

UPDATE

Australian Rotary Health

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www.australianrotaryhealth.org.au

A U T U M N 2 0 0 9

The Wheels are Turning for Australian Rotary Health

Roberta Gordon, 61, is riding 17,800 kilometres in the Great Australian Bike Ride to raise money and awareness of the mental health research and education programs of Australian Rotary Health



the celebrations timed to coincide with the event when it is in their own regions. No doubt many of the participants of the community bike rides will be children and youth, presenting wonderful opportunities to shine a spotlight on one of the major, new focal points for Australian Rotary Health, the health and well being of younger Australians.

The Great Australian Bike Ride will undoubtedly surpass the benefits gained from the last major Australian Rotary Health event, the Rotary Health Safari of 2005 and will be remembered for many years to come as a truly awesome event.

It is fitting to pay special tribute to PDG Dick White who, from the very outset, embraced the role as Chief Organiser for the Ride. Despite the massive logistics involved in taking the idea from conception to reality, Dick has been unwavering in his dedication and commitment. Seemingly, there have been no insurmountable hurdles for Dick and his team – they have simply got on with the job at hand. Our Board of Directors, members of Australian Rotary Health and I believe all

Australian Rotarians, owe Dick a huge and heartfelt debt of gratitude for the manner with which he has conducted himself and for the magnitude of the work he has done in preparing for this event. A big THANK YOU Dick White – to you and your marvellous team from all of us!

Annual General Meeting

The AGM of Australian Rotary Health was held in Sydney on Sunday 19th October 2008 and the Annual Report, along with all business matters requiring resolution were presented to the members present and unanimously endorsed in every case. Members gave very positive feedback after the meeting.

Grants & Scholarships for 2009

Despite the current world-wide economic downturn, Australian Rotary Health has awarded, for 2009, Mental Illness Grants and Scholarships totaling \$1,364,309.40. These include 19 Mental Health Research Grants, 9 Ian Scott PhD

Scholarships and 3 Postdoctoral Fellowships. The good works goes on, the wheels keep turning ...
*Terry Lees
Chairman*



CHAIRMAN'S REPORT

Billed as the most ambitious bike ride ever held in Australia, the Great Australian Bike Ride is a nine stage ride around the country, beginning and ending in Melbourne, the birthplace of Australian Rotary Health. In fact, by the time this Newsletter is released the Great Australian Bike Ride will have commenced with the official launch taking place from Parliament House in Melbourne on Saturday 21st March 2009.

What an exciting and historic event this is destined to be and it will stimulate nation-wide awareness of Rotary, of Australian Rotary Health and its many programs. Provided Rotary Clubs throughout Australia get behind this huge undertaking, we can expect to witness numerous community bike rides organised by clubs as part of

in taking the idea from conception to reality, Dick has been unwavering in his dedication and commitment. Seemingly, there have been no insurmountable hurdles for Dick and his team – they have simply got on with the job at hand. Our Board of Directors, members of Australian Rotary Health and I believe all

Enclosed with this newsletter is a brochure and order form from 'Love Living' – a new home shopping company that delivers directly to you. A minimum of 20 cents in every dollar you spend at Love Living will be donated to Australian Rotary Health and our research programs. Our partnership also ensures that your future orders will benefit Australian Rotary Health. This means you can become a lifetime supporter of medical research and health education programs by purchasing goods through our web site www.australianrotaryhealth.org.au

Good luck with your shopping and thank you for your support!

Joy Gillett, Chief Executive Officer



Supporting healthier minds, bodies and communities through research, awareness and education



John Brogden and Mike Bailey Team Up

FOR AUSTRALIAN ROTARY HEALTH CHRISTMAS DINNER



Two hundred and seventy five Rotarians and guests gathered at the Epping Club in December to celebrate another successful year for Australian Rotary Health. It was an evening to recognise new Companions and Friends of the Fund, hear researchers speak about their projects and enjoy friendships forged through Rotary. A big draw card was guest speaker and former NSW Opposition Leader John Brogden.

The MC for the evening was TV weatherman and former Labor candidate for the Federal seat of North Sydney, Mike Bailey.

Australian Rotary Health CEO Joy Gillett enjoys a funny moment with Guest Speaker, John Brogden.

Mike Bailey and John Brogden may sit on opposite sides of the political divide but they are good friends. This made for an easy transition from the evening's fun with Mike to John's talk about his battle with depression – a mental illness he has lived with for over 10 years.

John Brogden's speech was courageous, inspiring and honest. After experiencing the stigma of depression he said he would have preferred a diagnosis of cancer, as this disease is socially acceptable". He illustrated this "unacceptability" by citing the resignation of another politician with depression – the former Premier of Western Australia, Geoff Gallop. "Had Mr Gallop been sick with cancer he may have taken six months leave with the understanding of a sympathetic community and then returned to work. Unfortunately this compassion for people with a physical illness is generally not extended to people with a mental illness."

Helena and Mike Bailey – MC for the evening



Sadly, John Brogden's breakdown was public and devastating. After intense media scrutiny and with his life in turmoil, he resigned from politics. Soon after, he attempted suicide reasoning that this was the best option for him and his family. His recovery was long and he still has a depressive illness, but medication and counselling have helped him return to good health. He acknowledged the love of his wife and family, saying that without their support and understanding he would not have come back from the despair that nearly took his life.

