

# UPDATE

## Australian Rotary Health Research Fund

www.arhrf.org.au arhrf@arhrf.org.au



S P R I N G • 2 0 0 4

## Another Remarkable Year for Your ARHRF

Congratulations and sincere thank you to all Rotary Clubs, Districts, individual Rotarians and general contributors to the ARHRF in our Rotary year 2003-2004. We reached a record level of contributions of \$1.32million. This does not include our investment income, which also surpassed our expectation with a well performing portfolio of investments.

A special thank you to the clubs and districts, who have promoted the ARHRF and developed special projects to provide much needed funds for health related research for Australians. They are:

- Rotary Club of Waverley (Vic) – Christmas cards,
- Districts 9680, 9690, 9750 (NSW) – Tri district Race Day
- Districts 9800, 9810, 9820, 9830 (Vic/Tas) Bike Ride to Conferences
- Rotary Club of Maribyrnong-Highpoint, (Vic) – Toss The Coin
- Rotary Club of Prospect (NSW) – The Captains Call
- Rotary Club of Hawthorn (Vic) – Art Book
- Rotary Club of Berri (SA) – Motor Cycle ride around Australia
- Rotary Club of Coffs Harbour (NSW) – Minties sales
- To other clubs also working to establish ongoing projects to support Rotary Health I encourage and thank you on behalf of the Board for your continued support.

This will enable us to fund approximately \$1.5million on

research related projects in 2005 to improve the health of all Australians. We are also looking to implement in the next year a 'Special Centennial Project' to provide funding in partnership with beyondblue in the order of \$500,000 per year for the next three to five years for Australia's youth. The project is intended to be education based but is in its embryonic stage and we will report further as it develops.

The Fund gratefully accepted two bequests during the year, one from the will of a former Rotarian of the Rotary Club of Pakenham (Vic) (refer to article in this newsletter) and one from a non Rotarian anonymous donor from Sydney.

Our Community Relations Officer PDG Ted Atkinson is working tirelessly to increase our opportunities in the Wills and Bequest area. This will become an important source of funding in the future for Rotary Health in Australia. Well-presented brochures have been prepared and circulated to clubs and districts and a database of supportive solicitors has been established to help source potential donors.

The research funding applications closed on Friday 13 August with approximately 100 applications received for funding in 2005. The first review and assessment has been made and final determination of successful applicants will be made in October 2004. The standard of applications was again very high.

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Motor Neuron, Childhood Leukemia, Parkinsons, Rural Mental Health, and Psychological Effects on Patients with Cancer. Funding will continue for the four current PhD Scholarships in MS, Bowelscan and Motor Neuron.

Your ARHRF is progressing well and you should celebrate and feel proud

of its achievements in its 23 year history. A dream that I had in 1997 of the Fund spending \$1million in research is now to be surpassed. We will have many other opportunities to develop projects to improve the health and wellbeing of all Australians through the continued support of Rotarians and donors who see the benefits of research in our community. Please continue to support this project – by Australians – for Australians.



John Ranieri – Chairman of the Australian Rotary Health Research Fund



# A Gift to the Future – Ron Cameron 1921-2003

There are some people who, although having worked 'hard' all their life, are generous of spirit during their lifetime, and in death they continue that legacy of giving and caring.

Ron Cameron is one of those people and we as Rotarians have had the good fortune to have had him within our ranks.

Ron was invited to join the Rotary Club of Pakenham [D9820] in 1971 and he was [as noted on his eulogy] a quiet achiever and a true gentleman who was an active and highly regarded member. During Ron's time in the Club he was Treasurer three times, this was a position that he enjoyed and one that gave him great satisfaction.

Ron was recognized as a Paul Harris Fellow in the late 1980's for his service to the club and to Rotary International in general.

Ron and his late wife Sylvia [an Inner Wheel member] both enjoyed Rotary, they realised without Rotary many of the fine contributions and good works achieved by his Club in Pakenham as well as the District and Rotary International just would not have happened. As true Rotarians are aware, the fellowship that is shared within a Club and the lasting friendships that are made are priceless.

Ron during his working life was a delivery boy for a dental mechanic, an orchardist with his father and later an orchardist in a partnership with his uncle. In his latter years he was a tomato grower of renown and had a beautiful garden of multi coloured dahlias.

How did Ron become known to the writer?

Well, as a Director of the Australian Rotary Health Research Fund it was brought to our attention that The Fund was to be the recipient of a substantial bequest and it was to be my privilege to present to the Rotary Club of Pakenham a Contribution Banner showing their per capita giving to The Fund.

This was duly carried out early this Rotary year and the Immediate Past President, Jim Armstrong, was the proud recipient on behalf of the Club for the new banner showing a per capita giving level of \$4000 per member, a distinct difference from the \$500 banner that they had hanging with their other club banners and achievements.

