
- Maziar Taravat – RYLA and g'day [s.a.] student.
- Rohan & Susan Williams - New member
- Trevor Dymond - guest of Neville John
- Michelle Crawford – To be inducted next week
- James Copsey, guests of Sarah Overton
- Clare Fargher, speaker

Announcements

- Allan Driver. **Dick Mitchell** is back at Epworth Hospital. Low blood pressure.
- Paul Fraser. **Christmas party** is close, must book. Hampers ready to give to charity. Mention of spices to be ordered by this Friday.
- Neville John. Presentation to past president George Mackey. from Rotary Foundation for club support, \$1500, for **Polio campaign** in past year. Eradicating polio, just 32 cases remain, in 3 countries.
- George Mackey, introduction of RYLA graduate and "g'day [s.a.]" student **Maziar Taravat**. Maziar thanked the club for nomination to the RYLA camp. He expressed his challenges as an overseas student, and appreciated the benefits through RYLA program especially the learned various cultural differences



and managing challenges.

- **Stuart Ellis:** Reminded members of our project for **home hosting of an International student.** He sought a family to Maziar during the Christmas time.

Note; g'day [s.a] is operated in association with Rotary clubs in Australia - <http://www.gdaysa.com.au/index.html>

President Announcements.

Justine advised **Neville Taylor** has accepted nomination to be club President for the 2018-19 year.

Induction - Rohan Williams. President Justine welcomed Rohan to the club. Please see separate report in the bulletin.

Fraternitas Award – Russell Rolls

- Russell advised the Fraternalist Award is for the most outstanding student as selected by other students in International House.



Robert Soh is the current winner.

- Robert spoke. He was born in Wellington NZ but has lived mainly in Singapore and Hong Kong and currently 3 years in Melbourne. He is studying Bachelor of Business at RMIT and has enjoyed a work placement at Deloitte - website and application for government. He will finalise his studies in university next year, and has been offered full time job at Deloitte from 2018 onwards. He sincerely thanked Rotary Central Melbourne for the generous contribution for International House over the years.

Project Report – Fundraising - Herb Greenwood

- **Garden DesignFest**, success, \$35k is our share of which \$17.5k is available after grant to Sporting Chance Cancer Foundation.
- Committed work at **Laos**, we have applied for \$20k government grant for a school project. No progress so far but if unsuccessful we will have to find funds from elsewhere.
- **Chinese New Year celebration** to be held on 27th January. Cecily says hopefully Crown fireworks display will be 'just outside the windows' for us. Register now, only limited to 40 guests - proceeds for project in Laos.
- There may be another wine auction in the second

half.

Guest Speaker: Clare Fargher, Nutritionist

For full report please refer separate item in this bulletin.

George thanked the speaker and made the usual presentation.

The swindle jackpotted, once again.

Justine Thanked all for their attendance and closed the meeting.



Rotary Central Melbourne Sunrise

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

www.rotaryconference.org.au

Connecting Communities - Serving Humanity



Find us on:
facebook