John Brogden's emergence from his depression has benefited many other people. As the Patron of Lifeline he is championing awareness and understanding of depression and other mental illnesses. He acknowledged the great work of Australian Rotary Health research and education programs, which are helping to debunk the myths, negative attitudes and stereotypes that surround mental illness. His wish is for people to speak openly about having depression in the same way they speak openly about having a physical illness. Undoubtedly

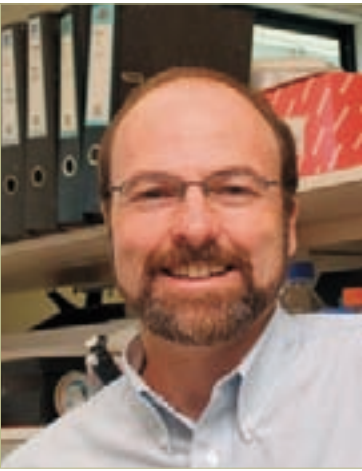


Australian Rotary Health researcher Zaklina Kovacevic speaking to the audience about her research

John Brogden's honesty about his depression will go a long way towards achieving that. An appreciative audience gave him a standing ovation.

Companions and Friends of Australian Rotary Health – Athalie Lucas, Les Whitcroft, Keith Henning, Don Stein, Peter Waite, the family of the late Fred Barbagallo received special recognition on the night.

Mike Bailey proved his talents range far beyond his radio and television expertise. He is a 'master' Master of Ceremonies and an all round great person! We extend our warm thanks to John & Mike for giving us such a memorable and inspiring evening.



**Letter
from
Dr Simon
Apte**
*Funding
Partner
Scholarship
Recipient*

I have successfully completed my PhD studies: the award was conferred on the 30th October 2008.

I sincerely thank Australian Rotary Health and the Rotary Club of Toowong/Brisbane West for their generous financial support during my studies and for the considerable honour in receiving the Basil Shaw Fellowship. Although I did not know Basil Shaw, I have read of his achievements and have seen the respect that his family and colleagues have for him. It is indeed for me an important element in the Fellowship, and I have tried to work in a way that would be consistent with Basil Shaw's philosophies.

My PhD studies were principally involved with understanding basic elements of the body's immune system. In particular, I was studying the characteristics of a very important immune cell – the CD8 T cell. This cell plays a critical role in killing virally infected cells and cancerous cells. CD8 T cells can sometimes “over-react” causing debilitating auto-immune diseases. In either case, the very fundamental question of how the CD8 T cell is controlled by the immune system is a question that needs to be answered.

There are several problems with performing basic research: the main one being that it can be hard to explain why it is worth investing money to unravel the intricacies of a microscopic white blood cell. This point really highlights the significance of the support given by Australian Rotary Health to people like me. Knowing that the financial support from Rotary was only available because rank-and-file club members put their hands in their pockets was a humbling experience.

I am very pleased to report that some significant discoveries made during my PhD studies have just been published in the “Proceedings of The National Academy of Sciences U.S.A”.

I have very proudly acknowledged the support of the Basil Shaw Fellowship and Australian Rotary Health in this prestigious journal. This is a sincere and heartfelt acknowledgement and I feel that this publication is at least some tangible evidence that the efforts of club members in supporting medical research are indeed worthwhile.

Since completing my thesis I have been employed as a post-doctoral researcher at the Queensland Institute of Medical Research. I am working on understanding the immune response to malaria. One of the great challenges in vaccinology today is to generate an effective malaria vaccine. Malaria remains as one of the greatest causes of morbidity and death in developing countries, with five hundred million new cases and three million deaths annually. Malaria is also a significant element of the cycle of poverty: keeping poor people poor.

The support given to me by Rotary during my PhD studies has helped me to gain the skills required for me to move into this very important area of research. So, by sowing the seeds and watering the plants, Australian Rotary Health is investing not just in today, but also in tomorrow.

Dr Basil Shaw

John Boyd – Rotary Club of Toowong

“Basil was a man of such great integrity. This was communicated almost unconsciously in all that he said and did. He was a man of caring. When you were talking with Basil he listened and you felt valued. His great commitment to peace in our world was reflected in so many practical ways particularly through his work with The Rotary Foundation. The RI President 1995/96 could not have chosen a more appropriate theme for Basil's year as District Governor. Act with Integrity; Serve with Love; Work for Peace”



Dr Basil Shaw – academic, teacher, author, historian, sportsman, humanitarian, wise counsellor and distinguished Rotarian – was born in 1933 and died of cancer in 2002, aged 68. He met Beth, his wife of 46 years, at secondary school. They became good friends at Kelvin Grove Teachers' College, now the

Queensland University of Technology. Their married life involved academic pursuits and humanitarian work in various locations around the world. Along the way they raised four sons and Basil completed six tertiary degrees. His PhD thesis was a historical biography of PNG's first Prime Minister Michael Somare.

Basil was a world citizen! He was awarded a prestigious Fulbright Scholarship to the USA, was a visiting

professor at the University of Calgary, a Fellow of the East-West Centre at the University of Hawaii, and a post-graduate student at the University of London.

One wonders how Basil found the time to achieve as much as he did. A man of exceptional ability, he was elected Rotary District Governor in 1995/96: the final year of a three year international trial for a new District management structure (one of only 12 districts worldwide). Basil made the new system of Deputy and Assistant District Governors succeed.

“Members of Basil's team, especially during his DG year and the 1994-95 planning and preparation year, have many fond memories” said John Boyd. “His immense wisdom, his ideas, his drive and willingness to try something new, his enormous personal effort (with great support from Beth) was something to behold; yet he was so consistent and genuine in saying ‘thank you’ to his committee members, when we had done our ‘small bit’ compared to the input of Basil”.

John remembers Basil working in ‘highly collegiate ways’. “Basil was not an autocratic leader (not even a benevolent autocrat!), but was quietly aware of how

things were going. He inspired people to take on responsibility and displayed great faith and trust in us to 'do the job', allowing us the freedom and dignity to get on with it".

