



DG Weekly Message

Rotary International Zone 8 Institute held in Perth along with RIP Ray

I had not been to Perth in over 20 years, and yet last week I found myself there for a 2nd time this year. Our 78th Rotary District Conference was of course held at the Perth Convention Exhibition Centre this year from 4-7 March, with its theme "Where on Earth but Perth" and last week I was in town for Pre-Institute training followed by the Rotary International Zone 8 Institute. The Institute's theme was "Discover the West, Enjoy the Rest" and there were over 400 attendees.

The beginning of last week was the start of The Pre-Institute, which involves Training for DGN's, DGE's and for District Trainers. This provides wonderful training and discussion for appointees from all Districts in Zone 8. The DG's conduct a symposium and are able to discuss many issues between themselves that involve Rotary in Australia and beyond. On Friday, 3 December, a number of AGM's were held. Firstly, Rotary Down Under (RDU), where thanks were given to past Chair, PDG Vance Hilton, on an outstanding job. And then Rotary Australia World Community Service (RAWCS) AGM thanked PP Gary Gunnell, as past Treasurer, for all



Iven Mackay and Marilyn District Governor 2010-2011

his work.

The AGM for Australian Rotary Health (ARH) followed, and PDG Judy Nettleton was thanked for being a Director for the last 3years. Well done Judy, great effort. It should be noted that PDG Des Jones, also a past Director, received the highest award of Life Membership. PDG Des is also a Rotary Ambassador. Well done to you also Des. Our very own PRIP Royce Abbey remains a patron of ARH.

The last AGM was for ROMAC, which had D9800 Rotarians Richard Groom (Secretary) and John Benger (Southern Region Director) in attendance. And so, as you can see, D9800 has been a great contributor.

The Institute brings past, present and future officers of RI from within the Zone, together for an update on Rotary around the World and in Zone 8 Districts. A presentation on the Family Violence Programme was given

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Contact the Editor



Clarice Caricare

Do you have a letter for Clarice? Is something on your mind?



Send Clarice an mail at clarice@rotarydistrict9800.org.au

December is Family of Rotary Month



**BUILDING COMMUNITIES
BRIDGING CONTINENTS**

by David Smyth and Barry Hickman from RC of Brighton.

Well done to all those in D9800 who are making a difference within our Zone. All were delighted to have RIP Ray Klinginsmith & Judy with us for the entire week, along with RI Director Stuart Heal and Adrienne. We were also visited by Trustee, Rotary Foundation, PRIP Dong-Kurn Lee and Young Ya.

It was a very motivational and inspiring week, and not only good to catch up with fellow Governors, but it becomes a real think tank with the past, present and future Officers of RI, all working together.

Remember, its December, time to book for the District Conference in Adelaide, and a time when we enjoy the Family of Rotary Month.



RIP Ray, Marilyn and DG Iven



Barry Hickman, DG Iven, David Smyth (both from RC of Brighton)



Marilyn, DG Iven and Trustee TRF DK Lee, PRIP (Iven was a GSE T/L to South Korea)

In BUILDING COMMUNITIES
BRIDGING CONTINENTS,

Have a great week in Rotary,

DG Iven

Rotary Down Under

Of course you read "Rotary Down Under" as soon as it arrives...But you can read it on-line with flip-page technology, and search the archives for those past items. You can print a copy, or download as .pdf.

If you want a challenge, try cutting and pasting articles for your own bulletin.
Hint: it is easier from the .pdf copy than from the flip pages ;-)

You can win a dozen bottles of wine in the competition, and Clubs can host their site on the Rotary Down Under Server.

The RDU site has a list of Rotary Fellowships, links and blogs, resources and insurance, and of course all that RDU merchandise: badges and pins, clothing, presentation items, banners and flags, souvenirs, plaques and trophies.

Check it out at <http://www.rotarydownunder.com.au>



The Cutting Edge of Mental Health Research

A number of Rotarians have noticed that mental health is fast becoming a 'hot topic' in their communities. Politicians such as Prime Minister Julia Gillard and Leader of the Opposition Tony Abbott have begun to make mental health a priority in Australia, thanks to the efforts of spokespeople such as Australian of the Year and mental health advocate Professor Patrick McGorry.

Australian Rotary Health has long been involved in funding research into mental health. Many Clubs and Districts across Australia support us in this endeavour, acting as Funding Partners, volunteers and donors. However one of the challenges that the researchers we support face is in presenting their research in a way that speaks to everyday Australians.

