



www.australianrotaryhealth.org.au

UpDate

SPRING 2010

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

What's inside!



Fundraising

From Arctic expeditions to desert bike rides. Learn more about the people who support Australian Rotary Health



Scholarships

Luarna Walsh and Ashling McNally talk about their health related studies in rural and remote Australia



Research

Mental Health Week is coming up. Find out how Australian Rotary Health is supporting research into mental illness



As Australian Rotary Health nears its 30th anniversary I would like to take some time to reflect on just how far we've come.

From the idea of one man determined to support research into AIDS, to the well established charity that supports over \$2 million worth of research each year, I have to say Australian Rotary Health has come a long way.

Today, we are proud to be a catalyst for projects that improve the quality of life for people who are least able to assist themselves. Since 1985 we've funded over \$24 million on research into a broad range of health concerns and have helped hundreds of students' complete degrees in a number of health related disciplines.

This year, Australian Rotary Health has been fortunate enough to receive two government grants to help us grow our programs. The first of these grants is being used to support the administration of new mental health first aid courses that are being made available to more than 60 Rotary clubs across the country. The second is being directed towards our Indigenous scholarship program and is allowing us to reach and support even more students who are passionate about helping their communities.

This government funding not only helps us grow and maintain our programs, but it also means that more of the dollars you donate go directly to our research projects. Projects that, in turn, serve the communities that initially supported them.

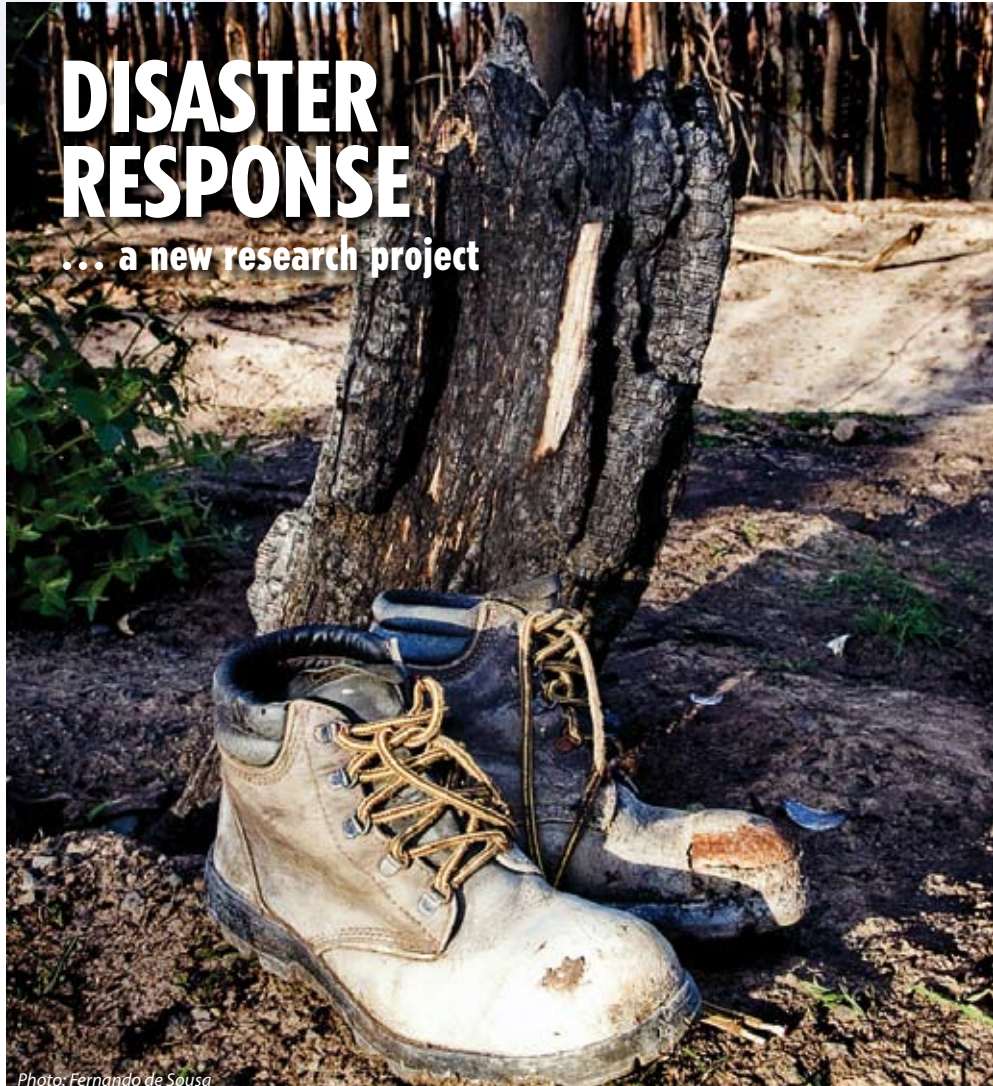
While our vision of health is broad, Australian Rotary Health continues to focus its attention on mental health research. Mental health research and services are still drastically underfunded and unfortunately, mental health issues are on the rise. Effectively managing mental health issues presents a major challenge to Australian society that is not currently being met by the Australian government. As such we see it as our duty to continue to fund these projects in an effort to help those who are least able to help themselves.

Finally, I'd like to say thank you to all of the Rotarians who have contributed time, energy and financially to Australian Rotary Health. You and everyday Australians have helped us raise almost \$2 million last financial year. And also to our researchers and scholarship recipients who are helping create a healthier Australia; we couldn't be who we are without you.