So back to the opening paragraph; Ron, a most generous gentleman during life, a man who loved his wife of 56 years, his bounties of the land, his flowers, his breeding dogs and his Collingwood Football team also had a love for Rotary and the things that Rotary could achieve.

In death he realized that some of those achievements could carry on in the name of Rotary through the Australian Rotary Health Research Fund and in time, benefit the people, not only in Pakenham but the people right across Australia and [dare we say] hopefully the world.

Thank you Ronald Mercer Cameron, your spirit lives on through your legacy of love and trust.

Graeme L. Woolacott  
Director ARHRF



## ARHRF Mental Illness Awareness Forums 2004

### September

- 15 Rotary Clubs of Drysdale & Belmont, Vic. – Geelong West Town Hall, 6.30pm.
- 26 Rotary Club of Grenfell, NSW – Grenfell Bowling Club, 6.30pm.

### October

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# Community Forum

## Mental Illness

### – Coffs Harbour NSW

by Charles La Coste

Once the decision to hold a 'community forum' was endorsed by the Board it was also agreed to make this the major project for the year and as such the full resources of the club would be used to help make it happen.

After receiving the initial documentation from Club President George Cecato, I contacted the ARHRF and spoke to Cheryl Deguara the Program Co-ordinator, Cheryl provided the information booklet on how to conduct a forum together with a video of a Forum held in Sydney.

After reviewing the contents of the booklet and the video it was immediately decided to follow the suggested format and planning stages. The video was also extremely useful to show our own members exactly what we were trying to achieve; (this was done at one of our weekly meetings).

We immediately formed our organising committee and began to plan our forum.

The 'booklet' was an invaluable tool as it gave us a time line as to what stage we should be up to and when; it also provided suggestions for flier's etc.

Our planning really did not differ from the suggested format, as far as the basic set up was concerned, ie, contacting suggested groups, who to invite etc. Our major push was in the marketing and promotion of the event to our local community.

As this was to be the Club major 'community' event for the year it was agreed that limited funds would be available for advertising and promotion.

Our first promotion was a letter to "Support Groups, Medical Practitioner's, Government Agencies etc", in all 272 letters were sent out in our first mailing .

A second round of reminder letters was forwarded 10 days prior to our Forum, to Co-inside with our advertising.

Our advertising would be split mainly between newspaper and radio.

We ran two (2) advertisements a week in the main local paper on Saturday & Wednesday commencing three (3) weeks prior to forum.

We also did a single 1/2 page advertisement and article on the Friday before the forum with a news smaller community paper.

■ The ABC ran a press release about our forum exactly 7 days prior, and then requested an interview with our Key speaker 'Neil Cole' this was done on the Friday before the forum. Neil is a fantastic and very interesting speaker which I am sure also added to the promotion of the night.

■ Our local community radio daily promoted the forum (courtesy of one of our member's alias announcer).

■ Advertising time was purchased on 3 commercial FM stations, this commenced on the Thursday before forum.

It has been estimated that just over 400 people attended the night. Feed back from all who attended was excellent, of particular note was our Key Speaker Neil Cole.



## National ARHRF Bowelscan Meeting



At the Annual Meeting of the National Bowelscan Committee, held at the end of August in Sydney, two PhD scholars funded jointly by the Australian Rotary Health Research Fund and Districts 9640 and 9650 through the ARHRF Funding Partners Program, attended the meeting for a short time and gave a presentation on their research projects. The ARHRF took the opportunity of presenting both with a plaque signifying their involvement with the Australian Rotary Health Research Fund and the Bowelscan program.

From left to right - Les Rae, Chairman, National Bowelscan Committee - Francis Lam - Deepa Chauhan - Kevin Hassey, District 9640 Bowelscan Chairman - Kevin Sharp, District 9650 Bowelscan Chairman.

# Rotary Ride for Research \$\$\$'s



District 9810 had its first organised bike ride to conference in 1987, with just a few riders. In the early days, it was then known as "Pedlin Pete". As the idea took hold and the number of riders grew, it became the "Rotary Ride for Research Dollars" and other districts began to see the benefits of the ride, adopting the idea.

Since the early days, the ride has grown considerably, so that we now take 55 riders with 15 support crew away each year. It has covered an incredible 14,500 kms and has raised over \$400,000 for the ARHRF. The exchange students, who never thought that they would have to ride to conference, have consistently agreed it was one of the highlights of their stay in Australia.

