

**Our Guest Speaker tonight was**  
**Exchange student Nadine Versell from Austria**  
Topic: Her Capricorn Ramble

Nadine gave us an excellent & humorous presentation of her Capricorn Ramble 2015.

The "Capricorn Ramble" is the highlight of the exchange year, were all exchange students from all around the country come together and are taken on an adventure laden trip around Australia. The trips encompasses a bus trip up the East coast to Cairns, then fly to Alice Springs and bus again down the Red Centre to Adelaide, Great Ocean Rd. to Melbourne and back via Sydney to Maitland. Their accommodation has been a tent, a novel experience for many that never slept under canvas. The daily erection of tents made them experts and had the routine done in record time. The time on their long daily bus trips was passed with playing cards, sleeping and of course chatting. Highlights, there were many, but scuba diving and snorkeling the Great Barrier Reef, cruise to Whitehaven Beach, the serenity of Uluru and the Olgas, Great Ocean Road, the European feel of metropolitan Melbourne, the Sydney tourist attractions of Opera house, Art museum & the Rocks to name a few. Sunset pictures there are many and my challenge for a "sun-rise" picture was fulfilled at Byron Bay the most easterly point of the continent.

She aptly described these 3 weeks as the best time of her life and as her exchange year is nearing the end she truly can take many memories along with her.

Her only lowlight was the food, as vegetarian the choice was a bit limited and of course, the flies in Central Australia.

It was very pleasing to see an initially shy girl develop into a confident young adult, the Rotary exchange year can be described as a truly character building experience.

You can read her "Blog" in German & English here:  
[http://nadigoesdownunder.blogspot.com.au/2015/04/capricorn-ramble\\_25.html?m=1](http://nadigoesdownunder.blogspot.com.au/2015/04/capricorn-ramble_25.html?m=1)



The Gang



Finding Nemo



Peter McBean, the driving force behind Project Neighbor, informs us that he wishes to sever the relationship with Integrated Living, a government organization that had taken over the running of the programme.

It has become unworkable due to the bureaucracy of that organization and it was in danger of collapse altogether.

The board has approved his recommendation and NB Rotary will completely take back the organizing.

He pointed out that Project Neighbor has been successfully run by the club since 2006 and was extremely well appreciated by the elderly to be taken out once a month for a picnic. He seeks commitment of our members to provide the manpower to bring the programme back to its former glory.

**Inside:**

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**Congratulations**

**Members birthdays:**  
None

**Wedding anniversaries:**



**Lady Luck**

**Heads & Tails:**

Ian Faulkner

**Raffle winner:**

Judi Priestley

**Duties next Meeting**

**Door:**  
Bart Richardson/Ed Parker

**Loyal Toast:**  
Don Whatham

**Grace:**  
Tricia Parnell

**Meet and Greet:**  
Helen Ryan/ Ian Faulkner

**Bulletin:**  
John Croypley for Phill Smith

**Intruduce Guest Speaker:**  
Tim Ireland

**Thank Speaker:**  
Ken Arnett

**Apologies/Extras: to Ros Cribb by noon on Wednesday**  
**Phone or Text to: 0401 450 239**



**Ken Arnett** our stand-in sergeant this week did a great job and had a long list of fines. Auctioned left-over auction items from the Golfday, a voucher for hair treatment & products, from Pacific Blue Hair (auction won by Ella Clarke).

Auction, fines and a small contribution from club funds, Chris was able to hand a cheque of \$150 to Bart for Legacy.



**ANZAC Day**

Due to cancelled meeting prior to ANZAC day Ken had a belated ANZAC Day ceremony to perform to commemorate fallen & killed comrades in the course of duty and invited Bart and members to contribute. Unfortunately Ken, Bart & many members had fallen comrades' friends & family members to remember.

Pres. Chris reported, at the Rotary District Assembly he handed over a cheque of \$ 5,000 which was our money raised at "End Polio Now" Film night.

Nationally Rotary raised \$192,000 and together with the contribution of 2:1 of the Bill & Melinda Gates Foundation a total of \$584,000 was paid towards eradicating polio.

Nigeria & Afghanistan had no polio reported in 6 months with Pakistan only some 380 cases.

