

DISTRICT GOVERNOR'S Newsletter



November 2016

D9520.secretary@gmail.com



A MESSAGE FROM THE ROTARY CLUB OF EDWARDSTOWN

Dear Rotarians of Rotary Club of Edwardstown, Rotarians, Friends of Rotary and special guests attended End Polio Now fundraising dinner organised by The Rotary Club of Edwardstown on the 25th of October 2016.

*Please accept my heartfelt thanks for your gift donations. **Our fundraising dinner was a huge success and raised \$9,297.** The Bill and Melinda Gates Foundation will make it **\$27,891.** Well done and thank you for your donation and help.*

Thank you for your generosity and your service above self.

Sincerely,

Dr Joseph Masika OAM
President

The Rotary Club of Edwardstown



Thank you to President Joseph and everyone at the Edwardstown Club for this wonderful fundraising event and support of the End Polio campaign.

November is Foundation Month

The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

The Rotary Foundation helps fund our humanitarian activities, from local service projects to global initiatives. Clubs and districts can apply for grants from the Foundation to invest in projects and provide scholarships. The Foundation also leads the charge on worldwide Rotary campaigns such as eradicating polio and promoting peace.

In 2016-17, our Rotary Foundation turns 100. That's a century of Rotary members changing lives and improving communities all over the world. And that's something worth celebrating. Has your club planned an event to celebrate the centenary of the Rotary Foundation?



Club Visits

We continued our Club visits joining in with Hat Day fundraisers at both **Edwardstown** and **Mildura South** Clubs. I know many other Clubs participated in collecting funds for Australian Rotary Health (ARH). The continuing work of ARH supporting research in to mental health issues remains vitally important to improving the wellbeing of our communities.



We were also delighted to attend the Rotary Club of **Mt Barker's 50th** anniversary celebration. This was a great opportunity to reflect on the community service work undertaken by the club members over the past 50 years. Congratulations to the Mt Barker Club and continue the good work for another 50 years.



The Rotary Club of **St Peters** gave us a tour of their Shed at Linde Reserve. The Shed is a major fundraiser for the Club and importantly, provides an excellent focal point for the local community and the Club members to meet up.

The following night we were guests at **Campbelltown** Rotary Club. This was an extraordinarily busy and vibrant meeting, a highlight being a substantial donation handed to the Royal Flying Doctor Service.

(If you are interested in following our visits, you can read more on my Facebook page "[District Governor Sam Camporeale - Rotary District 9520](#)".)

Sam



Rev John Flynn may have been unable to predict today's advancements in aviation but the founder of the Royal Flying Doctor Service was right when he said "If you start something worthwhile—nothing can stop it" The world's first comprehensive flying ambulance service took off from Cloncurry in May 1928.

With support from the District, the Rotary Club of **Robinvale-Euston** would invite all clubs in District 9520 to consider raising the awareness of Rotary's contribution to the Royal Flying Doctor Service. (RFDS).

The Rotary Club of Robinvale-Euston offers itself to be the facilitator in the project, reporting to District 9520 Management Committee.

The proposal is to aggregate the existing contributions donated by clubs in the District, and seek support from as many additional clubs as possible to contribute to the Royal Flying Doctor Service.

By aggregating the donations, Rotary District 9520 will be a more visible supporter of the RFDS within District 9520.

The funds donated by clubs are tagged so the RFDS are able to direct the aggregated funds to the relevant RFDS operational area, e.g. South Australian funds are sent to the South Australian operational area. Also the funds are spent on capital items such as new aircraft.

Accountability is covered by the receipt issued by the RFDS that identifies the amount and the club that donates. The District Committee will also receive milestone reports.

The Rotary Club of Robinvale-Euston have been a long term major supporter of The Outback Car Trek and this project is not a fund raiser for our club, it is a District and possibility a broader National program.