Basil and Beth continued to make a great contribution to Rotary's international service through literacy projects in Thailand and Solomon Islands. Basil had been a Rotary Volunteer to Thailand three times. He applied his considerable intellect and leadership skills to enact these projects and he initiated literacy boxes – 'Kits for Kids' – comprising new or used paper, pens, pencils, scissors etc, to send to the Solomons and Papua New Guinea. The simplicity of these Kits captured the imagination of clubs and other community groups with thousands being sent to assist in children's education.

Basil Shaw was one of those extraordinary people whose comparatively short life was a force for good. Beth said Basil had no problem with dying; he just didn't expect it to happen so soon. The Basil Shaw Scholarship, named by the Rotary Club of Toowong, is a fitting tribute an outstanding Australian.

"In the most traditional sense of the words, Basil Shaw was 'a real scholar and a gentleman'"

John Boyd

AMBASSADOR JOHN RANIERI

Australian Rotary Health Ambassador John Ranieri joined the Rotary Club of Kalamunda, Western Australia in 1982. As President of the Club in 1989/90, John directed a small committee to build a charity home to raise funds for research into childhood leukemia through Princess Margaret Children's Hospital.

John was District Governor (D9470) in 1997/98 and in 1999/2000 he became a Regional Coordinator for Australian Rotary Health. John served as a member of the Australian Rotary Health Board from 2000 until 2005 and was elected Chairman of the Board in 2004/2005. "I was extremely fortunate to be given the opportunity to serve as Chairman of a great national Rotary project" he said. "It was most enjoyable working with



professional and dedicated Directors and a competent and knowledgeable CEO in Joy Gillett. The organisation is without doubt a very professionally run program of Rotary throughout Australia. It has also created positive publicity for Rotary through its mental health programs."

John is married to Carol. They have two sons, Benjamin & Kendall, and one grandson, Jared. John is a Project

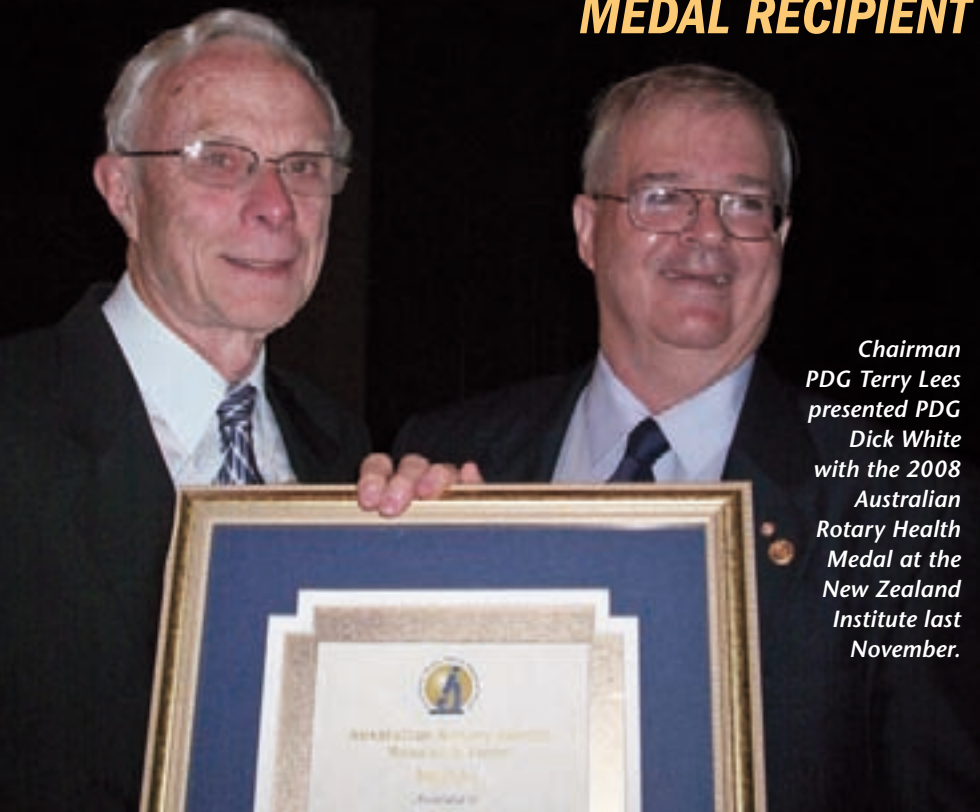
Manager in urban development and a part-time cattle farmer.

"We thoroughly enjoy our small farming property at Southampton in the Blackwood River valley about 240 kilometres south of Perth where we farm beef cattle and have two luxury chalets for tourist accommodation".

John enjoys watching sport rather than playing, though

he still enjoys an occasional game of tennis. His favorite winter recreation is watching his AFL team (West Coast Eagles).

2008 AUSTRALIAN ROTARY HEALTH MEDAL RECIPIENT



Chairman PDG Terry Lees presented PDG Dick White with the 2008 Australian Rotary Health Medal at the New Zealand Institute last November.

Since 2003 the Board of Australian Rotary Health has recognised a person who has made an outstanding contribution to Australian Rotary Health in a given year.

The 2008 Australian Rotary Health Medal was awarded to PDG Dick White.

Medal Recipients are:

- 2003 Loch Adams
Fred Hay
Fay Jackson
Prof Michael Sawyer
- 2004 Noel Trevaskis
- 2005 Philip James Francis
- 2006 Paul Henningham
- 2007 Prof Tony Jorm
- 2008 Dick White

Australian Rotary Health announced a further \$1.89 million in funding for Mental Illness Research, Fellowships, Scholarships and Grants in 2009. Many of these disbursements

are directed towards children's mental health research with grants being awarded across most areas of Australia.



