

ROTARIAN

Issue 29  
April 2008

# Life

## ICE MAGIC

chill out in swedish lapland



# WIN

double passes to *PARIS*

Rotary Down Under invites you to join John and Shirley Thorne on the Rotary 2008 'Constellation' Cruise of the...

# Baltics and St Petersburg

Visiting Copenhagen, Tallin, St Petersburg (2 days), Helsinki, Stockholm, Riga, Rostock and Klaipeda



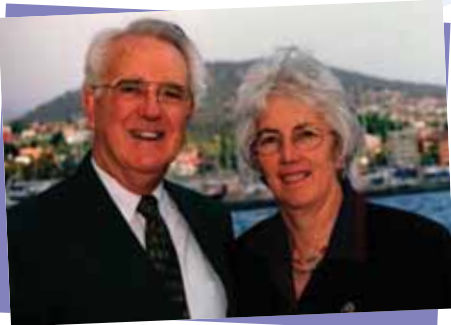
## John & Shirley Thorne

John has served Rotary International on the world scene as an International Director and continues to serve on several world committees. John and Shirley have represented the world leadership of Rotary in many countries, including Japan, Australia, New Zealand, Korea, Taiwan, India, the Philippines and Thailand. They have also visited several Pacific Islands on behalf of Rotary, assisting with humanitarian aid.

Recently, John was invested as a Member of the Order of Australia (AM) for his community work, including his voluntary work overseas and working with people with disabilities.

Shirley and John have always worked as a team and are enjoying their retirement, offering them a little more time to be with their family.

Their friendly personalities and personable manner make John and Shirley the ideal people to lead the 2008 Rotary Constellation Baltic and St Petersburg cruise.



## relax and enjoy

### The Celebrity Constellation

The "Constellation" is one of the Millennium Class ships in the Celebrity Cruises fleet and was launched in May 2002. Premium in every sense, "Constellation" has been designed with refined elegance in mind, from the finest marble, wood, leather and fabrics to the specially crafted furniture and original works of art. Glass lifts present panoramic ocean views as you glide from deck to deck. Even the beauty salon and saunas have sea views. Another special feature included on this floating palace is the largest and most sophisticated AquaSpa afloat, complete with an Aqua Dome – an entire deck devoted to health and fitness. "Constellation" also boasts the first floral conservatory at sea. "Constellation" brings a truly luxurious cruise experience.

### Great Fly / Cruise Inclusions

- Departs Australia August 14, 2008
- 15 days/14 nights on the luxurious Celebrity Cruise Liner "Constellation"
- Led by past Rotary International Director John Thorne
- Sightseeing tours of Copenhagen Denmark, Rostock Germany, Tallinn Estonia, St Petersburg Russia, Helsinki, Finland, Stockholm Sweden, Riga Latvia and Klaipeda Lithuania.
- Fully escorted by a Travelrite professional cruise manager
- Return flights on Singapore Airlines from Australia
- Air and cruise taxes
- All meals on-board "Constellation"
- Return transfers from London Heathrow to Harwich and the "Constellation"
- Private on-board activities including trivial pursuit and bingo
- One nights accommodation in London



Travelrite International  
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Heathmont Victoria 3135

Further information can be obtained by telephoning Toll Free: **1800 033 436**

Email: [heathmont@travelrite.com.au](mailto:heathmont@travelrite.com.au)



# ROTARIAN Life

Issue 29 – April 2008

Our cover: 'On the Rocks' takes on a whole new meaning at ICEHOTEL's Ice Bar in the heart of Swedish Lapland.

Photo by Håkan Hjort

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# THE MAGIC

Kerrie Gale chills out in Swedish Lapland; a silent white wonderland where the only sound to disturb the peace is the gentle swoosh of a husky-led sled as it glides across the ice.

[Words] Kerrie Gale



## Useful contacts

### Scandic Ferrum Hotel

[www.scandichotels.com/ferrum](http://www.scandichotels.com/ferrum)

### Kiruna Guidetur (snowmobiling tours)

[www.kirunaguidetur.com](http://www.kirunaguidetur.com)

### Jukkasjarvi VilmarskTurer AB (dog sledding tours)

[www.jvt.se](http://www.jvt.se)

### Ice Hotel

[www.icehotel.com](http://www.icehotel.com)

### Scandinavian Airlines

[www.flysas.com](http://www.flysas.com)

**HAVE** you ever wanted to whoosh across a frozen lake under the sheer power of six Siberian Huskies? Let me tell you, this is raw freedom at its best.

Two key activities led us to Jukkasjarvi, located 200km north of the Arctic Circle in the heart of Swedish Lapland. One was to stay at the Ice Hotel, a seasonal, self-destructing establishment that has been built every season now for 18 years. Each October, the build commences from the ice and snow gathered during the spring before and stored in huge cold storage over the summer period. A truly magnificent structure, the only man-made element is electrical wiring to light the minus five degree rooms, hallways and funky Absolut IceBar where even the glasses are made of ice. The hotel is officially opened in December each year, with the last bookings taken in mid-April. The structure is then left to melt naturally back into the Torne River.

The second activity that drew us to this frozen wonderland was dog sledding. After some interesting reading, I was pointed toward a company called Kiruna Guidetur, a guiding company in town that offers a variety of activities such as dog sledding and snowmobiling.

We decided to visit this remote part of the world for a three-night adventure. A simple journey from Heathrow via Stockholm had us bouncing down the icy runway in the pitch dark – and it was only 2pm in the day. Daylight hours in December are between 9.30am and 2pm and even then the sun never actually rises. It is like a constant twilight which messes big time with your body clock.

After dropping our bags at the Scandic Ferrum hotel, we set off for the guiding company to meet our tour leader who was taking us snowmobiling for the evening.

We were driven to a small shack about 20 minutes out of town, where Robin threw open the doors to reveal 20 snowmobiles. After expertly reversing them out, he called us over and said, "Here is the accelerator, here is the brake, the first accidents generally happen in the first 20 metres ... good luck!"

Photo: Håkan Hjort



Shocked, we tentatively surged forward – these babies have got grunt! In addition to Robin, we had three other adults with us, which made it a nice intimate group. We all followed Robin through narrow forest trails into the chilly dark night. We were hoping to see the Northern Lights, but unfortunately cloud cover prevented this.