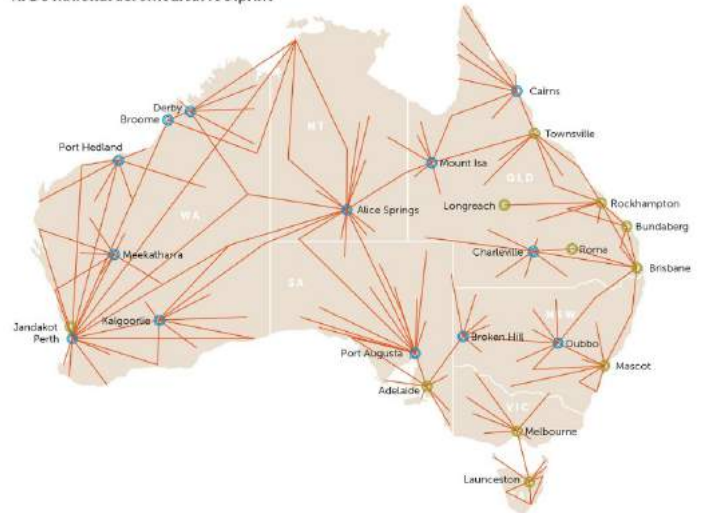
Brian Englefield
Rotary Club Robinvale –Euston
RFDS Facilitator
Phone 0448 137 552
Email brianeng@bigpond.com



Brian has been a principal organiser and participant in nine Outback Car Treks which is an important source of funds supporting the RFDS.

Outback families, and visitors to the Outback, can expect an amazing response time of 90 minutes or less to anywhere in Australia. Knowing this is a comfort to all families living and travelling across this vast Australian Landscape, a 'mantle of safety'. The Royal Flying Doctor Service has 63 national aircraft covering the length and breadth of the country.

RFDS national aeromedical footprint



The challenges of health access outside Australia's cities make the Flying Doctor's services vital to those who live, work and travel in rural and remote Australia.

It is hoped each club will consider its support to the Royal Flying Doctor Service. Please contact Brian on the details provided.

Vale

Stuart Hart AO

Past District Governor D9520

The District is saddened to hear of the passing of our late member Stuart Hart PHF

Stuart served as District Governor in 1986-87
 and

Rotary Club of Glen Osmond from October 1976
 to June 2009

**Outbound Rotary Exchange student Isabella Porcaro,
wrote in her blog, after 3 months in Switzerland.**

Isabella is sponsored by the RC of Burnside

I've learnt a lot in the past three months.

Recently I had to write a text in English about taking risks. We had to choose one of four quotes and explain them so I decided to relate mine to exchange and I think it sums up everything I've learnt so far. Here goes:

" Be brave. Take risks. Nothing can substitute experience."



Success of any kind means taking risks. It means putting yourself on the line and risking failure in order to not only better yourself but also your life. Being an exchange student is a risk, a large one at that but also an amazing experience. Putting yourself out there as a person is always, but living on the other side of the world for a whole year, miles from home (9,746 to be exact) is just as scary. All of a sudden you're thrust into a new world, a new life. You can't rely on your parents anymore, you have to become your own person, adapt to new surroundings quicker and be fully responsible for your own life. Exchange is about learning. Not necessarily the things taught in school, but learning about yourself. It's learning how to listen, how to speak and how to think. Learning how to take the risk of learning an unknown language or having the courage to talk to a complete stranger in it or even the small things like ordering a coffee. Learning who you are, your friends are and the type of people you want as friends. Learning how to trust your innermost feelings even if it means taking a risk and learning how to find those feelings in the first place. It's learning about what's really important to you and learning what you really don't give a dam about. Exchange is about how to tolerate, to accept, how to like and how to love. It's about taking the risk in loving people that live in all corners of the world even if you know that your heart will never be whole again because they will each take a piece with them. It's about how to give as well as how to receive and how to take the risk in trusting that somehow everything will generally be ok in time. Learning that your mum and dad do have the right answers sometimes and that your little sister isn't as bad as you thought. It's about treating people as individuals and not as stereotypes. It's learning to take the risk in pushing the limits but knowing when to stop. Learning that a kiss is just a kiss: sometimes it means more and sometimes it means less. It's learning how to achieve, how to succeed, how to accomplish and learning how to not come in first and still be proud and about coming last and learning to admit you've done better.

