

# THE TIMEBALL

THE WEEKLY BULLETIN OF  
THE ROTARY CLUB OF WILLIAMSTOWN  
DISTRICT 9800,  
VICTORIA, AUSTRALIA



## The Timeball

Official Bulletin of the Rotary Club of Williamstown  
Rotary District 9800  
Rotary International Club Number 7208

Rotary Year 2017

Date: 28th August

August is Membership and Development and Extension Month

We were without our President on Monday, he was in Queensland, babysitting. PP George stood in for Damien.

Apologies: Eddie, Tony, Neona, Sven, Adrian, Murray,

Our Guest Speaker, Bill Oakley from Rotary against Malaria (RAMS) and he is with the Balwyn Rotary Club, gave us a very informative talk on the History of Malaria, The Japanese invasion of PNG and the effects Malaria had on the soldiers.

We have quite a few busy weekends coming up so please make yourself available to help. Volunteers are needed for manning the gates at the Football at Burbank oval, Williamstown on

Sunday 3rd September 10am till 3.30pm and the following week

Saturday 9th September 10am - 3.30pm.

Volunteers are also needed for the PNG Highlands Packing day Saturday 9th September, 9am onwards, as Cross St., Footscray. As well as doing the Mother/ baby bundles the container also needs to be packed.

Plus there going to be 2 BBQ's on Sunday 10th September, Farmers Market and Seaworks Small Ford Car Rally.

Reminder that next week there is no Monday night meeting instead we will be joining with the Cluster Group at R.Y.C.W. on Tuesday night, for a 7pm start. The Guest speaker will be David Whiteley who will be explaining the new Child Safety Acts and how it relates to Rotarians.

## Announcements

Yvonne has booked a table for 10 to go to this year's pink breakfast, let her know if you want to come.



Seventh Annual

# Pink Breakfast

## Tuesday 26th September 2017

Rotary  
Club of Point Gellibrand



Please join us at the beautiful Royal Victorian Motor Yacht Club for a morning of light entertainment and enlightening guest speaker to help raise awareness and support for Breast Cancer Research.

All proceeds from our fabulous breakfast will go to the Breast Cancer Network Australia, The Walter and Eliza Hall Institute and the National Breast Cancer Foundation. Soak in the atmosphere of the Motor Yacht Club and enjoy the vista of the Melbourne city skyline.



*Date*

Tuesday 26th September

*Time*

6:45am to 9:00am

*Location*

Royal Victorian Motor Yacht Club  
260 Nelson Place, Williamstown

*Cost*

\$55.00 per head  
includes a full breakfast,  
Raffle, silent auction, and door  
prizes to be won. Early Bird discount  
of 10% applies if booking a table of  
10 by the 15/9/17.

### *Guest Speaker:*

Lyn Swinburne, AM, is a prominent women's advocate, inspirational speaker and founder of Breast Cancer Network Australia (BCNA).

*RSVP*

21st September 2017

### *Enquiries/Tickets*

Marlene - 0409 320 684

Tickets can be purchased online at  
[rotarypinkbreakfast.com](http://rotarypinkbreakfast.com) or instore at  
Novel Kitchen, 80 Ferguson St, Williamstown

[rotarypinkbreakfast.com](http://rotarypinkbreakfast.com)



## Yasmin Poole

At the board meeting on Tuesday 15th August it was decided to donate \$250 to Yasmin Poole who was looking for funding to attend The Harvard Conference for young leaders in Sydney on 17<sup>th</sup> August.

My name is Yasmin Poole. I am 18, and a first year Law/Arts student at Monash University. I was just reaching out to you as I have been accepted into the Harvard Project for Asian and International Relations for 2017. This will be held mid August. It is a prestigious conference with a competitive pool of applicants, and is held in a different country each year. Thankfully, this year's conference will be held in Sydney so flights are not too expensive!

I am in the Security and Diplomacy field, which is perfect for me as I want to become a diplomat. This will involve discussing key global issues with other young leaders, listening to academics, politicians and diplomats, and will teach me so much about world affairs and diplomacy. I am heavily involved in the community, being a Member of Hobsons Bay Leo Club, Member of Leaders of Today (youth group sponsored by Hobsons Bay City Council), and represented Hobsons Bay at Youth Parliament last month where I won Best Speaker out of 120 students. I was featured on ABC Melbourne Radio and Star Weekly. I also volunteer for Amnesty International and Red Cross.

Whilst HPAIR is a tremendous opportunity, it is very expensive. Registration itself is \$630 AUD, and flights and accomodation are around \$640. There will also be food and transport costs. Any amount at all would go such a long way to help get me to this conference, and it will truly help increase my leadership skills to keep making a difference.



Yasmin receiving her cheque the day before leaving for the Conference, she was very grateful and will talk to the club on her return

## Stroke Week this year is Monday 4 to Sunday 10 September

Stroke Week aims to draw attention to the common causes of stroke that is a major cause of disability for over 12,000 Victorians each year, across all ages and genders.