After negotiating some fairly narrow trails, we burst onto the frozen lake and gunned the accelerator, getting the snowmobile up to 45kms/hour – very exhilarating given it was pitch black!

In the distance we could see a tiny house light and ended up stopping at a little hut for dinner – a very tasty Reindeer stew. We couldn't help but notice that poor Rudolph really does get a lot of use beyond delivering presents – everything from tasty stews to reindeer wraps at the café, fashionable hats to seat covers in the huts and at the chapel in the Ice Hotel.

I was particularly excited about day two, for it was the day we went dog sledding. We were the last to leave the kennels so had the opportunity to watch the other sleds leave, which is both enjoyable and nerve racking. The dogs take off at a breakneck speed and head down over a steep hill that evens out to a lovely forest road.

Photo: Håkan Hjort



The sled is quite basic; ours took two people, so one could sit and take photos while the other was the musher. The dogs follow the leader so there is not too much to do in terms of guiding. Your main job is to slow them down – which is no mean feat!

My husband was looking rather wary standing on the back of the sled as our fearless musher. The guide stood back and yelled 'YAH!' and away we bolted. This is truly one activity I recommend all do before they die. The peacefulness and sheer affection of the dogs is incredibly beautiful.

After four hours of mushing, we arrived at our cabin for the night. It was 2pm and nightfall was closing fast. While I lit the many candles in the cabin (there is no electricity or running water), my husband was given a bucket and an axe and told to go to the frozen lake, dig a hole and collect the water for the evening. It was the freshest tasting water I've ever swallowed.

We slept like babes that night by the roaring fire in our cabin and awoke to another clear, crisp, minus five degree day. After harnessing the dogs, we said goodbye to our fellow travellers who were doing another night out in the forest. We hopped aboard our sled and hurtled across the frozen lake towards home.

Back at the kennels we changed and said goodbye to Harry, Bad Boy and all the other faithful dogs we will never ever forget, before grabbing a ride to the Ice Hotel where we were to enjoy the final night of our stay in Jukkasjarvi.

After being out in the wilderness, arriving at the Ice Hotel was like Central station; tourists everywhere and from every country. In saying that, it is definitely worth doing if you are in this part of the world. There is something quite unique about sleeping on a bed of ice with a reindeer skin and a seriously good sleeping bag for warmth in a minus five degree room. The hotel has approximately 90 rooms in the Ice area and a number of 'warm' rooms in traditional hotel style accommodation. The Absolut Ice Bar is open every day from 1.30pm till late and there are also four other 'warm' bars in the complex.

You are best to book all your activities, such as snowmobiling and dog sledding, from an independent operator in town. You will pay double and sometimes triple for an activity if you book through the Ice Hotel and you get less of an experience.

The next day we watched the snow tractor skid along the runway, clearing a path for the plane that would take us homeward bound. As we boarded, we looked at each other knowing there is no place quite like Kiruna. ■



## N.S.W. & A.C.T.

### Ironfest

**Where:** Lithgow Showgrounds, Lithgow, NSW

**When:** 25-27 April

**How much:** Adults \$18.00

Ironfest celebrates the history of iron and steel in Lithgow through music, dance and celebration. Ironfest 2008 features the world Jousting Championship, medieval and colonial re-enactments and metal working displays of all kinds. Roll up your sleeves and get ready to take part in workshops and demonstrations.

**P:** 1300 760 276

**W:** [www.ironfest.com.au](http://www.ironfest.com.au)

### Schweppes Sydney Cup Day

**Where:** Royal Randwick Racecourse, Randwick, NSW

**When:** 3 May

**How much:** Course admission \$25.00

Featuring four Group 1 races and a sensational day of Carnivale-themed trackside entertainment, Schweppes Sydney Cup Day will undoubtedly attract the finest names in racing along with the fun seekers of Sydney.

**P:** 02 9663 8400

**W:** [www.ajc.com.au](http://www.ajc.com.au)

### Lovedale Long Lunch

**Where:** Lovedale Road & Wilderness Road, Lovedale, NSW

**When:** 17-18 May

**How much:** Free entry

The Lovedale Long Lunch is a progressive-type lunch where visitors wine and dine their way around the seven participating wineries along the Lovedale trail. Music and art add to the total indulgence of the senses. Take all day or all weekend to linger in the beauty of the spectacular vineyards, taste award winning wines and savour the best of Hunter cuisine. Serious Long Lunchers should heed the advice of previous survivors – skip breakfast!

**P:** 02 4990 4526

**W:** [www.lovedalelonglunch.com.au](http://www.lovedalelonglunch.com.au)

### Berry Celtic Festival

**Where:** Showground, Berry, NSW

**When:** 31 May

**How much:** Adults \$10.00

The Rotary Club of Berry-Gerrington, together with the community service organisations of Berry, is sponsoring and presenting a family day of Celtic entertainment. The program will consist of 12 pipe bands, a Welsh choir, Irish, Cornish and Scottish dancers, the Highland Warriors displaying their feats of strength, caber tossing, musical items from various bands and Celtic singers. All profits will be donated to the Shoalhaven Linear Accelerator Appeal.

**P:** 02 4234 1346

**E:** [coldot@shoal.net.au](mailto:coldot@shoal.net.au)



## Victoria

### Warrnambool May Racing Carnival

**Where:** Warrnambool Racecourse, Warrnambool

**When:** 29 April – 1 May

**How much:** Adults from \$20.00

The Warrnambool May Racing Carnival is acknowledged as Australia's premier regional racing carnival. The highlight of the carnival is the 'Dominant' Grand Annual Steeplechase, raced over 5,500 metres and consisting of 33 jumps. The Annual is the longest thoroughbred race in Australia and has the most jumps of any horse race worldwide.

**P:** 03 5562 2211

**W:** [www.warrnamboolracing.com.au](http://www.warrnamboolracing.com.au)

### Back to Booktown

**Where:** Fraser St, Clunes

**When:** 3-4 May

**How much:** Free entry

Book lovers can set aside the first weekend in May each year with the announcement that the historic town of Clunes will host an annual 'Back to Booktown' event. Dozens of established book traders will set up shop in the town's historic buildings bringing with them one of the largest collections of rare, antiquarian and second-hand books ever gathered in one place in Victoria.

