

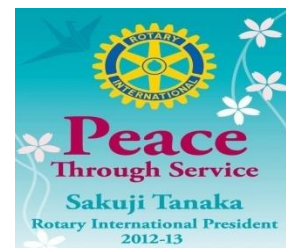
New Horizons

*The Official Bulletin of the Rotary Club
of Freshwater Bay Inc.*

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Tristan Clemons

Meeting 13th February, 2013

How does one adequately cover the amazing work that our speaker this week, Tristan Clemons is involved with. Tristan, a final year PhD student at UWA in Nanotechnology amazed us all with his fascinating presentation in this area. Let's see if I've got it correct. 1mm is 1 thousandth of a metre and 1 nm is 1 billionth of a meter. Tristan's field is Multifunctional polymeric nanoparticles as therapeutic delivery

vehicles where the size of these particles is approximately 100nm which translates to being somewhere near 10 000x smaller than the width of a human hair.

Nanoparticle are used in numerous areas, a few being carbon nanotubes, metallic metals, nanofilms right down to polychromatic prescription glasses which change with light. Tristan's work is mainly centred in three areas:

- Central Nervous system injury
- Burns wound healing
- Cancer treatment

Other areas in medicine where nanotechnology and Tristan's work is now being directed is in heart disease and for the potential delivery of drugs across the placental barrier.

In the area of cancer treatment, nanotechnology can precisely concentrate large doses on the specific cancer cells rather than the older technology of chemotherapy which destroys the good cells along with the bad, thus causing the immune system to be depleted.

Not only is Tristan involved with this groundbreaking medicine of the future, but is a top hockey player,

having trained with the Australian Olympic Team. When time permits Tristan and his girlfriend, teacher Claire will officially join the Club. Look forward to you being with us as you are able Tristan and thank you for all you are doing and will continue to do to advance medicine in the 21st century.

Great to have John Duff with us again this week and we look forward to seeing John on a regular basis as he has agreed to join the Club. Anne-Sophie Lesteven, originally from France was also a welcome visitor at the RCFB. Anne-Sophie grew up with Rotary as her grandfather and uncle were Rotarians in France. She has a degree in Special Education and is involved with the training of Guide Dogs. Look forward to seeing you again next week Anne-Sophie.



Anne-Sophie Lesteven

Meeting 20th February, 2013

Speaker at next week's meeting is Jesse Brennan from the Red Cross. Jesse and his manager Teri O'Toole will be providing information on the Assimilation of Refugee project which the RCFB is planning to work with in cooperation with the Red Cross.

Reminder about Temporary Change in Venue for next Meeting

A further reminder that we are unable to use the Doctor's Lounge in the Medical Centre next meeting. We do however, have the use of the Doctor's Lounge in the Specialist Centre, in the building right next door. Please enter in the front entrance and there will be

someone in attendance (Concierge John until 6.00pm and then a member of the RCFB) to direct you to the Doctor's Lounge.

Please still use Entrance 5 for parking.

Extra Duties with Change in Venue

With the change in venue it will be necessary for members to be rostered on to set up and clean up after meetings. This should not be left on the shoulders of just a couple of members. It is necessary to arrange and set up the room before meetings. After the meetings it is necessary to put away club property, put the furniture back in its place, do all dishes and put these either in the cupboard from which they were obtained, or if the property of the RCFB, back in the Club's property cabinet.

As we are now self catering for meetings, a platter of food also needs to be put together prior to meetings.

Members rostered on for these duties are requested to take the responsibility seriously and if unable to attend, are required to arrange a replacement to carry out their duty.

Any members who can be at the venue by 5.30 – 5.45pm or able to stay on until 7.15 -7.30pm to either set up or clear away are asked to advise Club Service Director Mike, Pres. Ken or Sec. Di. It is more satisfactory to work with members in these positions who are able to organise time accordingly.

Parking Fees for Meetings

Stephanie has kindly advised that it will not be necessary to pay for parking when attending meetings if members park in the parking in front and alongside the Medical Centre. If, however, the multi story carpark is used, parking must be paid for as tickets are required to operate the gates.

Mosman Park Men's Shed

A reminder that the regular meeting on Wed. 20th March will be replaced by a visit to the Rotary Club of Mosman Park's Men's Shed. Further details will be provided in due course.

Sundowner for Rotary's Birthday

Hope all members have **Sunday, 24th February, 4.00pm – 6.00pm** in your diary to come along to the Collins' residence 1 New Court Green, Mt Claremont, for a couple of hours of socialising to celebrate Rotary's 108th Birthday.

With little time for Fellowship at the weekly meetings, regular social activities to allow members to better get to know each other and to enable the club to build a 'family of Rotary' friendship structure, as much participation in these activities as possible by members and their families is encouraged. Members are requested to contribute a plate to share and a bottle of drink. Please RSVP as soon as possible to Ken or Di so that we have an idea of numbers.

