

District Governor Nominee

Congratulations Sam Camporeale for your recent selection as the DGN for District 9520.

DGN Sam is a member of the Rotary Club of Mitcham.



Rotary International Convention Sydney

Please use the link

www.rotary2014.com.au for information about the Convention, and as a place to Register.

The Convention Newsletter Corroboree Edition #5 can be viewed at [Corroboree](#)



LARGE DONATION TO OPERATION CLEFT



The Emirates Elite Panel of ICC Umpires today made a donation of US\$10,000 (BD TK777,000) to the Operation Cleft charity, a unique Rotary project that provides free cleft repair surgery for underprivileged children in Bangladesh.

Members of the Emirates Elite Panel of ICC Umpires, Kumar Dharmasena and Richard Kettleborough, on behalf of their colleagues, presented the cheque to representatives of Operation Cleft at the Sher-e-Bangla National Cricket Stadium in Mirpur on Thursday.

Operation Cleft only works in Bangladesh, and focuses specifically on surgery, training and parent and healthcare sector education related to the cause, effect and treatment of cleft lips and palates. To date, Operation Cleft surgeons have completed more than 8,250 operations, of which almost 40 per cent are considered complex surgery.



World Water Summit 6 Sydney, Australia Friday, May 30, 2014

Immediately before the
Rotary International Convention

We've put together an amazing program for this year's Summit. Our theme is collaboration - in its many forms. Come prepared to be inspired and stimulated. In Rotary, we know working together is better. Effective WASH programs start with the community in need, and include input from government, local implementers, and technical experts, to name a few.

How best to bring the right people to the table? What makes a great program team? What are NGO implementers looking for from Rotary Clubs?

You have until April 15 2014 to Register.

All this and much more! Go to [Program](#) for a draft of the complete agenda, or www.wasrag.org for more information on the event. For more information download the [Flyer](#), or visit our [Website](#)

Tailem Bend revellers obviously enjoying the
Gala Night at Conference.



RYPEN



Registrations for the RYPEN weekend on April 25-27 have reached the critical minimum number we need, but overall numbers are well below what we consider to be optimum. All Clubs have been circulated with information related to RYPEN applications. You could use the link <http://ryla9520.org.au/rypen/> or a copy of information sent to schools <http://ryla9520.org.au/rypen/info/>. Any queries should be directed to District Committee Chair, Peter Poulton

Presidential Citations.

Please be advised that applications for Presidential Citations are now due. Completed forms showing the criteria have been met are to be forwarded to DG Wendy at your earliest. [Presidential Citation Applications](#)



Message from d'Arcy Lunn, Key Note Speaker at the Conference.

Thank you so much for a wonderful conference and hospitality for both myself and my mother.

I will be in the District from mid May till end of June building the little 10m2 self sufficient Happy Simply home and would love to interact with Rotarians either on the building project in Aldinga 24 May - 8 June or presenting to Clubs in the area. For all the information on the Happy Simply building project please use this link [happysimply](#) and the youtube clip of the last build this time last year in NZ [happysimplynz](#)

Many thanks and hope you have all had a little time to rest and reflect on a very rich conference in learning, sharing and action!



Junk Food diet has depressing consequences.

Story by Kellie Scott, and picture by Aaron Sawall.
Article courtesy The Warrnambool Standard.

Prevention is better than cure when it comes to the link between diet and mental health.

And it starts in the womb

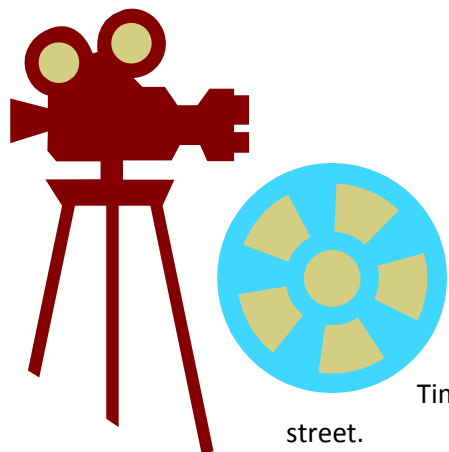
Associate Professor Felice Jacka from the School of Medicine at Deakin University explained the link to an audience of Rotary District 9520 conference members in Warrnambool yesterday. Addressing the question "Can we prevent depression by improving diet? She provided evidence from numerous studies she has been involved with in what is a relatively new field of scientific research.

Professor Jacka said there was a clear correlation between early life nutritional exposure and the risk of depression and anxiety.