**P:** 03 5345 3147

**W:** [www.clunes.org](http://www.clunes.org)

### Grampians Grape Escape – The Food & Wine Festival

**Where:** Halls Gap Recreation Reserve, Halls Gap

**When:** 3-4 May

**How much:** Free entry

Around 6,000 visitors are expected to drink and graze their way around the Halls Gap Recreation Reserve with the majestic Grampians National Park as the backdrop. There will be around 100 exhibitors including winemakers and producers of olive oil, lentils, fruit and berries, yabbies, gourmet sausages, organic produce, venison, turkey, ice-cream, honey, teas, preserves, herbs and gluten-free food.

**P:** 1800 065 599

**W:** [www.grampiansgrapeescape.com.au](http://www.grampiansgrapeescape.com.au)

### Stonnington Jazz 08

**Where:** City of Stonnington, Malvern

**When:** 15-24 May

**How much:** Adults from \$10.00

Following sell-out audiences in 2007, Stonnington Jazz will make a much-anticipated return in 2008. Australia's leading jazz musicians will return to the Malvern Town Hall and Chapel Off Chapel to thrill jazz enthusiasts once again.

**P:** 03 8290 7000

**W:** [www.stonnington.vic.gov.au](http://www.stonnington.vic.gov.au)



## Queensland

### **OUT Urban Country Music Festival**

**Where:** Various venues, Caboolture

**When:** 2-5 May

**How much:** Free entry

Four days, 500 artists, 11 stages! The OUT Urban Country Music Festival is four exciting days of free events, concerts, markets and the best of country music. The festival offers entertainment and a unique experience for people of all ages kicking off with the free Burbs 'n' Bush Party on Friday night.

**P:** 07 5420 0435

**W:** [www.urbancountry.com.au](http://www.urbancountry.com.au)

### **Caxton Street Seafood Festival**

**Where:** Petrie Terrace, Brisbane City

**When:** 4 May

**How much:** Adults \$15.00

Fresh oysters, crabs, prawns and fish will be the flavour of the day when Brisbane's largest street party kicks off. Held annually on the Labour Day weekend, the festival attracts up to 30,000 people keen to enjoy the fantastic atmosphere, seafood and entertainment with Brisbane's delightful autumn weather.

**P:** 07 3854 1739

**W:** [www.caxtonstfestival.com.au](http://www.caxtonstfestival.com.au)

### **David Hack Classic Meet**

**Where:** Aerotec Hangar, Toowoomba Airport, Toowoomba

**When:** 4 May from 9.00am

**How much:** Exhibitors \$5.00 pp (max \$10.00); adults \$5.00

This year, the Rotary Club of Toowoomba North is celebrating the 10<sup>th</sup> anniversary of the David Hack Classic Meet. Visit Zuccoli's finest collection of aircraft, a mixture of classic, vintage and modern cars, historical trucks, military vehicles and motorbikes as well as a fly-in. See the magnificent aircraft action during the day and catch one of the joy rides and adventure flights on offer.

**P:** 07 4615 3621 or 0409 332 962

**W:** [www.rotarydavidhack.org](http://www.rotarydavidhack.org)

### **Celebration of Australian Food and Wine – Noosa Style**

**Where:** Lions Park, Noosa Heads

**When:** 16-18 May

**How much:** Costs vary

Enjoy growers markets, cooking demonstrations by celebrity chefs and a food and wine symposium. In a three-day tribute to Australian food and wine, an influential line-up of leading chefs, iconic winemakers, media, restaurateurs and serious foodies will converge in the magical setting of Noosa on Queensland's Sunshine Coast to taste, talk, debate, dine, learn and indulge.

**P:** 07 5447 5666

**W:** [www.celebrationofaustralianfoodandwine.com.au](http://www.celebrationofaustralianfoodandwine.com.au)



## South Australia

### **Clare Valley Gourmet Weekend**

**Where:** Various Clare Valley wineries

**When:** 3-4 May

**How much:** Adults \$5.00

Celebrate the world-renowned wines of the beautiful Clare Valley. Complementing the Vintage Tasting is local food group Clare Valley Cuisine, who provide tastings and sales of regional produce as well as light meals in the adjacent Main Pavilion. Taste and buy organic meats, cereals, carob, olive oil, free range eggs, condiments and much more.

**P:** 08 8843 0250

**E:** [cwwi@capri.net.au](mailto:cwwi@capri.net.au)

### **Mammoth Monash Market 2008**

**Where:** Monash Primary School, Monash

**When:** 25 May

**How much:** Adults \$1.00 (gold coin donation)

The Mammoth Monash Market has become a highly popular local after-harvest event. Grab a bargain at this amazing market that sells everything including crafts, clothing, produce and a whole lot more all at amazing prices.

**P:** 08 8583 5361

**E:** [admin@monashps.sa.edu.au](mailto:admin@monashps.sa.edu.au)

### **Adelaide Antique Fair**

**Where:** Payneham Road, St Peters

**When:** 30 May – 1 June

**How much:** Adults \$6.00

Local and interstate dealers will sell a range of quality items for serious collectors and amateurs. From jewellery to china, silver to furniture, the 30 dealers will have something for everyone. As in previous years, 10 per cent of each entry ticket will be donated to the Queen Elizabeth Hospital Research Foundation. Lachlan Marshall from the Antique Rooms will be appraising items for the cost of a gold coin (all proceeds to the QEH), so bring along your treasures for an honest appraisal.

**P:** 0414 730 935

**E:** [mckessar@tpg.com.au](mailto:mckessar@tpg.com.au)

### **South Australian Country Music Festival & Awards**

**Where:** 2A Barwell Avenue, Barmera

**When:** 30 May – 9 June

**How much:** Adults \$17.50

The South Australian Country Music Festival and Awards is the biggest and most prestigious country music awards in South Australia and the third biggest in Australia. Winners compete for South Australian Awards of Excellence and are presented in the South Australian 'Tamworth Showcase' each year at the Tamworth Country Music festival.