It's learning how to achieve, how to succeed, how to accomplish and learning how to not come in first and still be proud and about coming last and learning to admit you've done better. Exchange is about learning how to pack an entire room into a single suitcase and how to live with four different families in one year. It's learning that school isn't the most important thing in the world and how to say goodbye to the people you love the most because there's a chance you might never see them again. Learning that loneliness doesn't go away in a crowd and that large parties don't necessarily mean a good time. It's learning that your lunchtime doesn't constitute your popularity is all a matter of perspective. Learning that people will probably like you a whole lot better than they will ever tell you. It's taking the risk in relying on others even though there's a chance that they might let you down. Learning it's ok to miss home and it's ok to cry at 2 am. Taking the risk in doing the asking and not waiting to be asked. Learning how to make people smile and learning how to miss people; enough to not stick them in the past, and how not to miss them so much that it keeps you from moving into the future. Learning that simply doing what you are supposed to isn't enough and taking the risk in putting an extra foot forward in order to truly grasp whatever is sitting in front of you. It's learning how to motivate others and learning that not everything always goes to plan. Learning what phrases like "make do" really means and how to use it seem as if you are not simply "making do". It's about learning twenty-five different ways of saying "we made out" and how to swear in all the different languages of exchange students. Yes, exchange is about learning which in turn means taking risks. **It's a life in a year and an experience I would never trade for the world.**



Youth Opportunity Grant

Rotary District 9520 Youth Opportunity Grant celebrates the talents and strengths of young people who exhibit extraordinary promise – but who lack the support and resources to fulfill their potential.

The grant will provide a student with a fully funded Long Term Youth Exchange for one year abroad.

To raise funds, we are going modern with a crowd funding campaign.
Gayl Spamon gspamon@yahoo.com.au



**Rotary Youth Opportunity
Grant**



Show your support by going to this link
GoFundMe.com/p/tyzx

From the United Nations' earliest days in the aftermath of World War II, the organization's humanitarian mission has always dovetailed with Rotary's efforts to administer aid and build peace. This year's Rotary Day at the United Nations, 12 November, will highlight the role businesses can play in that collaboration as we work toward a more just and equitable world.

AUSTRALIAN ROTARIAN STEPHANIE WOOLLARD ONE OF SIX TO RECEIVE GLOBAL AWARD

Australian Rotarian Stephanie Woollard has been recognised on the global stage with a prestigious Rotary Responsible Business Award. Stephanie is one of only six honourees worldwide, applauded for her ground-breaking work establishing the **Seven Women** project, which supports disabled women in Nepal.

The presentation of the awards will form the centrepiece of Rotary Day at the United Nations Headquarters in New York. **Rotary International President John Germ**, 1500 Rotary members, UN officials and NGO leaders will be present to discuss humanitarian challenges whilst celebrating the positive impact Rotary and others are making in our world today.

Stephanie started her Seven Women project when she was only **22 years old** after visiting Nepal and meeting seven disabled women making soaps and candles in a small tin shed. In Nepal, disabilities carry a strong social stigma, believed to bring bad fortune. The women were consequently able to sell only a fraction of what they produced at market and lived in dire poverty.

Stephanie used her last \$200 to pay for two trainers to up skill the women to manufacture products appropriate for sale abroad. The Seven Women project has since changed the lives of over a thousand disabled Nepalese disabled women through training, employment and the sale of their ethically manufactured goods worldwide. In addition 5000 women have been positively impacted through outreach programs facilitated by the enterprise.

Six Seven Women centres have now been established, with the Seven Women headquarters in Kathmandu also providing shelter and medical assistance to women in need or escaping domestic violence. Numerous education programs are hosted by Seven Women, particularly practical production skills such as sewing and growing vegetables, literacy classes and business and savings classes. "Our approach is to give a hand up, not a hand out," said Stephanie. "All it takes it one generation to learn how to break the cycle of poverty and pass their learning down to the next to transform a village forever."

As Stephanie nor any other volunteers receive any payment for their efforts, in order to sustain her passion she founded **Hands On Development** through which she speaks at conferences, provides mentoring and runs immersive tours to Nepal and Indigenous Australian communities.

Stephanie is dedicated to education and empowerment, believing a realistic understanding of the causes of poverty is a crucial ingredient for bringing peace and tolerance to our globalised world. "My key to a better world is as simple as finding your passion and dedicating your life to using that passion to bring hope to the lives of others."

For further details please contact Philip Archer (Rotary Australia Public Image) on 0448 999 555



Literacy Class—Nepal

Stephanie is a Rotary Peace Fellow and has recently completed her Masters in Peace and Conflict at Uppsala University in Sweden.