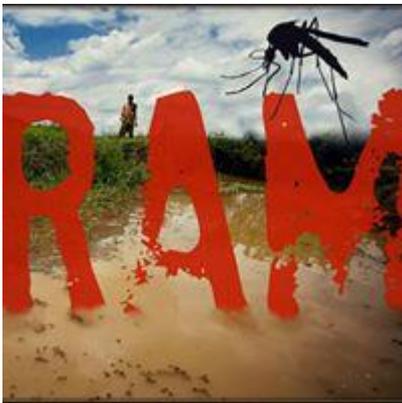
A predominant cause of stroke is hypertension manifested by undiagnosed/untreated high blood pressure. Identification of blood pressure irregularities can save lives and prevent unnecessary major disability.

Rotary has been invited by the Stroke Foundation to assist with random blood pressure monitoring during and around Stroke Week 4 – 10 September 2017.

This accords with the Blood Pressure Awareness (BPA) program being developed by Kew Rotary.

**Kathy is going to organise a stall in the Coles Supermarket area and offer brochures on Stroke Awareness and do free Blood Pressure readings on Wednesday, 6th September**

Our Guest speaker today Bill Oakley spoke to the club about the Fight against Malaria.



### WHAT IS MALARIA?

**Malaria is a potentially fatal blood disease caused by a parasite that is transmitted to human and animal hosts by the Anopheles mosquito.**

**The human parasite, Plasmodium falciparum, is dangerous not only because it digests the red blood cell's hemoglobin, but also because it changes the adhesive properties of the cell it inhabits.**

**This change in turn causes the cell to stick to the walls of blood vessels. It becomes especially dangerous when the infected blood cells stick to the capillaries in the brain, obstructing blood flow, a condition called cerebral malaria. Scientists using the x-ray microscope are hoping to learn more about the how the parasite infects and disrupts the blood cells and the blood vessels of an infected host.**

Rotarians Against Malaria is an activity of Rotary Australia World Community Service ([RAWCS](#)) and covers the following countries:

- Australia
- Papua New Guinea – [RAM PNG](#) is a partner of RAM in Australia
- Solomon Islands
- Timor Leste

Bill gave us a very detailed history of the Japanese invasion of PNG, the threat to Australia at the time and the effect Malaria had on the soldiers on both sides. In the years following WWII, Australia's military has continued to develop its research into tropical diseases. The threat from Malaria and tropical disease can be as serious as the enemy. The Australian Army Malaria Institute in Brisbane remains one of the leading research institutes into malaria, and along with the Walter and Eliza Hall and Barnett institutes here in Melbourne and the institute of Glycomics connected to Griffith University in Queensland keep Australia at the forefront of malaria research worldwide.

Malaria remains one of the most socially and economically damaging diseases on Earth, but now there is an end in sight. The World Health Organisation and the Bill and Melinda Gates' Global Fund have announced an ambitious plan to rid the World of Malaria by 2040. At the recent National Rotarians against Malaria conference in Sydney, Dennis Shanks who is Director of the Australian Army Malaria Institute, stated that eradication would require a certain amount of technical breakthrough, but would rely heavily on the good old fashioned methods of health, hygiene and building an efficient health system. Things like barrier techniques like protective clothing, screens and insecticide treated beds nets have been assessed as contributing 60% of the success in malaria reduction and elimination.

Last year saw an increase in the level of support to RAM from Australian Rotary clubs by about 40% from \$120,000 to over \$160,00. This figure needs to rise to around \$500,000 if we are to adequately support the work we are involved within our Region.

RAM has set a goal of receiving an average of \$500 from each Club to meet this amount.

## **FIGHTING MALARIA WITH NETS**

**Mosquito nets help keep mosquitoes away from people, and thus greatly reduce the infection and transmission of malaria. The nets are not a perfect barrier, so they are often treated with an insecticide designed to kill the mosquito before it has time to search for a way past the net.**

**Long Lasting Insecticidal Nets (LLINs) are estimated to be twice as effective as untreated nets, and offers greater than 70% protection compared with no net. Since the Anopheles mosquitoes feed at night, the preferred method is to hang a large "bed net" above the center of a bed such that it drapes down and covers the bed completely.**

**The distribution of mosquito nets impregnated with insecticide (often deltamethrin) has been shown to be an extremely effective method of malaria prevention, and it is also one of the most cost-effective methods of prevention.**

**LLIN's have the advantage of protecting people sleeping under the net and simultaneously killing mosquitoes that contact the net. This has the effect of killing the most dangerous mosquitoes. Some protection is also provided to others, including people sleeping in the same room but not under the net.**

**Unfortunately, the cost of treating malaria is high relative to income, and the illness results in lost wages. Consequently, the financial burden means that the cost of a mosquito net is often unaffordable to people in developing countries, especially for those most at risk.**

2017-2018 RI PRESIDENT  
IAN RISELEY'S CHALLENGE:

## EVERY ROTARIAN PLANT A TREE BY EARTH DAY

22 APRIL 2018

*"The greater result  
will be a Rotary that  
recognizes our responsibility  
not only to the people on our  
planet, but to the planet itself"*

2017-2018 RI PRESIDENT IAN RISELEY



### Engage in the Challenge

- Develop projects with Rotaract and Interact Clubs
- Collaborate with community partners and local experts
- Create international partnerships where tree planting can lift up entire communities

PLANT A TREE by  
22 APRIL 2018



The Environmental Sustainability Rotarian Action Group  
Rotarians making the world a better place by taking  
care of our environment.