A major study funded by American foundation NARSAD looked at 23,000 mothers and children. "We looked at the pre-natal diets and children in their first few years," Professor Jacka said. "Mums with a high intake of junk food (while pregnant) led to their children having more externalized behaviours such as tantrums." Children who ate more wholesome foods in their early years showed lower externalizing behaviours. What you eat and feed your child is really important to their physical and mental health." She said obesity related illnesses now accounted for more deaths than infectious diseases such as AIDS and malaria. "Obesity kills more people than smoking worldwide." She said.

There were two main dietary patterns: traditional/healthy, with a higher intake of nutrient dense foods, and Western with many unhealthy foods. While it has long been known that a Western diet is responsible for a range of physical health problems, a link to mental health was relatively new. "High scores of the Western diet means someone is more likely to have a depressive disorder." She said. "A traditional diet shows they are 35 per cent less at risk. Adults often thought they could eat a Western diet and compensate with supplements. In fact there is not good evidence for supplements being particularly useful and in some cases actually harmful." She said there was no evidence of an improved diet relieving depression because it hasn't been researched, but there was confirmation that prevention could work. "But the government won't invest in prevention because the costs are too high and the results are too far down the track. It will only happen if the community asks for such intervention."

"This year we hope to join with Rotary and ask the government to get behind prevention."



The Rotary Club of Magill Sunrise presents THE REEL EVENT,
an evening of short films by SA Film makers.

21st May,

Regal Theatre Kensington Road

Food and Drinks from 6.30pm and Films from 7.30pm

Contact Mina Ward 0406 190 042 for more information.

Tickets at TRYBOOKING.COM/77505 for \$30.

Films include Angora, The Martyr, Pablo's Villa, Welcome to Iron Knob, The Time Machine in Cell 101, Young Hearts, Sleight of Hand, and Who owns the street.



DISTRICT CONFERENCE

Our Rotary District Conference was held from Thursday March 20th to Sunday March 23rd in the Victorian coastal town of Warrnambool.

Some 396 delegates attended the conference which took place in The Lighthouse Theatre situated in the heart of the city of Warrnambool. We were thoroughly entertained and educated by 14 keynote speakers under the management of our District Team headed by DG Wendy Gaborit.

On a personal note I must say that I was a little daunted by the fact that we Rotarians would have to sit through this demanding list of speakers on topics as varied as

media technology evolution at the ABC, to camel trekking across Australia, to marine ecology, to saving the Royal Agricultural and Horticultural Society of SA. Not only did the time fly but we were seriously entertained, provoked, inspired and motivated by a group of exceptional people.

With the formal conference program limited to mornings, our afternoons allowed us to roam the surrounding countryside, take a break and reflect on the ideas and issues raised by the speakers. Truly, if you weren't somewhat moved into action by this special group, you must have been sleeping. And the countryside included The Great Ocean Road, The Twelve Apostles, the Hopkins River Falls as well as bush and coastal walks, major cheese and dairy facilities, even fishing if you were brave enough to endure the very wet weather over the first day and a half.

The conference also provided wonderful fellowship. Meeting lots of different people from the city and country topped off with a Gala Dinner on Saturday March 22nd. All up a great event. My batteries are recharged after a pleasant and very informative break.

Many thanks to all involved especially the Rotary Clubs of Murray Bridge and Mobilong for their organisation as well as the Rotary Clubs of Warrnambool for support and meals during our stay. Yes the weather did fine up and we all left Warrnambool in blazing sunshine, all the richer for the experience.

It may seem early, but if you are interested in attending next year's District Conference it will be held in Ballarat from Thursday April 16th till Sunday April 19th, 2015

Robert Elliott President Rotary Club of Burnside.