Conference
Keynote
Speaker



JOHN SWAN

An Australian rock legend, John 'Swanee' Swan joined the Australian music scene when he was just 14 years old, performing first as a drummer, then as a singer with many of the nation's iconic bands and as a successful solo artist.

After living the rock and roll lifestyle for decades, Swanee, as he is affectionately known, chose to clean up his act in 2000, and now helps young musicians to focus on creativity without drugs and alcohol.

John's generosity of spirit is as legendary as his voice. Twice a week, John rolls up his sleeves to help homeless people at his local Salvation Army, sourcing the food which he serves to people in need. He is an ambassador for Ovarian Cancer SA and also a member of Music Matters which involves visiting hospitals to perform and bring joy to terminally-ill patients. John donates his time to perform at countless fundraising balls, also raising money for kids who need lifesaving surgery. He is co-founder of the Autism Music Fund and supports the Swags for the Homeless charity which helps people who are sleeping rough. Giving so much, John expects nothing in return.



Register Today!

Shelter Box – Mosul City - Iraq

Fallujah fell in June. Now Iraq's second largest city, Mosul, is the focus of an international coalition seeking to push ISIL out of Iraq. on 17 October.

Long-term partners French ACTED and UK ShelterBox have teams in the city of Erbil in Iraqi Kurdistan, just 53 miles from Mosul. They have been working for weeks to get aid supplies ready so they can respond quickly as the battle unfolds. Tens of thousands of people have already been displaced from Mosul and surrounding areas since March.

Contingency planning in war zones is never easy. But aid agencies in Iraq are grappling with several unknowns.

Planning for how much aid will be needed, and where, is a matter of instinct and assumption.

Existing camps are already near or beyond capacity so other possible sites are currently being readied. But demand will almost certainly outstrip supply, meaning many families could be forced to seek shelter outside managed camps in a barren and inhospitable landscape at a time of year given to storms and freezing overnight temperatures.

Giving people shelter and essential items such as a solar lamp, blankets and a water carrier will allow them a degree of dignity and security to rest and recover.

ShelterBox has recently committed 3,000 lightweight tents for the region, and has a further 3,000 on standby.

The first shipment left a few week ago.

ShelterBox is asking its donors to dig deep to provide over £1.75 million more to allow this vital work to continue.



**All clubs should consider assisting this cause –
Contact – Chair – Greg Love – 0412 405 176 or
Tim Klar – 0488 966 640 for further information**

**Information about the Conference and Registration
Forms can be found at**

<http://rotary9520.org/SitePage/district-9520-conference-2017>

D9500 & D9520 Group Study Exchange Team Leaders' Gathering - Friday, October 28th 2016

As part of the Alumni program Peter Hammond (D9520 Alumni Chair) and Warren Hobbs (D9500 Alumni Chair) organised a get together of past GSE Team Leaders on one of those elusive perfect spring days. Held at the home of Dick and Liz Wilson at Summertown, the group reminisced about their GSE experiences and the Alumni that formed part of their respective GSE Teams.

WHO ARE ALUMNI?

You are an alum if you participated in any of the following programs:

Interact, Rotaract, Rotary Youth Exchange, , Rotary Youth Leadership Awards(RYLA), NYSF participants, Rotary Peace Fellowships, Rotary Scholarships (funded by global grants or district grants), vocational training teams (members and leaders), Ambassadorial Scholarships, Grants for University Teachers, Group Study Exchange (members and leaders), and Rotary Volunteers.

Peter and Warren hope to hold similar events in the future that will include GSE team members with an event planned in February. They are always grateful any Alumni contact details you may have and don't forget to "like us" on our Facebook page at www.facebook.com/RotaryConnections/



Front Row L-R: PDG Doug Layng (D5710 Kansas 2010-11); Marian Lesnicki (D1440 Denmark 2011); David Jones (D2350 - Sweden 2011); Margaret Northcote (D7710 North Carolina USA 2009) and Kaye Harcourt (East Texas USA 1986-87)

Back Row L-R: Glen Hoppo (D1560 Netherlands 1995-96); PDG Bruce Richardson (D1020 Scotland 2004); Bernie Morgan (D2320 Sweden 2000); PDG Dennis Henschke (D1410 Finland 1992); Rick Harcourt (East Texas USA 1986-87); Peter Rumbelow (D5080 Canada & USA 1997); PDG Dick Wilson (D7450 Pennsylvania USA 1975-76); Warren Hobbs (D4440 Brazil 2007-08); Milton Lewis (D1450 Denmark 1999) and Dean Fleming (D7260 New York USA 1983 -84)

Rotary District 9520 would like to support Inbound and Outbound GSE teams in 2017/18.