This year, the riders – aged from 16 to 70, departed from Warburton on the 28th February, and headed down to Melbourne. We caught the ferry and traversed Bass straight to the Apple Isle (a trip to be remembered by a large number who didn't find their sea legs). In Tasmania we passed through Devonport, Frankford, George Town, Scottsdale, St Helens, Bicheno, Orford, Sorrel, Port Arthur, Richmond, & Kingston and travelled 910km on our way to

Hobart. At eight days, this was the longest Ride yet organised!

At overnight and lunch stops, we attended a number of functions with the local Rotary Clubs of each town, where we were warmly welcomed. At these meetings, a "goodwill scroll" was signed by the Mayor and other officials. This scroll was presented to the DG at the Annual Conference as a gesture of friendship.

The Event is designed to fulfil several valuable functions:

- To raise funds for the Australian Rotary Health Research Fund.
- To increase Rotary awareness and foster goodwill in the community.

■ To provide an opportunity for service and fellowship and,

■ To give encouragement and experience to the young people who participate.

The ride operates on a number of levels and also assists in the fostering of International Fellowship, Community Service and the increased awareness of Business and Service Groups. Resulting in corporate support and financial input not only for this event, but many other Rotary initiatives.

*PP Rob Henry*



## Don's Weight Loss Challenge



PDG Don Graham in his weight loss challenge over twenty weeks raised \$4,519 for the Australian Rotary Health Research Fund through the Rotary Club of Grafton, NSW. Seventy-four sponsors from Grafton business houses, community members, friends, family and Rotarians sponsored Don to lose weight at a rate per kilogram. It was a personal challenge to Don who wished to improve his own health. The Rotary Club of Grafton contributed \$500 towards the total. Don intends to lose another eight kilograms in the next few months. We wish him well!

# COMPANIONS & FRIENDS OF THE FUND

## Gold Companions – \$10,000

Ken Jones – Rotary Club of Adelaide, SA  
Rotary Club of St. Peters, SA

## Companions – \$5,000

Peter Thwaites / Ron Hooper – Rotary Club Adelaide, SA

Stuart Boyce – Rotary Club of Nunawading, Vic.

Lou Casmiri – Rotary Club of Parramatta City, NSW

Brian Kleemann – Rotary Club of Waikerie, SA

Robert Bradley – Rotary Club of Toukley, NSW

Fred Van Eck (deceased) – Rotary Club of Liverpool, NSW

Heather Livingstone / Lindsay Livingstone – District 9820

## Diamond Friends – \$2,500

Peter Parsons / Colin Hagger – Rotary Club of Adelaide, SA

Craig Couzens – Rotary Club of Wollundry Wagga Wagga, NSW

Ivor Johnson – Rotary Club of Woodend, Vic.

## Platinum Friends – \$2,000

Phyllis Graham – Rotary Club of Melbourne LaTrobe, Vic.

## Silver Friends – \$1,000

John Clough / Henry Gardiner – Rotary Club of Wagga Wagga Koorinal, NSW

Peter Wood – Rotary Club of Batemans Bay, NSW

Denis McCann – Rotary Club of Stawell, Vic.

Alexander McEachan – Rotary Club of Cairns North, Qld

Audrey Murton – no club, NSW

Jenny Coburn / Roger Coburn – Rotary Club of Box Hill Central, Vic.

Barbara Chapman – Rotary Club of Moorleigh Bentleigh East, Vic.

Shirlee Inkenharg / Tienke Inkenhard – Rotary Club of Campbelltown, SA

Graeme Thompson – Rotary Club of Pennant Hills, NSW

Nerida Lacey / Phil Lacey – Rotary Club of St. Marys, NSW

Colin R. Acton – Rotary Club of Salisbury, Qld

S.S. Brown – no club, NSW

Arthur Devin – Rotary Club of Boonah, Qld

Roy Frost – Rotary Club of Toowoomba East, Qld

Lorraine Douglas – Rotary Club of Kelmscott, WA

Bryan Wing – no club, NSW

Karen Smallholme – Rotary Club of Caloundra, Qld

Brian Webb – Rotary Club of Northam, WA

Keith Henning – Rotary Club of Parramatta City, NSW

David Motteram – Rotary Club of Adelaide, SA

Jules Adan / Colin Booth / Chas Child / John Davidson / Rod Jolly / Joseph Mack / Margaret Owens / Joy Pogson / John Smit / Joanne Winter

– Rotary Club of Carlingford, NSW

Catherine Johnson – Rotary Club of Epping, NSW

## Bronze Friends – \$500

Stephanie Green – Rotary Club of Penrith Valley

Garry Bell – Rotary Club of Chester Hill, NSW

John T. Paine – Rotary Club of Northcote, Vic.