**P:** 08 8588 1030

**W:** [www.riverlandcountrymusic.com](http://www.riverlandcountrymusic.com)



## Western Australia

### **The Margaret River Wine Region Festival**

**Where:** Various individual wineries, Margaret River

**When:** 2-4 May

**How much:** Adults from \$10.00

The Margaret River Wine Region Festival is a three-day event in celebration of the end of vintage. The festive fun begins at the opening street party with a wine barrel cart race down the main street of Margaret River. Saturday is serious wine and food sampling at the Vintage Festival in Cowaramup or mini festivals in Augusta, Margaret River and Dunsborough. Alternatively you can hop aboard the Wineries Explorer bus visiting six cellar doors to enjoy their unique festival experiences.

**P:** 08 9757 9330

**W:** [www.margaretriverfestival.org.au](http://www.margaretriverfestival.org.au)

### **Argyle Diamonds Ord Valley Muster**

**Where:** Various locations in and around Kununurra

**When:** 2-18 May

**How much:** Adults \$75.00

The annual Argyle Diamonds Ord Valley Muster is a two-week festival showcasing the East Kimberley region, culture and lifestyle at its very best. Set amidst the magnificent backdrop of the Ord Valley, Lake Kununurra, surrounding gorges, National Parks and stunning reserves, this community-based event assaults the senses with its array of extraordinary and distinctive experiences.

**P:** 08 9168 2720

**W:** [www.ordvalleymuster.com](http://www.ordvalleymuster.com)

### **V8 Supercar Championships: Barbagallo Raceway**

**Where:** Barbagallo Raceway, Wanneroo

**When:** 9-11 May

**How much:** Adults from \$21.00

Enjoy all the fun and excitement of round four of the V8 supercars, the Perth V8 400 at Barbagallo Raceway. Regularly attracting a crowd of 60,000 plus puts the V8's in the echelon of sporting spectacles in Western Australia.

**P:** 08 9306 8022

**W:** [www.wascc.com.au](http://www.wascc.com.au)

### **Airnorth Kimberley Moon Experience**

**Where:** Kununurra Community Amphitheatre, Kununurra

**When:** 17 May

**How much:** Adults \$75.00

Set against the backdrop of a magical full moon, Australian music legend Jimmy Barnes will delight thousands of concert goers who enjoy the Kimberley's night of nights. In a major coup, Barnes' daughters Mahalia and Elly-May will also travel with their father and perform at the gala outdoor event.

**P:** 08 9168 2720

**W:** [www.ordvalleymuster.com](http://www.ordvalleymuster.com)



## N.T. & Tasmania

### **Agfest**

**Where:** Quercus Rural Youth Park, Carrick, TAS

**When:** 1-3 May

**How Much:** Adults \$10.00

Agfest features over 700 exhibitors and has something for everyone including agricultural machinery, banking and finance, machinery, hardware and small equipment, leisure, automotive, clothing and home wares, food, horticulture and viticulture and livestock.

**P:** 03 6334 0262

**W:** <http://agfest.com.au>

### **Katherine Country Music Muster**

**Where:** Various venues, Katherine, NT

**When:** 4-6 May

**How much:** TBA

The Katherine Country Music Muster is three days of non-stop music at one of the best country music festivals in the north. Enjoy the Territory Showcase Concert on the Friday night, a free concert at the Big Brekky and the Beaut Ute Muster and The main concert begins on Saturday afternoon featuring some of the hottest new acts in Australia.

**P:** 0409 494 879

**W:** [www.kcmm.com.au](http://www.kcmm.com.au)

### **Australian Golf Heritage Festival**

**Where:** Various venues, TAS

**When:** 8-13 May

**How much:** Adults from \$95.00

Enjoy five legendary links and five historic sites with fine wining and dining during a five-day golfing festival around Tasmania. The festival includes the National Hickory Championship to be played at Ratho with vintage clubs, balls and attire, and The Highland Fling Golf Ball.

**P:** 03 6334 5318

**W:** [www.rathogolf.com](http://www.rathogolf.com)

### **Molly's Bash**

**Where:** Old Andado Station, NT

**When:** 10 May

**How much:** \$45.00 per 4WD vehicle

Meet Molly Clarke, founder of the Pioneer Women's Hall of Fame, at her 1920s homestead on the edge of the Simpson Desert. There will be a campfire under the stars with live music and dinner, drinks and breakfast are available for a small charge. All money raised will go towards the preservation of the Old Andado homestead. This event will be supported by the Rotary Club of Stuart.

**P:** 0411 667 110

**E:** [mollys.bash@aanet.com.au](mailto:mollys.bash@aanet.com.au)



## New Zealand

### NZ International Comedy Festival

**Where:** Various Venues, Auckland & Wellington

**When:** 18 April – 11 May

**How much:** Costs vary

The New Zealand International Comedy Festival catches alight on 18 April, answering the call of audiences, local talent and international acts with an explosive program of great comedy. With new developments aplenty, the 2008 festival features 300 comedians across more than 110 shows nationwide.

**P:** +64 9 3099 241

**W:** [www.comedyfestival.co.nz](http://www.comedyfestival.co.nz)

### ERUPT Lake Taupo Festival

**Where:** Various venues, Taupo

**When:** 8-18 May

**How much:** Costs vary

Taupo will become the arts and culture epicentre of New Zealand with over 10 dynamic days of music, theatre, visual arts and comedy at ERUPT Lake Taupo Festival. From large scale outdoor events to intimate concerts, street performers to free lunchtime shows, ERUPT showcases the very best of New Zealand and international work in theatre, dance, music, cabaret and comedy.

**P:** +64 7 3760 348

**W:** [www.taupofest.co.nz](http://www.taupofest.co.nz)

### Bay of Islands Country Rock Festival

**Where:** Various venues, Paihia, Northland

**When:** 9-11 May

**How much:** Badges \$40.00 – includes access to all venues and shuttle buses between the venues

The Bay of Islands Country Rock Festival features good music and friendship in the stunning setting of the Bay of Islands. Each year the festival features more than 60 acts from New Zealand, Nashville and Australia performing at multiple venues. Street music and line dancing are also popular features.

**P:** +64 9 4041 063

**W:** [www.country-rock.co.nz](http://www.country-rock.co.nz)

### La Bohème

**Where:** St James Theatre, Wellington

**When:** 10-17 May

**How much:** Tickets from \$49.50

Much more than just another tragic love story, *La Bohème* is a timeless celebration of youthful rites of passage and the artist's quest for integrity. Sung in Italian with English subtitles, the Champman Tripp Opera Chorus will be accompanied by the Vector Wellington Orchestra and the Auckland Philharmonic Orchestra.