The Rotary Club of Blakiston presents an evening with Charlie Walsh OAM

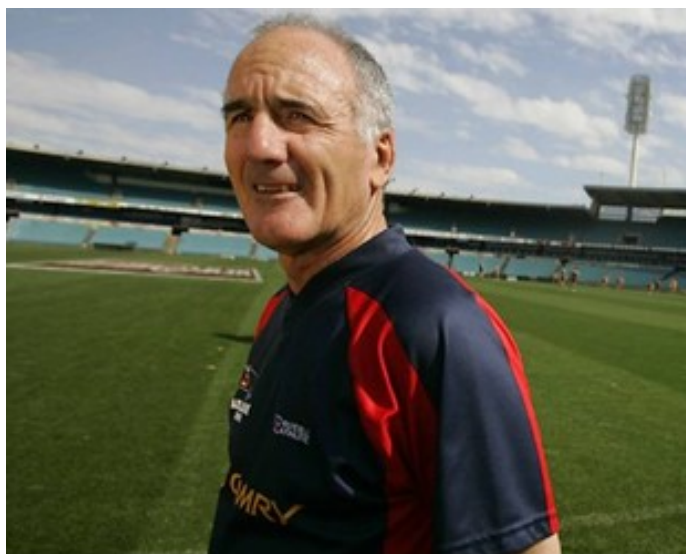
**Dinner and Presentation at Auchendarroch
House Mount Barker**

on

Thursday 10th April at 7.00pm for \$65 pp.

'Charlie' Walsh OAM – coached Australian track cyclists to major success at the elite level, including world sprint champions, world Kerin champions, Olympic sprint champions, pursuit champions (individual and team) and Madison champions. Responsible for riders such as Brett Aitken, Shane Kelly, Bradley McGee, Stuart O'Grady, Mike Turtur and Kathy Watt, Charlie's riders have won over 70 World Championship and Olympic Medals since 1984, plus over 50 Commonwealth Medals.

From 2004 – 2011 Charlie assisted Crows coach Neil Craig, with fitness and rehabilitation at the Adelaide Football Club.





I am reminded by our Photographer that he did capture a photo of Stan Schofield celebrating his 80th birthday with Marilyn.

“The Grand Budapest Hotel” is a 2014 British-German comedy-drama film written and directed by Wes Anderson and starring Ralph Fiennes as a concierge who teams up with one of his employees to prove his innocence after he's framed for murder.

You can view this entertaining film at the Mitcham Cinema on Sunday 13th April 2014 for \$20 which includes pre film drinks, at 4.00pm with the film starting at 4.30pm.

**This is a fund raiser for
Australian Rotary Health**
so bring some friends with you and enjoy the occasion.

Organised by the Rotary Club of Mitcham.

Tickets are available at the door or from

Andrew Atterton 0418 788 401 aratterton@gmail.com



Lucinda Duxbury was the Guest Speaker at the Rotary Club of Eastwood on 18th March 2014.



Lucinda Duxbury is a Year 11 student attending Glenunga International High School.

Lucinda was sponsored by the Rotary Club of Eastwood to attend the **Rotary Health of the River Youth Forum** in 2013.

The event was held over four days at Calperum Station, and twenty students were tutored through a program by Natural Science Post Graduates.

The program focused on specific needs of the River with regard to People, Flora and Fauna as it travelled through four States. As the group looked at water pollution as a central issue, they were encouraged to be flexible and innovative, while working together in a cooperative manner.

Later the group visited Renmark High School to see their Natural Studies program.

Lucinda made many new friends while at the Forum, and her positive manner and confidence in making the presentation was testament to the value of the Rotary Health of the River program.

Rotary International District 9520 Awards presented at the Conference Gala Night held at Deakin University.



Best Conference Attendance
Best Community Service Project
Australian Rotary Health Achievement
All won by the Rotary Club of Merbein.

Best Club Display won by RC Brighton with Days for Girls



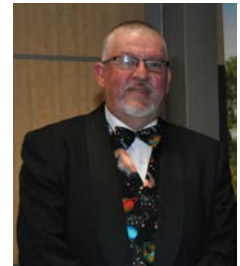
Best Youth Services Award won by RC of McLaren Vale with Mock Accident Demonstration.

Most First Time Attenders won by RC of Mobilong.



Best Vocational Service Award won by RC of Berri.

Best International Service Project won by RC of Flagstaff Hill with Hearts in Fiji.



Project BridgeWorks

BridgeWorks supports Hill Tribe children's homes. These homes are run by local 'parents' who have up to 30 abandoned, orphaned and unwanted children. These kids are at risk of being trafficked and sold into slavery. Education is an important key to the future, but without food and shelter, education will mean nothing. AUD30 a month goes an incredibly long way in Thailand. That is the equivalent of a single fast-food meal for an Australian family of 4. Yet, for the Hill Tribe children it can be life or death.

Read more at <http://projectbridgeworks.com/>

Bob's Ride across Australia 2014

Support Bob Miller as he rides across Australia from Perth to Sydney. During his ride he will raise awareness for BridgeWorks.

Learn more and follow Bob's blog and donate at www.bobcycle.wordpress.com