Richard Beer – Rotary Club of Eastwood, NSW

Beverley Graham – Rotary Club of Grafton, NSW

Anthony Cooper – Rotary Club of Canberra, ACT

Ross Bailey – Rotary Club of Sydney Inner West, NSW

Jim Brown / Keiran Slattery – Rotary Club of Wetherill Park, NSW

T. Lagozzino / I. Reddy / P.H. Reddy / B. Nesbitt / E.F. Nesbitt

– Rotary Club of Campbelltown, SA

John Archer / David Boulton / Michael Cain / Allan Callow / Paul Cox / Bill Kloosterman / Ian Mackay / David Roberts

– Rotary Club of Orange Calare, NSW

R.B. McPherson – Rotary Club of Glen Waverley, Vic.

Nola Vulling – Rotary Club of Echuca-Moama, Vic.

A.L. Porter – Rotary Club of Glenelg, SA

Malcolm Brownlee / Graham Shaw

– Rotary Club of Monash, Vic.

Douglas J. Costello / Richard Browne

– Rotary Club of Victoria Park, WA

John Briscoe – Rotary Club of Epping, NSW

Mel Gray / Manie Stalker / Peter de Vries / Gunther Geyer

– Rotary Club of Blacktown City, NSW

## Friends – \$100

Carol Adams Elizabeth Baldock / Kris Plath – Rotary Club of Walkerston, Qld

Doug Masterson – Rotary Club of Wagga Wagga Koorinal, NSW

Diana Leeder – Rotary Club of Darwin Sunrise, NT

J.R. Gowing – Rotary Club of Bega, NSW

Tony Andreadchio / Margaret Babington / Carolyn Burlew / Mario Di Mauro / David Harris / John Idotta / Jeanette Morgan / Philip Paul / Philip Smith / Evan Williams

– Rotary Club of Haberfield, NSW

David Brierley / John Coulthard / Wilf Morschel / Robert Rutishauser / Peter Wilson

– Rotary Club of Pennant Hills, NSW

John Dind – Rotary Club of Balgowlah, NSW

Denis D'Agnone – Rotary Club of Byford & Districts, WA

Betty Gebert – Rotary Club of Merbein, Vic.

Laurie Clothier – Rotary Club of Fitzgerald-Innisfail, Qld

Don Burvill – Rotary Club of Chester Hill, NSW

David Apps / Peter Arnheim / Esmeralda Bartola / Bob Cleary / Bob Constable / Lanny De Almeida / Alf Diggerson / Frank Drever / Kevin Fernandes / Gerald Hannan / Sue Harrison / Steve Hocking / Athol Jackson / Grant Jongebloed / Rosemary Kerr / Chris Lang / Brian McDougall / Colin McKenzie / Ivor Montgomery / Mick Noonan / Steve Papas / Evan Patterson / Mike Reiner / Cheryl Rowan / Jenene Ryan / Peter Toomey / Neville Walker / Chris Waters / Steve Webb / Peter Wilson / Peter Hadley

– Rotary Club of Pascoe Vale, Vic.

Bill Bernhardt / Sally Bishop / Gail Dendle / Frank Featherstone / Bill Forsyth / Francis Hendry / Diane Lock / Ian Lovegreen / Vicki Lovegreen / Bob Manley / Paul McBride / Julienne Morgan / Roy Parnell / Shirley Phippen / Con Romalis / Jenny Smith / Rod Smith / Trevor Stuart-Dent / John Thomson / Ruth Vumbacca / Tony Webber / Max Willis

– Rotary Club of Dee Why, NSW

Judie Greig / George Duck / Rodney Bradshaw / Patricia Wright / Jane Pearson / Rex Whitcombe / Mark Roesner / Jan Wolff / Duncan Birt

– Rotary Club of Hervey Bay Sunrise, Qld

Leisa Asbey-Palmer / Maree Hanson / Jeffrey Graham / Peter Black / Cheryl Shepherd / Eric Grant

– Rotary Club of Grafton, NSW

Warwick Easton – Rotary Club of Five Dock, NSW

Ian Dunlop – Rotary Club of Campbelltown, SA

D.G. McDougall – Rotary Club of Hobart, Tas.

Will Rogers – Rotary Club of Roseville Chase, NSW

John Cox / James Rowe / Peter Stobie

– Rotary Club of North Adelaide, SA

Brian Bragg / Miles Mailvaganam / Claudio Puletti – Rotary Club of Wetherill Park, NSW

John Bennett / Jim Cook / Tony Debono / Michael Dyson / Giff Eardley / Kevin Fenwick / Ken Garling / Ray Glasson / Ken Humbley / Alex Hutt / John Mar / Jenny Moscrop / Hal Niemeyer / Dick Partlett / Julie Plowman / Ray Robinson / Ian Ross / Jack Stahl / Fred Williams / Phil Wood