Noel Trevaskis, Chairman



Australian Rotary Health
PO Box 3455 Parramatta NSW 2124
Phone 02 8837 1900
admin@australianrotaryhealth.org.au



DISASTER RESPONSE

... a new research project

Photo: Fernando de Sousa

The February 2009 bushfires had a devastating effect on Victoria. 173 lives were lost leaving 16 children orphaned and many more injured and traumatised. Over 450,000ha were burnt out, including 40 townships, and more than 350,000 buildings were destroyed, with 2059 homes lost.

Disasters of this magnitude have long-term effects on the mental health and social functioning of populations in affected areas. Studies to date have focused on posttraumatic stress disorder, depression and substance abuse.

However, natural disasters such as bushfires assault not only the psychological and physical health of individuals, but also the social infrastructure of communities. This can cause the loss of social relationships that link individuals formally and informally to each other and within social groups.

To help address these issues, Australian Rotary Health has joined with The Jack Brockhoff Child Health and Wellbeing Program, the McCaughey Centre, the University of Melbourne, and other community partners to engage in a research program that will address community health and wellbeing in the context of bushfires. Rotary Districts 9500, 9600, 9710 and 9750 have each generously contributed \$5,000 to help fund this initiative.

The research will be conducted over five years and will provide new insights into the interplay between individual and community factors and their influence on recovery from natural disasters over time. This will help provide a model for future partnerships in an effort to maximise preparedness, resilience and recovery from other natural disasters.

mental health: it's everybody's business

Every eight minutes someone in Australia attempts suicide. Deaths from suicide account for more deaths per year than road accidents, yet as a community we remain largely ignorant of the signs that suggest someone is suffering from a mental health problem.



In 1997, Professor Anthony Jorm and his wife Betty Kitchener were struck with the realisation that traditional first aid courses lacked training in one of the most common health emergencies faced by many Australians; suicide.

"First aid courses teach you how to deal with emergencies like someone having a heart attack, or getting bitten by a snake," says Tony. "However, these emergencies are not common. On the other hand, mental health problems and crisis situations like someone being suicidal are much more likely," he explains.

So in 2000, Betty, a first aid trainer for Red Cross and Tony, a mental health researcher, started Mental Health First Aid (MHFA) as a community service activity. Tony says the concept of MHFA is similar to conventional first aid, but covers developing mental illnesses and mental health crisis situations.

With mental health problems being so common, affecting one in every four adults every year, almost everyone in the community is going to either be personally affected or have close contact with someone who is. This makes mental health "everybody's business," Tony explains.

Supported by Australian Rotary Health, Rotary Clubs around Australia have held over 550 Community Mental Health Forums with many communities now more aware of mental health issues.

However, a recent Community Mental Health Evaluation Report showed that many communities have

an interest in supporting preventative concepts that will help those who may be at risk of developing a mental health problem. To assist in meeting this demand, Australian Rotary Health has teamed up with MHFA to offer a series of mental health first aid workshops across Australia.

Just like medical first aid, mental health first aid is help given to someone who is at risk of developing a mental health problem or who is experiencing a mental health crisis. Aid is given until appropriate professional treatment is received or until the crisis resolves.

According to Tony, learning mental health first aid is a great way for Rotary clubs to demonstrate care for their communities. "We need to have a whole-of-community response to mental illness, where everyone has some ability to support others who are affected," he explains.

The Mental Health First Aid Action Plan

By completing a MHFA course you will learn how to:

- 1 Approach the person, assess and assist with any crisis
- 2 Listen non-judgmentally
- 3 Give support and information
- 4 Encourage the person to get appropriate professional help
- 5 Encourage other supports

For more information:

Please contact Cheryl Deguara, Programs Co-ordinator, on 02 8837 1900 or email cheryldeguara@australianrotaryhealth.org.au

SINGING CYCLISTS RAISE \$17,500 FOR MENTAL HEALTH



Dubbed the Red Heart Ride, the initiative raised over \$17,500 for Australian Rotary Health and thanks to the beautiful voices of Harper, Griffin and Bull, members of leading vocal group The Australian Voices (TAV), the event has helped get people talking about mental illness.

"Music makes a beautiful contribution to our quality of life

and research shows this can be even more so for people living with mental illness," said Harper, who became interested in mental illness after volunteering for a number of years at Rosie's Street Mission in Brisbane.

Sponsored by Ausenco, sporting store 2XU, and receiving support from local health professionals and Rotary clubs along the way, the

ARCTIC EXPEDITION RAISES A COOL \$105,000

On April 21, Tim Medhurst, Jon McCarthy and Don MacDonald were the 18th, 19th and 20th Australians to visit the North Pole. If that feat wasn't extraordinary enough, the trio also raised over \$105,000 for Australian Rotary Health to help fund research into bipolar disorder.

In Australia, it is estimated that bipolar disorder affects approximately 200,000 people. Despite its seriousness and prominence, a staggering 70% of all patients are misdiagnosed and one third wait more than 10 years before a correct diagnosis is made.

According to Dr Tim Silk, Research Fellow at Murdoch Children's Research Institute, it is during this 10 year gap that those suffering from the disorder are most unnecessarily disadvantaged and vulnerable. "It is an appalling waste

On June 2, Alex Harper, Scott Griffin, Dave Bull and Dave Moran set off on a 3,500km cycle through outback Queensland in an effort to raise funds and awareness for mental health research.



young men are thrilled with the success of the ride.

"Donations continue to come in and thanks to some especially generous donations, we now have over \$17,500 for Australian Rotary Health to support their mental health research," said Harper.

Big thanks to the boys and all their supporters for their fantastic efforts!

BOB McCALLUM LAID TO REST

Rotarian Bob McCallum was laid to rest on June 2, 2010, after a lifetime of service to his community. Bob, much loved husband of Paddy, father of Andrew, Paul and Ann and grandfather to six lovely grandchildren will be fondly remembered and missed by all.

Australian Rotary Health has lost one of its great champions following the death of Kurrajong resident Bob McCallum, who passed away May 27, 2010.