2009 RESEARCH GRANTS, FELLOWSHIPS AND SCHOLARSHIPS

Australian Rotary Health announced a further \$4,016,928 in funding for Research, Fellowships, Scholarships and Grants in 2009. Many of these disbursements are directed towards children's mental health research with grants being awarded across most areas of Australia.

2009 MENTAL HEALTH RESEARCH GRANTS

A/Prof Jane Pirkis
University of Melbourne
An evaluation of the new Medicare Benefits Schedule.
\$24,313 2007/2008/2009

Dr Judy Proudfoot
University of NSW (Black Dog Institute)
Using the web to improve knowledge and self-management of bipolar disorder.
\$52,100 2007/2008/2009

Professor Tony Jorm
University of Melbourne (Orygen)
Mental Health first aid training by e-learning
\$60,000 2008/2009

Dr Eoin Killackey
University of Melbourne (Orygen)
Vocational recovery in young people with first episode psychosis
\$57,750 2008/2009

Dr Reg Nixon
Flinders University SA
Treatment of acute stress disorder secondary to sexual assault
\$56,789 2008/2009

Dr Nickolai Titov
University of NSW
Internet based education for generalised anxiety disorder
\$34,875 2009

Professor Frank Deane
University of Wollongong
Family Connections: a randomised controlled trial of correspondence based support for families of individuals recently diagnosed with psychosis
\$58,185 2008/2009

Professor Terence McCann
Victoria University
Bibliotherapy for primary caregivers of family members with first-episode psychosis
\$59,574 2008/2009

A/Prof Colleen Loo
University of NSW (Black Dog Institute)
A double-blind, randomised placebo-controlled study of adjunctive ketamine as a neuro-protective agent in ECT
\$59,750 2008/2009

Professor Michael Sawyer
University of Adelaide
The mental health of well-being of young people in remand
\$29,370 2008/2009



A/Prof Jenny Bowman
University of Newcastle
Integrated smoking care linking mental health inpatients to community services
\$59,932 2008/2009

Professor Michael Berk
Mental Health Research Institute, Vic
The Efficacy of N-acetylcysteine as an adjunctive treatment in Uni-polar Depression
\$51,696 2009

Dr Lynn Meuleners
Curtin University of Technology, WA
Mental illness and interpersonal violence: evidence from a population based study
\$64,270 2009

Dr Pamela Marsh
Macquarie University, NSW
Remediation of mental state reasoning and emotion recognition in schizophrenia
\$51,269 2009

Dr Eugen Mattes
University of Western Australia
Prenatal androgen exposure and its influence on mental health in children/adolescents
\$56,608 2009

Dr Lara Farrell
Griffith University, Qld.
A novel approach to treatment resistant childhood obsessive-compulsive disorder
\$42,287 2009

Professor Julie Byles
University of Newcastle
Uptake and impact of new Medicare Benefits Schedule items
\$31,990 2009

A/Prof Lina Ricciardelli
Deakin University, Vic.
An early intervention for mental health problem amongst children: Comparisons, Openness, Peers and Esteem (COPE)
\$63,780 2009

2009 IAN SCOTT SCHOLARSHIPS – MENTAL HEALTH \$26,000 per annum

Sylvia Krauer
University of Melbourne
The importance of insight into negative mood, stressful experiences and coping strategies in the prevention and early intervention of adolescent mood disorders
2008/2009

Tammie Money
University of Melbourne
The role of muscarinic receptors in the pathology of schizophrenia
2007/2008/2009

Michelle Banfield
Australian National University
Consumer priorities for depression and bipolar disorder research
2008/2008/2009

Magenta Simmons
University of Melbourne
Shared decision making for young people with depressive disorders: Development and feasibility testing of a decision aid
2008/2009

Allison Milner
Griffith University
Suicide in countries of the western pacific region: The impact of globalisation on trends of fatal suicidal behaviour
2008/2009

Amy Dawson
University of Wollongong
Does early developmental disruption make the brain more vulnerable to the effects of cannabis
2008/2009

Esther Chan
Monash University
Improving the management of acute agitation in the emergency department – A multicentre randomised controlled trial
2008/2009

Laura Hart
University of Melbourne
Mental Health First Aid for Eating Disorders: development of first aid guidelines and an intervention for the public
2009

Karissa Searle
University of Melbourne
Attention and Mental Health outcomes in extremely low birth weight/very premature infants: An fMRI study of adolescents
2009

2009 RESEARCH GRANTS, FELLOWSHIPS AND SCHOLARSHIPS

2009 POST-DOCTORAL FELLOWSHIPS – MENTAL HEALTH \$75,000 per annum

Geoffrey Betts Post Doctoral Fellowship

Dr Amanda Wood
University of Melbourne
Determinants of poor psychological outcome of foetal antiepileptic drug exposure
2009/2010/2011

Colin Dodds Post Doctoral Fellowship

Dr Jordana Bayer
Royal Children's Hospital, Vic.
Prevention of early childhood mental health problems
2007/2008/2009

Royce Abbey Post Doctoral Fellowship

Dr Elizabeth Scarr
Mental Health Research Institute, Vic.
Biochemical basis of cognitive deficits in schizophrenia
2008/2009/2010

2009 MENTAL HEALTH – SERVICE EVALUATION GRANTS

Prof David Kavanagh
Queensland University of Technology
Evaluation of strategies to promote the dissemination of programs for people with serious Mental Disorders and Comorbid Substance Use Disorders.
\$29,975 2007/2008/2009

Prof Jeannette Milgrom
Austin Hospital, Vic.
Evaluating an antenatal depression treatment model as a public health priority
\$49,412 2007/2008/2009