To help combat this, Australian Rotary Health runs media training for its PhD scholars to help them learn how to talk about their findings in layman's terms. Next year we'll have a whole host of media savvy new PhD students who would like to come and talk at your Club about the vital research they've been doing into mental illness. Not only is this a great way for Rotarians to learn more about mental illness and the research that Australian Rotary Health is funding, you'll also be the first to find out about the groundbreaking research many of these young Australians are conducting, such as finding out how research is helping Emergency Departments more effectively manage acutely agitated patients, to the impact globalisation has on trends of fatal suicide behaviour!

If you would like to know more, or would be interested in inviting a PhD scholar to talk at a meeting in 2011, please contact Kelly-Anne Martinez, Research Officer, on 02 8837 1900 or email kellyannemartinez@australianrotaryhealth.org.au.



PhD student Allison Milner with Chairman Noel Trevaskis at the ASPR media training day in 2009



DG's Annual Visit

DG Iven Mackay has now completed his round of visits to all seventy Rotary Clubs in District 9800. If you happened to miss his visit to your own club, Annie Wysham has a detailed report on his visit to Richmond Rotary Club, which will give you a good idea of what you missed.

By Annie Wysham, RC Richmond

Remember at school when the inspectors were coming to do their annual visit? The teachers were preparing the class for weeks as they were under scrutiny as much as the students were. There were all those DO's and DON'T rules to obey and appearance was a big

thing – shiny shoes, uniforms pressed, fingernails clean, pencils sharpened and in my day (the 'olden days'!), inkwells filled and the board cleaned thoroughly by the duster monitor - ME! Seems nothing's changed as it's pretty much the same scenario when the DG's coming to visit the Club! So there we on the Monday night of the 22nd November, scrubbed up, looking good and on our best behaviour for Richmond Rotary meeting 2,119! We even enjoyed an overflow of prestigious visitors from ROMAC, visiting Rotarians and Friends of Rotary - all sitting up straight in our seats ready to listen to the DG's address. In turn, DG Iven was warm, relaxed, friendly and Rotary-focused as a DG is expected to be.

“How often do you wear your Rotary lapel pin?” he asked. “It should be worn with pleasure and pride and not just to the Club meetings, but all the time!” (Phew – I had mine on, *big tick*; but noticed a few others were short on badges on their lapels.) Marilyn smiled and listened intently even though she’d probably heard it all before...68 times in fact! We were Club visit 69 for Iven and his lovely wife Marilyn since his induction in late June 2010. No 70, the final Club visit in District 9800, was to be RC Elsternwick the next night! Club visit No 1 was to the RC Brighton Beach in July of this year. Concentrating on the Rotary basics, the DG’s address was tailored to the Rotarians present, reinforcing that Rotary basics are the lifeblood of our organisation. Iven also shared his vision for the future plans of Rotary, in line with those of RI President Ray Klinginsmith, who asks us to have ‘Bigger, Better and Bolder Rotary Clubs’.

DG Iven stated that many Rotary customs and procedures have changed over the years. **“Appreciate the past procedures but embrace changes. We must grow to survive!”** he emphasised. **“Look at making your Rotary Club more affordable – look at the meeting costs. Let some members enjoy just a coffee/wine for a nominal fee then go home and eat with the family.”**

He emphasised that increasing Club membership was imperative for the survival of Rotary. There are 2,700 members in RID 9800 – getting our District back closer to 3,000 is one of the DG’s goals. 1.5 million Rotarians world-wide have left Rotary in the last 5yrs. He also included the following: ‘Is your Club appealing?’ ‘Do a makeover of your Club’ ‘Get out and experience other Rotary Clubs by doing Make-ups’.

DG Iven wants to ‘demystify what District is’.... Club Rotarians just doing that little bit extra! There are 531 Districts world-wide and 100 were selected to be a pilot District for TRF’s ‘Future Vision’, and our District 9800 is one of these. [For more information and your Rotary knowledge click on: <http://www.rotary.org/en/aboutus/therotaryfoundation/futurevision/pages/futurevisionfaq.aspx>].

