



RIDE FOR ROTARY

A very successful fun and fund raising bicycle event was held last weekend organised by the RC of Encounter Bay. Some 44 riders set out on the journey from Victor Harbor, accompanied by Stuart O’Grady, Patrick Jonker and District Governor Dick Wilson, along to Beacon 19 past the Murray mouth, and then return to Victor Harbor. Local rider Geoff Rose won the 2.5km sprint section, winning a MIPS equipped Giro Savant helmet donated by Victor Harbor Cycles. Ben Gregory rode from Murray Bridge to the start line by 8.30am, competed in the race, and then rode back home to Murray Bridge! It is no wonder these cyclists have such well developed legs.

Left: DG Dick shows his form.



Perhaps of interest is the Scappa bike ridden by Stuart cost \$25,000
This is serious stuff!



Right: Stuart O’Grady, Geoff Rose, and Patrick Jonker.



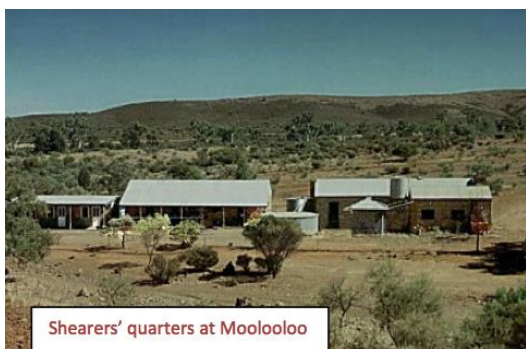
"I view this program as a lighthouse, it guides me away from the rocks..." K

Many veterans returning from military duty in overseas conflict zones, experience stress illness which greatly reduces the ability of these soldiers to adapt back into civilian life. The mental health problems that emerge as a consequence of this stress, presents significant problems

not only for the veterans but also for community members.

The trek staff in particular and the military generally, are aware of problems associated with military induced stress illness among past and current members. Various estimates put the potential number of sufferers at a minimum initial figure of 10% of those exposed to harm. This figure does not take into account subsequent case numbers or the effect on partners and children. Mental health presents a problem for the community generally because of the longevity of the illness. The cost implications are obvious and significant.

Trojan's Trek is more about bringing about changes to the mind than about physical endurance. It is designed to develop skills of viewing their own lives in the context of their behaviours towards those they love and with whom they work. It is a stocktake of feelings, with hopefully a lasting positive shift in personal values and interpersonal relationships. Visit the Trojan's Trek website: <http://www.trojanstrek.com/who-we-are/>



If you would like to know more about this important program, you can attend a discussion lead by Moose Dunlop who is a leader of the Trojan Trek Project, at the **Marion Hotel, 6.00pm for 6.15pm on Tuesday 8th March 2016.**

Please make a booking with Clair Rhodes, **Rotary Club of Edwardstown, 0421 846 246** or clairs@internode.on.net before 1st March 2016 for catering purposes.

ALL ABOARD THE COCKLE TRAIN AT GOOLWA

Goolwa Rotary grant provides a railway ramp.

On Thursday morning, members of the Rotary Club of Goolwa officially handed over a new ramp to assist wheelchair passengers access the Cackle Train. Bill Lewis, Alan Potter, and Steam Ranger volunteers, were present to accept the donation of the ramp from Rotary president Greg Casson and Community Services Director Alan Williams.



Twice a year the Rotary Club invites community groups to submit proposals for projects needing support. The railway ramp was one of the successful projects to receive \$700 in funding.

The new ramp is designed to fit safety specifications, is lightweight and easily portable, replacing the old heavy metal plate used previously.

Have You Decided to Attend the Conference in Renmark but are struggling to find Accommodation?



We have an answer. PDG Jerry Casburn has hired two houseboats and has a couple of rooms left. Cost is \$428 for three nights which is the minimum booking, this translates to \$143 per couple per night. This is cheaper than some of the local motels and a different experience, **note**, couples or two sharing are needed as the rooms are doubles. I am assured the boats are luxury standard. We also hope to be moored very close to the town centre.

If you want to see them go to: <http://www.magnumhouseboats.com.au/location.php#>

The boats are the "Extreme" and the "Riverstar". Get in quickly, contact Jerry on 0407 646 396.

DISTRICT CONFERENCE, RENMARK – SHOWCASE EXHIBITOR BOOTHS

Showcase, that marvellous opportunity for clubs and groups to display their projects and activities, is now fully subscribed.

There has been an enthusiastic response. All seventeen booths have been reserved and **BOOKINGS ARE NOW CLOSED**. Details of exhibitors are on the Conference website. *Robert Koehne, Chair, Conference Organising Committee*

The Rotary Foundation and UNESCO-IHE Institute for Water Education are working together to tackle the world's water and sanitation crisis and are offering up to 10 scholarships for graduate study at UNESCO-IHE's Delft campus in the Netherlands. The partnership aims to increase the number of trained professionals who can devise, plan, and implement water and sanitation solutions in developing areas. The scholarships also are designed to promote long-term productive relationships between Rotarians and skilled water and sanitation professionals in their communities.