Prof Michael Sawyer
Women's and Children's Hospital, SA
Evaluation of a South Australian family home visiting program
\$50,228 2008/2009

Prof Diego De Leo
Griffith University
The incidence of suicidal behaviours in indigenous communities in Queensland – evaluation and development of baseline data
\$59,950 2008/2009

Dr Sophie Havighurst
University of Melbourne
Preventing conduct disorders: The Austin CASEA evaluation of an early intervention service for children with behaviour problems.
\$45,157 2009

John Brayley
Office of the Public Advocate SA
The threshold test for involuntary mental health treatment – reducing practitioner variation in invoking orders and implementing the least restrictive option.
\$59,750 2009

Valsamma Eapen
University of New South Wales
Evaluation of health promotion and preventative life style intervention program for young patients receiving antipsychotic medication: impact on weight gain and quality of life.
\$59,000 2009

Prof Philip Hazell
University of Sydney
Juvenile bipolar disorder: Evaluation of symptom profiles, treatment outcomes and predictors of treatment effectiveness for clients from a community mental health clinic.
\$51,800 2009

Ms Phillipa Collin
University of Sydney
Meaningful participation as a means of promoting the mental health and wellbeing of young Australians: An evaluation of Inspire's youth participation program.
\$55,820 2009

Prof Steve Kisely
Griffith University
A ten-year evaluation of community treatment orders on mental health and forensic outcomes
\$29,504 2009

2009 RURAL HEALTH – SERVICE EVALUATION GRANTS

Prof Hugh Burke
Maari Ma Health
ABCD in a remote NSW context
\$40,000 2007/2008/2009

Prof John Humphreys
Monash University
Making a difference – the impact of an innovative primary health service on a rural community.
\$39,707 2008/2009

2009 FUNDING PARTNER RESEARCH GRANTS – ANY HEALTH AREA

Professor John Christodoulou
Children's Hospital, Westmead, NSW
Rotary Clubs of Pennant Hills – PKU
\$53,748 2008/2009

Dr Patric Jansson
University of Sydney
Rotary Club of Wetherill Park, NSW – Breast Cancer
\$29,700 2009

Dr Ricky Johnstone
Peter MacCallum Cancer Centre, Vic.
Friends R4 Research/Rotary Club of Williamstown Vic. – Leukaemia
\$53,480 2008/2009

Dr Belinda Barton
Children's Hospital, Westmead, NSW
Rotary Club of St Ives, NSW – Quality of Life for Cancer patients
\$36,000 2009

Dr Marguerite Evans-Gales
Murdoch Children's Research Institute, Vic.
Rotary Club of Brighton North, Vic. – Freidrich's Ataxia
\$60,000 2009

2009 FUNDING PARTNER PhD SCHOLARSHIPS – ANY HEALTH AREA \$25,000 per year

Rebecca Sheean
Howard Florey Institute, Vic.
Rotary Club of Bendigo South – Motor Neuron Disease
2007/2008/2009

Amelia Searle
University of Adelaide
Rotary Club of Adelaide – Childhood Mental Health
2007/2008/2009

Erin Wolfe
University of Queensland
Rotary Clubs of combined Brisbane – Childhood Bullying
2007/2008/2009

Kristie Munro
University of Wollongong, NSW
Ian & Jean Simpson Family/Rotary Club of Orange North, NSW – Adult Leukaemia
2007/2008/2009

Zaklina Kovacevic
University of Sydney
Fred Barbagallo Scholarship /Rotary Club of Dural, NSW – Pancreatic Cancer
2007/2008/2009

Ahmid Ali Aloqaly
University of Technology, NSW
District 9680 clubs, NSW – Childhood Leukaemia
2007/2008/2009

Miriam Jackson
University of Sydney
Melvin Gray Scholarship/ Rotary Club of Blacktown NSW – Arthritis
2007/2008/2009

Jessamy Tiffen
University of Sydney
Fred Barbagallo Scholarship/Rotary Club of Dural, NSW – Liver Cancer
2007/2008/2009

Kristine Northey
Curtin University, WA
Nathan's Bequest Scholarship/Rotary Club of Sydney CBD – Youth Suicide
2007/2008/2009

2009 RESEARCH GRANTS, FELLOWSHIPS AND SCHOLARSHIPS

Marijeta Kurtin
University of Adelaide
Rotary Club of Holdfast Bay, SA
– *Mental Health of Children*
2008/2009

Victoria Leitch
University of Adelaide
Hansen Yuncken Scholarship / Craniosynostosis
– *Children's Health*
2007/2008/2009

Rhian Shephard
Centenary Institute, NSW
Rotary Club of Parramatta City, NSW – *Heart Disease*
2009

Luke Balcombe
Griffith University, Qld
David Henning Memorial Scholarship
– *Suicide in men*
2008/2009

Linh Nguyen
University of Melbourne
District 9650 NSW
– *Bowel Cancer*
2008/2009

Elise Jackson
Centenary Institute, NSW
Rotary Club of Parramatta City – *Breast Cancer*
2008/2009

Stephen Dowdell
University of Wollongong, NSW
Riverside Clubs District 9680, NSW
– *Brain Tumours*
2008/2009

Matthew Thompson
Monash University, Vic
District 9650, NSW
– *Bowel Cancer*
2008/2009

Jo Anne Schinke Stratton
University of Melbourne
Fenwick Scholarship / Rotary Club of Whyalla, SA
– *Multiple Sclerosis*
2009

Timothy Smith
Howard Florey Institute, Vic.
District 9780, Vic.
– *Bowel Cancer*
2008/2009