DG Iven commented on many of our Richmond Rotary projects, congratulating the Club on the range of projects and highlighting the significant work the Club does locally and internationally. The fact that so many of our members are/have been involved at District level was noted. Iven said it demonstrated



Presentations were made by proud President Jo Cowling to DG Iven and Marilyn

the generosity of the Club in sharing their members with District. For his DG year Iven chose to introduce ‘new faces and new blood’ to the District Leadership Team, of District Directors, Assistant Governor’s and Committee Chair positions. We had the pleasure of the company of our AG, Henry Drury, Heritage Cluster, at this special meeting. Henry is a wonderful contributor and is there as a friend/helper to our Club and all the Cluster Clubs.

Finally, after further highlighting The RI Foundation (TRF), ROMAC’s work, Camp Getaway and other Rotary projects/commitments, updating us on the Adelaide Conference in 2011 and our Texas Rotary Club partner, RC San Antonio Randolph Metrocom, DG Iven concluded his address with the words: “Thank you for all that you are doing for Rotary. Together in 2010-2011 we will continue **‘Building Communities. Bridging Continents’**.”

Proud President Jo Cowling made a ‘lovely warm speech of thanks’ and presented DG Iven with a framed Certificate of Appreciation from the RC Richmond and Marilyn with a gorgeous arrangement of spring flowers. Several posed photo opportunities then the ‘inspector’s’ visit was concluded - with ‘elephant stamps’, firm handshakes and broad smiles all round!

WOW! We not only passed the ‘test’ but enjoyed the experience as well! The welcome mat is always out and we plan to have DG Iven and Marilyn visit Richmond Rotary yet again before this Rotary year is over - ASAP! After all, we’re almost neighbours and just across the Yarra from the RC Toorak!

Ya’ll come back now, ya hear?

Happy Families

Happy families have certain traits in common. Communication, togetherness, sharing activities, affection, support, acceptance, commitment and resilience are typical in families that function well. Unhappy families may benefit from professional help. This also applies in The Family of Rotary.



Our definition of 'family' has changed over the past few decades to include single parent, same-sex and blended families as well as the traditional family structure of two parents and their children living together. It might be valuable to occasionally evaluate the dynamics of your Family of Rotary to ensure that everyone is as happy as they could be.

> Read the full article here

December is Family of Rotary Month

Celebrate and involve your Family of Rotary in club activities during December. Acknowledge and pay tribute to families who assist Rotarians, Clubs and District 9800 in their wider work.

Update Your Club's Alumni:

Contact and invite your Rotary participants to join your club's Friends of Rotary and Alumni. For example, locate all your former Youth Exchange students and update their contact details. District 9800 New Generations has an Alumni portfolio. Chairman Yvonne Osborn RC of Keilor East would be delighted to invite your club's program participants to keep connected with Rotary. Please ask them if they would like to join 'Rotary Wired', a newly former Facebook group, which is open to anyone involved in Rotary District 9800's Youth and Foundation Programs.

Contact Yvonne osspeak@tpg.com.au for further details or send information to District 9800 New Generations c/- 17 Hammersley Court, Taylors Lakes, 3038.

Ideas To Celebrate Your Club's Family Of Rotary During December:

- Offer club awards and Certificates of Appreciation for those with Family of Rotary initiatives in your club.

- Organise a 'Family, Friends and Neighbours Night' at a club meeting soon. Children and partners could officiate during the Rotary meeting.
- Invite spouses/partners of deceased Rotarians (where appropriate) to become Honorary Rotarians.
- Convey Christmas Greetings to your Family of Rotary members by sending cards or emails and also copies of your club bulletins during December.

Next week: More Family of Rotary at 'work and play' in District 9800 clubs during December.

Vanda Mullenform



The Variety Club Christmas Party which was held at the Melbourne Convention Centre, a Christmas celebration for special needs children. Pictured - Rotary Club of Richmond volunteers: **Barry Roberts** and his wife **Sue**.

Economic Benefits of Polio Eradication

New study in Vaccine offers strong economic justification for finishing the job on polio as quickly as possible.

A new study being released this week estimates that the global initiative to eradicate polio could provide net benefits of at least US\$40-50 billion if transmission of wild polioviruses is interrupted



within the next five years. The study provides the first rigorous evaluation of the benefits and costs of the Global Polio Eradication Initiative - the single largest project ever undertaken by the global health community.

The study comes at a crucial time - following an outbreak in the Republic of the Congo and one in Tajikistan earlier this year - that highlight the risk of delays in finishing the job on polio.

Between 1988 and 2035, the GPEI's efforts will prevent more than 8 million cases of paralytic polio in children. This translates into billions of dollars saved from reduced treatment costs and gains in productivity.