**P:** +64 9 3794 020

**W:** [www.nzopera.com](http://www.nzopera.com)



## Pacific Islands

### Vava'u Festival

**Where:** Tonga

**When:** First week of May

The annual Vava'u Festival marks the Crown Prince's birthday on the 4 May. This week-long festival includes a variety of events from parades to weaving, dance classes, sports matches, drinking and feasts. The festival is held the week before 4 May with the final day on the 4 May.

**P:** +67 625 334

**E:** [info@tvb.gov.to](mailto:info@tvb.gov.to)

**W:** [www.tongaholiday.com](http://www.tongaholiday.com)

### Norfolk Island Country Music Festival

**Where:** Norfolk Island

**When:** 25 May – 1 June

Well-known Aussie country musicians, Bill Chambers and The Flood, along with New Zealand trio, The Darlings, will have fans toe-tapping and rockin at this year's Norfolk Island County Music Festival. Now in its 15<sup>th</sup> year, the festival has become a hot item not just for country music fans, but for performers wanting to spread their horizons and vie for the festival's increasingly coveted Trans-Tasman Entertainer of the Year Award. The Flood, which took out the Tamworth 2006 Golden Guitar Award for Vocal Group, will take centre stage with accomplished singer-guitarist Bill Chambers, father of country music icon Kasey Chambers. Sharing top billing will be The Darlings' Jackie Clark, Callie Blood and Wayne Bell, who regularly woo audiences around NZ with melodic versions of numbers made great by the likes of Emmy-Lou Harris, Lucinda Williams and Johnny Cash.

**P:** +67 232 2147

**E:** [info@norfolkisland.com.au](mailto:info@norfolkisland.com.au)

**W:** [www.norfolkisland.nf](http://www.norfolkisland.nf)

### Malampa Sand Drawing and Arts Festival

**Where:** Vanuatu

**When:** May (DTBA)

One of the biggest cultural events to happen in Vanuatu in 2006 was the 2<sup>nd</sup> National Sandroing (sand drawing) Festival, which took place on the small island of Akhamb off the south of Malakula. There were over 370 participants in the festival coming from almost every island with the sand drawing tradition. Although the festival's focus was sand drawing, there were many other traditional activities featured in the festival including dances, games, magic shows, storytelling, string figures and weaving demonstrations. A major outcome of the festival was the revival and performance of a traditional dance of Akhamb Island itself, which had not been performed in around 105 years (since missionisation). The 2008 festival promises to be just as memorable.

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drives with experienced tracker and guide, portage at airports and hotels, all sightseeing and entrance fees as mentioned in itinerary, 22 meals (11 breakfasts, 3 lunches, 8 dinners) and NRMA Travel escort. Visit [www.nrmatravel.com.au](http://www.nrmatravel.com.au) or call **1300 851 997** to book your place on this amazing tour. ■

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Travel by overnight train to the ancient city of Xian where we encounter the mesmerising Terracotta Warriors and Horses. This army of 6,000 life-size warriors and their horses was buried over 2,000 years ago to guard the tomb of the first Emperor Qin Shihuangdi. Explore the rest of the city enjoying the local cuisine with a dumpling dinner.

We fly to Guilin and cruise along the River Li to Yangshuo where the bamboo-lined landscape is decorated with rolling hills, steep cliffs and leisurely boats. A Chinese poem says, "The River is a green silk ribbon, and the hills are jade hair-pins". We take in a

wonderful evening show and then have time to relax in the morning, or maybe ride a bike and discover the beauty of this charming area.

Leaving the countryside we fly to Shanghai, China's largest and most modern city. Our four nights here gives us plenty of time to leisurely take in all the sites, the markets and an amazing acrobatic show. We also include a visit to the Shanghai Film Studios, which has won over 500 awards since its founding in 1949.

This tour captures the culture, cuisine and countryside of China, not just another country – sometimes another world.

Our 15-day escorted tour is \$4,640\* per person twin share departing 16 September and 4 October 2008. This includes NRMA Travel escort from Sydney and a professional local English-speaking guide throughout, return airfares with Singapore Airlines and airport taxes, 4-star accommodation, all transport, sightseeing and entrance fees as mentioned and 31 meals.

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Rajasthan is often described as being a huge open-air museum with relics so well preserved that it is perfect for travellers and for the curious in general. It's a place unparalleled for its heritage, culture, safaris, sand dunes and lush green forests teeming with wildlife.

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Take part in vibrant dances with swords and swirling skirts or indulge yourself in shopping by browsing for exclusive metal, leather or mirror-work embroidery.

While Rajasthan boasts impressive buildings and proud heritage, nothing compares to the majesty of the Taj Mahal and nothing



prepares the three million visitors who visit the site every year for the awe-inspiring sight in front of them. The embodiment of graceful symmetry and romance, it's an icon that has been revered for over 300 years as one of the most beautiful buildings

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**Tour departs**

01 Nov, 2008 and 01 Feb, 2009. Price pp twin-share: \$5,785, \*plus airport taxes of \$440 (subject to change). Single supplement \$1830 - ask us about sharing.

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- 35 meals
- Limited to 25 people per tour

**Tour departs**

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# GRASSROOTS SOLUTION

As we approach World Food Day (13 April), Terry Grant uncovers the wonderful story of a program that seeks to locate native plants that are beneficial as a food source to the people of the world. The Health and Hunger Program was initiated under P.R.I.P. Bill Boyd, followed on by current President Wilf Wilkinson and will continue during the term of R.I.P.E. DK Lee.

[Words] PDG Terry Grant, South Pacific Regional Co-ordinator, Health and Hunger Resource Group

**THE** tale of an ordinary, unassuming man working to consign world hunger to history could be the stuff of a movie script.

But in this case it is not. Tasmanian agricultural scientist, Bruce French, has taken a simple, effective concept and is trying to use it to change the world.

Through his non-profit organisation, Food Plants International, Bruce has spent the past three decades developing what he considers the world's most comprehensive and extensive database of edible plants. Under the slogan, 'Helping the Hungry Feed Themselves', its aim is to provide information so people can choose the most nutritious and viable plants to suit their environment.

The project focuses on the 81 poorest countries where the death rates of children under one and five years of age are alarming.

