



Weekly Newsletter

foresthillrotary1975@gmail.com

President Bob Williams

Number 38

11th April 2016

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

PO Box 116, Nunawading 3131

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www.foresthillrotary.com

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

Monday 6.15 for 6.30 pm

ForestHill Rotary

CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
11 th April	SRI LANKA HOLIDAYS	Bill Marsh	John McPhee
18 th April	Compassionate Friends Of Victoria Andrew Weatherhead	Ray Smith	Chris Tuck
25 th April 27 th April	No meeting Joint meeting with Nunawading club At Bucatini Blackburn Crossing Authority Kerilyn Wyatt and Tayne	Nunawading	Bob Williams

THIS WEEK'S CELEBRATIONS

NO ONE!

DUTY ROSTER



<u>ROSTER</u>	<u>April</u>	<u>May</u>
Cashier	Stuart Williams	Glenys Grant
Recorder	Bob Laslett	Ray Smith
Greeter	John McPhee	Chris Tuck
Emergency	Bill Marsh	Gary Baltissen

ATTENDANCE

APOLOGY – IF A MEMBER IS NOT GOING TO COME TO THE MEETING or you intend bringing a guest please contact Ray Smith by 10.00 am MONDAY on 9878 4891 or rcssmith@optusnet.com.au SPECIAL DIETARY NEEDS to Ray by 10am at the LATEST

Any CANCELLATION AFTER 10.00 AM should be made direct with the management of Bucatini Restaurant on 9873 0268

BOB'S BANTER

A **BIG THANK YOU** to Bob Laslett for organising our wonderful visit to the Walter and Eliza Hall Institute on 4th April. We had twenty very wide eyed Forest Hillers looking and listening in amazement at all we experienced in our 60 minute visit.

Bob Laslett's meeting piece later in this edition explains it all and I've scanned a hand out we received about the work of one of our hosts on the night, Dr. Greg Ebert.

Details of a farewell lunch for RIPN Ian Riseley and Juliet on the 19th June are later in this edition.

Also in this edition are details of the wedding of the year in Dubai (Robbie and Ron's son Nicholas), Chris has some more on the Hope Katolo school, MUNA issues and RYDA .

Russell Gurney will be our District Governor in 2018-19 subject to the usual fourteen day challenge period.

Bob Laslett has advised the new breakfast roster which appears later.

We were advised that our Model United Nations venue of Parliament House is an issue as due to the recent terrorist activities overseas the Government has stepped up its security measures which meant that it may cost our District an extra \$10,000 for the weekend. Fortunately, quick work by the MUNA committee (including our own Glenys) in phoning all the clubs involved with students attending (including Forest Hill as we have two students from both Kingswood College and Forest Hill Secondary College) meant that the committee has received agreement from all clubs to share any of these extra costs and so we are still hopeful of Parliament House being our venue for the 30th April and 1st May event.

Warwick now has a full roster for the upcoming egg and bacon duties at the Whitehorse Farmers' Market on Sunday and thank you to all who have made their time available.

Blackburn market roster is also full with details later in this edition.

We do need two extra volunteers for our Rotary Youth driver Awareness program we are assisting with on the 19th April so please advise me if you can assist.

My mate Hans Eecen joined our club last month but with their unexpected trip to Holland for a family bereavement we haven't been able to formally complete the badge handing over etc. Hans and Anna will both be with us on Monday night so please come along to welcome them into our small but vibrant club.

This week we have our travellers telling all of us about their recent trip to Sri Lanka so that will be worth coming along to hear all about it.

Stuart, Barbara and I are going to the Rotaract Giant Monopoly night on Friday 8th April so that should be interesting.

A further reminder to put in your diary the interclub meeting with Nunawading on the 27th April to hear from the Blackburn Rail Crossing people.

"Be a Gift to the World". President Bob

FAREWELL TO IAN AND JULIET RISELEY

As you know our very own Ian Riseley and Juliet leave in early July 2016 to move to RI Headquarters in Evanston, Chicago to prepare for Ian's year as our Rotary International President 2017/18. Ian will be our fifth RI President and we should be extremely proud of Ian and Juliet.

We have arranged a Multi-District lunch at the Whitehorse Club 298 Burwood Highway, East Burwood on Sunday 19 June 2016, refer the attached flyer.

Our PDG John Barnes, Regional Rotary Foundation Coordinator 2015 – 2018 Zone 7B and Part Zone 8 and I extend our invitation to join Rotarians from our District and the our 4 Districts that cover Victoria to say farewell and good luck to RIPN Ian and Juliet.