An outstanding Rotarian, Bob was a man with a fine social conscience. A Paul Harris fellow, Bob was a member of the Rotary Club of Kurrajong/North Richmond and was passionate about developing local services and facilities within his community.

Known for his drive and determination in brining banking "back to this side of the river", securing \$625,000 from local investors to establish the Bendigo Community Bank in North Richmond, Bob is also fondly remembered for his passion for helping younger intellectually and physically disabled residents and their families.



"What a life it was, it was jam-packed in every decade with more experiences than many of you could imagine," said Bob's daughter, Anne. "We are immensely proud of our dad and the life he led and what he created from extremely humble beginnings."

Bob was the key motivator for the Opal Cottage Project, enabling joint venture between Richmond Club and Northwest Disability Services, which was kicked off with seed-funding of \$200,000 from the North Richmond Community Bank.

Despite undergoing dialysis at Nepean Hospital three times a week for a number of years, Bob's tireless community spirit continued to shine in his role as a local co-ordinator for the Relay for Life, member of the Community Board of Advice at Hawkesbury District Health Service and Vice Chairman of the Grose Vale Hall Committee.

Bob was also committed to improving health through research in Australia. He had an Australian Rotary Health Funding Partner Scholarship named after him and two other Rotarians affected by diabetes; Rodney Tilden and Ted Atkinson. The Kidney Research Scholarship was awarded to University of Sydney PhD student Owen Tang in 2009 for research into endothelial cells which play a critical role in the progression of kidney disease. The scholarship received funding from the Rotary Clubs of Kellyville, Dural, Kurrajong/North Richmond and Gladesville.

Survived by his wife Paddy, their children Andrew, Paul and Ann, and their families, Bob will be remembered for his unwavering contribution to his community. Bob's daughter Anne gave the eulogy on behalf of the family and highlighted the essential support of his wife Paddy in helping him achieve so much.

It is certain that Bob's contribution to the community will be sorely missed. He will be long remembered for his passion and commitment to changing the world under the guiding principle of service above self.

DONATING TO CANCER RESEARCH?

Australian Rotary Health and Cancer Australia have created a new partnership that allows donors to support specific cancer research projects.

If you have been donating to cancer research through Australian Rotary Health, you can now nominate an area of cancer that you would like to support. Best of all, 100% of your donation goes directly to fund research, no administration costs apply.

For more information, please read the flyer included in this newsletter. All donations over \$2 are tax deductible.



"Fifty kilometers doesn't sound far, but when the ice is floating at 14km a day away from the pole, we had to keep up a fair pace"
Tim Medhurst

of human potential and a major public health burden," explains Dr Silk. "In fact, in Australia the disorder has an economic cost amounting to \$1.59 billion," he says.

In an effort to reduce both the human and economic cost of bipolar disorder, Dr Silk established the Bipolar Expedition, a not-for-profit initiative created to raise awareness and funds for research into bipolar disorder. Part of the fundraising activities included a five day expedition to the North Pole, led by experienced glaciologist, Tim Medhurst.

Joining veteran polar trekker Eric Phillips of Icetrek, the trio started their journey at Longyearbyen, a small Norwegian mining town on an island just north of the Arctic Circle. The group then journeyed 50km across pack ice to reach the North Pole.

"Fifty kilometers doesn't sound far, but when the ice is floating at 14km a day away from the pole, we had to keep up a fair pace," says Tim. No easy feat in ice that is breaking up under your feet while battling temperatures below -30C.

Thanks to the determination and drive of the entire Bipolar Expedition Team, over \$105,000 was raised to fund research into bipolar disorder. The first project to be funded is being conducted by Dr Andrew Gibbons, a molecular neuroscientist at the Mental Health Institute of Victoria, and is assessing the changes in the level of tumour necrosis factor (TNF) in patients with bipolar disorder.

Caring for her community

Growing up on Palm Island, a tropical island 65km north-west of Townsville, Luarna Walsh has always been interested in caring for her community. Working first as a day care assistant, then with homeless youth in Townsville, it was when Luarna began working in aged care that she realised a career in health was something she really wanted to do.

In August 2009, Luarna and her one year old adopted daughter, Germaine, moved to Batchelor - a small regional town 100km south of Darwin - to begin studying a Bachelor of Nursing degree. Luarna was one of only five students in the Northern Territory to be granted an Australian Rotary Health Indigenous Health Scholarship to help fund her studies at the Batchelor Institute.

While studying a health degree can be expensive, Luarna is able to use her scholarship to help bridge the gaps. "The scholarship helps me pay for textbooks and medical equipment - like the stethoscope and blood pressure monitor - that I had to buy as part of my degree," says Luarna, who also works part time at a local aged care facility.

Thanks to the support she receives from her scholarship, Luarna is able

to focus on her studies. And the effort has certainly paid off; Luarna was awarded two high distinctions in her first semester.

"I really got into human biology. I always had a thirst for knowledge in the scientific field and always wanted to know more. So learning about how things work in the human body, and how one little thing can make the whole body go off balance, really intrigued me," she reveals.

Passion and excitement aren't far from the surface when talking to Luarna about her future. Due to graduate in 2012, the dedicated student "can't wait" to get started in her career.

"I did a placement up at Darwin hospital and there are a lot of Indigenous people up there. People

"Indigenous patients were so happy to have me there to attend to their needs, which is exactly what I want - to do something for my people"
Luarna Walsh



were asking whether I was going to be a nurse and were all excited and proud. Indigenous patients were so happy to have me there to attend to their needs, which is exactly what I want - to do something for my people," she explains.

Luarna plans to complete her postgraduate placement year in Darwin before returning home to Palm Island. "I want to focus on nursing in Indigenous communities,"

explains Luarna. "When I did the placement in Darwin it really reaffirmed that this was the career for me. Working with and helping my people, that's what I really want to do with my life," she says.