– Rotary Club of Cronulla, NSW

Mary Vincent / B. Stevens – Rotary Club of Campbelltown, SA

Mark Murphy / Bryan Nell / Kellie Thornberry – Rotary Club of Orange Calare, NSW

Graham Abberton / Grant Besley / Neale Bourne / Reg Bunton / Laurie Corcoran / Steve Dossel / Graham Duffey / Doug Gordon / Will Grabham / Gordon Graham / Malcolm Heading / Geoff Hindmarsh / Merv Hold / Noel Klan / Trevor MacKenzie / Schalk Meintjes / Graham Norris / Graham Patterson / Geoff Thompson / Les Weis

– Rotary Club of Toowoomba North, Qld

Merna Cribb / Terry Salmon – Rotary Club of Mt. Gravatt, Qld

Jeffrey Stewart – Rotary Club of Northam, WA

Roy Shearer – Rotary Club of Townsville, Qld

James Tan – Rotary Club of Nunawading, Vic.

Richard DeGaris / Alan Bartram / Robert Cesana / Robin Hill / Robert Horn / Geoff Keynes / Julian Lugg / Rob Rodenburg / Ian Stewart / Gordon White / Russell Green / Peter Sowden / Brian Lange / Colin Fanning / Tom Owen

– Rotary Club of Hyde Park, SA

# An Evening with Jessica Rowe

Network TEN news presenter Jessica Rowe recently captivated a large audience of Rotarians, partners and friends as she vividly described how Mental Illness had touched her family.

Jessica was the keynote speaker at a Tri-District (9680, 9690 & 9750) Recognition Dinner held at Muirfield Golf Club, North Rocks on Thursday 12 August, 2004.

The audience of 280 from 36 Rotary clubs was most impressed as Jessica spoke about her beloved mother's Bi-Polar disorder and its effect on a young Jessica and her two younger sisters. Jessica's poignant story highlighted the triumph of inner strength and family love and support.

During the evening PDG Denis Green, Past Chairman of the ARHRF and D9680 ARHRF Chair PP Monica Saville interviewed several young Sydney based researchers, the Chairman of the Board PDG John Ranieri from Perth and Professor Michael Sawyer, Chairman of the Research Committee from Adelaide.

Also recognised during the evening were Life Members, Gold Companions (\$10,000 donation),



Jessica being recognised as a Companion of the Fund (courtesy of an anonymous donor) by CEO Joy Gillett and PDG John Ranieri, Chairman of the ARHRF

Companions (\$5,000 donation) and Friends of the Fund (\$100 - \$2,500).

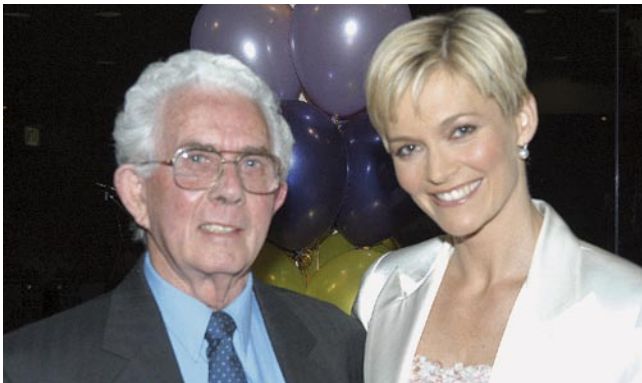
ARHRF Director, PDG Dick White also acknowledged a number of 'Friends and Companions-in-waiting' in the audience!

In thanking Jessica for her moving presentation, CEO Joy Gillett and ARHRF Board Chairman PDG John Ranieri presented Jessica with a Companion of the Fund Certificate and pin made possible by an anonymous donor.

As a result of the evening a number of clubs have indicated that they will be increasing their support of the Fund and several people have indicated that they will be becoming Companions or Friends of the Fund.

Jessica Rowe is an advocate of the work of beyondblue: the national depression initiative.

Monica Saville, D9680  
Chairman, ARHRF Committee.



Jessica with PP Don Stein, Winston Hills Rotary Club



**Australian Rotary  
Health Research Fund**  
Post Office Box 779  
Parramatta  
New South Wales 2124

**I wish to make a donation.**

My details are as follows:

Name .....

Address .....

..... Postcode .....

Rotarian  Tick if applicable

Please credit the .....  
Rotary Club with this donation.

Enclosed is my cheque for \$ .....

I authorise ARHRF, as a one-off donation, to deduct \$ ..... from my credit card account

I authorise ARHRF to deduct a monthly/quarterly/annual donation of \$ ..... from my credit card account

Bankcard  Mastercard  Visa  American Express

□□□□ □□□□ □□□□ □□□□

Expiry date □□ □□

Signature .....