At this stage, there are more than 18,000 edible plant species documented in the database. Set out in plain English, the database includes description, country and climate zones of a plant's origin, photos, drawings, edible plant parts and how to cook them. Importantly, it also provides the nutritional information of each plant.

"It's about empowering people at a local level to learn how versatile and valuable their local food source can be," says Bruce.

Most of the project's targeted countries are in the tropics, with 3,570 of the edible plants known to be growing in Africa.

"As a general rule, indigenous plants give more stable food production as they have already survived local weather conditions, adapted to prevailing soil fertility and adjusted to local pest and disease problems. Many of these plants are far superior nutritionally to foods such as the common Western ball-headed cabbage, which seems to be promoted everywhere."

To date, the tendency has been to continually work with the few

species that are well known and to try and grow them in more and more locations, often where they are totally unsuited.

"Not only is the number of plant species being used for food continually being reduced, but also the variety and diversity," says Bruce. "This makes food production vulnerable and adequate diets less common."

In Indonesia, 40,000 children are affected by night blindness every year due to a lack of Vitamin A. Bruce says dark green tropical leaves fried in oil can provide the precursor for supplying the vitamin.

Rather than relying solely on programs that supply Vitamin A, it is far easier and more realistic to teach people about plants that can be grown locally.

"By growing the right food plant in the right place using the right methods, a major improvement can be made in people's ability to feed themselves."

Devonport North Rotary Club and District 9830 have joined Bruce in his campaign to promote the concept to those most in need. To help spearhead the campaign, the club has stimulated the formation of the District Help the Hungry Committee.

"The database on food plants that Bruce has created is an outstanding achievement of global significance," says Committee Chairman, Buz Green. "But getting it back to those who need it remains a challenging task."

"Rotary, as an organisation with a worldwide network and a deep concern for world health and hunger issues, is well positioned to achieve this goal."

The Food Plants International website is currently under construction, with a small section of the database available at the Ecoport website. For more information contact Bruce French on 03 6432 1080, email [bfrench@vision.net.au](mailto:bfrench@vision.net.au) or Buz Green on 0419 306 900, email [buzgreen@bigpond.net.au](mailto:buzgreen@bigpond.net.au) ■



# Patience

**PHOTOGRAPHY** is like fishing – the most beneficial part is learning to relax while you wait and get into the rhythm of what is happening around you. The prize that keeps you going is that occasional big catch – a good photo.

Patience is a discipline (shocking word), but when we learn to be still, blessings come our way. Once I was shooting in America at Yosemite National Park and I waited all day for the light to be what I considered 'just right'. Throughout the day, about five other professional-looking photographers came along. Each one pulled out their mega-expensive camera and tripod and set up their gear. They waited a couple of minutes, clicked off a few shots, then left. Meanwhile, I was still waiting, waiting, waiting and wondering if in fact I had missed something.

Finally, right at the end of the day, when all seemed beyond redemption, the light began to dance and the scene came alive. I was the only one still there and I believe I caught the big fish. I hope they enjoyed their sardines!

Some years earlier, I visited a particular spot in my local area every day for three weeks before I got the shot I wanted. I knew that this location – The Skillion at Terrigal – could look sensational in the right light. Because of the angle of the cliff face, I believed it would look best in the early morning. Every morning I got up well before sunrise and headed down to



Terrigal Beach with all my gear. Most days I got some photos that were OK, but after three weeks, I got the winning shot I had believed was possible. The light was rich and the ocean wasn't too rough – all the elements just came together to make a really great photo. If I hadn't learned to be patient and

persistent, I might have settled for less than best. Many things in life can be that way, but it is especially true with photography.

*Enjoy the journey,*

*Ken Duncan,*



Stunning



Natural



Beauty

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# Dawn till Dusk

Discover the simple delights of hardy yet beautiful daylilies

AN ad seen regularly in gardening magazines assures rookie gardeners that even if they can't grow any other plant, they're sure to have success with daylilies. While it's true that daylilies are some of the toughest plants, they'll be much better performers if they're given some basic good care.

Why are they called daylilies? Because each flower opens in the morning and closes at sunset. This doesn't sound very long, but fortunately the buds cluster together on top of the stems and as each individual bloom finishes, another one unfolds. An established daylily clump can produce up to 400 blooms over one spring, summer and autumn season.

Daylilies do best in a sunny spot with moist, well-drained soil. Think about digging some Rainsaver Water Crystals into the soil before planting.

Because daylilies originally come from a wide area covering parts of Europe and Asia, they're adaptable to a range of climates. Some of them are evergreen, while others are deciduous. Daylily blooms come mostly in shades of yellow, orange, pink, maroon and red, some with bicoloured flowers that provide extra contrast.

One little-known fact about daylilies is that they're edible. One of the easiest ways to experiment with eating the blooms is by picking them in the bud stage and tossing them into stir-fries or soups. They have a nutty flavour and a faintly mucilaginous quality.

## Caring for Daylilies

Prepare the soil before planting by digging in compost or well-aged manure. As already suggested, in dry areas add some water-storage crystals. Feed regularly as the plants are growing with Dynamic Lifter for Roses or Yates Acticote long-lasting plant food.

Snails and slugs love the cool vertical leaves and will use them as hiding places. Sprinkle some Baysol or Blitzem pellets into the clumps and check regularly after rainy periods.

Don't let the flowers develop seed pods; they take energy from the plant and reduce the flowering for next year. Divide clumps in early spring. Cut back the leaves and replant rooted sections into prepared soil. Don't plant too deeply and don't be surprised if the new plant doesn't flower for a year or two. It will be too busy growing! ■

*Information supplied by Yates*

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\*Conditions. Tour price is per person, twin share, land only. Please see AAT Kings Kimberley 08/09 premium brochure for full conditions and itinerary. Subject to availability at time of booking. AAT3892

# dungari bateyr lasuni

## smoked quail with garlic

[Recipe] Qmin: A fresh new approach to Indian Cuisine; Anil Ashokan

[Photography] Greg Elms



Simple, and yet very big on flavour. The combination is magical.