District Governor Elect ,Bob Cooper would like to receive registrations of interest from any club who are willing to co-ordinate a team to travel overseas and any club wishing to support a team coming in from overseas for vocational opportunities.

The District will have limited funds from the Rotary Foundation so each GSE member would need to provide funding for the Air fare Travel costs and each club would need to allocate around \$1,000 towards the team costs.



Notice Board

Annual General Meeting

As per previous Notice given to Club Presidents the ANNUAL GENERAL MEETING of the ROTARY DISTRICT 9520 will be held on **Saturday 26th November 2016** at the Adelaide International Motel, Anzac Highway, Glenelg East, commencing at 10:00 am.

Please advise District Secretary of your club's attendance or apology

District 9520 Specialist Training Event

27th November

Flinders University
Science, Innovation and Learning Centre

08:30 am - 12:30 pm INSURANCE, RISK MANAGEMENT AND YOUTH PROTECTION

12:45 pm - 04:30 pm MEMBERSHIP AND PUBLIC IMAGE

Registration via District 9520 Website

<http://rotary9520.org/event/district-9520-specialist-training-event/>

Conference Showcase

Showcase Booking form

NOW Available

<http://rotary9520.org/SitePage/district-9520-conference-2017/showcase-booking-form>



Joint D9500 & D9520 Working Bee

Saturday, 12 November 2016 from 10AM to 3PM

**Donations In Kind, Edinburgh East Avenue
Edinburgh,**

District Governors **John Pohl** D9500 and **Sam Camporeale** D9520 will be providing a **FREE** BBQ Lunch.

We have need for Rotarians and friend with specialist skills, such as nurses, medical professionals, electricians, forklift drivers and roofing contractors, as well as those who like to dismantle things and check electronic equipment. For those less able, we have light duties so don't be put off by the physical side of our operations.

RSVP at <http://goo.gl/8ryZ5T> or email to rawcs.central@gmail.com

Jerry Casburn



DIK

Donations in Kind



Calendar

November is Rotary Foundation Month

Saturday November 5

Rotarians against Slavery Quiz Night - RC of Salisbury

Saturday November 12

Rotary Day at the UN

Saturday November 12

DIK Working Bee 10am – 3pm Edinburgh - Contact Jerry Casburn

Thursday November 24

Ice Forum 7-9:30pm Norwood Concert Hall - Contact Romaine Dawson

Saturday November 26

District 9520 AGM 10am — Adelaide International Motel , Anzac Highway

Saturday November 26

Charter Seaford Rotary Club 5:30-6pm Moana Pioneer Memorial Hall

Sunday November 27

Specialised Training - Flinders University

December is Disease Prevention & Treatment Month

Thursday December 15

Early registration discount ends for R I Convention

Sunday December 31

Early registration discount ends for District Conference

January is Vocational Service Month

January 13-21

Victor Harbor Art Show

February is Peace & Conflict Prevention/Resolution Month

Thursday February 23

Rotary Anniversary

Saturday February 25

ROMAC Function—Walkers Arms Convention Centre

Sunday February 26

District Leaders and Team Training, Flinders University

Did you know ?

Prostate cancer kills more men in Australia than breast cancer kills women.

1 in 8 male Rotarians will be affected by Prostate Cancer.

See How Your Rotary Club can Help.

Pages 12 & 13

Guest Speakers on Prostate Cancer available?

Contact: PDG Dick Wilson

Mobile: 0412 003 110

Email: dickandlizwilson@internode.on.net



Voice of Rotary Programme



1 November

Ian Fisk; Prostate Cancer Action Group
On Being a Prostate Cancer Ambassador

8 November

Pres Romaine Dawson; RC St Peters
"The Ice (Crystal Meth) Community Forum"

15 November

Rtn Don Law; RC Yankalilla
"The Yankalilla Cruise"

22 November

PP Peter Neale; RC Burnside
"Sailing"

29 November

Rtn Ken Vear; RC Morialta
"The South Australian Woodcarving Academy"



**Programmes can also be heard on the
new Voice of Rotary website at:**

<http://voiceofrotary.org.au/>

Past programmes are also kept. Should you want one from further back, contact Jock Thornton on johnjan4@gmail.com.