Meeting 6th March Cancelled

It has been decided that the regular meeting of the RCFB on Wednesday, 6th March will be cancelled. The Film Night on Friday 8th March will replace this and be the 'Official' Meeting of the Club for that week.

Fundraising Film Night

With grateful thanks to Nikhil Ramanathan, a great flyer for the Film Night has been produced and distributed to all members by Dir. Laura. Laura has also distributed a letter signed by the President for members to print off, when seeking a donation for the raffle which will be held on the night, along with a Roster sheet, which all members are asked to complete and return to Laura, indicating where each is prepared to assist on the night. The final item sent by Laura is an email with all the details set out on the event, which members are requested to modify for their own use and send out as widely as possible to friends, family, neighbours, workmates, associates etc. to encourage bookings. The greater the ticket sales, the more successful the fundraiser will be.

Details are: Movie – Great Expectations

Date: Friday, 8th March, 2013

Time: 5.45pm for pre screening drinks and nibbles, with commencement of movie 6.30pm

Venue: Windsor Cinema, 98 Stirling Hwy, Nedlands

Cost: \$25.00pp which includes drinks and nibbles

Bookings: <http://www.trybooking.com/CJRK>

Nedlands Supa IGA is once again sponsoring food and Watershed Wines are sponsoring wines. Our sincere thanks go to James Kelly and Pres. Wayne Hand.

Childhood Vision Screening Project

Yogi Kanagasingam's project of Childhood Vision Screening in Schools is progressing, with Dir. Laura emailing Principals of Language Development Department and is awaiting a response. Yogi is putting together a proposal to set up a Paediatric Clinic.

ESL Books

Dir. Laura has begun gathering data from participating schools on which languages are needed. Nathan has supplied information on the languages required for the refugee families, being Dari for Afghani origin people and Tamil for Sri Lankan families. When enough information is in hand, the books will be ordered from the UK.

Libraries

During the week Pres. Ken met with Pat Panayotou from the City of Nedlands about this potential project. Pat wonders if there are the needs in this area as previous surveys have not identified it as being so. When Jes Senathirajah has a little more disposable time, she will talk further on this with the Committee and perhaps look at Council areas where the needs are greater.

Edward Hollingdale – NYSF

Information and photos on Edward Hollingdale's time in Canberra at the National Youth Science Forum last month was sent into the local community newspapers. The Western Suburbs Weekly has arranged for a photographer to photograph him on Friday, 15th and hopefully, some information and a photograph will appear in the paper in the next week or so.

Interactors

Interact meetings resume this week (Thursday) 14th February. Liz Hollingdale will be our Rotarian at the meeting and will report back on progress with the planned movie night and other items that come out of the meeting



Sally Thomson.

Former Interactor on Rotary Youth Exchange

Sally in Italy – from the RC of Heirisson Bulletin

“Buon Giorno!

This past week has been incredible!

On Thursday after school my classmates took me into the city centre to eat some “Panzarotti” which is like a fried toasted sandwich, and is particularly famous in Milan. It is so delicious. Then on Saturday I didn’t have to attend school because my host Rotary district took all of the inbound students to Carnivale! Carnivale is like a huge festival before lent begins and is famous in Venice for having all of the beautiful masks. Venice is such a beautiful city it was a shame we were only able to spend one day there. The canals look amazing and the narrow streets and shops are stunning. The trip was amazing because I got to meet exchange students from Paraguay, the USA, Sweden and Germany. They had all been in Milan for five months and the other Australians and I, being only here

for three weeks were given helpful tips for surviving exchange and made some great friends.

This week my host family is taking me to their house in the mountains for skiing! Although I cannot ski and I may just end up sliding down mountains on little plastic things with my little sister.

Until then

Ciao!!

Sally Thomson”

Sally’s family, Jill and Geoff Thomson are currently hosting the RC Nedlands Rotary Youth Exchange Student. Sally and her sister Georgia were sponsored to RYPEN and her brother Matt was sponsored to RYLA by the RCFB. Mum Jill was a Rotary Youth Exchange Student to the USA and Sal is sponsored on RYE by the RC of Heirisson.

RF Matching Grant in Sri Lanka

Dir. Rajah reported on the situation with the proposed Rotary Foundation Matching Grant Livelihood Project in Sri Lanka. The project is to teach widows in the war torn area of Sri Lanka to embroider so that they are able to develop a cottage industry to generate an income. Currently working with two Rotary Clubs, Colombo South and Colombo West for funding Sri Lanka end for the project

Ann and Marcia’s Africa Project Update



Knitted jumpers, toys and blankets

Pres. Ken has worked with Ann Bissett and Marcia Stretch from Rockingham, in previous years, with

sending copious quantities of knitted jackets, blankets and toys, humidicribs (requested by hospital in Zambia), Caps, T shirts, powdered milk and so on to Kitwe in Zambia.

