



PDG Roy and Marilyn Armstrong enjoy a reunion with the GSE Team that went to Taiwan during Roy's DG year 2012/2013, celebrating at that time "Peace Through Service". Marilyn, Simone, Sabrina, Shane, Karla, Jonathon, and Roy recently celebrated their memories of this Project.



Recycling saves lives!

The simple fruit box in our lunches at the District Conference has been recycled and the money sent to Disaster Aid. Over 600 drink boxes have provided sufficient funds for a Sawyer water filter. Just 4 inches long and less than 8 ounces, this water filter can deliver 1 litre of clean water in 60 seconds. The filter removes 99.99% of all bacteria such as salmonella, E coli, vibrio cholerae and salmonella typhi (which cause Cholera and Typhoid). The assembly kit includes everything to attach the filter to any plastic bucket or container, is totally portable and will last for up to 10+ years.

Your 10 cent box is saving a life.



Dear Sam,

I knew Valmai well from her work as the Curator of Rare Books in the State Library when I was working as Teacher Librarian. I've listened to her regularly on Peter Goer's show but have not seen her for 9 years. Though I knew she had Parkinson's, my heart bled to see her physical deterioration.

What a lady! Valmai showed amazing courage to be on stage talking about her journeys with Parkinson's and the outback and was an inspiration to us with her wisdom and example of positivity, resilience and determination to be independent. She has kept her wonderful sense of fun and wit, never being afraid of making jokes about herself.

I felt sad yet uplifted hearing Valmai's sessions at the conference and was delighted for her when the crowd gave her a standing ovation. The 'Boat Girls' invited her for a drink and chat on our houseboat. She told us she couldn't see the audience and didn't realise the wonderful response as the stage lights were in her eyes.

Please give generously to the Parkinson's appeal. They deserve to have generous support to employ more Parkinson's Care Nurses.

Regards, Lesley



Issue 5 of the Calperum News, Autumn 2016, has been distributed to the President and Secretary of each Rotary Club in District 9520. This excellent publication is packed with important and interesting articles on things environmental. Ask your President or Secretary for a copy.



CONGRATULATIONS Dr STEPHANIE SHEPHEARD

Stephanie was the recipient of the Neville and Jeanette York PhD Scholarship awarded to her by **Australian Rotary Health** in 2013. Stephanie completed her thesis in 2015 and was awarded her Doctorate in April, 2016.

Her research was in the field of Motor Neuron Disease, also known as Lou Gehrig's Disease, named after a very famous American baseballer who played 17 seasons for the New York Yankees. He had to retire at the age of 36 years and died two years later of the disease which bears his name.

Stephanie's project has identified a protein in the urine which could be used as an indicator of the disease itself, of disease progression and even treatment development.

The photo above is Stephanie with Deputy Vice Chancellor Professor Rob Saint presenting the Doctoral Thesis Excellence Prize.

The photo to the right portrays co supervisor Dr Tim Chataway and primary supervisor Dr Mary Louise Rogers, Head of Motor Neuron Disease & Neurotrophic Research Laboratory Flinders University, with Stephanie.





These cheeky blighters were caught in the act at District Assembly using the Governor's car as a dining table!

**Hear highly experienced media manager Bob Aitken address issues related to Australian Rotary Health at the Kooyonga Golf Club
6.30pm for 7.30pm on Tuesday 7th June 2016.**



27 years as manager editor of Rotary Down Under promises an interesting and entertaining evening with Bob Aitken.

Tickets are \$50 pp and for booking use the link:

http://e.mybookingmanager.com/http://e.mybookingmanager.comARH_combined_dinner



ClubRunner™

Connect. Collaborate. Communicate.

As a presenter at District Assembly I am heartened to learn that a number of incoming Secretaries are persevering with their entry into ClubRunner. The first steps with a new program are always the hardest, and this does apply to ClubRunner. ClubRunner has been purchased by District for you, and you the club members are the beneficiaries through the saving of time in managing important records such as Membership, and communicating with your club membership in an efficient manner.

As an experienced club secretary I can see the value of learning to use this program, and I do recognise there are spin off benefits for District and RI through having the same advantages with more accurate membership records and more efficient communication tools.

As a current President, Secretary, or Treasurer you can make valuable preparation for the Incoming Officers by using your access to set up the **Integration of RI with ClubRunner**. This process only has to be done once. Carry out your entry to the new website <http://www.rotary9520.org>, click on "New and Existing Users Retrieve Login Password" and then follow the instructions. Once you have gained entry to the Home Page, find the Home Page Download files on the left hand side, choose "RI Integration Help File 2016 (pdf)" download and print. Follow the instructions and you will have linked ClubRunner to My Rotary. My advice is for you to carry out this process with a friend, and together you will find your way through the unfamiliar territory, without tears. Leave the strong drinking until after the procedure has been achieved!