Next Publication:

Mid-month Herald

Please have any items to District Secretary by

Monday 14th November

D9520.secretary@gmail.com

DG Sam's Schedule



Mon 7th November	McLaren Vale	Official Visit
Tue 8th November	Murray Bridge	Official Visit
Wed 9th November	Mobilong	Official Visit
Mon 14th November	Coromandel Valley	Official Visit
Wed 16th November	Flagstaff Hill	Official Visit
Thu 17th November	Noarlunga	Official Visit
Mon 21st November	Tailem Bend	Official Visit
Tue 22nd November	Unley	Official Visit
Wed 23rd November	Waikerie	Official Visit
Sat 26th November	Adelaide Int Motel	AGM
Tue 29th November	Strathalbyn	Official Visit
Wed 30th November	Morialta	Official Visit
Tue 29th November	Strathalbyn	Official Visit
Mon 5th December	Berri	Official Visit
Tue 6th December	Robinvale-Euston	Official Visit
Wed 7th December	Mitcham	Official Visit

WELCOME New Members

Pauline Gaskin Tailem Bend

Please advise District Secretary of the induction of new members D9520.secretary@gmail.com

Quote from the past

"The greatest thing one finds in one's travels, the soul-satisfying thing, is that [people] in their native countries all weep with the same spirit, the same feeling, the same happiness and contentment."

1920-21 RI President Estes Snedecor (law), Rotary Club of Portland, Oregon, USA. Rotary vision: To make its teachings a guiding principle and vitalizing force in the lives of men



Excerpt from RI President John F Germ's November **Presidential Message**

Looking back at the momentous 1917 Rotary Convention in Atlanta, it is difficult to see what could have been contentious about the words of then-President Arch C. Klumph: *"It seems eminently proper that we should accept endowments for the purpose of doing good in the world."* Yet, at the time, support for the idea was far from unanimous. Some thought an endowment fund would create more trouble than it was worth. But Klumph's idea received the support it most needed in the form of an initial donation of \$26.50 from the Rotary Club of Kansas City, Missouri.

Nearly 100 years later, we recognize Klumph's idea as not only visionary, but revolutionary: It set in place the mechanism that allowed Rotary to become the vast force for "doing good in the world" that it is today.

In many ways, our Rotary Foundation is the foundation of Rotary as we know it. It has created a mechanism for cooperation and partnership among clubs and between Rotary and other organizations; it has enabled us to be ever more ambitious in our work and to reach for goals of historic proportions, such as the eradication of polio. It is impossible to quantify the good that has been done over the last century as a result of The Rotary Foundation. All we can know for sure is that Arch Klumph, if he could see it, would be proud.



You're invited to a rare and special event

The
Rotary Club of Seaford Charter
Cocktail Party

Saturday, November 26, 5.30 for 6.00pm
Moana Pioneers Memorial Hall, 44 Nashwauk Cres., Moana
Cost \$45.00 includes Finger Food Dinner and all Beverages
Children 12 and under FREE

Book & Pay online at <https://www.trybooking.com/239169>
by November 20

Dress : Cocktail

www.seafordrotary.org.au



ICE - HELP!

CRYSTAL METHAMPHETAMINE FORUM

HELP & SUPPORT OPTIONS FOR FAMILY & FRIENDS

**THURSDAY NOVEMBER 24, 7 - 9:30PM
NORWOOD CONCERT HALL, 175 THE PARADE**

Dr. Andrew Benson MBBS - Recognition of the problem

Ms. Sam Raven - Treatment options available

Ms. D. Scardigno - Support & empowerment for users and families

Ms. Hailey Lawrence - Issues for new arrivals & the indigenous community

Seating is limited. Entry by ticket only.