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Rotary Club of St. Peters, SA

## Companions – \$5,000

Peter Thwaites / Ron Hooper – Rotary Club Adelaide, SA

Stuart Boyce – Rotary Club of Nunawading, Vic.

Lou Casmiri – Rotary Club of Parramatta City, NSW

Brian Kleemann – Rotary Club of Waikerie, SA

Robert Bradley – Rotary Club of Toukley, NSW

Fred Van Eck (deceased) – Rotary Club of Liverpool, NSW

Heather Livingstone / Lindsay Livingstone – District 9820

## Diamond Friends – \$2,500

Peter Parsons / Colin Hagger – Rotary Club of Adelaide, SA

Craig Couzens – Rotary Club of Wollundry Wagga Wagga, NSW

Ivor Johnson – Rotary Club of Woodend, Vic.

## Platinum Friends – \$2,000

Phyllis Graham – Rotary Club of Melbourne LaTrobe, Vic.

## Silver Friends – \$1,000

John Clough / Henry Gardiner – Rotary Club of Wagga Wagga Koorinal, NSW

Peter Wood – Rotary Club of Batemans Bay, NSW

Denis McCann – Rotary Club of Stawell, Vic.

Alexander McEachan – Rotary Club of Cairns North, Qld

Audrey Murton – no club, NSW

Jenny Coburn / Roger Coburn – Rotary Club of Box Hill Central, Vic.

Barbara Chapman – Rotary Club of Moorleigh Bentleigh East, Vic.

Shirlee Inkenharg / Tienke Inkenhard – Rotary Club of Campbelltown, SA

Graeme Thompson – Rotary Club of Pennant Hills, NSW

Nerida Lacey / Phil Lacey – Rotary Club of St. Marys, NSW

Colin R. Acton – Rotary Club of Salisbury, Qld

S.S. Brown – no club, NSW

Arthur Devin – Rotary Club of Boonah, Qld

Roy Frost – Rotary Club of Toowoomba East, Qld

Lorraine Douglas – Rotary Club of Kelmscott, WA

Bryan Wing – no club, NSW

Karen Smallholme – Rotary Club of Caloundra, Qld

Brian Webb – Rotary Club of Northam, WA

Keith Henning – Rotary Club of Parramatta City, NSW

David Motteram – Rotary Club of Adelaide, SA

Jules Adan / Colin Booth / Chas Child / John Davidson / Rod Jolly / Joseph Mack / Margaret Owens / Joy Pogson / John Smit / Joanne Winter

– Rotary Club of Carlingford, NSW

Catherine Johnson – Rotary Club of Epping, NSW

## Bronze Friends – \$500

Stephanie Green – Rotary Club of Penrith Valley

Garry Bell – Rotary Club of Chester Hill, NSW

John T. Paine – Rotary Club of Northcote, Vic.

Richard Beer – Rotary Club of Eastwood, NSW

Beverley Graham – Rotary Club of Grafton, NSW

Anthony Cooper – Rotary Club of Canberra, ACT

Ross Bailey – Rotary Club of Sydney Inner West, NSW

Jim Brown / Keiran Slattery – Rotary Club of Wetherill Park, NSW

T. Lagozzino / I. Reddy / P.H. Reddy / B. Nesbitt / E.F. Nesbitt

– Rotary Club of Campbelltown, SA

John Archer / David Boulton / Michael Cain / Allan Callow / Paul Cox / Bill Kloosterman / Ian Mackay / David Roberts

– Rotary Club of Orange Calare, NSW

R.B. McPherson – Rotary Club of Glen Waverley, Vic.

Nola Vulling – Rotary Club of Echuca-Moama, Vic.

A.L. Porter – Rotary Club of Glenelg, SA

Malcolm Brownlee / Graham Shaw

– Rotary Club of Monash, Vic.

Douglas J. Costello / Richard Browne

– Rotary Club of Victoria Park, WA

John Briscoe – Rotary Club of Epping, NSW

Mel Gray / Manie Stalker / Peter de Vries / Gunther Geyer

– Rotary Club of Blacktown City, NSW

## Friends – \$100

Carol Adams Elizabeth Baldock / Kris Plath – Rotary Club of Walkerston, Qld

Doug Masterson – Rotary Club of Wagga Wagga Koorinal, NSW

Diana Leeder – Rotary Club of Darwin Sunrise, NT

J.R. Gowing – Rotary Club of Bega, NSW

Tony Andreadchio / Margaret Babington / Carolyn Burlew / Mario Di Mauro / David Harris / John Idotta / Jeanette Morgan / Philip Paul / Philip Smith / Evan Williams

– Rotary Club of Haberfield, NSW

David Brierley / John Coulthard / Wilf Morschel / Robert Rutishauser / Peter Wilson

– Rotary Club of Pennant Hills, NSW

John Dind – Rotary Club of Balgowlah, NSW

Denis D'Agnone – Rotary Club of Byford & Districts, WA

Betty Gebert – Rotary Club of Merbein, Vic.

