



**Rotary Club of Kew on Yarra**

ABN 97 325 138 640  
Chartered 16<sup>th</sup> June 1986  
R.I. District 9800

**Rotary Year 2009-2010**

- President: Anne Brown
- Vice President: David Shave
- Hon Secretary: Sue Anderson
- Hon Treasurer: Ken Maher
- President Elect: John Brownsea



**Rotary International**

- President  
**John Kenny**
- District Governor 9800  
**Colin Muir**
- Assistant Governor  
**Gabrielle Morgan**

**Club Avenues of Service**

- Club Service Director: John Brownsea
- Community Service: David Anderson
- Bulletin Editors: Bill Chow
- Tony Boyd
- Anthony Tung
- Peter Leonard
- Vocational Service Director: John Orr
- International Service Director: Derek Bond
- Foundation: Edel Conroy
- New Generations Director: Isabel Armer

**PLEASE REMEMBER**

Apologies and guests to  
Sue Anderson  
by Tuesday on 0408 504 639

# FREEWAY

WEEKLY BULLETIN OF THE ROTARY CLUB OF KEW ON YARRA

Volume 9 Issue 28
3 February 2010



## Brown's Blog

(A word from President Anne Brown)

This week with the anniversary of Black Saturday I have reflected on how many lives changed on that day. I often think about the day some of us worked with Suzie from the Kinglake kindergarten making fairy floss at the Whittlesea show and the stories she told us of her family's experiences on that day. They were moving house and were working at the new one and had taken one box of possessions with them. The new house was saved but the old one with all their packed possessions was burnt. Suzie said that she had lost wedding presents she had never used and she will now use everything she owns because you never know what might happen. She felt they were lucky because they had a house even if they had nothing to put in it.

Last Wednesday Liliane Grace spoke to us about her children's book "The Mastery Club" in which she shows that the power of positive thought and a belief in oneself can change our life's path. The book is now being used by schools as a text and was a children's book of the year.

On Saturday I emailed the members of the club informing them of the death of David Anderson's mother at the great age of 98. On behalf of the club I wish to pass on our condolences to David and Sue and family. Mrs Anderson's service will be held in Geelong on Thursday at St David's Uniting Church, Aphrasia Street, Newtown at 1.30 p.m. Ed and I will be attending.

The preparations for the vocational week to be held from 18<sup>th</sup> April until 25<sup>th</sup> April for the Moira students are well under way. I have contacted all last year's billeting families, my contact at the Salvation Army as well as written to the entire Boroondara Cares clubs to ask for help with billets. I have had several replies and at this stage only had one reply from outside the club. David Shave has visited Moira once and is about to go again to meet with teachers, parents and students and is receiving very positive response. He is also working on job placements. John Orr has the program well under control organising the Monday forum and Friday's rapt up.

I have just received an email from Mark saying that our singing lesson of couple weeks ago is in this week Melbourne Weekly. I don't receive the paper but have seen a scanned copy and we all come up well. I look forward to seeing the article.

See you this week to listen to Rob Taylor tell us about Melbourne Fire and Emergency Services and REMEMBER THE FUTURE OF ROTARY IS IN OUR HANDS  
Anne with an E

Postal address: P.O. Box 271  
Kew East, Vic 3102, Australia

Website: <http://home.vicnet.net.au/~rckewe/>

Email: [kewonyarra@rotaryd9800.org](mailto:kewonyarra@rotaryd9800.org)



Guest speaker Liliane showing her enthusiasm.

**Guest speaker: Liliane Grace (author).  
Topic: The Mastery Club**

Liliane Grace grew up in Moorabbin and is now living in Ringwood East. She has had numerous stories and articles published in magazines and won several short story awards, including First and Second Prize in the 2004 Australasian Short Story Award. Liliane is also an experienced teacher of writing, having taught in a variety of community houses, TAFE colleges since 1987, six of those years at Monash University in the Short Courses Centre. Liliane has also dabbled in corporate training and seen several of her plays performed in amateur theatre.

A mother of three, she also had her own marketing business in the health industry until she was seized by the desire to write a book for adolescents called *The Mastery Club*. After exploring various publication options, Liliane decided to self-publish and has spent the last few years engaged in the book marketing adventure.

Despite being virtually unknown to the Australian public, her book is now statistically a best seller, with some 10,000 books in circulation. The first print run of 2000 books sold out in five months; the second print of 3000 run sold out in six months, and she is currently selling her fourth print run.