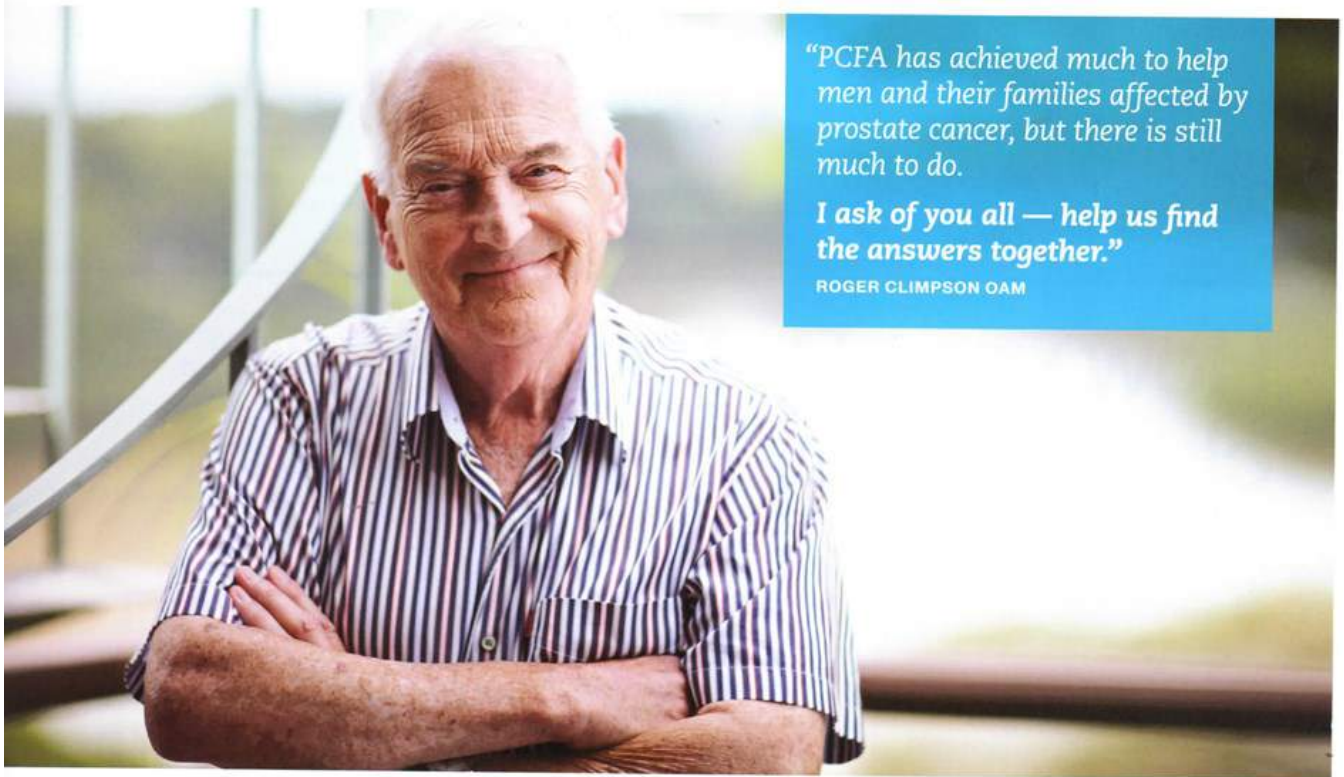
BOOK YOUR FREE TICKET AT TRYBOOKING.COM/MYHW

Proudly Supported by Rotary

For more information, contact Romaine Dawson on 8379 5967

1 in 8 Male Rotarians

will be affected by prostate cancer



"PCFA has achieved much to help men and their families affected by prostate cancer, but there is still much to do."

I ask of you all — help us find the answers together."

ROGER CLIMPSON OAM

Rotary & Prostate Cancer Foundation of Australia (PCFA) — In 1996, television personality Roger Climpson OAM and fellow club members of the Rotary Club of Lane Cove founded the Prostate Cancer Research Foundation — now Prostate Cancer Foundation of Australia (PCFA).

Why — To raise funds for research and to address the suffering caused by a dire lack of information and support for tens of thousands of Australian men affected by the disease.

Since then — PCFA has become a broad-based community organisation and the peak national body for prostate cancer with representatives of Rotary joining PCFA National and State Boards.

Because of Rotary — Enormous progress has been made to improve the length and quality of life for men living with prostate cancer.

Why we need Rotary's support

Research — Prostate cancer kills more men than breast cancer kills women, yet it has relatively low research funding.