Australian Rotary Health wishes Luarna the best of luck as she continues her studies and looks forward to more outstanding results. Well done Luarna!

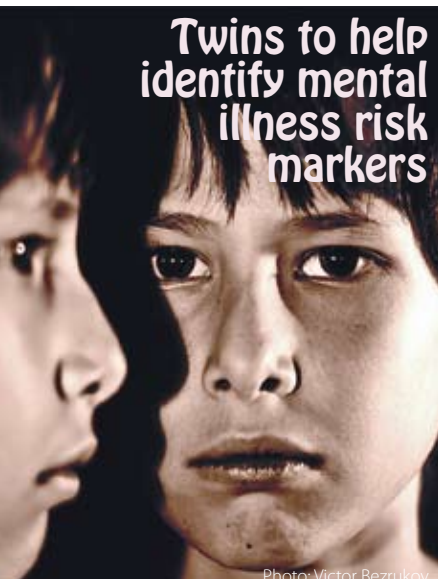
Australian Rotary Health offers scholarships to selected students like Luarna who are helping pave the way towards better health outcomes for Indigenous Australians. Each student is granted a scholarship of \$5,000 a year to put towards their living and education expenses. Half of this amount is funded by the Government and half by Rotary Clubs around Australia.

Get involved!

By getting your club involved you too can help make a difference to Indigenous communities in Australia. You can participate by donating to help support a student for a year, or you can participate in our new Indigenous Health Mentor program.

By becoming involved in a student's life, not only can you come to understand the amount of hard work that goes into graduation from a health based degree, but you can use your knowledge to help guide a student through what is a very challenging and rewarding period in their life.

For details: contact Cheryl Deguara, Programs Co-ordinator, on 02 8837 1900 or email cheryldeguara@australianrotaryhealth.org.au



Twins to help identify mental illness risk markers

Photo: Victor Bezrukov

Can you help?

Researchers are seeking healthy twins for a study into reduced wellbeing risk markers that could help prevent the development of mental illness.

Reduced wellbeing is a hallmark of risk for a variety of psychiatric disorders.

The Emotional Wellbeing study is seeking to identify the risk markers of reduced wellbeing by studying 1,500 healthy identical and fraternal twins over the next few years.

By identifying these markers, individuals could be targeted for early preventative health strategies before illness develops.

The researchers, from the Brain Dynamics Centre at the Westmead Millennium Institute in Sydney, plan to test a range of possible factors, including saliva analysis (for genetic risk markers); stressful life events; brain risk markers (assessed using MRI and EEG brain scans); and personality risk markers.

By comparing identical and non-identical twins, they aim to assess the relative contribution of genes versus environment, and how they might provide a focus for future preventative health regimens.

The researchers are seeking healthy twin pairs, aged 18 to 60 years, to participate in the study. For more information or to express interest, please contact the Australian Twins Registry (ATR) on free-call 1800 037 021 or email enquires@twins.org.au.

Depressed?

Are you depressed, aged 18 - 65yrs and considering starting antidepressant medication?

The Brain Dynamics Centre (Westmead Hospital), are conducting a study for the treatment of Major Depressive Disorder which will provide you and your General Practitioner reports on your symptoms, the severity of your illness and your brain function. These reports are part of the iSPOT-D research that is looking at optimising treatment response for antidepressant medication.

Help make a difference.
Call 1800 645 070 or email ispot-d@brain-dynamics.net.

Participants will be reimbursed for reasonable expenses.

New treatment for depression on the horizon?

It's predicted that by 2020, depression will be the leading cause of disability in younger adults worldwide. This is a significant health issue that needs to be addressed. Thankfully, researchers like Professor Michael Berk are finding new ways to understand and tackle one of the world's most common health problems.

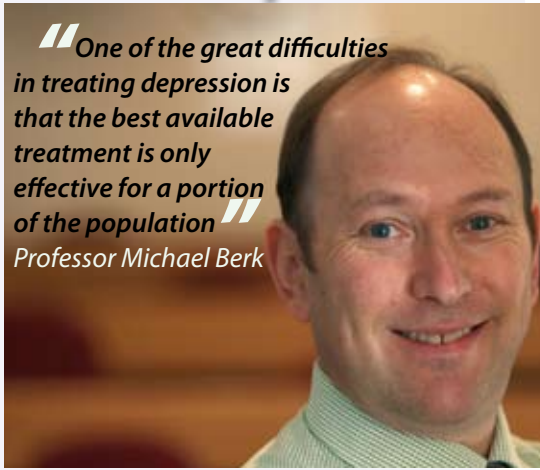
Depression is a common health problem in Australia. However, despite the availability of a number of different types of antidepressants, the condition is known to be associated with poor remission rates.

According to Professor Michael Berk, Chair of Psychiatry for Barwon Health and The Geelong Clinic at the University of Melbourne, the illness burden and socioeconomic costs of depression are high due to the often suboptimal response to common treatments.

"One of the great difficulties in treating depression is that the best available treatment is only effective for a portion of the population," says Professor Berk. "Only between 60 and 65% of people will respond to antidepressants with a 50% reduction of symptoms, and of those only 20-30% will go into remission. This leaves a large number of people who are treated that still experience a considerable burden of disease."

Through his research on using N-Acetyl Cysteine (NAC) - a derivative of naturally occurring amino acid L-cysteine - to treat schizophrenia, Prof Berk believes that NAC has a role to play in a number of areas of mental illness.

"One of the great difficulties in treating depression is that the best available treatment is only effective for a portion of the population"
Professor Michael Berk



"We started off looking at NAC in relation to its effect in treating schizophrenia. It had a number of benefits, with people in the study telling us they simply 'felt better'. We then studied its effect on bipolar disorder, and saw a significant improvement in depression. That's why we wanted to know whether NAC affected unipolar depression. It's a very interesting compound and is relevant in a range of disorders, including, we think, autism," says Prof Berk.