Liliane wrote her book for children aged 9-15 and it is now beginning to be used in schools as a text, however this book is inspiring readers of *all* ages. Some business leaders have bought as many as 200 copies of the book to give or sell to their customers, team members, family and friends, because *The Mastery Club* clearly teaches the principles of success through a page-turning story. *The Mastery Club* won an international award in 2007 in the category of Youth Fiction.

Synopsis:

Natalie has long been fascinated by witches and wizards and the world of fantasy, but she wants to be able to do real magic. So when green-haired unpredictable Nina bursts into her life with a plan to form a 'Mastery Club', Natalie's mind and world are opened up to some startling possibilities and a colourful, creative family.

Natalie's friends eventually join the Mastery Club too, and together they learn about the nature of reality, their divine potential, and powerful tools like creative visualisation, affirmations and treasure maps as, one by one, they find a goal or challenge to undertake.



3 February 2010 – Happy snaps.



*Pres Anne addressing members and guests*



*Visitor Philip Naughton*



*William with his thought*



*Richard reporting on Bali*



*Sergeant Ken in good form*



*Chairperson Edel*



*Chairperson Edel thanking guest speaker Liliane*



*Guests and members*



*Lucky door prize winner John Orr*

# District News **January is Rotary Awareness Month**

## Latest District Newsletter

[http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2009\\_2010/currentNetworker.pdf](http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2009_2010/currentNetworker.pdf)

## Club News

Pres Anne advised us that John Presutto's son is progressing well. Karen is still unwell and the Presuttos are moving house.

Our exchange student 'travel grant' report attached.

Richard advised us that the clinic in Aceh is going well. Story about Robyn who took the team to Haiti who managed to trace a baby twin for a couple who lost one of their twins.

Mark: Members to fill in form if they are interested in visiting the Royal Tennis Club.

David Shave: Money boxes – suggestions from members as to where they can be placed.

Welcome back Alan Fisher

## Upcoming Events

Event	Date & Venue	Sponsor	Contact
District Conference	Thursday 4 March to Sunday 7 March; in Perth	RC Werribee	
Grape Picking	Easter weekend		
Bunnings sausage sizzle	2 October and 18 December 2010 (both Saturdays)	RC Kew on Yarra	David and Sue Anderson

Information about the **Rotary Foundation** can be found at:

<http://www.rotary.org/EN/ABOUTUS/THEROTARYFOUNDATION/Pages/ridefault.aspx>

Specific information about Rotary partnering and resources can be found at:

<http://www.rotary.org/en/Contribute/Pages/ridefault.aspx>

### The Four Way Test

Remember - of the things we think, say or do:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

### Some Useful Websites

#### RC Kew on Yarra's Web Site

<http://home.vicnet.net.au/~rckewe/>

#### RC Ubud Bali Web Site

(Sister Club RC Kew on Yarra)

<http://www.rotaryubud.org/index.asp>

#### Rotary Downunder Web Site

<http://www.rotarydownunder.com.au/>

#### Boroondara Cares Website

<http://www.boroondaracares.com>

#### RC Woodend Web Site

(Sister Club RC Kew on Yarra)

<http://www.rotarydistrict9800.org/woodend>

#### Latest District Newsletter

[http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2009\\_2010/currentNetworker.pdf](http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2009_2010/currentNetworker.pdf)

## **Perth District Conference – March 2010**

Members can register by:

- - Logging onto the conference website  
<http://www.rotarydistrict9800.org.au/Members/Conference2010>

- - Click on the black & white box "Registration"
- - Click to register "Online" or
- - Click to print out the "Registration Form", complete the form and attach your cheque.

Thought of the day (William Liew)

## Love and Compassion

Dalai Lama

## BIRTHDAYS

13 Feb Edel Conroy

## ANNIVERSARIES

## PROGRAM

10 Feb Rob Taylor –  
Melbourne Fire &  
Emergency Services

17 Feb Gillian Hibbins –  
History of Australian  
Football.

24 Feb Club Forum

3 Mar Deborah Stone –  
Anti-defamation  
Commission

## MARKET ROSTER

14 Feb David Shave  
21 Feb Alan Fisher  
28 Feb Ed Brown  
7 Mar Isabel Armer

## BOASTS

## OUR LAST MEETING

**Date** 3 Feb 2010  
**Present** 16 Club Members  
**Club Apologies** John Brownsea, David Anderson, John Pocock.  
**Make ups**  
**Guests** Philip Naughton.  
**Visiting Rotarians**  
**Chairperson** Edel Conroy.  
**Sergeant** David Shave  
**Speaker** Liliane Grace  
**Door Prize Winner** John Orr  
**Meeting Close** 8.10 pm