India Bohanna
University of Melbourne, Vic
Bartolina Peluso Scholarship / Rotary Club of Strathmore, Vic. – *Dementia*
2007/2008/2009

Austin Della-Franca
Children's Hospital, Westmead, NSW
Suzanne Moss-White Scholarship / Rotary Club of Norwest Sunrise, NSW – *Ovarian Cancer*
2008/2009

Judith Allen-Graham
Monash University, Vic.
Rotary Club of Crows Nest, NSW
– *Neuro Degenerative Disease*
2009

Owen Tang
University of Sydney
Rotary Clubs of Dural / Kellyville / Kurrajong / Gladesville
– *Kidney Disease*
2009

Ryan Courtney
University of Newcastle, NSW
District 9650, NSW
– *Bowel Cancer*
2008/2009

Dan Lu
University of Sydney
Ian McNair Scholarship / Rotary Club of North Sydney – *Brain Tumours*
2009

Justine Marum
Murdoch Children's Research Institute, Vic.
Rotary Club of Melbourne South, Vic.
– *Gastro Intestinal Cancer*
2009

Shu Wen Wen
University of Melbourne, Vic.
Districts 9640 & 9650, NSW
– *Bowel Cancer*
2009



Magill Training Centre shows the way to improved wellbeing



On Tuesday 11 November 2008, management at Magill Training Centre unveiled a plaque in recognition of a new mental health research study.

The study, conducted by the Research and Evaluation Unit of the Women's and Children's Hospital, Children, Youth and Women's Health Service, is funded by Australian Rotary Health.

The study aims to identify the prevalence of mental health problems and health risk behaviours (smoking, drinking etc) among young people who are remanded at Magill Training Centre.

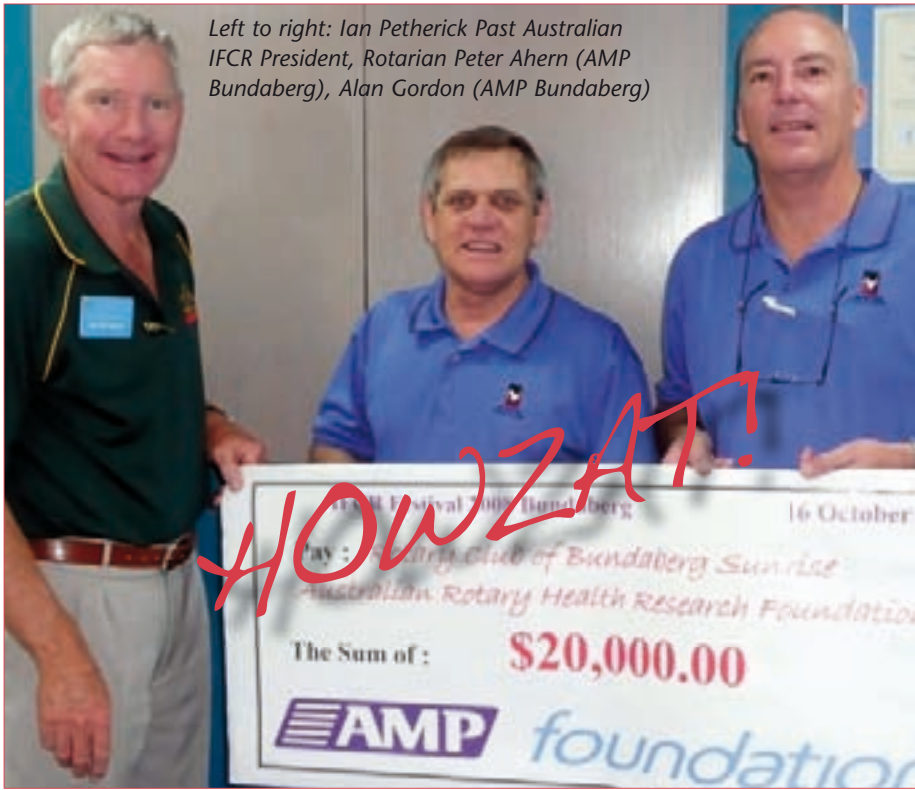
Specifically, it seeks to answer whether the reporting of mental health problems on remand has increased since 1989, when a similar study was conducted by the group.

(L-R) Professor Michael Sawyer, Research and Evaluation Unit, Keith Wheeldon, MTC, Karen Schulz, MTC, Matthew Guidolin, Research and Evaluation Unit and Allan Wilson, Director, Australian Rotary Health.

The project has received strong support from both the young people at the Magill Training Centre and their families in the community.

Research Assistants Matthew Guidolin and Linda Frost, are currently conducting interviews with youth at Magill Training Centre, supported by Client Services staff.

To find out more about the Research and Evaluation Unit go to www.wch.sa.gov.au/research/units/research_eval or for information on Australian Rotary Health go to www.australianrotaryhealth.org.au



Left to right: Ian Petherick Past Australian IFCR President, Rotarian Peter Ahern (AMP Bundaberg), Alan Gordon (AMP Bundaberg)

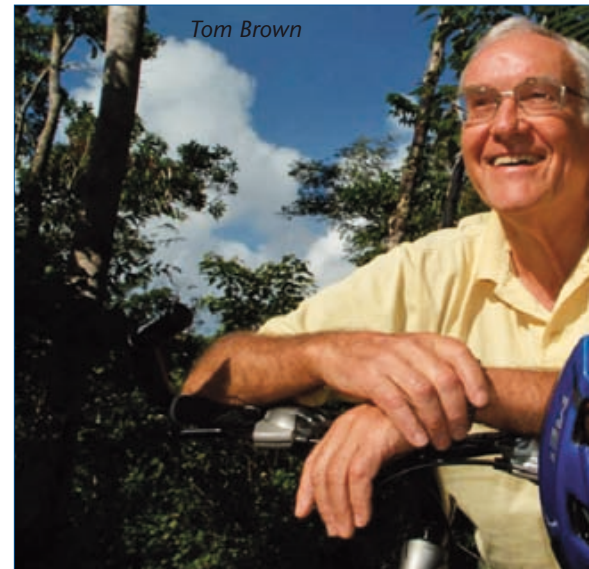


Thanks to the generosity of some Rotary cricket 'tragics', otherwise known as the International Fellowship of Cricketing Rotarians (IFCR) and the AMP Foundation, Australian Rotary Health scored an impressive \$20,000 at stumps at the Bundaberg Cricket Festival.