Early results from the study, which has been funded by Australian Rotary Health - one of the largest independent health research funds in Australia - indicate that NAC may be efficient in treating depressive symptoms.

"It has been reported that there are changes in the level of antioxidants in people with major depression," says Prof Berk. "This may be causing increased oxidative stress in the brain and when oxidative stress is present there is the potential for brain cells to be damaged. It's believed that this situation may be involved in the symptoms of major depression," he explains. NAC increases glutathione, the body's principal antioxidant.

To combat this, Prof Berk expects that by increasing the level of glutathione in people suffering from depression will help reduce oxidative stress and the subsequent damage it causes. "NAC is a safe, tolerable and affordable option, with the added appeal of being a nutraceutical agent," he says.

The trial will not only assist in providing a potential new target for future therapies, but may also further understanding in the underlying causes of the symptoms of major depression. Ultimately, Prof Berk's research aims to assist in providing better outcomes for people who have major depression so that they can live their lives to the fullest.

A 'hands on' year in rural Victoria

From a very young age, Ashling McNally knew she wanted to work in healthcare. Fascinated with the human body and fuelled by a strong desire to help people, Ashling told her family GP at the age of seven that she wanted to be a doctor, "just like him" when she grew up.



Now aged 26, Ashling has just completed a rural medical placement in Shepparton, Victoria. Initially trained as a Physiotherapist, Ashling spent her undergraduate years in large, busy, city hospitals and was eager to explore studying and working in the practical environment Shepparton was offering.

"I was keen to experience studying and living in a rural area so I could make a more informed decision about where to work after I graduate," explains Ashling. "I'm a 'hands-on' learner, and I felt that a smaller, rural hospital would offer more opportunities for patient contact, practicing procedural skills and a closer working relationship with the hospital staff."

"The people in Shepparton were very generous with their time and stories... There was a wonderful attitude of 'everyone has to start somewhere' that I haven't come across in the city before," Ashling McNally.

Spending a year at the Goulburn Valley Base Hospital, Ashling certainly received the hands on experience she was looking for, spending time in the general medical ward, the general surgical ward, and the emergency department. "I have also seen outpatients in hospital clinics, private practices and at Rumbalara, the local Aboriginal Health Service," she explains.

Ashling found that the support she received from her Australian Rotary Health Rural Medical Scholarship helped ease the financial strain

of relocating to the country. "The scholarship allowed me to pay rent and purchase a reliable car without having to increase part-time working hours," says Ashling. "This meant that I could spend more time getting to know my new home city of Shepparton and engaging in local community activities."

Connecting with the Shepparton community was something Ashling did well, taking time out of her busy schedule to speak at Rotary meetings, raise funds for the Goulburn Valley Base Hospital Auxiliary fund, participate in the 'Clean Up Shepparton' day and play in the local netball competition.

The goodwill was returned by her patients, who never minded having a student involved in their medical care. "The people in Shepparton

were very generous with their time and stories and also very patient with us," says Ashling. "There was a wonderful attitude of 'everyone has to start somewhere' that I haven't come across in the city before," she explains.

For Ashling, spending a year in Shepparton certainly demystified rural life. "I learnt that while studying or working within a smaller community often means the loss of anonymity, the country lifestyle benefits far outweigh this. Not having to commute to work in a traffic jam, being able to go for a jog by the Goulburn River to unwind, the fresh local produce available and the generosity of the community are all strong reasons to consider working in the country in the future," she says.



leading youth mental health expert, Professor Patrick McGorry, will be the guest speaker at this year's event.

A leading advocate for mental health reform, Prof McGorry is the Executive Director of Orygen Youth Health, a world-renowned mental health organisation that targets the needs of young people with emerging serious mental illness. He is also the founding member of *headspace*, the National Youth Mental Health Foundation.

Prof McGorry's extraordinary 27-year contribution to the improvement of the youth mental health sector has transformed the lives of tens of thousands of young people the world over. He strongly believes that early intervention offers the greatest hope for recovery and therefore is excited to come and talk with our guests about mental health issues in Australia.

In addition to Prof McGorry's enlightening address, guests will be able to meet and greet many of our current researchers who are paving the way towards a healthier minds, bodies and communities for Australians from all walks of life.

Please join us, with Master of Ceremonies Mike Bailey, as we celebrate another wonderful year of achievements.

With Christmas just around the corner it's time to get ready to celebrate... at Australian Rotary Health's annual Christmas Dinner!

Thanks to our generous supporters, Australian Rotary Health has raised \$1.635m this past financial year.

Now it's time for us to join and celebrate our achievements with a sumptuous three course dinner at the Epping Club.

We are delighted to announce that 2010 Australian of the Year and

Ho, ho, hope you can make it

When: Wednesday, 8th of December from 6:30pm

Where: The Epping Club, Rawson Street, Epping.

To book your ticket, please contact Jenny Towe on 02 8837 1900 or email jennytowe@australianrotaryhealth.org.au



Next year is Australian Rotary Health's 20th Awareness Race Day. Come join us for a spectacular day at the races as we raise money for health research.

Over 600 people attended Australian Rotary Health's Racing for Research Day this year, helping us raise over \$30,000 for mental health research.

One regular Race Day aficionado, Parramatta Lord Mayor Cr Paul Garrard, had such a great time he told Australian Rotary Health he wouldn't miss next year's event "for quids."

According to Cr Garrard, fun was had by all. "This year's occasion was fabulous and well attended; everyone was attached to the theme of the day and having a good time."