Laurie Clothier – Rotary Club of Fitzgerald-Innisfail, Qld

Don Burvill – Rotary Club of Chester Hill, NSW

David Apps / Peter Arnheim / Esmeralda Bartola / Bob Cleary / Bob Constable / Lanny De Almeida / Alf Diggerson / Frank Drever / Kevin Fernandes / Gerald Hannan / Sue Harrison / Steve Hocking / Athol Jackson / Grant Jongebloed / Rosemary Kerr / Chris Lang / Brian McDougall / Colin McKenzie / Ivor Montgomery / Mick Noonan / Steve Papas / Evan Patterson / Mike Reiner / Cheryl Rowan / Jenene Ryan / Peter Toomey / Neville Walker / Chris Waters / Steve Webb / Peter Wilson / Peter Hadley

– Rotary Club of Pascoe Vale, Vic.

Bill Bernhardt / Sally Bishop / Gail Dendle / Frank Featherstone / Bill Forsyth / Francis Hendry / Diane Lock / Ian Lovegreen / Vicki Lovegreen / Bob Manley / Paul McBride / Julienne Morgan / Roy Parnell / Shirley Phippen / Con Romalis / Jenny Smith / Rod Smith / Trevor Stuart-Dent / John Thomson / Ruth Vumbacca / Tony Webber / Max Willis

– Rotary Club of Dee Why, NSW

Judie Greig / George Duck / Rodney Bradshaw / Patricia Wright / Jane Pearson / Rex Whitcombe / Mark Roesner / Jan Wolff / Duncan Birt

– Rotary Club of Hervey Bay

Sunrise, Qld

Leisa Asbey-Palmer / Maree Hanson / Jeffrey Graham / Peter Black / Cheryl Shepherd / Eric Grant

– Rotary Club of Grafton, NSW

Warwick Easton – Rotary Club of Five Dock, NSW

Ian Dunlop – Rotary Club of Campbelltown, SA

D.G. McDougall – Rotary Club of Hobart, Tas.

Will Rogers – Rotary Club of Roseville Chase, NSW

John Cox / James Rowe / Peter Stobie

– Rotary Club of North Adelaide, SA

Brian Bragg / Miles Mailvaganam / Claudio Puletti – Rotary Club of Wetherill Park, NSW

John Bennett / Jim Cook / Tony Debono / Michael Dyson / Giff Eardley / Kevin Fenwick / Ken Garling / Ray Glasson / Ken Humbley / Alex Hutt / John Mar / Jenny Moscrop / Hal Niemeyer / Dick Partlett / Julie Plowman / Ray Robinson / Ian Ross / Jack Stahl / Fred Williams / Phil Wood

– Rotary Club of Cronulla, NSW

Mary Vincent / B. Stevens – Rotary Club of Campbelltown, SA

Mark Murphy / Bryan Nell / Kellie Thornberry – Rotary Club of Orange Calare, NSW

Graham Abberton / Grant Besley / Neale Bourne / Reg Bunton / Laurie Corcoran / Steve Dossel / Graham Duffey / Doug Gordon / Will Grabham / Gordon Graham / Malcolm Heading / Geoff Hindmarsh / Merv Hold / Noel Klan / Trevor MacKenzie / Schalk Meintjes / Graham Norris / Graham Patterson / Geoff Thompson / Les Weis

– Rotary Club of Toowoomba North, Qld

Merna Cribb / Terry Salmon – Rotary Club of Mt. Gravatt, Qld

Jeffrey Stewart – Rotary Club of Northam, WA

Roy Shearer – Rotary Club of Townsville, Qld

James Tan – Rotary Club of Nunawading, Vic.

Richard DeGaris / Alan Bartram / Robert Cesana / Robin Hill / Robert Horn / Geoff Keynes / Julian Lugg / Rob Rodenburg / Ian Stewart / Gordon White / Russell Green / Peter Sowden / Brian Lange / Colin Fanning / Tom Owen

– Rotary Club of Hyde Park, SA

# Rotary Ride for Research \$\$\$'s



District 9810 had its first organised bike ride to conference in 1987, with just a few riders. In the early days, it was then known as "Pedlin Pete". As the idea took hold and the number of riders grew, it became the "Rotary Ride for Research Dollars" and other districts began to see the benefits of the ride, adopting the idea.

Since the early days, the ride has grown considerably, so that we now take 55 riders with 15 support crew away each year. It has covered an incredible 14,500 kms and has raised over \$400,000 for the ARHRF. The exchange students, who never thought that they would have to ride to conference, have consistently agreed it was one of the highlights of their stay in Australia.