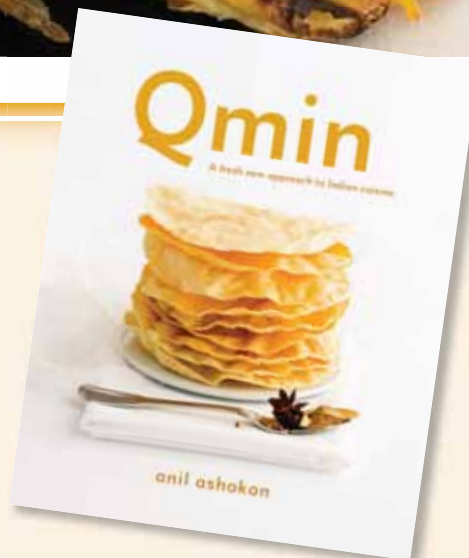
### Serves: 4

- 8 quail breasts
- salt
- juice of 2 lemons
- 10 cloves garlic
- 2 tbsp black peppercorns
- ½ cup oil
- 2 tbsp chickpea flour
- 2 tsp ground mace
- 1 tbsp chilli powder
- 2 sprigs fresh mint
- 1 small piece charcoal
- 2 cloves
- 1 tsp ghee

Trim the quail breasts. Sprinkle with salt and lemon juice and set aside. Peel and crush garlic. Dry-roast and crush peppercorns and mace. Heat half the oil, add chickpea flour and cook on gentle heat for 3–4 minutes, stirring constantly. Transfer to a bowl. Add garlic, peppercorns, mace, chilli powder and chopped mint leaves to the chickpea flour mix with some salt. Mix well. Add the quail breasts and coat with this mix.

Heat the remaining oil in a pan. Seal the quail breasts on both sides. Place on a tray and cover with foil. Finish off in a preheated 170°C (325°F/gas 3) oven for 10–12 minutes. Remove from the oven. Burn the charcoal. Fold back the foil from the tray with the quail and place a small bowl in the centre of the tray. Place the burning charcoal in the bowl. Put the cloves on the charcoal and spoon the ghee over. Re-cover with the foil immediately as the charcoal starts to smoke. Set the tray aside for a few minutes, then remove the bowl and the quail. Deglaze the pan juices with 2 tablespoons of water, strain and use as an accompaniment.

Squab would also work well in this recipe.  
Present with a salad, layered bread and the pan juices. ■



### Qmin: A fresh new approach to Indian cuisine

**Anil Ashokan**  
**Allen & Unwin**  
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India, like a great spice mix, is a myriad of flavours. *Qmin* captures India's diversity, sampling more than 120 authentic recipes from across the country. The recipes are made new for the modern cook with a contemporary twist, but always remain true to India's ancient culinary wisdom. Taking you way beyond the old favourites, *Qmin* will introduce you to a whole range of lesser known specialities.  
*Available at all good bookstores 4 April*



Grape Expectations  
 Responsible Service of Punishment  
 [Words] Max Crus

**THE** headlines linking binge drinking and anti-social behaviour reminded me of a school mate nicknamed Sieve – something to do with his memory.

My nickname was Sog, the origins of which are complicated, but it's just as well no one had erection problems back then or doubtless we'd have been asked to perform endlessly as Sniff and Stiff do now on that dreadful TV ad.

Anyway, during those idol hours of maths and English, Sieve came up with a great idea for dealing with drunk drivers that could easily be adapted to obnoxious drunks, and since the government is splashing money around, maybe they could splash a bit my way as a consultancy fee, Mark Vaile style, instead of giving it to advertising execs and TV moguls.

Sieve's plan was to allow drink driving, but if you're over 0.05 you had to have a flashing orange light on the top of your car and be restricted to 25kph.

Sieve's plan involved life bans, incarceration, whipping and hanging if caught breaking the rules or in a prang where you hurt anyone but yourself.

Other road users could steer clear and that sort of punishment would quickly clear the roads of the one percent who spoil it for the rest of us.

The adaptation to obnoxious drinkers, or **Drinkers In Contravention of Kommunity standards Have Every Advantage Dismissed** (with a catchy acronym for publicity purposes), is a cinch: a hat with flashing light, speed restrictions and similar consequences for hurting anyone but themselves (i.e. life bans and hanging). Problem solved.

Otherwise, just close the pubs a few hours earlier.

Now, where's my consultancy fee? I promise to give half to Sieve.

This column supports the concepts of responsible service and consumption of alcohol, but draws the line at capital punishment.

Here are some responsible wines to prove it:

Nightingale Wines Merlot 2006 [\$18]

This is so floral it could give you hayfever, and its light (13 percent), helpful for surviving a long barbecue. "Wouldn't mind a snag and another glass thanks Florence. But just one." **8.5/10**

(Crittenden Estate) Geppetto Cabernet Merlot 2006 [\$16]

Maybe not so responsible, this is dangerously easy to drink and given the name (you know, that famous Italian woodworker), surprisingly little wood is evident. A real Pinocchio wine, the more you have, the bigger the lies. **8.4/10**

Tallarook 2006 Roussanne [\$27]

Serious stuff like chardonnay, but with subtlish oak and none of the drawbacks. A good philosopher's wine, or was that Rousseau? **8.8/10**

Sylvan Springs Hard Yards McLaren Vale Shiraz 2005 [\$10]

When you're doing it tough, you need a tough wine, matter of fact I'm doing it now. Church Block it's not, but don't mention it's half the price and there'd be a few who wouldn't notice. **7.9/10**

Barefoot Radler Beer infused with lemon and lime [\$16 six pack]

Needs to be cold otherwise it tastes too much like lemonade. Very drinkable, but you'd only want one. Is this the most responsible beer ever made? **7.5/10**

Fox Gordon Eight Uncles Shiraz 2004 [\$25]

The 2006 is out now, which is just as well; this is flash enough (scuse the pun) those eight uncles have drunk the lot. **8.9/10**



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## In praise of service

[Review] David Belz

**THERE** is a generation which grew up in the post-war years of the 1950s through to the 1970s for whom the concept of community service came as second nature. It was part of their personal make-up and was a key factor in rebuilding the social structure not only within New Zealand, but across the globe.