The ladies are again collecting items to be sent to Kitwe in Zambia. They have six containers to fill in the next twelve months. The project is generously funded by Sandvik Mining in Kitwe. Rotary's Wheelchairs for Kids have donated 20 wheel chairs



Rotary's Wheelchairs for Kids

The items most needed in the orphanages and schools that are supported in Kitwe are:

- School supplies
- Nappies and Baby clothes (clean and in good condition)
- Children's clothes
- Toiletries
- Sanitary Pads
- Medical Supplies
- Used clean linen
- Blankets
- Knitted jumpers
- Children's books (excluding encyclopaedias)

RCFB Members links to Rotary

The RC Freshwater Bay is extremely pleased with the links many members have to Rotary and its programs. For your interest and information

Simone Carot Collins attended the NYSF in 1993 in NZ, was a Rotaractor, attended Handicamp and RYLA and has served on a number of Rotary International Committees.

Ken and Di Collins have been Rotary Foundation Volunteers and Ken has served Rotary on both its International Boards and so many committees it numbers pages.

John Duff was a RF GSE Team member from D. 9820 (Vic) to Brazil in 1985

Sarah Farrell was a GSE Team member to D. 6910 in Georgia last year

Claire Forsdyke was a GSE Team member to D. 9350 in South Africa

Daniel Forsdyke was a GSE Team member to D. 3300 in Malaysia

Liz Hollingdale attended the NYSF in 1985

Bob Nicholson (Hon. Member) was a Rotary Foundation Ambassadorial Scholar

Michael O'Hara was a Rotary Foundation Ambassadorial Scholar

Mignon Shardlow was a Rotary Youth Exchange Student

Kate Tinajstic was a Rotaractor.

Added to this, a number of former members were also RYE students, Rotaractors, RF Scholars (Peace and Ambassadorial) and GSE Team members.

RC Corrigin Vintage & Classic Motor Show

The RC Corrigin is holding its annual Vintage & Classic Motor Show plus Antiques on Sat. 6th April. For information contact Fraser Job T.9065 8008 or M. 0427 658 008

Update on Members

Good to have Stephanie back from Melbourne and Kate temporarily back from Sydney. She is off to Europe, Africa and the UK with work until mid April. Whilst in the UK Kate will be following up with the possible expansion of the Microscopes Project there. Good to have Max with us. He has been busy with his campaign in the upcoming State election on 9th March.

Simone is in Sydney attending the Sydney RI Convention Committee with the RIPE Ron and Jetta Burton, Conv. Chair. PRID Mark Maloney and the remainder of the Committee who come from around the globe.

Birthdays

A very Happy birthday to Daniel Forsdyke for 22nd February.

Program for February /March

Date	Program	Attendance	Introduction and Thanks
17 th February	ISC Meeting Rajah's 57 Mountjoy Rd., Nedlands	10.00am	
20 th February	Jesse Brennan – Red Cross – Refugees Project	Sivo Narendranathan	Nathan Narendranathan
24 th February	Rotary Birthday Sundowner – Collins – 1 New Court Green, Mt- Claremont	Time: 4.00pm-6 pm	
27 th February	Anika Rahman Lipy – Centre for Disability development in Bangladesh	Paddy Ramanathan	Rajah Senathirajah
6 th March	Meeting cancelled – replaced by Movie Night		
8 th March	Fundraising Movie Night – Great Expectation	Time: 5.45pm for 6.30pm screening	All members
13 th March	TBA		
14 th March	Board Meeting – Collins' 1 New Court Green, Mt Claremont	Time: 5.30pm	
20 th March	Vocational Visit to Mosman Park Men's Shed	Time: 6.00pm	

Board

Rotary Year 2012- 2013

Ken Collins — President

president@rotaryfreshwaterbay.org.au

Di Collins — Secretary

secretary@rotaryfreshwaterbay.org.au

Rajah Senathirajah — Treasurer

treasurer@rotaryfreshwaterbay.org.au

Mike O'Hara — President Elect / Club

Administration Director

clubadmin@rotaryfreshwaterbay.org.au

Jenny Day — New Generations Director

newgenerations@rotaryfreshwaterbay.org.au

Laura O'Hara — Community & Vocational

Director

community@rotaryfreshwaterbay.org.au

Rajah Senathirajah — International Service

Director

international@rotaryfreshwaterbay.org.au

Ken Collins – Membership Director

membership@rotaryfreshwaterbay.org.au

Club Details

Rotary Club of Freshwater Bay Inc.

PO Box 168,

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Western Australia, 6909

Meetings

Wednesday 6:00pm to 7:00pm

Doctor's Lounge

Hollywood Medical Centre,

Entrance 5 Monash Ave,

Nedlands, 6009

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