The week long cricket festival in October, hosted by the Rotary Club of Bundaberg Sunrise, was an international affair. The Australian team followed the example of our flailing baggy green caps by just missing out on the trophy. However, the real winner was Australian Rotary Health. The AMP Foundation donated \$1 for every \$2 raised at the festival.

This first class effort was thanks to the outstanding organization of the Bundaberg IFCR Festival Planning Committee, led by Ian Petherick. Australian Rotary Health District Chairman Phil Lusher accepted the cheque at the closing dinner, telling the gathering he was bowled over by their generosity.

Australian Rotary Health thanks the Rotary Club of Bundaberg Sunrise and the AMP Society for their great innings. It was a supreme effort that will further assist us to achieve our aim of supporting healthier minds, bodies and communities through research, awareness and education.



Tom Brown

WELCOME TO TERRY DAVIES Corporate Donations Manager

Terry Davies joined the Australian Rotary Health team in December. His feet had hardly touched the ground when, unfortunately, he snapped his Achilles tendon playing ... well ... cricket! Not to be hobbled by this unfortunate injury Terry returned to the crease after the Christmas break, ready to bat!

Terry, in his role as Corporate Donations Manager, is establishing partnerships with businesses all over Australia. Most large corporations donate only if employees nominate a good cause. This is where Rotarians can really help Australian Rotary Health. Just as the AMP Foundation supported the IFCR Festival in Bundaberg through the

recommendation of AMP employee and Rotarian Peter Ahern, other corporations will do likewise if their staff nominate us. If you work for a company that is a good corporate citizen wanting to improve the lives of Australians, please consider nominating Australian Rotary Health. You could make the world of difference to our research programs and to Australians living with a mental illness, and their families.

Another way Rotarians can support us is through networking. If you know a philanthropist or a corporate leader please let Terry know.

Phone 8837 1900 or email Terry at terrydavis@australianrotaryhealth.org.au



John Farrugia



alians
ide
mental health



Over 100 riders have registered for the ultimate round-Australia cycling event starting on 21 March. The Great Australian Bike Ride

(GABR) will test the endurance of dedicated cyclists while raising money for a tremendous cause - mental health research and education programs.

They say that cycling creates an adrenalin rush and once it envelops you, you just have to keep on riding! That must explain why Geoffrey Hawkins from Blayney (NSW) has committed to cycling the entire 17,800 km route. Geoffrey is an entrant with a difference. He turned 80 on 4 March, bettering Tom Brown, our other round Australia 'elder statesman', by 10 years.

The five cyclists doing the entire ride are unique. All are aged 58+ and though their combined ages add up to 330, they are clearly not 'over the hill'. Two Queenslanders, Roberta Gordon and Tom Brown, two Victorians, Gonny Rundell and John Farrugia and 'patriarch' Geoffrey Hawkins form this core group of riders.

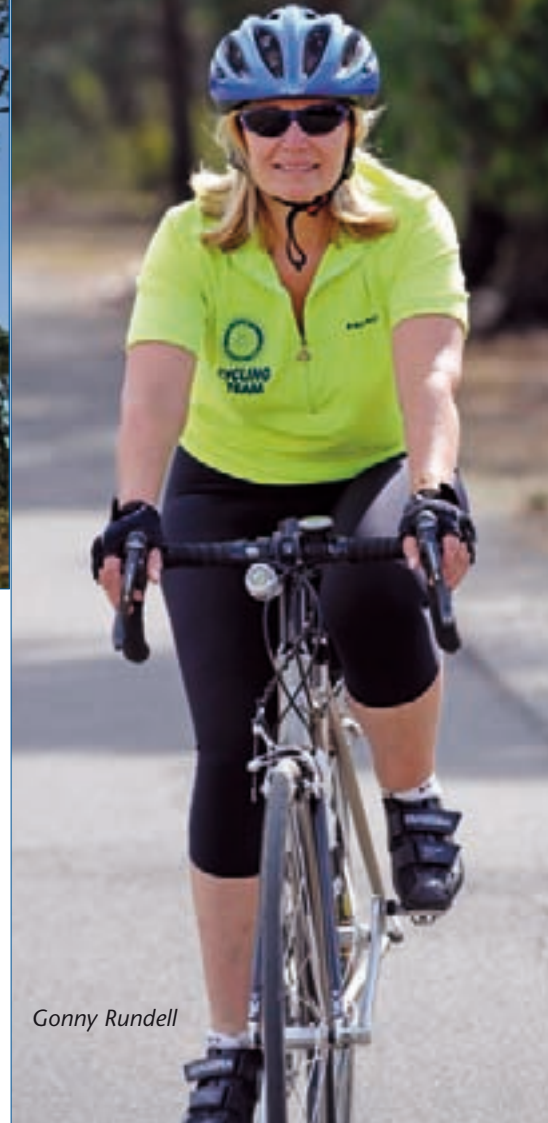
Geoffrey is a member of the Bathurst Cycling Club which, with Rotary District 9700 and his local community, is raising funds to sponsor him. His passion for cycling was ignited by his first race in Sydney when, aged 15, he competed against some of the great cycling legends of the 40's and 50's. In time, work commitments and family responsibilities overtook his cycling. It lay dormant for forty years.