"Polio eradication is a good deal, from both a humanitarian and an economic perspective," said Dr. Radboud Duintjer Tebbens of Kid Risk, Inc., the lead author of the study. "The GPEI prevents devastating paralysis and death in children and also allows developing countries and the world to realise meaningful financial benefits."

Nobody questions the value of eradication in developed countries where polio is fortunately just a fading memory, but prevention activities like vaccination often go unappreciated, because it is difficult to count cases of a disease that do not occur.

[> Read full story here](#)

Giving DIK Store A Lift Up

Rotary Club of Brighton North member Sue Jones was closing down her business prior to a well-earned retirement, where she found disposing of a stand-on forklift was not so easy. Yes, you can sell anything if you make it cheap enough, but to get \$15,000, the market value for this quality of second hand forklift, Sue did not get any takers.

Rather than give someone in business a bargain they did not deserve, Sue generously decided that she would rather donate it to a very worthy cause. That worthy cause was the Donation In Kind Store at Footscray. DIK have been using the fork since July 2010 and have really got the best out of its capabilities.

Any store needs a forklift to handle pallets or heavy items for safety reasons but also to efficiently move goods around. The DIK Store is fortunate to now have more and more storage racking where Sue's forklift has meant a lot of loose items can be palletised items and stored off the floor. This has made items easier to access, better inventory control, safer handling and speedier dispatching.



Laurie Fisher who runs the store along with enthusiastic volunteers is a lot happier man these days. What he wants now is more racking for more donations to make even better use of Sue's most generous and unusual gift.

Jeff Taylor, Rotary Club of Brighton North
(1st December 2010)

Cognac Parfait with Summer Fruits

Ingredients:

- 250g thickened cream
- 50ml Remy Martin cognac
- 200ml milk
- ½ vanilla bean, split lengthwise
- 8 egg yolks
- 125g sugar
- 200g amaretti biscuits
- 1 punnet strawberries
- 1 punnet raspberries
- 1 punnet blueberries
- 100g cherries

Method:

First make cones out of baking paper. Cut four 20cm x 20cm squares, then cut them in half so you have two triangles. Roll each triangle into a cone and staple each one together so there will be no movement in the paper. Fill a deep dish with rice and stick the cones, point down, into the rice. Place in freezer.

This parfait is a very adult dessert, but the cognac can be replaced with fruit syrup (Monin syrups) so the kids can enjoy it too. Whisk the cream to soft peaks again and put in the fridge so that the cream and cognac can get acquainted with each other.

To make an anglaise, place the milk in a saucepan and scrape the seeds out of the vanilla bean into the milk. Bring it to the boil and then simmer for 4 minutes. Whisk the egg yolks with the sugar in a bowl until pale. Add the hot milk (little by little) and keep whisking. Return the milk and egg mix to the saucepan and with a wooden spoon keep stirring until it becomes thick (like custard). This is the stage to be careful of lumps. Once it has thickened, strain it (just in case) into another bowl and set aside to cool down, then put it in the fridge.

Once the anglaise and cream are both cold, fold them together gently as you don't want to lose the air in the cream. When combined, pour the parfait mix into the cones and place in the freezer straight away. For the best result, leave the cones in the freezer overnight. Next day, crush the amaretti biscuits to a crunchy texture and place in a shallow dish. Cut the summer fruits into small pieces and scatter around the serving plates.

Take the parfaits out of the freezer and remove the paper. Roll them one by one in the amaretti crumbs to coat well, then stand them in the middle of the plates.

Serves 8

Things are looking UP at DIK

As the volume of donations increases, and the area remains the same, the only way to go is up. We had two problems at Donations In Kind: access to temporary storage ceased at the same time as an increase in



Recipe Presented by Hotel Max,
32 Commercial Road, Prahran

donations. Faced with the choice of dumping quality material and rejecting goods, we needed to take action.

Store Co-ordinator Laurie Fisher decided to take a punt and ordered new vertical racking that has significantly increased our capacity. DIK has no funds for items like this and fortunately a Rotarian offered to lend us the money to purchase the racks.

We approached Clubs to help by sponsoring a bay that provides storage capacity for about a quarter of a container for \$400. Some Clubs and Rotarians have been very generous and have contributed \$2,000 for a complete bay of racking. They include The Rotary Clubs of Collingwood, Elsternwick and Chadstone/East Malvern.