### Fine Session



Sergeant Ken Maher

Sergeant fines : All those who have used the following terms

- In terms of
- Back to back
- Grow your people
- On the same page
- Look into
- Going forward
- Know what I mean
- At this point in time
- Bring to the table
- Close the loop
- Drill down
- Gain traction
- Paradigm shift
- Rough order of magnitude
- Touch base
- Seamless end to end solution

Fines from the floor:

- No floor fines recorded

## WEEKLY DUTY ROSTER

MEETINGS	10 Feb 2010	17 Feb 2010	24 Feb 2010	3 March 2010
<b>Cashier</b>	Richard Gales	Edel Conroy	Alan Fisher	David Shave
<b>Chairman</b>	John Brownsea	Isabel Armer	William Liew	Mark Miller
<b>Thought</b>	Mark Miller	John Pocock	John Brownsea	Dario Brosolo
<b>Sergeant At Arms</b>	Ken Maher	Ken Maher	Ken Maher	John Brownsea
<b>Host</b>				



**Travel Grant Report**

**Claire Greenhill**  
**Centre for Innate Immunity and Infectious Diseases**

**December 2009**

**My project**

During my PhD, I am performing research into understanding the mechanisms that drive septic shock (uncontrolled/detrimental inflammation) and the role that cytokines (substances which carry out signals between cells) play in this process during the innate (early) immune response.

**Name of institutions and conferences attended:**

The 2009 Annual Meeting of the International Cytokine Society (ICS) and International Society for Interferon and Cytokine Research (ISICR): "**Cellular and Cytokine Interactions in Health and Disease**" in Lisbon, Portugal, October 17-21, 2009.

Wales, Cardiff- **Cardiff University**- Infection, Immunity and Biochemistry, The School of Medicine- lab visit to discuss project, potential post doctoral opportunities

Scotland, Edinburgh- **University of Edinburgh**, Institute of Immunology and Infection Research- lab visit to discuss project, potential post doctoral opportunities

**Academics/experts with whom I met and held discussions**

Wales, Cardiff- Cardiff University- Gareth W. Jones, Ceri A. Fielding and **Simon Jones**.

Scotland, Edinburgh- Andrew MacDonald, Judi Allen, Matt Taylor, Rick Maizels, **David Gray**.

**Objectives achieved overseas:**

"Cellular and Cytokine Interactions in Health and Disease" in Lisbon, Portugal: the ICS and ISICR societies represent the premier organizations in the cytokine and inflammatory signal transduction research fields, which are core themes of my PhD project.

The conference in Portugal is the premier annual conference at which world-leaders in these fields meet to discuss and exchange ideas/results on how cytokines contribute to human diseases, especially inflammatory disorders.

My research focuses on the role of cytokines in inflammation, which therefore makes this the most relevant conference for my research. Presenting my work at such a prestigious event served to promote the Institute in front of a large international community. The conference provided a wonderful forum to network and to obtain international exposure, especially for a young researcher such as myself.

This conference also provided me with a unique opportunity to engage with and meet world leaders in the cytokine and inflammation fields for prospective post-doctoral research opportunities in the UK upon completion of my PhD.

One laboratory I visited was our ongoing collaborators at Cardiff University who work on cytokine signalling and inflammation (peritonitis, arthritis). I discussed my project and also the possibility of postdoctoral opportunities with them. Having worked on similar models, the lab was able to show me data that could explain some of my results and gave me ideas for techniques that could better my research. Further meeting with the laboratory at Cardiff helped to consolidate the collaboration between our 2 laboratories. Such meetings between our 2 laboratories have previously led to scientific exchanges of personnel, specifically post-doctoral researchers from the UK visiting our laboratory at MIMR. These exchanges not only underpin the success of international collaborations, but importantly further provide the Institute with a reputation of attracting the best researchers internationally to Melbourne.

The other laboratory I visited; the University of Edinburgh, Institute of Immunology and Infection Research, study the adaptive immune response. This provided me with an opportunity to discuss my research with them and obtain a different perspective on my results. It was also helpful to learn about their research as it gave me a broader understanding of the immunology field which potentially could link to my work and help generate ideas towards therapeutics in detrimental inflammation (such as septic shock).

The benefits of this travel grant to me were as follows:

- enhanced my career progression by not only providing me with invaluable experience at presenting and discussing my work in front of large audiences, but also opened up future networking and collaboration (with other research laboratories) opportunities.
- essential for my future prospects of obtaining my own independent funding for my salary (e.g NHMRC Training Fellowship Scheme) by enhancing my CV.
- exposed me to the latest advances in medical research data and technologies for application to my own research project.
- provided me with the opportunity to meet with leading researchers and to visit their laboratories for me to join upon completion of my PhD.