This year, the riders – aged from 16 to 70, departed from Warburton on the 28th February, and headed down to Melbourne. We caught the ferry and traversed Bass straight to the Apple Isle (a trip to be remembered by a large number who didn't find their sea legs). In Tasmania we passed through Devonport, Frankford, George Town, Scottsdale, St Helens, Bicheno, Orford, Sorrel, Port Arthur, Richmond, & Kingston and travelled 910km on our way to

Hobart. At eight days, this was the longest Ride yet organised!

At overnight and lunch stops, we attended a number of functions with the local Rotary Clubs of each town, where we were warmly welcomed. At these meetings, a "goodwill scroll" was signed by the Mayor and other officials. This scroll was presented to the DG at the Annual Conference as a gesture of friendship.

The Event is designed to fulfil several valuable functions:

- To raise funds for the Australian Rotary Health Research Fund.
- To increase Rotary awareness and foster goodwill in the community.

■ To provide an opportunity for service and fellowship and,

■ To give encouragement and experience to the young people who participate.

The ride operates on a number of levels and also assists in the fostering of International Fellowship, Community Service and the increased awareness of Business and Service Groups. Resulting in corporate support and financial input not only for this event, but many other Rotary initiatives.

*PP Rob Henry*



## Don's Weight Loss Challenge



PDG Don Graham in his weight loss challenge over twenty weeks raised \$4,519 for the Australian Rotary Health Research Fund through the Rotary Club of Grafton, NSW. Seventy-four sponsors from Grafton business houses, community members, friends, family and Rotarians sponsored Don to lose weight at a rate per kilogram. It was a personal challenge to Don who wished to improve his own health. The Rotary Club of Grafton contributed \$500 towards the total. Don intends to lose another eight kilograms in the next few months. We wish him well!

# Community Forum

## Mental Illness

### – Coffs Harbour NSW

by Charles La Coste

Once the decision to hold a 'community forum' was endorsed by the Board it was also agreed to make this the major project for the year and as such the full resources of the club would be used to help make it happen.

After receiving the initial documentation from Club President George Cecato, I contacted the ARHRF and spoke to Cheryl Deguara the Program Co-ordinator, Cheryl provided the information booklet on how to conduct a forum together with a video of a Forum held in Sydney.

After reviewing the contents of the booklet and the video it was immediately decided to follow the suggested format and planning stages. The video was also extremely useful to show our own members exactly what we were trying to achieve; (this was done at one of our weekly meetings).

We immediately formed our organising committee and began to plan our forum.

The 'booklet' was an invaluable tool as it gave us a time line as to what stage we should be up to and when; it also provided suggestions for flier's etc.

Our planning really did not differ from the suggested format, as far as the basic set up was concerned, ie, contacting suggested groups, who to invite etc. Our major push was in the marketing and promotion of the event to our local community.

As this was to be the Club major 'community' event for the year it was agreed that limited funds would be available for advertising and promotion.

Our first promotion was a letter to "Support Groups, Medical Practitioner's, Government Agencies etc", in all 272 letters were sent out in our first mailing .

A second round of reminder letters was forwarded 10 days prior to our Forum, to Co-inside with our advertising.

Our advertising would be split mainly between newspaper and radio.

We ran two (2) advertisements a week in the main local paper on Saturday & Wednesday commencing three (3) weeks prior to forum.

We also did a single 1/2 page advertisement and article on the Friday before the forum with a news smaller community paper.

■ The ABC ran a press release about our forum exactly 7 days prior, and then requested an interview with our Key speaker 'Neil Cole' this was done on the Friday before the forum. Neil is a fantastic and very interesting speaker which I am sure also added to the promotion of the night.

■ Our local community radio daily promoted the forum (courtesy of one of our member's alias announcer).

■ Advertising time was purchased on 3 commercial FM stations, this commenced on the Thursday before forum.

It has been estimated that just over 400 people attended the night. Feed back from all who attended was excellent, of particular note was our Key Speaker Neil Cole.



## National ARHRF Bowelscan Meeting



At the Annual Meeting of the National Bowelscan Committee, held at the end of August in Sydney, two PhD scholars funded jointly by the Australian Rotary Health Research Fund and Districts 9640 and 9650 through the ARHRF Funding Partners Program, attended the meeting for a short time and gave a presentation on their research projects. The ARHRF took the opportunity of presenting both with a plaque signifying their involvement with the Australian Rotary Health Research Fund and the Bowelscan program.

From left to right - Les Rae, Chairman, National Bowelscan Committee - Francis Lam - Deepa Chauhan - Kevin Hassey, District 9640 Bowelscan Chairman - Kevin Sharp, District 9650 Bowelscan Chairman.