Let us make this a big event.

Yours in Rotary

(PDG) Bob Richards
Governor 2006/07
District 9810 Rotary Foundation Committee Chair 2015/16

LAST WEEK'S MEETING

Twenty excited "thirsters after knowledge" fronted up at the Walter and Eliza Hall Institute (WEHI) last Monday. They were met by Sally Cane and a dazzling 3D-animation. Sally gave a brief overview of the history, achievements, famous scientists and breath-taking discoveries that have been featured over the past hundred years. Their researches covered the broad fields of cancer, immune disorders and infectious diseases and it is a magnificent story. Students from Conoco Phillips Science Experience and NYSF are regular visitors and a number finish up employed at WEHI. They have 1000 employees, including 135 PhD students and 20 Honours students.

We were treated to a special talk by Post- Doc Greg Ebert, originally from Munich. Greg is a specialist in infectious diseases and immunity and he painted a clear picture of his research on hepatitis-B virus. He demonstrated how Birinipant encourages infected cells to "suicide" preferentially and appears better than current drugs for curing the disease. Our audience responded with questions that Greg handled with ease as he demonstrated his grasp of a number of wide-ranging topics. Another highlight was a guided tour through the well-equipped laboratories where we heard about the comprehensive precautions necessary to handle the deadly viruses and bacteria that are being investigated.

All in all, the Rotarians, partners and friends emerged well-satisfied with the evening and it was topped off with a pleasant meal at the nearby Naughton's Parkville hotel. Everyone that attended came away with plenty to think about and a deal of "homework".

Cheers

Bob Laslett

Cancer drug shows promise as cure for hepatitis B

21 April 2015

Australian scientists have found a potential cure for hepatitis B virus (HBV) infections, with a promising new treatment proving 100 per cent successful in eliminating the infection in preclinical models.

Australian patients are now the first in the world to have access to the potential treatment – a combination of an antiviral drug and an anti-cancer drug - which is in phase 1/2a clinical trials in Melbourne, Perth and Adelaide.

Scientists from Melbourne's Walter and Eliza Hall Institute developed the combination treatment using birinapant, a drug developed by US biotech company TetraLogic Pharmaceuticals for treating cancer. Hepatitis B is a chronic viral disease that is currently incurable.

Dr Marc Pellegrini, Dr Greg Ebert and colleagues at the institute used their studies of the behaviour of hepatitis B virus in infected cells as a basis for the treatment. The research was published today in two papers in the journal *Proceedings of the National Academy of Sciences*.

Dr Pellegrini said the treatment was successful in curing infections in preclinical models, leading to a human trial that began in December 2014. "We were 100 per cent successful in curing HBV infection in hundreds of tests in preclinical models," Dr Pellegrini said.

"Birinapant enabled the destruction of hepatitis B-infected liver cells while leaving normal cells unharmed. Excitingly, when birinapant was administered in combination with current antiviral drug entecavir, the infection was cleared twice as fast compared with birinapant alone. We are hopeful these promising results will be as successful in human clinical trials, which are currently underway in Melbourne, Perth and Adelaide."

The combination treatment, developed in collaboration with TetraLogic Pharmaceuticals based in Malvern, Pennsylvania, US, targets the cell signalling pathways that the hepatitis B virus uses to keep host liver cells alive.

Chronic infectious diseases such as HBV live within the host's cells, enabling them to persist within the body for many months or years, Dr Pellegrini said.

"Normally, liver cells would respond to infection by switching on a signal that tells the cell to destroy itself 'for the greater good', preventing further infection," he said. "However our research showed that the virus commandeers the liver cells' internal communications, telling the cells to ignore the infection and stay alive. Birinapant flips the cell survival 'switch' used by the virus, causing the infected cell to die."

More than two billion people worldwide are infected with hepatitis B and approximately 400 million have a chronic HBV infection. The virus infects liver cells and can lead to complications including cirrhosis and liver cancer, resulting in more than 780,000 deaths annually.

Treatments that enable the host cell to rid itself of the virus, rather than targeting the virus itself, may prevent drug-resistant strains of HBV emerging, Dr Pellegrini said. "It is relatively easy for an organism to adapt to a drug, but it is very difficult to adapt to a change in the host cell," he said. "The virus relies on the survival mechanisms of the host, so if it can't exploit them, it dies. Such a monumental change in the virus' environment may be too big a hurdle for it to adapt to."

