

26th August 2014

# THE GEN



ROTARY  
CLUB OF  
GLEN EIRA



The Ice Bucket Challenge

## BUCKETS OF GOODWILL

The Ice Bucket Challenge is a social media campaign that has taken the world by storm to raise awareness of motor neurone disease.

### Why is everyone raising funds for Motor Neurone Disease?

There is no known cure and no effective treatment for Motor Neurone Disease (MND). The disease affects the nerve cells (neurons) controlling the muscles that enable us to move, speak, breathe and swallow degenerate and die. Motor function is controlled by the upper motor neurons in the brain that descend to the spinal cord; these neurons activate lower motor neurons.

The lower motor neurones exit the spinal cord and directly activate muscles. With no nerves to activate them, muscles gradually weaken and waste. People with MND progressively lose the use of their limbs and ability to speak, swallow and breathe, while their mind and senses usually remain intact. Two people die from MND a day in Australia, while two people are diagnosed with it. An estimated 1900 people have MND in Australia and the average life expectancy for them is 27 months from the time of diagnosis.

## UPCOMING EVENTS

### AUGUST IS MEMBERSHIP MONTH

**Tuesday 26th August**

Mental Health Forum at St Kilda

**Sunday 31st August**

Sausage Sizzle in Glen Huntly

### SEPTEMBER IS YOUTH MONTH

**Monday 1st September**

Community Forum: Domestic Violence

**Tuesday 2nd September**

Youth of the Year Award

Guest speaker Pete Keogh

**Saturday 6th September**

Sausage Sizzle in Glen Huntly

**Tuesday 9th September**

Project Planning Meeting

**Tuesday 16th September**

Guest speaker Larry Blode

**Saturday 20th September**

Sausage Sizzle in Glen Huntly

**Tuesday 23rd September**

AFL Grand Final Week Meeting

Joint meeting with RC Melbourne Park

**Sunday 28th September**

Charity Race Day

**Tuesday 30th September**

Guest speaker Pyae Phyoo Aung

### OCTOBER IS VOCATIONAL SERVICE MONTH

**Tuesday 7th October**

Rotary Sports Awards Night

**Sunday 19th October**

Caulfield Racecourse Run

### The rules

1. Fill a bucket (or larger container) with water and ice
2. Tip it over your head
3. Challenge three other people to take the Ice Bucket Challenge within 48 hours
4. If nominees don't take the Ice Bucket Challenge within 48 hours they make a donation to an MND charity.

DATE	GUEST SPEAKER	CASHIER	TOAST TO AUSTRALIA	TOAST TO OUR CLUB	CHAIRMAN
26th August	<b>Mental Health Forum at St Kilda Town Hall</b>	N/A	N/A	N/A	N/A
2nd September	<b>Youth of the Year Night with guest speaker Pete Keogh</b>	Keith Faiman	Geoff Asher	Adrian Nelson	Joan Luscak
9th September	<b>Project Planning Meeting for Charity Race Day &amp; Fun Run</b>	Joan Luscak	Garry Fabian	Jack Dimand	Alan Samuel

## WHAT'S THE ROTARY CLUB OF GLEN EIRA UP TO? AUGUST IS ROTARY MEMBERSHIP MONTH



### Mental Health Forum

This week's Club Meeting is at St Kilda Town Hall at 6pm to assist the Rotary Club of St Kilda's Mental Health Forum. Featuring exhibition stands and guest speakers such as Les Twentyman and Assoc Prof Felice Jacka, this will be an extraordinary opportunity to learn about the impact of mental health.

Light refreshments are available and we need many hands on deck to help out.

### Youth of the Year Night

Coming up next Tuesday is our Club's annual Youth of the Year Night. For friends of our club, this is a great opportunity to see inspiring work done by great young people in our community. For our members, please invite guests along to what promises to be another great night.

### Charity Race Day

It's only a month away to our Charity Race Day at Caulfield Racecourse. Tickets on sale now!

## ROTARY PROJECT OF THE WEEK

### Australian Rotary Health

Australian Rotary Health (ARH) is one of the largest independent funders of mental health research within Australia. Started by a Rotarian Ian Scott in 1981 to research sudden infant death syndrome, the Foundation has gone on to provide funding into a broad range of general health areas, and provides scholarships for rural medical and nursing students, as well as Indigenous health students.

A principal area of focus is now on mental health, in recognition of the adverse effects that mental illness has on the health and wellbeing of children, youth and adults in Australia. ARH actively promotes community awareness and education activities, including the Mental Health Forum this week in St Kilda.

### Flashbacks

In the first of a series of Club Flashbacks, our bulletin editor from 8 December 1998 announces our Club's only Outbound Ambassadorial Scholar, Belinda Scerri. She then knocked back Oxford to go to New York State University which offered a better course.

#### Belinda Triumphs

Our Ambassadorial Scholar, Belinda Scerri has achieved the near impossible! – obtaining a place at Oxford University in 1999. Rotarian Bill Silvester, on behalf of Foundation, introduced John Edmonds, the Chairman of District's Scholarships Committee, who made the announcement at last week's meeting. Around the world there are between 1300/1400 Rotary Ambassadorial Scholars chosen each year, of which 300/400 apply to enter Oxford. That university only takes 5 or 6 of those each year. These were the odds that Belinda faced. Remember also that Belinda had been selected from a large and 'hot' field to be the sole Ambassadorial Scholar for District 9800, leaving in 1999. Glen Eira is very proud to be associated with a young woman of Belinda's skills, maturity and vision for the future. We also recognise the professionalism, judgement and enthusiasm of John Edmonds and his Committee. This exciting outcome was more assured for the involvement of past President Geoff Oscar who guided Belinda and the other members of the Club's Interviewing Committee with his wealth of experience, tact and common sense. Where would we be without committed Rotarians like Geoff Oscar? We will all gain from this achievement. Belinda gets the opportunity of a lifetime to follow her dream in politics and journalism at the best institution in the world; our Club again lifts its profile in District 9800 and we can bask in the glory of being Belinda's Club; The District proves again that it is a tower of strength in Australian Rotary; and Australia wins an ambassador of the highest class. Through its support of bright young achievers like Belinda, Rotary is moving to assure greater peace, understanding and security for the future, not only in our Country, but throughout the World. We all wish you well Belinda – but do not forget to write!