And we greatly appreciate the other Clubs as well as Rotarians who have sponsored a bay including The Rotary Clubs of Essendon, Essendon North, Bacchus Marsh, Yarraville, Altona (two bays) Alto Hotel on Bourke together with Rotarians Glenn Smith and Colin Bell.

We are most grateful for this support.

We are about 60% there and hope that a few more Clubs will take up this challenge to enable us to repay all of the debt by Christmas.

Please contact Laurie 0428 550 574 laurencefisher@optusnet.com.au or Bob Glindemann 0418 102 702 bob.glindemann@bigpond.com.



This **Christmas**

Know someone who would make a **great** Rotarian?
Give a gift that keeps giving...

If you know someone who is community spirited, has a passion for sharing and helping, or would enjoy what Rotary has to offer, why not refer them to your Rotary Club?

At a time when good will, togetherness and giving back to others is the hearts and minds of most people, an invitation to come and find out what Rotary is all about is something that every Rotarian should consider giving this Christmas.

Christmas is a time that reinforces the great feeling that giving to others brings. Why not offer to extend this great feeling to something that lasts the whole year around?

If you know someone who possesses the values that would see them make a great Rotarian, tell them a bit about your own experiences in employing the ethos of thoughtfulness and making others' lives better through Rotary.

You may just find that such an invitation makes the perfect gift – to the prospective Rotarian's life, to your Club and importantly to lives in the community benefited by each and every Rotarian.

What's Your Club's Christmas Wish and New Year's Resolution?

As we come to the end of the year and wish others well, be sure to take a moment to reflect on the message we are sending Club members, prospective Club members, friends of Rotary, corporate and community partners and the public.

As we thank them for their support, we should remember to also send a message of inspiration.

What are we inviting them to look forward to in the New Year?

- How are we going to capture the attention and support of prospective members over the Christmas and New Year period as they enter the time when they will look to set goals, pursue something new and put their ideals into action in the New Year?
- What are the quick runs we want to put on the board as we reconvene at the start of the year?
- What are the exciting initiatives, projects and goals to look forward to?

Make sure you leave everyone in no doubt that the coming year brings an opportunity worth seizing!

How Inconvenient is That?

In 2007, a British court ruled that 9 out of the 12 catastrophic climate events in Mr. Gore's "Inconvenient Truth" were unfounded; the film was judged "political propaganda", and had to be so announced, if shown in public schools.

[> Read the full article here](#)



This is Doctor Bagshaw, discoverer of the infinitely expanding research grant.

Welcome New Members

RC Central Melbourne- Sunrise announce two new members:

- BRUCE HERON (Corporate Finance)
- JOEL SIEGERSMA (Consulting Engineering)

Clarice would like a photo and brief details of new members, to introduce them to Rotary, wherever security and privacy permit.

Notices & Events

RYLA 2010

5-11 December, 2010

Applications are now open for the Rotary Youth Leadership Award. RYLA in District 9800 is a week long residential personal development program for young people aged 18 to 25. over 21 years.

[> Read More](#)

NEW

Rotary Club of Melbourne Park Presents Holiday Gift Wrapping

12th and 19th December

Sunday 12th and 19th December
- Malvern Central 110 Wattletree Road, Malvern - From \$2.00.

[> Read More](#)

NEW

Choir of Hope and Inspiration

15 December, 2010

Winners of Rotary Community Service awards 2009.

[> Read More](#)

The Acclaim Charity

16 December, 2010

The Rotary Club's of Melbourne and Cheltenham invite you to participate in the exciting Vocational Service Project "The Acclaim Awards" providing opportunity for young Australian opera singers to perform on the world stage.

[> Read More](#)

NEW

Carols By Candlelight, Yarraville

18th December

Carols By Candlelight, Yarraville, is one of the West's best Christmas events.

[> Read More](#)

Shine On Awards

25 February, 2010

The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the community of people with disabilities.

[> Read More](#)

NEW

Exciting Sailing Experience

27 February, 2011

Exciting new Youth Sailing Experience open to six metropolitan applicants aged 15 – 17 years with no previous sailing experience.

[> Read More](#)

NEW

Cluster Club Presentations D9800 Conference: ADELAIDE

March 31 to April 2, 2011

Once again Cluster presentations will be produced through the conference organising committee.

[> Read More](#)

2011 District Conference

March 31 to April 2, 2011

The Conference Committee would appreciate early registrations to ensure adequate arrangements can be made.