In the future any information you add to ClubRunner will be shared with My Rotary.

Happy learning, cheers, Sam Cozens.



The Murraylands Migrant Resource Centre in Murray Bridge, offers free English classes to anyone wishing to improve their English reading and writing skills, regardless of their visa status or length of time in Australia. Pictured is an English class using the new DVD reader donated by the Rotary Club of Murray Bridge.

Students Gwming, Liyu, Virgie, Ravy, Marine, Navi Kaur (teacher), Lesley Murray (Rotary volunteer), Pierre and Yusuf, all enjoy regular tuition.



SOCIAL MEDIA. Why your club should use Instagram.

Australian Rotary member Evan Burrell loves Instagram because, in his words, photos equal fun. Find out why you should be on Instagram, and review his pointers for how to make the most of the social media platform.

Follow these live links:

[Get the jam on Instagram](#)

[Visit Rotary's Instagram page](#)

[Join a discussion group on using social media](#)



Team Award

When 2 or more clubs work together

HAVE YOU HEARD ABOUT THE ACSO Premier Awards ?

(Association of Community Service Organisation)

The organisation is made up of representatives from Rotary 9520 and 9500, Lions Clubs, Kiwanis, Soroptimist International, Apex and Zonta.

Each year money is allocated by the Premier to acknowledge the efforts of the Service Clubs in SA. Clubs can nominate a project or activity they have undertaken by writing a 500 word submission in one of the 7 categories.

Prize money is awarded to the first and second place winners, last year 1st place received \$800 and 2nd \$300. From the first place winners in each category one project is then selected for the Premier's Distinction Award and given a further prize money of \$2000

So start thinking about which projects/ activities you will nominate. Information about this year's awards will be out shortly. Lets get the activities of District 9520 out there.

I will post details about each category in the coming weeks in the Herald so keep watching Bronwyn Heard (ACSO 9520 REP)

Natural
Environment

Community
Education

Health
Award

Youth
Award

Social
Inclusion

Civic
Improvement

Gala Dinner Auction. Friday 15th July 2016, 6.30pm for 7.00pm
The Grand Ballroom, 443 Tapleys Hill Road, Fullham Gardens.
The Special Guest of Honour at this event is Geraldine Cox AM.

Here is a brief biography of Geraldine.

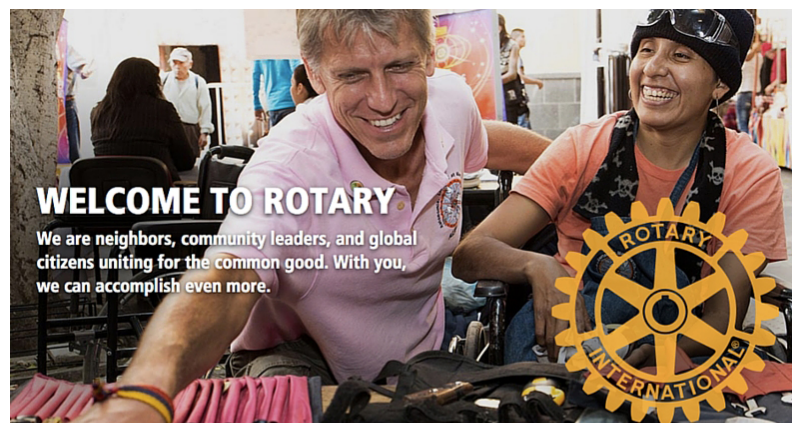
In 1993 Geraldine Cox helped to establish the Australia Cambodia Foundation which operates Sunrise Cambodia. She moved to Cambodia permanently in 1996, to live with the orphaned children. The organization is now called Sunrise Villages. She is known as "Madal Tom" (Big Mum).

Sunrise Villages have expanded their facilities across Cambodia. One Village is in Phnom Penh, which includes a nursery school. They built a HIV centre for 200 children with HIV in Sihanoukville. There is a Village in Siem Reap, which has just opened a Restaurant to train children in Hospitality. They have numerous projects in the surrounding areas including building wells, housing, renovating schools & bridges. Not only is Sunrise opening their hearts to orphaned children but also to the surrounding communities.

In January 2001 Geraldine was made a Member of the Order of Australia, "for services to the welfare of children through the establishment, financing & administration of an orphanage in Cambodia". She has also received the Centenary Medal, "for services to the welfare of children in Cambodia".

Ask for an event flyer from Elaine Hall at hallem22@tpg.com.au or ring 0400 335 834.

At this stage it is a save the date with more information coming.



Social Media Workshop

An opportunity to learn more on how to use social media to market Rotary events, projects and more.

This is an investment opportunity... In realising the potential of social media.

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