Scholars will receive a Master of Science degree in urban water and sanitation, water management, or water science and engineering. Graduates work with their Rotary club sponsors on a related project to benefit their local community. **The application deadline is 15 June.** For more information, review the [application toolkit](#) and [scholarship terms and conditions](#).

If you have questions, please contact grants@rotary.org.



Rotarians Against Child Slavery (RACS)

Support the RACS movie night fundraiser "Brooklyn" screening on
Friday 26th February 2016, 7pm, Regal Cinema,
Tickets \$15.

Purchase tickets online or
contact Teresa by email teresa@racsrag.org or phone: 0403 306 225

Want to know more about Rotarians Against Child Slavery? Why don't you invite Teresa to talk to your club to find out about this initiative and how you can be part of it?



Stand taller if you have made a gift to the world.

The Rotary Foundation makes life changing opportunities for a child in Thailand. A child of the Akha hill tribe has found refuge, education, and opportunity with the help of our clubs and the Rotary Foundation.

Your passion for improving the lives of others has touched a young life in Thailand through your contributions to the Rotary Foundation.



CONFERENCE 2016

The Conference now has 334 registrations.

Paddle Steamer Cruise 2 Friday 29th April is still OPEN

Calperum Station Walk Tour is still OPEN Friday 29th and Saturday 30th April.

All details are posted on the District website <http://www.rotarynews.info/club76652>

16 Multi Nationals linked to child labour

A report issued last month by Amnesty International and African Resources Watch, accuses 16 multi- nationals, including Apple and Microsoft, of buying lithium batteries which contain cobalt extracted through the use of child labour. Cobalt is a vital component of lithium-ion batteries that ends up in smartphones, cars and computers sold to millions across the world, by major brands including **Apple**, **Samsung**, **Microsoft**, and **Vodafone**.

The document exposes reports of hazardous conditions for thousands of children involved in extracting cobalt in the Democratic Republic of the Congo. Six firms say they were investigating the claims.



ENTER NOW

Entries are now open for the 25th Murray Bridge Rotary Art Show, 1st – 17th April 2016.

Visit www.murraybridgeartshow.com.au to obtain more information and an entry form or enter online

FAMINE IN THE HIGHLANDS OF PAPUA NEW GUINEA.



Tropical countries like Papua New Guinea usually have a high rainfall and warm climate, which makes it relatively easy to grow sufficient food for the people to survive on, in the subsistence economy process. The staple food in

Papua New Guinea is sweet potato, locally known as '*kaukau*', with the botanical name *Ipomoea batatas*.

Ironically, this is grown in soil mounds about 30-40 cms high and about 2 metres across, to avoid water-logging. The staple food supply is mainly sweet potato and, to a lesser extent, taro and yam and some "European" vegetables such as sweet corn, tomatoes, pumpkin, cabbage and so on. These latter products are more likely to be taken to market for sale to provide cash resources for other goods.

My personal experience of the drought and frost effects occurred in the then Western Highlands of Papua New Guinea in 1972, when I was working there in the Public Health Department as the District Medical Officer. In that capacity, I was a member of the famine District management relief team. With advice from a nutritionist, we worked out that each family should receive a ration of rice and tinned meat. My recollection is that a family of, say 5, received 5 cup-size scoops of rice and 1 can of bully beef per day. The Australian government provided funds for the rice and tinned meat, which was distributed to the people in the drought affected areas by a team of government employees and volunteers. We did our best to monitor the number of deaths with the assistance of village Aid Post Orderlies, and the number of cases of infant malnutrition through the Maternal and Child Health Clinics. The death rate dropped and no cases of infant malnutrition were identified.

It appears that abnormal weather patterns occur about once in 15-20 years resulting in a drought in Papua New Guinea. This has now occurred again in Papua New Guinea along with heavy frost. This has wiped out the vegetable gardens that the village people rely on, in the Highlands of the country, generally above 5,000 feet above sea level. It is estimated that about 100,000 or more people lost all their food supplies when their gardens were destroyed by the frost. It has been reported that the drought has broken. It will take somewhere between 3 and 10 months for the gardens to produce a crop after the garden is replanted.

The drought has also dried up the small, relatively safe streams of water. This is forcing some villagers to use water from the larger streams with a higher risk of pollution.

Milton J Lewis (retired Dr) MB BS, DPH, FAFOM(RACP)

The photograph shows the absolute destruction of the sweet potato crops by the frost in the Papua New Guinea highlands. Photo provided by Uniting World.