Geoffrey began cycling again in 1995 when he moved back to his childhood home of Blayney. He befriended local cycle shop owner Greg Bell of Bellys Bikes who

convinced him to take up racing again. Geoffrey is now a legendary member of the Bathurst Cycling Club. Three weeks before the start of the GABR, Geoffrey was in Melbourne competing in the Australian Masters Games. He won 2 bronze medals. Immediately after the GABR finishes in Melbourne in October, he will fly to Sydney to compete in the World Masters Games where he is tipped to win gold!

Great-grandfather Geoffrey proposed to his childhood sweetheart, Moya, 68 years ago when he was 12 and she 11. They met when she tipped his boater hat at Bondi Beach during an air raid warning in 1941. She was his loving life companion until she succumbed to Parkinson's disease in September 2008.

After Moya's death Geoffrey committed to using his cycling talent to enter the GABR and raise money for Australian Rotary Health. He is a remarkable man! His enthusiasm for



Gonny Rundell

life, mental toughness and physical fitness are the story of Australian legend. Should he complete this epic ride he will become the oldest person to circumnavigate Australia on a bicycle. To sponsor Geoffrey or to register for a stage of the Ride go to: www.greataustralianbikeride.org.au

Geoffrey Hawkins



ROTARY/A.S.P.R. MEDIA AND PRESENTATION WORKSHOPS IN NEWCASTLE

Australian Rotary Health and the Australasian Society for Psychiatric Research (ASPR) held Media Training and Presentation Workshops at the ASPR Conference last December.



PhD Students. L to R: Nick Hardcastle, Rebecca Sheean, Victoria Leitch, Elizabeth Tindall, Amelia Searle, Adam Walker

The workshops are designed to teach post graduate students and new researchers the finer points of using the media and presenting their research to funding bodies, community groups and general scientific audiences. Six PhD scholars funded by Australian Rotary Health attended the workshops.

Media Training was run by science communicator and broadcaster Professor Rob Morrison.

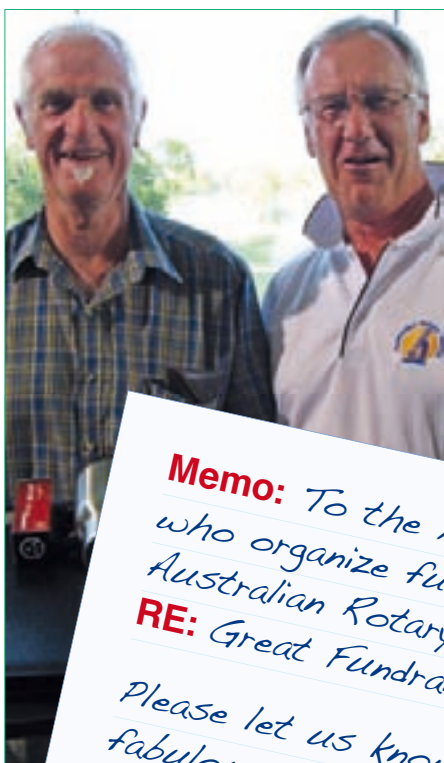
Professor Michael Sawyer conducted the Presentation workshop. Dr Rob Morrison and Australian Rotary Health Chairman, Terry Lees



Australian Rotary Health Golf Day

The Australian Rotary Health Golf Day was held again this year at the beautiful Riverside Oaks Golf Course at Cattai. It was a great fundraiser and we thank all Rotarians who helped to make it such a success.

Top: Chairman of Rotary Down Under PDG Vance Hilton and Chairman Australian Rotary Health PDG Terry Lees. Left: PP Alan Towart, Rotary Club of Winston Hills and Vice Chairman, Australian Rotary Health, PDG Noel Travaskis.



Memo: To the magnificent Rotarians who organize fundraising events for Australian Rotary Health
RE: Great Fundraising Events

Please let us know about your fabulous fundraising functions so that we can acknowledge them in the newsletter. Often we only find out about a Club's entrepreneurial venture after we see a story in a local paper. If you tell us well in advance we will advertise your event in the newsletter. This may even inspire other Clubs to do similar events. Deadlines for copy are 31st January and 31 July. We look forward to hearing from you and receiving photos of your events. Send to editor Gerardine Grace at gerardinegrace@australianrotaryhealth.org.au

COMPANIONS & FRIENDS OF THE FUND



PP Don Stein, PP Joy Gillett, PDG Les Whitcroft and PDG Ted Atkinson.



PP Joy Gillett, PP Alf and Patricia Barbagallo, Zaklina Kovacevic.

Peter Waite, Athalie Lucas, PP Keith Henning and PP Joy Gillett.



Cumulative donations from August 2008 to February 2009

Emerald Companions **\$50,000**

The Late Fred Barbagallo
Rotary Club of Dural, NSW
Les Whitcroft
Rotary Club of Ryde, NSW
Don Stein
Rotary Club of Winston Hills, NSW

Ruby Companions

\$20,000

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Gold Companions

\$10,000

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Companions

\$5,000

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Bob Neilson
Rotary Club of Forest Hill, Vic.

Diamond Friends

\$2,500

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Amy Zelmer
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Silver Friends

\$1,000

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Max Flinker
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Geoffrey Davey
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Bronze Friends

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Rotary Club of Mitcham, SA

Joan Allen
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Peter Gartshore
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Phil Armstrong
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Rotary Club of Cowra, NSW

Fay Duncan
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