If you missed out on this year's frivolities, or would like to ensure your place at our 20th annual Race Day, now is the time to book your ticket!

Held at Rosehill Gardens on Saturday, 21st of May 2011, you, your family and your friends can enjoy a lavish meal in the magnificent Grand Pavilion, all while helping raise funds for health research. Ticket price includes entry, a three course lunch, beer, wine and soft drinks.

To find out more

contact Jenny Towe on 02 8837 1900 or email jennytowe@australianrotaryhealth.org.au

Charity golf day hits the sweet spot

Fancy a round at one of Australia's top courses?

Australian Rotary Health is hosting its 5th annual charity golf day at Riverside Oaks on Friday the 4th of March, 2011

Australian Rotary Health is pleased to announce it will be holding its 5th Charity Golf Day at the prestigious Riverside Oaks golf course again next March.

In a repeat of what was a wonderful day this year, our 2011 Golf Day is set to be just as spectacular so make sure you get in early for your chance to enjoy a day on the green while helping us raise money for research.

Whether you see yourself as a shark or as somewhat more of an amateur, the Riverside Oaks 18-hole par 72 championship course is designed for golfers of all standards. With a reputation for quality that rates it amongst the top courses in Australia, the 6,311 metre long course is immaculately presented with expansive greens and world class facilities, all set in a quiet, natural bushland setting.

By supporting Australian Rotary Health at its charity golf day, you not only get to enjoy a fantastic round of golf and lavish dinner, but you also get to meet some of our local Ambassadors and be in the running to win some fantastic prizes.

Greens fee is \$200 and includes pre-dinner drinks at the 19th hole, a three course meal and refreshments throughout the day. Dinner only tickets are \$60; Golf only tickets \$140. Golf widows are welcome.



Sign me up!

Where:

Riverside Oaks golf course, Cattai.

When:

Friday, 4th of March, 2011

For more information, please contact Terry Davies on 02 8837 1900 or email terrydavies@australianrotaryhealth.org.au

Friends & Companions

Cumulative donations
from February 2010-June 2010

Ruby Companions – \$20,000

George Dee
Rotary Club of
Acacia Ridge, Qld

Gold Companions – \$10,000

Frank Gleason
Rotary Club of Belrose, NSW

Robert Erskine
Rotary Club of
Gladesville, NSW

CR Acton
Rotary Club of Salisbury, Qld

John Henshall
Rotary Club of
Edwardstown, SA

Faye & John Browne
Rotary Club of Richmond, Vic.

John W. Ellis
Rotary Club of
Pennant Hills, NSW

Companions – \$5,000

Paul Wynn /
Connie Netterfield
Rotary Club of
Gladesville, NSW

Colin Gray
Rotary Club of
Parramatta City, NSW

June Norris
Rotary Club of
Bendigo South, Vic.

GF & NE Roberts
Rotary Club of Waverley, Vic.

John Gibbs
Rotary Club of
Liverpool West, NSW

Michael Ball
Rotary Club of Toowong, Qld

Phillip Stanton
Rotary Club of
Pennant Hills, NSW

Diamond Friends – \$2,500

Aub Bruniges
Rotary Club of Picton, NSW

Bruce Crossley
Rotary Club of Brighton, Vic.

Adrian Ivory
Rotary Club of Ayr, Qld

Ben Beresford
Rotary Club of Prospect, SA

Chan Carroll
Rotary Club of Central
Blue Mountains, NSW

AK Cooper
Rotary Club of Canberra, ACT

Ray Reed
Rotary Club of Waverley, Vic.

John Hinton
Rotary Club of
South Brisbane, Qld

Susan Baldock
Rotary Club of Woy Woy, NSW

Bryan Martin
Rotary Club of Belmont, WA

Platinum Friends – \$2,000

Don Whatham
Rotary Club of
Nelson Bay, NSW

Frank Lean
Rotary Club of Bendigo, Vic.

JF Wood
No Club, NSW

Edgar Marchant
Rotary Club of
Brisbane West, Qld

Roma Sinclair
Rotary Club of Grenfell, NSW

Glenn Wran
Rotary Club of
Haberfield, NSW

Philip Arthur Kleinig
Rotary Club of Adelaide, SA

Garry Fenner
Rotary Club of Hamilton, Qld

Bruce Reid
Rotary Club of Bendigo, Vic.

Roy Hilton
Rotary Club of
Wetherill Park, NSW

Barry Adams
Rotary Club of
Acacia Ridge, Qld

David Blackwell
Rotary Club of Lindfield, NSW

Jan Harbison
Rotary Club of
Ashgrove / The Gap, Qld

Silver Friends – \$1,000

R. Hardcastle
Rotary Club of Carlton, Vic.

Ian Ezergailis
Rotary Club of
Tuggerangong, ACT

Barry McConville
Rotary Club of Padstow, NSW

Cheryl Deguara
Rotary Club of Menai, NSW

John Spath
Rotary Club of Terrigal, NSW

Alan G. Jackson
Rotary Club of Moruya, NSW

WB Mann OAM
Rotary Club of Chinchilla, Qld

MJ Elligate
Rotary Club of Carlton, Vic.

Alistair Law
Rotary Club of
Dingley Village, Vic.

Elizabeth Dunn
Rotary Club of Eden, NSW

Bente McDonald
Rotary Club of Walkerston, Qld

Jean Wyper
Rotary Club of Laurieton, NSW

Diana Leeder
Rotary Club of
Darwin Sunrise, NT

Rosemary Everett
Rotary Club of
Canberra Sunrise, ACT

BA & ER Sorrell
Rotary Club of
Holdfast Bay, SA

Joan Daniels
Rotary Club of
Brighton North, Vic.

S Webb
Rotary Club of Charlton, Vic.