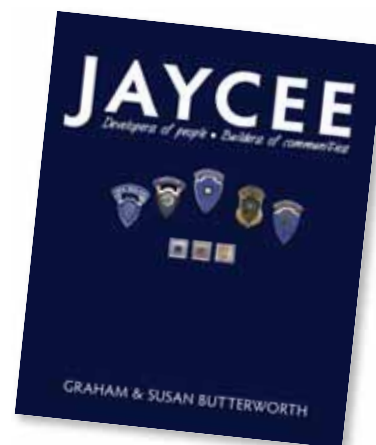
Today, some of their numbers can still be found as leading lights in various community groups, service organisations, sports clubs and assorted church groups, all engaged in selfless community activities for the general social betterment. For those remaining, it is a mystery to them why so few in succeeding generations have seemed willing to offer themselves for the same mantle of leadership in similar service.

I personally count some of my most enjoyable formative years as a member of the Wanganui chapter of NZ Jaycee in the late 1960s.

The Jaycees were not just another community service organisation. Its personal development training program sought to equip young men for public life. Courses were held in public speaking, debating, oratory, project planning and meeting procedures, while community service was exercised through a large variety of community projects. Former NZ Jaycee members include 31 parliamentarians, several cabinet ministers, two Prime Ministers, a Governor-General and the present Commonwealth Secretary-General, as well as countless leaders in other walks of public life.

New Zealand historians Graham and Susan Butterworth were commissioned to write a history of NZ Jaycee that is unique for voluntary service organisations in this country. The movement attained a plateau of around 6,000 members during the 1960s, but went into steady decline after 1972, had fewer than 1,000 members after 1993 and today is no longer effective.

While a few of the reasons for the demise of Jaycee are specific to that organisation, the authors point to important social factors and likely outcomes which are more general and relevant to the overall voluntary sector.



They go beyond the normal life cycle of rise and decline common to many groups.

The Butterworths see the decline of this formerly vigorous movement reflected in other service organisations, charities, churches and political parties "... of great concern to the future of New Zealand and other Western societies. Many aspects of official policy on matters such as health ... , education and policing are predicated on the assumption that the large, willing voluntary sector of the recent past still exists or can be easily mobilised at need. This is a serious misconception."

None of the above is intended to downplay the efforts of individual voluntarism given by many fine young people prepared to give their time to help good causes. We may be seeing a 'sea-change' away from organised structures, towards ad-hoc individual commitments, however, this does not solve the problem for organised service, which can lend weight of numbers to individual efforts.

I can only remember with joy the challenges, fellowship and personal growth I experienced in the giving of voluntary service in all the various groups and activities I have been permitted to share, whether community or church based. To others, I would say, 'Try it. You can only grow in the experience'. For those with a particular interest in the New Zealand voluntary sector, the Butterworths' book is a 'must-read'. ■

**Jaycee – Developers of people, builders of communities**

Graham & Susan Butterworth  
Ngaio Press

RRP: NZ\$49.95 + postage & handling

For further information check the website  
[www.ngaiopress.com/jaycee.htm](http://www.ngaiopress.com/jaycee.htm)

## Aussie Soldier – Up Close and Personal

Denny Neave with Craig Smith  
Big Sky Publishing  
RRP: \$34.95

“A SOLDIER is asked to kill and keep the peace, to lay down his life and carry out what his country asks of him, he is a son, brother, father, uncle and mate.”

*Aussie Soldier – Up Close and Personal* is a fascinating and vivid account of the unique characteristics that shape an Australian soldier.

Author Denny Neave has created an exceptional book featuring the personal anecdotes and experiences of Aussie soldiers from World War One to current conflicts. With the assistance of over 200 Australian soldiers both young and old, *Aussie Soldier* provides up close and personal perspectives on what being a soldier means to them.

A compilation of confronting, thoughtful and often humorous anecdotes plus excerpts from previously unpublished diaries and interviews, *Aussie Soldier* takes us from the battle grounds of Europe, to the jungles of Vietnam and New Guinea, the desert sands of Iraq and Afghanistan as well as peace keeping missions in Rwanda, Timor and Somalia.

“I wanted to create a book that personalised the Australian soldier and

showcased the core values that make them do the things they do,” says Neave. *Aussie Soldier* isn't about the glorification of war or detailing military history, it's about recognising individuals and what goes through their mind and heart when placed in unimaginable situations. From the mundane to the heroic, it's the soldiers who are the main players in these events.”

Created as 15 separate chapters, *Aussie Soldier* includes those focusing on the core values of compassion, mateship, courage, initiative, loyalty, integrity and trust as well as others on close calls in battle and digger's diaries. In addition, a 30 page battle book provides an accessible snapshot on some of the major conflicts mentioned within the individual stories.

The anecdotes of our Australian soldiers from 87 year old veteran Captain Bede Tong, who served during WWII in New Guinea including Kokoda, to Corporal David Hawkins, who served in Rwanda, Somali and Timor, provide an insight that extends beyond the mainstream perception of the tough Aussie soldier.

*Aussie Soldier* is available nationally from from all good book stores or online at [www.aussiesoldier.com.au](http://www.aussiesoldier.com.au)

A percentage of *Aussie Soldier* book sales will be donated to Legacy. ■



### Paris

**Stars:** Juliette Binoche (*Chocolat*, *Dan in Real Life*), Romain Duris (*The Spanish Apartment*, *The Beat That my Heart Skipped*), Mélanie Laurent, Albert Dupontel and François Cluzet

**Director:** Cédric Klapisch (*The Spanish Apartment*, *Russian Dolls*)

**In Cinemas:** 17 April

The story begins with Pierre (Romain Duris), a young man unexpectedly confronted with his own mortality. For the next 24 hours, his tour through the city will weave with those of his beloved sister (Juliette Binoche), his neighbours (some known, some not), their friends and workmates. Their interconnected stories of love, familial bonds, loneliness and compassion come together in unexpected ways. This emotional and inspiring ode to Paris will have you entranced.

[www.lefilm-paris.com](http://www.lefilm-paris.com) (French website)

## WIN

Icon Films is offering 10 in-season double passes to *Paris*. For your chance to win, email [editor@rotarianlife.com](mailto:editor@rotarianlife.com) or write to *Editor, Rotarian Life, 2/1-3 Fleay Court, Burleigh Heads, Qld, 4220* with your answer to the following question. 'Who plays Pierre's sister?' Please include *Paris Giveaway* in the subject line and postal address details in the body of the email (or within the letter).

\*Available in Australian cinemas only