[> Read More](#)

Anzac Peace Tour

Rotarians from all over Australia are booking for the Rotary ANZAC Peace Tour to Turkey, departing in April 2011.

[> Read More](#)

NEW

Lost - Chain of Office

The Rotaract portfolio in the New Generations Avenue of Service is trying to locate the Chain of Office, used by each DRR (District Rotaract Representative) over many years.

[> Read More](#)

Readers Letters

Ask Clarice...

Hi Clarice,

Thank you - re "Rotary Leadership Institute"

Elissa Marriott is a member (former Friend of Richmond Rotary) of the Rotary Club of Richmond, NOT Carlton. Her current role is Fundraising Chair and Assistant to the President.

Please make this amendment in your next Networker.

Thanks & regards

Trevor Pang

PS: Our 2010 RLI Graduate is Annie Wysham - also a former Friend of Richmond Rotary and now a committed Richmond Rotarian!

Hello Clarice,

Further to PP Trevor' Pang's correspondence re 'Rotary Leadership Institute':

Another earlier RLI graduate was Josephine Cowling. Jo and I were the co-founders in 2003 of the Friends of Richmond Rotary. Jo is currently the President of the RC Richmond. Thank goodness for Friends!

Best wishes

Rtn. Annie Wysham

PS. When PP Trevor referred to me as a 'committed Richmond Rotarian' he meant 'committed' in the nicest possible way - although as the Club weekly bulletin sub-editor, 'committed' could be a possibility by year's end!

Clarice Replies: *My sincere apologies to Elissa and the Rotary Clubs of Carlton and Richmond for this error.*

Memo to self: *Do not engage keyboard while brain is in neutral*

Dear Clarice,

Would anyone like to home-host an incoming Ambassadorial Scholar for a week in late January? And possibly go to the Australian Open tennis with him as well.

He writes:

My name is Morgan Wiggers and I am from Jackson, Mississippi here in the United States. I have received a Rotary Ambassadorial Scholarship to study abroad and plan on spending my time in Brisbane. However, I plan on coming down to Melbourne the week of the Australian Open (22-31 January) so that I

Do you have a letter for Clarice?

Contact the Editor

Do you have a letter for Clarice? Is something on your mind?

Send your thoughts to her email address at clarice@rotarydistrict9800.org.au



Readers Letters

Ask Clarice...

can see Melbourne and see some great tennis! As of right now, I do not know anyone there or have a place to stay. Would you have any recommendations for me on housing. It also might be neat to come to a Rotary Club meeting in Melbourne. Anyway, just wanted to try you and see if you could help me out. This is a great opportunity to make an international connection and if you happen to be planning to go to the International Convention next year his host club & district are right on the door-step for some potential reciprocal exchange opportunities.

Anyone interested, please contact me.

David Gorman

*RD9800 Foundation Committee
Ambassadorial Scholars Co-ordinator 2010-11
david.gorman@dgcconsulting.com.au*

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Networker

Rotary District 9800

A publication for Rotarians and all community minded people



DG Christmas Message

To all Rotarians, partners, Friends of Rotary, Rotaractors, Interactors, Youth Exchange Students & Scholars in District 9800

We wish you all the very best over this festive holiday period and hope that you are able to have time with your family and friends, and reflect on what great things we have all been able to achieve in 2010. Our Rotary Clubs and Rotarians have been **BUILDING COMMUNITIES AND BRIDGING CONTINENTS** with the many activities done locally and in other countries. At this time of the year, we have Rotarians travelling overseas, to the beach or country holiday home, camping, cruising, driving or just relaxing at home

after a busy year. Keep safe and well, and thank you for all that you have done for Rotary in our first half of this Rotary year.

Marilyn and I also wish you a very **HAPPY NEW YEAR** and thank you for your friendship and support this year... we have a wonderful District with so many committed and hard working Rotarians.

I look forward to seeing you at your Club in 2011, as we continue to work towards achieving our plans & objectives for this year. Thank you to all at Networker who have kept us connected every week all year.

DG Iven and Marilyn



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Contact the Editor



Clarice Caricare

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2011 District Conference - Early Bird Registrant Winners

OUR FIRST EARLY BIRD DRAWING

We have two lucky early bird registrants that are our first winners of the Audi Penfold Wine donated by our 2011 District Conference sponsor Audi Penfold.

Our winners are Nick Constance and Rebecca John. Each will win one dozen bottles of Audi Penfold Wine. We will contact all of our winners in January 2011 to arrange delivery.