Bronze Friends – \$500

Jacqui Hatziavalamis
NT, No Club

Neil Byers / Hugh Heap
Rotary Club of
Hawkesbury, NSW

Ray Riehm
Rotary Club of Box Hill, Vic.

Joanne Schilling
Rotary Club of
Darwin South, NT

Mrs AM Geary
Rotary Club of Brighton, Vic.

Nannette Stevenson
Rotary Club of
Orange Daybreak, NSW

Nevin Hughes
Rotary Club of Grenfell, NSW

Geoff Brearley
Rotary Club of
Brighton North, Vic.

Phillip Stanton
Rotary Club of
Pennant Hills, NSW

Bob Hoskins
Rotary Club of
Nunawading, Vic.

Ted Bett
Rotary Club of Armadale, WA

Norman J Winn
Rotary Club of
Maryborough, Qld

Russ Higginbotham
Rotary Club of Jindalee, Qld

Planning on it!

Australian Rotary Health has recently announced a new Workplace Giving program.

Operating through an employer's payroll system, Workplace Giving provides employees with a tax effective way to donate money on a regular basis to one or more deductible gift recipient charities. Better still, Workplace Giving helps employers create community-business partnerships and build employee morale with ease and efficiency.

If you would like to know more, please contact Terry Davies, Corporate Manager, on 02 8837 1900 or email terrydavies@australianrotaryhealth.org.au

Joan Allen
Rotary Club of Yenda, NSW

Arthur L Porter
Rotary Club of Glenelg, SA

Robert P Motteram
Rotary Club of Adelaide, SA

Garth Willey
Rotary Club of Wandin, Vic.

Peter Gartshore
Rotary Club of
Acacia Ridge, Qld

Keiran Slattery
Rotary Club of
Wetherill Park, NSW

Neville Hodgson
Rotary Club of
Hunters Hill, NSW

Allan D Callow
Rotary Club of
Orange Calare, NSW

Donald Freeman
Rotary Club of
Gerrington Sunrise, NSW

Lorna Hillier
Rotary Club of Corryong, Vic.

John Salmon
Rotary Club of
Chester Hill, NSW

Ashley Thomas /
Chris Hunter / Jim Kyan
Rotary Club of
Wetherill Park, NSW

Terry Jones
Rotary Club of Glenelg, SA

Martin Shanny
Rotary Club of Laurieton, NSW

David Clark
Rotary Club of Berry
Gerrington, NSW

M & J Lewis
Rotary Club of
Campbelltown, SA

Paul Killoran
Rotary Club of Jindalee, Qld

KN Bainbridge
Rotary Club of Liverpool, NSW

Charles A Beurle
Rotary Club of Wagga Wagga
Koorringal, NSW

Colin Holmes
Rotary Club of Canberra, ACT

Bob Laslett
Rotary Club of Forest Hill, Vic.

Kenneth R Hall
Rotary Club of
Tamworth, NSW

Alan R Cowan
Rotary Club of Taree, NSW

Alf Osbourne
Rotary Club of Preston, Vic.

Peter Johnston
Rotary Club of
Cairns West, Qld

Ray Hirst
Rotary Club of
Albany Port, WA

Barry Need
Rotary Club of Morialta, SA

D Langworthy
Rotary Club of Endeavour
Hills, Vic.

David Firth / Jack Reid /
Don Burvill

Rotary Club of
Chester Hill, NSW

Malcolm S Elliott
Rotary Club of Adelaide, SA

Terence McCann
No Club, Vic.

Ronald Taffa
Rotary Club of Ryde, NSW

Alan Crane / Helen Syrmalis
Rotary Club of
Wetherill Park, NSW

PDG Russ O'Malley presents George Dee's wife Lyn with George's Ruby Companion award at a meeting of the Rotary Club of Acacia Ridge



Friends & Companions

T & M Levecke
Rotary Club of Bendigo South, Vic.
 Ron Butler / Ron Gibson / Bob James / Laurence Lapalud / Colin Robinson / Earle Russ / Bernie Scotford / Geoff Smith / Don Smith
Rotary Club of Acacia Ridge, Qld
 Denis A Booth
Rotary Club of North Sydney, NSW
 Don Kennett
Rotary Club of Encounter Bay, SA
 Col Dziejewski
Rotary Club of Emerald Sunrise, Qld
 Darryl Parslow / Alfons Cuijvers
Rotary Club of Flagstaff Hill, SA

Friends

– \$100

Royce Allan / Brian Becconsall / Tony Bracken / Ian Cameron / Fred Clarke / Bob Cleland / Karen Cosh / Meyrick Croker / Jim Dalton / Brian Duddington / Andree du Preez / Michael Fitzgerald / Nelson Ganhao / Ray Giarola / Marian Greaves / Geoff Haigh / Ray Hartzenberg / Ted Horsbrugh / Kerri Horsbrugh / Ian Hutcheson / Alan Johnston / Ian Kilpatrick / Des Knight / Carol Koser / Taso Kouvaras / David Lock / Paul McLaughlin / Colin Melvin / Joan Moloney / Ian Nave / Bill Orford / John O'Rourke / Tim Richards / Bob Rogers / Michael Price / Jack Rynn / John Smith / Brian Stevens / Laurie Warnick / Ken Wasley / Bill Waterfield / Lance Weller / Barry Wheeler / Henry Zehr
Rotary Club of Kenmore, Qld
 Ray McLeod-Dryden
Rotary Club of Box Hill, Vic.
 Graham Huckel
Rotary Club of Menai, NSW