Dr Pellegrini and colleagues will now investigate if the same strategy could be applied to other chronic infectious diseases. "Pathogens that infect and reside inside host cells, including viral diseases such as HIV, herpes simplex and dengue fever, and bacterial infections such as tuberculosis, could all potentially be cured in a similar way," he said.

Patients are not currently being recruited for the phase 1/2a clinical trial.

The research was funded by the Australian National Health and Medical Research Council, the Australian Research Council and the Victorian Government.

DIARY DATES

Friday	15 th April	Rowville Rotary breakfast with David Galbally
Sat	30 th April	Malaria Awareness Day
Sat/Sun	30 th Apr/1 st May	MUNA weekend
28th May/1st June		RI CONVENTION, SEOUL, KOREA
Sun	19 th June	Multi District function to farewell Ian Riseley (RI Pres '17-'18)
Monday	27 th June	Our Changeover

FOREST HILL SECONDARY COLLEGE BREAKFAST ROSTER

12/04/2016	Barb	Glenys
19/04/2016	?	MJ
26/04/2016	Barb	Kevin
3/05/2016	Barb	Glenys
10/05/2016	Barb	BobL
17/05/2016	Robbie	BobW
24/05/2016	Robbie	Bob L
31/05/2016	Robbie	Kevin
7/06/2016	Robbie	Barb
14/06/2016	Robbie	Bob W
21/06/2016	Robbie	Kevin

HELP WANTED PLEASE!

Mike Finke's sister in law is conducting a confidential study through the ACU and seeks "older folks" to please log on to the survey.

<http://iha.acu.edu.au/projects/older-adult-sexuality-and-intimacy-study-oasis/>

Completely anonymous so no names needed.

Go on, we know you want to!

MORE HELP WANTED PLEASE - RYDA

As emailed to members, we have been asked by Catherine Smith of Rotary Youth Driver Awareness program to assist at the forthcoming training day for Vermont Secondary College on Tuesday 19th April.

The venue is the Sandown Greyhound Racing Track, View Road Springvale with start time of 8-30 am and finish at 2-30 pm. Morning tea and lunch provided.

Our duties will include assisting the teachers to move students between sessions, time keeping, setting up equipment (bollards, marquees) and at the end of the day, helping to pack it all up.

Catherine advises that there will be 200 students and they will have important visitors from Toyota and Rotary in Geelong.

Catherine chose Forest Hill to assist so it's the least we can do to field a full team of six and the team will also learn from our involvement.

So far we have Stuart (any mention of food and he's there) Hans, Barbara and me.

We urgently need two more volunteers please!

BLACKBURN MARKET ROSTER

8AM TO 10AM Bob Laslett, Ray, Stuart, Chris and Bob W

10AM to MIDDAY Ray, Mike, Hans, Bob W, Bill and Glenys from 10-30AM

MIDDAY to FINISH Ray, Bill, Glenys, Bob W



2 0 1 6 A P R I L E D I T I O N

LOTS OF THINGS ARE HAPPENING IN KENYA.....

Olive Oil and Chocolates

We continue to sell the delicious Cockatoo Grove Olive Oil (\$12 for 500ml bottle) as a very popular fundraiser for the nursery school. Please contact us if you wish to purchase some for yourself, for a gift or to sell some on our behalf.

As we are now heading into the cooler months, we will have Cadbury chocolates on sale at various workplaces! If you wish to sell a box for us, please also be in touch. They are VERY easy to sell!

lelele

✕ Vegetable Patch Delivers the Goods ✕

Community benefits from late year harvest

The vegetable patch that was funded by the combined funds of Forest Hill and Nunawading Rotary is thriving, thanks to the additional water tanks that have been installed. There was a large harvest in December after the children had finished school for the year, so the staff invited local community members to come and reap the benefits of the harvest. This provided many people in the area with fresh, nutritious food

for Christmas and helped foster even stronger links between the school and the local community.

Thanks very much to Forest Hill Rotary who are sponsoring one more water tank

(to come off Georgina's hut) to helping provide sufficient water for hydrating the children and animals, and watering the vegetables.



Entertainment Books

We are selling entertainment books again this year!

You can purchase the traditional books or e books that you can access on your smart phone. Early bird online orders are now open make your way to our

personal order page:
www.entbook.com.au/193403w

Should you select the traditional book, we will be in touch with you to arrange delivery or pick up.