Awareness — Understanding of the disease is still lacking amongst the broader community. Your club can help us expand the number of PCFA Ambassador awareness talks across Australia.

Support — Funding is vital to offer continuity of care and grow our specialist nursing program so thousands of men and families can be supported at every point during their cancer journey.





THE IMPACT OF YOUR DONATIONS

PCFA's research program has supported some of the best young talent in the country. Their world first, cutting edge research has impacted not only on the quality of life of men in Australia but also internationally.

Prof Daniel Galvão one of our first young investigators, was funded by PCFA in 2007. Today, a full professor and director, he mentors numerous young researchers that are part of his team.

Having established the evidence that shows the benefit of exercise in the prevention and management of cancer treatment side-effects and survival, Prof Galvão is seeking to include exercise in the clinical management of prostate cancer.

How your Rotary club can help

Fundraising

- 01 **Donate to PCFA**
Call us on 1800 220 099 or visit pcfa.org.au
- 02 **Organise a fundraising event** — How about a golf day, trivia night, luncheon or gala dinner?
Call or email your local PCFA contact for fundraising ideas and PCFA merchandise
- 03 **Host a Big Aussie Barbie in September during Prostate Cancer Awareness Month**
Sign-up at bigaussiebarbie.com.au or call us on 1800 220 099

Awareness

- 04 **Book one of our free Ambassador speakers to present at your next event or meeting**
Call or email your local PCFA contact for more information
- 05 **Order our free information brochure 'What you need to know about prostate cancer'** and share with your fellow club members
Call us on 1800 220 099 or visit pcfa.org.au

"We are proud of our Rotarian roots. Your club is an intrinsic part of the local community and we would be delighted if you joined us in our pursuit of a healthier, happier future for all Australian men."

JIM HUGHES AM

National Chairman, Prostate Cancer Foundation of Australia

pcfa.org.au

YOUR LOCAL PCFA CONTACT:

NSW & ACT

Cassandra Birch
(02) 9438 7050
cassandra.birch@pcfa.org.au

VIC & TAS

John Strachan
(03) 9948 2080
john.strachan@pcfa.org.au

QLD

Megan Cairney
(07) 3166 2141
megan.cairney@pcfa.org.au

SA & NT

Karyn Foster
(08) 8231 6339
karyn.foster@pcfa.org.au

WA

Cate Harman
(08) 9381 7444
cate.harman@pcfa.org.au

Prostate cancer in Australia

- The most commonly diagnosed cancer in men
- 20,000 men are diagnosed with prostate cancer every year
- 3,300 will die because of it
- More men die of prostate cancer than women die of breast cancer



**Prostate Cancer
Foundation of Australia**



For 29 years ROMAC has been one of Rotary's most successful health programs, saving the lives of hundreds of children from island communities of the Southwest Pacific. The Central Region ROMAC committee in conjunction with the Rotary Club of Salisbury D9500 and Rotary Club of Burnside D9520 invite you to our inaugural gala night to celebrate the ongoing success of ROMAC.

WEAR RED FOR ROMAC GALA NIGHT

Join us for a delicious three-course meal, with bar service, great music from the 50s, 60s and 70s performed by the very talented "Buddies 4", including dancing for those who would like to trip the light fantastic!

Venue: The Walkers Arms Convention Centre, N.E. Road Walkerville

Date: Saturday 25th February 2017

Time: 6.30pm for 7pm start

Cost: \$50.00 per person inclusive of dinner and entertainment.

Dress: wear something red (gentlemen – a red tie or red pocket square would be perfect ... ladies – as much red as you like!)

What else to bring: Dollars in your pocket for fun raffles & some auction items

Most important: Invite your friends and create a table of 8 ... fun for all.

Come and join us for a wonderful night of entertainment, fun and fellowship, as we celebrate the continuing success of ROMAC.

HOW TO BOOK YOUR TABLE

Transfer \$50pp attending to Rotary Club of Salisbury BSB 035-047 Account Number 384355. Use your name and ROMAC as a reference and then send an email to PDG Alun Hughes at alunhughes@bigpond.com and advice him how many seats you have paid for, your name, your club name and your contact phone number.

Book early as seats will be limited; closing date for bookings is 4th February 2017

Want to stay overnight? Walkers Arms Convention Centre will give you a 20% discount. Contact them direct for a room booking email: reception@walkersarms.com.au