An email was received from Scott Jarman thanking us for the money sent in lieu of the footy shorts, that had been gathering dust at PCYC. The funds will be used to install solar panels for the Wadey Community at the women's centre.

The footy shorts have been sent to Vanuatu instead, for cyclone relief.



**May is Australian Rotary Health Month**

**AUSTRALIAN ROTARY HEALTH – DID YOU KNOW:**

In addition to funding partners, there are two Scholarships which a club can support financially but also get involved with, and assist, the students.

The first is the **Indigenous Health Scholarship Program**. In summary this scholarship is designed to assist students from a range of health areas including medicine, nursing, social work, physiotherapy and dentistry who have successfully completed their first year of study. The scholarship can make all the difference to a struggling student especially since Indigenous Australian students are often mature age and maybe with a family to support.

The second is the **Australian Rotary Health Rural Medical Scholarship**. This has many benefits for country clubs and their community. The aim of the scholarship is to encourage medical students to complete one year working in a rural area with the club involving the student in their community. The club provides the Scholarship and ARH finds a suitable candidate.

How can you and your club help? That's the subject for next week.



Richard Harris  
Coordinator



**Cost of Kit and Pathology \$15**  
(includes notification of all results).

Kits are easy to use, come with instructions and are completed in the privacy of one's home.

**During May Kits Available**

**At all pharmacies on the Peninsula**  
"Please tell your friends and family – it could save a life"

**Object of Bowelscan**

Develop a Community awareness of the nature of bowel cancer  
Earlier detection of potential or actual bowel cancer.

An absolute essential test. If you're over fifty five, maybe, even consider a colonoscopy.  
Several of our members had to learn the hard way, (editor included).

Bowl cancer is 2<sup>nd</sup> most common cancer in men & women

**May/June 2015 – Our Program**

DATE	ACTIVITY – LOCATION
14 <sup>th</sup> May	- Annie Ireland – Halal Certification
21 <sup>st</sup> May	- PCYC presentation, Mike Mobbs "The Sopwith Camel" (rescheduled)
28 <sup>th</sup> May	- Ryan Palmer - Fraud
<b>June 2015</b>	
4 <sup>th</sup> June	- Leah Royale – Australian Wildlife
11 <sup>th</sup> June	- Club Meeting, Larry McGrath "My 43 years in Rotary"
14 <sup>th</sup> June	- Farewell Brunch for Nadine at Rotary Park
18 <sup>th</sup> June	- Reverend Kesh
25 <sup>th</sup> June	- Changeover Meeting
<b>July 2015</b>	

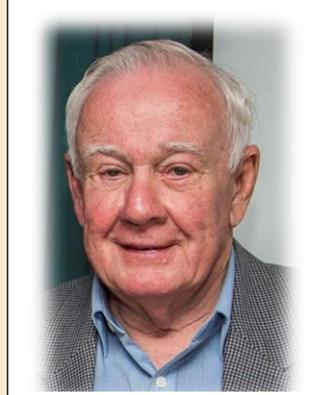
**Guest at the meeting and good to see some familiar faces again**

**Murray Nicol** Honorary Member

**Larry McGrath** PH Fellow

**Norm Costello** PP & PH Fellow

**Anjes Tobbe** spouse of Henk



**Next Week -**

**Rotary Youth Driver Awareness**

**RYDA - 2015**

Training Students in Road Safety  
(Targeting Year 11 students)  
**Tuesday 12<sup>th</sup> May**



Elizabeth Waring Centre  
Sports Ground Complex Nelson Bay Rd.

**Helpers needed**  
see Judi if you can assist

**STOP PRESS** setup Monday 3:30pm not 2:00pm

**Guest Speaker next week:**

*Annie Ireland*

Annie will speak about the difference of "Halal food" and "Halal Certification" in Australia.

About 85 % of our grocery items we buy on a daily basis are halal certified.

She will explain who certifies, how much we pay extra & will give an overview about the current discussions in Australia.

Not only is she a former journalist but also a trained chef.