For more information and to join visit  
[esrag.org](http://esrag.org)

# 1.2 MILLION TREE PLANTING CHALLENGE



*'...environmental sustainability...is, and  
must be, everyone's concern.'*

2017-2018 RI PRESIDENT IAN RISELEY

## WHY PLANT...

Trees are engines for economic  
development providing

- High nutrition foods for humans, animals, wildlife and insects
- Sustainable building materials and fuel
- Canopies in urban areas to cool, reduce energy use, absorb pollution and increase property values

Trees protect our environment

- Increase ground water recharge, prevent runoff and loss of soil
- Create habitat for wildlife
- Produce oxygen, use carbon dioxide, improve public health
- Slow global warming by storing carbon

Trees and woodlands provide spiritual renewal

- Walking in the woods soothes the soul

Send your reasons for planting trees to  
[trees@esrag.org](mailto:trees@esrag.org)

## TREE PLANTING PRACTICES & PRINCIPLES

- Consult local professionals
- Carefully plan the project
- Evaluate the site: sunlight, water, wind, temperature, soil, fertility and security
- Select trees adapted to the site and pest and disease resistant
- Plant at the right time using proper planting techniques
- Establish a maintenance schedule
- Care for the trees until they are established and flourishing

Trees Bring People Together



© The Nature Conservancy (David King)

## RESOURCES INSPIRATION & INFORMATION

Here are a few valuable resources  
and examples of ongoing projects  
to get you started.

AECN Environmental Foundation  
[www.aecn.info/ef/en](http://www.aecn.info/ef/en)

Association Mitsinjo  
[associationmitsinjo.wordpress.com](http://associationmitsinjo.wordpress.com)

City of Toronto - Tree Planting Solutions  
for Hard Boulevard Surfaces:  
Best Practices Manual  
available online

Food and Agriculture Organization of the  
United Nations  
[www.fao.org/publications/sofo/en](http://www.fao.org/publications/sofo/en)

Food Plant Solutions Rotarian Action Group  
[foodplantsolutions.org/rotary-action-group](http://foodplantsolutions.org/rotary-action-group)

Gro Trees  
[www.rotaryclubwoodsunrise.org/Page/grotrees](http://www.rotaryclubwoodsunrise.org/Page/grotrees)

Grow-Trees  
[www.grow-trees.com](http://www.grow-trees.com)

International Tree Foundation  
[internationaltreefoundation.org](http://internationaltreefoundation.org)

One Million Tree Stories  
[www.rotarytree.com/projects](http://www.rotarytree.com/projects)

Plant for the Planet  
[www.plant-for-the-planet.org](http://www.plant-for-the-planet.org)

Tennessee Urban Riparian Buffer Handbook  
[www.tn.gov/assets/entities/agriculture/attachments/TURSHandbook\\_AppF.pdf](http://www.tn.gov/assets/entities/agriculture/attachments/TURSHandbook_AppF.pdf)

World Agroforestry Centre  
[www.worldagroforestry.org](http://www.worldagroforestry.org)

Help other Rotarians by sending  
your resources to [trees@esrag.org](mailto:trees@esrag.org)

## The Rotary Club of Williamstown, District 9800

President:	Damien Hynes	Treasurer:	Nils Oman
Secretary/ Public Officer:	Kathy Roberts	Foundation:	Murray Verso
Membership Development:	Guy Chatain	Club Service:	Eddie Knight
Marketing/PR & Protection Officer:	Brad Saunders	Sergeant at Arms:	John Barry
Community Service:	George Papazisis		

Community Service,  
Rocan, Wellness Centre  
Chair:

Yvonne Moon

International Service:	John Barry, Hazel Ackland,
International/Program:	Vicky Chandler
Bulletin/Youth Service:	Neona Stiles

### President Rotary International

Ian Risely <http://www.rotary.org/>

### Rotary District 9800 Governor

Peter Frueh <http://www.rotarydistrict9800.org.au>

### Assistant Governor Hobsons Bay Cluster

Peter Rogers

The Rotary Club of Williamstown meets every Monday, Alternating lunch and evening meetings.  
Pelicans Landing, 1 Syme St, Williamstown

Contact us: Kathy Roberts 0404 896 305

Find us on the web at [www.rotarywilliamstown.org.au](http://www.rotarywilliamstown.org.au)

Rotary District 9800 [www.rotarydistrict9800.org.au](http://www.rotarydistrict9800.org.au)

Rotary Down Under [www.rotarydownunder.com.au](http://www.rotarydownunder.com.au)

Networker District 9800's weekly newsletter [www.rotarydistrict9800.org.au/](http://www.rotarydistrict9800.org.au/)

The Rotary Club of Williamstown is on Facebook – any Facebook user can join the group, and we promote the Club's activities and successes on this page.