ROTARY MONTHLY THEMES

April	Maternal and Child Health
May	Youth Services
June	Rotary Fellowships

UPDATE FROM OUR WEDDING GOERS/TRAVELLERS – ROBBIE AND RON BROOKS

I don't know if you have seen any wedding photo's, (with Facebook) who would know, but thought I would send a few which I like. We had a wonderful day....evening.....late morning, some didn't leave until 4.30 am with, I can only imagine sore heads. The organisation was impeccable, well that is the way it appeared and I think it was. The bar staff were organised, as were the caterers and everyone else had a great time. Six of Nicholas 's friends came from Melbourne which was great, three came with their wives and one came with his wife and two children but the children didn't come to the wedding. There was a marquee erected along with a bar and sheeting area, so it was nice to be able to sit down during the evening , when. Not at the table.

Enough about the wedding, we are now in Rotterdam, staying on the SS Rotterdam, it is now a hotel, we are here for one night, then in 5 days we are back for 2 nights. The weather is quite chilly and we have 70 kms to do tomorrow so it will be an early start. We came from Delft today on the train with our bikes, I must say I wasn't loving the idea, but we managed, we came from the station in Rotterdam to the boat by taxi, that was fine, then, we had to go back and fetch our bikes from the bike " GARAGE" these places are monstrous they carry thousands of bikes and it is free to park, imagine that in Melbourne. We got our bikes and rode home in the RAIN, IT WAS SHOCKING, the wind was so strong and the rain hit my face like a chard of glass, it was a bit scary but we eventually got home very wet and had to set about cleaning the gear.

We are of again tomorrow A long way 70 kms , so we will try and leave early, especially if it wants to rain. .

We are enjoying the sites of Holland, very nice people, food and countryside. We have spent a fair amount of time in museums, galleries and gardens, the garden at Kuekenhoff was sooooo beautiful, tulips everywhere, hyacinths, so many varieties of daffodils I stopped counting, a real pity I could not bring some home..

Love Rx.....and Ron.



FOREST HILL WEBSITE www.foresthillrotary.com

We had **17 visitors** to the website last week & 87 the previous week. 110 page likes for the week. 67 looked at the **Blackburn market site last month**.

Have you looked at our website? **Our website is a window through which the world looks at us.** What do you think?

- Do you like what you see?
- Do you want other things on our site?

FOOTY TIPPING

Start chasing your friends to join our **Rotary Tipping** competition. So easy. Only 5 minutes per week. Only \$30. Approx \$7 of that goes to Hope Katolo in Kenya. The more we have involved, the more fun and the bigger the prize.

You might need a password to get into Footytips -- Comp: Forest Hill Rotary Password : sausages

Instructions,

1. - Go to www.footytips.com.au
2. - Log on if you were in the competition last year You will probably be asked to re-activate your account by confirming your email address.
3. - If you were not in the competition last year click on "register" - then complete the details as requested.
4. Hover cursor over competitions --a blue box. Click on search or type Forest Hill Rotary. I don't believe you need a password. Click - Join Comp
5. It might be worthwhile clicking on -Strat tipping Now.... and complete your selections for round one. It gets busy near the start of the season. You can log in once you know the teams and edit your TIPS before round ONE if need be.

How to Tip

Click on "Tipping" at the top of the page and the AFL. Then enter your tips. Remember to click on SUBMIT TIPS at the bottom of the page. If you forget to enter your tips then all is not lost - you will receive the average score for the round minus ONE tip.

Stuart Williams

CLUB OFFICERS & COMMITTEES

	2015-16
President	Bob Williams
Vice President	Stuart Williams
Secretary	Ron Brooks
Treasurer	Warwick Stott
President Elect	John McPhee
Sergeant	Stuart Williams
Foundation/International	Chris Tuck
Members	John Donaghey, Mike Finke,
Youth Service	Glenys Grant
Members	Ray Smith, Bill Marsh, Graham Sharman
Community & Vocation	Bob Laslett
Members	Stuart Williams, Gary Baltissen, Ron Brooks
Membership & Publicity	John McPhee
Members	Warwick Stott, Bob Williams,
Fellowship	John Donaghey
Primary Schools Speech Night	Bob Williams
Programme	Ray Smith, Gary Baltissen
Bulletin Editor	Ron Brooks
Web page & Facebook	Ron Brooks
On to Conference	Stuart Williams
Historian	
Almoner	Graham Sharman
Public Officer	Bill Marsh

Newsletter articles to the editor at ronbrooks1942@gmail.com by 5 pm Wed Please email me or ring if you want to be removed from the circulation list.