**This would be a great partners night and useful information for everyone doing the shopping**



**Volunteers Needed** - at One Mile Beach  
**Race Marshalls & Traffic Controllers needed**  
**Triathlon - Saturday 23<sup>th</sup> May**



**Chris Bartlett**

if you are able to volunteer  
..... and our rotary club

**will be paid \$50 pp for each 4 hour shift**

\* **1<sup>st</sup> shift** from 8.45 am \* **2<sup>nd</sup> shift** from 12.00noon

\* Bring your own chair

Enter via Hannah Pde to locate the  
Volunteers Tent

**One Mile Beach**



**A great money earner for the Rotary Club**

**St Dominics Day** **Tuesday 21<sup>st</sup> April 2015**  
**Tue 26<sup>th</sup> May 2015**



**Taking Hearing impaired Children onto our waterways followed by a BBQ**

**Need**

- **John Way & Dieter Greiter will organise vessels** (contact Dieter if you have an available vessel)
- **BBQ people**  
**Lorraine Nicol is co-ordinating**
- **Depart from The Anchorage** about 10.30 (excursion approx 1 hr)



**Urgently need boats**

## Fighting Mental Illness in a Digital Age

In a quest to help young people experiencing mental ill-health, Australian Rotary Health is funding a growing number of research projects to test web and phone based mental health interventions. Of the \$3 million they invested in research this year, 60% was directed towards improving the mental health of young Australians.

At the Black Dog Institute, NSW, Dr Janine Clarke and Professor Judy Proudfoot are providing the first Australian data on a web and mobile phone-based intervention for young people living with diabetes. *myCompass* aims to improve the mental well-being and reduce psychological and diabetes-related distress for 16 to 25 year olds with Type 1 diabetes.

"The Internet and mobile phones are popular tools in the everyday lives of young people," Dr Clarke said.

"We think that a self-help program combining these technologies provides an attractive alternative for young people who may not feel comfortable talking to doctors about their mental health."

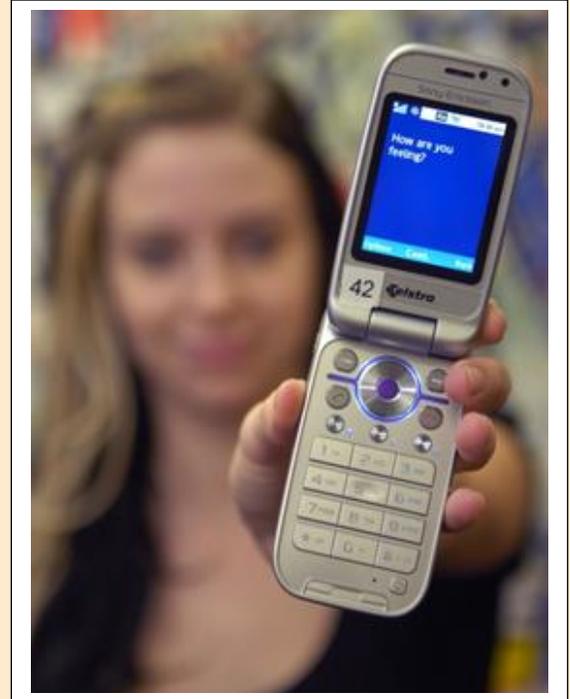
Funding Partner PhD Scholar, Emma Gliddon, from Deakin University, Victoria, tests the success of an online self-help forum for people living with Bipolar Disorder. *MoodSwings* provides online tools to assist in the day-to-day management of Bipolar.

"Something as simple as having someone to talk to can make a substantial impact on a person's well-being," Emma said.

At Monash University, Victoria, Dr Marie Yap is leading a study which developed Parenting Guidelines based on evidence that parental factors can increase or decrease an adolescents' risk for depression and anxiety.

This tailored online intervention *Parenting Strategies* provides an immediate feedback report highlighting the parent's individual parenting strengths and weaknesses; and recommends specific modules of the web-based intervention which support parents in making changes to the identified areas of weakness in their parenting.

"The greatest innovation of this project is the sophisticated programming that automatically tailors the parenting program," Dr Yap said.



*A self-help app for adolescents used in one of the studies funded by Australian Rotary Health.*

Australian Rotary Health is one of the largest independent health research funds in Australia. Visit their website for more information and donations [www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au).