Richard Archer / Phillip Loone / Janice Johnstone / Peter Hoyle / Tim Flanagan / Michael Boyd / Josh Holyman / Corey Hogarth / Greg Knight
Rotary Club of Longford, Tas.
 Pauline Smith / Max Jorgenson
Rotary Club of Emerald & District, Vic.
 BH Finch
Rotary Club of Wagga Wagga, NSW
 Rob & Joy Curnow
Rotary Club of Lakes Entrance, Vic.
 Richard J. Seeley
Rotary Club of Balwyn, Vic.
 Michael Bowman / Valerie Giffen / Adrienne Veale
Rotary Club of Blakiston, SA
 Christopher Chapman / Brett Mitchell / Mike Molins / Tracey Rohan / Jennifer Schroder / Richard Schroder / John Warren
Rotary Club of Manly Sunrise, NSW
 Shaughn Forbes / Russ O'Malley
Rotary Club of Ashgrove/The Gap, Qld
 Greg Dean
Rotary Club of Phillip Island & San Remo, Vic.
 O Shelton / R Kuss / HJ Licht / J Bando
Rotary Club of Bentleigh Moorabbin Central, Vic.
 Dario Poles
Rotary Club of Penrith Valley, NSW
 Leon Bates
Rotary Club of West Footscray, Vic.
 Chris Lobb / Keith Engelsman / Eve Balcomb / Jenny Schneider
Rotary Club of Grenfell, NSW
 Peter Lewtas / Ken Wall
Rotary Club of Templestowe, Vic.
 Robert Minch / Mike Walsh
Rotary Club of Muswellbrook, NSW

Ken Jeffery / David Knights / Trevor McGuirk / Lynne Sowerby / Michael Steer / Paul Willoughby / Felix Cabrera / Iain Patrick / Robert Hill / Kate Thomson / Ron Malcolm / Mark Ramsey / Isobel Redmond
Rotary Club of Stirling, SA
 Brian Chung / Caroline Chung / Kamal Ramchandani / Mark Rosenberg / Sue McKenzie / Roy Maggio
Rotary Club of Gladesville, NSW
 Scott Atkinson / Chris Roach / Peter Kirsop / Joan Latter / Ron Welsh / Bob Wheadon / Barrie Pilgrim / Adrian Roach
Rotary Club of East Maitland, NSW
 Alan Biggs / Patrick Cook / Ray Crompton / Ken Ryan / Ian Simpson
Rotary Club of Kenmore, Qld
 Sarah Bracegirdle / Alan Briggs / William Carlton / Bruce Havilah / Matej Nvota / Russel Whitelaw / Glyn Denison
Rotary Club of West Perth, WA
 Michael Bradley / Bruce Callaway / George Green
Rotary Club of Pennant Hills, NSW

Keith Van Der Linden
Rotary Club of Kenwick, WA
 Terry Delatorre
Rotary Club of Chester Hill, NSW
 A/Prof Melanie Zimmer-Gembeck
No Club, Qld
 Bruce Allen / John Barker / Mike Blair / Geoff Duffy / Phil Dunn / Ross Hood / Peter Marcer / Terry O'Mara / Rod Williamson / Ron Marcus
Rotary Club of Castle Hill, NSW
 Bruce Cairns
Rotary Club of Palm Beach, WA
 Dennis Head
Rotary Club of Jindalee, Qld
 Tim Bray / Andrew Gallop / Jen Hill
Rotary Club of Bayswater, Vic.
 Patrick Hartley
Rotary Club of Lilydale, Vic.
 Stuart Cottrell / Tony Gray / Paul Hanson / Phil Hargins / Richard Matson / Sharon Miller / Peter Milne / Bob McKinnon / Selena Palmer / David Pretorius / Heather Sheppard / Wendy Summers / Don Wigan / Susan Wurst
Rotary Club of Central Launceston, Tas.

Jan Sheehan
Rotary Club of Morialta, SA
 Peter Heinjus / Pam St. Claire / Colin Brown
Rotary Club of Flagstaff Hill, SA
 Jim Nixon / Matthew Bourke
Rotary Club of Jindalee, Qld
 Ian Wakefield
Rotary Club of Emerald & District, Vic.
 D Duncombe
Rotary Club of Cairns Sunrise, Qld
 Jill Abrahams / Werner Beeh / Major Bruce Carpenter / Frank Devine / Jenny Harrison / Clive Mellor / Telusila Motuliki / Alan Page / Max Prince / Dennis Poole
Rotary Club of Dee Why Warringah, NSW
 Lorraine Grant / Margaret Goldman / Elizabeth Fenton
Rotary Club of Beecroft, NSW
 Keith Atkinson / Rob Byrne / Rhonda Dunkeld / Brian Heath / Sue Makings
Rotary Club of Grafton, NSW
 Douglas Gorry
Rotary Club of Darwin South, NT
 Garry Horvai
Rotary Club of Pennant Hills, NSW

Your greatest gift



Thinking about making a Will can be a daunting process. However, by making a Will, not only can you ensure your estate will be handled the way you intended it to be, but you also have the opportunity to ensure your memory lives on through the support you provide to your family and your community.

Including a bequest in your Will is one of the easiest ways you can continue to support your community after your death. By bequeathing to your favourite charity you can also benefit from having access to your funds or property during your lifetime, resulting in less strain on you and your family.

Thanks to the generous support of Rotarians across Australia, Australian Rotary Health has been able to support \$10 million worth of research into a range of health related issues. By bequeathing to Australian Rotary Health, you too can help make a significant contribution to the health and wellbeing of future Australians.

If you would like to know more, please contact Terry Davies on 02 8837 1900 or email terrydavies@australianrotaryhealth.org.au



www.australianrotaryhealth.org.au

Australian Rotary Health
 Post Office Box 3455
 Parramatta
 New South Wales 2124
 Australia

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 Australian Rotary Health, as a one-off donation, to deduct \$ from my credit card account

I authorise Australian Rotary Health to deduct a monthly/quarterly/annual donation of \$ from my credit card account

Diners Club Mastercard Visa American Express

Expiry date

Signature