ABOUT THE CONFERENCE

The Rotary District Conference in 2011 returns to Adelaide. Held at the fabulous Adelaide Convention Centre, it is sure to be one of the best conferences yet.

With an inspiring array of nationally and internationally acclaimed speakers, it is surely the conference not to be missed.

Add to that, the Rotary Fellowship, superb Gala Ball and time to rejuvenate those Rotary senses, you will go away inspired.

This is the year for BUILDING COMMUNITIES AND BRIDGING CONTINENTS.

AND IF THAT ISN'T ENOUGH...

There is still plenty of time for you to register and win one dozen bottles of Penfold Motors Wine. All you have to do is visit the 2011 District Conference page and register before 31 December and you will be automatically entered into our next TWO drawings (24 December and 31 December).

Remember, you have to REGISTER to be entered, so make sure you register before 31 December.

> REGISTER TO WIN



REGISTER BEFORE 31 DECEMBER
FOR YOUR CHANCE TO WIN A CASE
OF PENFOLD WINE!

2011
DISTRICT
CONFERENCE

TWO DRAWINGS WILL BE HELD ON THE 17TH, 24TH AND 31ST OF DECEMBER. WINNERS WILL EACH WIN ONE DOZEN BOTTLES OF PENFOLD WINE DONATED BY PENFOLD AUDI. REGISTRANTS AUTOMATICALLY ENTERED IN DRAWING.

Gingerbread Man Cookies

RECIPE TIP

INGREDIENTS

Melted butter, to grease
125g butter, at room temperature
1/2 cup brown sugar
1/2 cup golden syrup
1 egg, separated
2 1/2 cups plain flour
1 tbs ground ginger
1 tsp mixed spice
1 tsp bicarbonate of soda
Plain flour, to dust
1 cup pure icing sugar, sifted
8-10 drops red liquid food colouring
8-10 drops green liquid food colouring
Smarties, to decorate



METHOD

Preheat oven to 180°C. Brush 2 baking trays with melted butter to lightly grease.

Use an electric beater to beat the butter and sugar in a bowl until pale and creamy. Add the golden syrup and egg yolk and beat until combined. Stir in the flour, ginger, mixed spice and bicarbonate of soda. Turn onto a lightly floured surface and knead until smooth. Press dough into a disc. Cover with plastic wrap and place in the fridge for 30 minutes to rest.

Meanwhile, place egg white in a clean, dry bowl. Use an electric beater to beat until soft peaks form. Gradually add icing sugar and beat until stiff peaks form. Divide icing among 3 bowls. Cover 1 bowl with plastic wrap and place in the fridge. Add red colouring to 1 bowl and stir until combined. Add green colouring to remaining bowl and stir until combined. Cover with plastic wrap and place in the fridge.

Place the dough between 2 sheets of baking paper and roll out until about 4mm thick. Use a 9cm gingerbread man cutter to cut out shapes. Place on trays about 3cm apart. Repeat with any excess dough.

Bake in oven for 10 minutes or until brown. Remove from oven. Transfer to a rack to cool.

Place prepared icings in small plastic bags. Cut a small hole in a corner of each bag. Pipe icing over gingerbread men to decorate. Finish with Smarties.

> Watch the Gingerbread Men Haka Video



Networker

Rotary District 9800

A publication for Rotarians and all community minded people

DG Weekly Message

DG Official Club visits to our 70 Clubs in D9800 all completed!!

One of the roles of a DG is to officially visit each Club in their District, in the 1st half of the Rotary year. Marilyn and I have now just done this and it has been an absolute pleasure and privilege.

Our Clubs are all so different and yet all conduct themselves in a style that represents our District. We are indeed a great District. Our Clubs meet for breakfast, lunch, dinner and supper all days of the week, every week. Some are in the city and some are in the country. Each club has its own history, own culture, own way of doing things. Some are formal, some are casual, and some do grace, loyal toasts, sing the National Anthem and toast Rotary International. I am very pleased that almost all of our clubs, even those that have discarded much of the past formality and protocols, always toast our wonderful organisation, Rotary International (RI). All of our clubs are doing such good work and our Rotarians are having an impact on helping others in their local community and overseas. Well done to you all and thank you for all that you are doing, juggling your family, work & social life around helping and giving service above self to others.



**Iven Mackay and Marilyn
District Governor 2010-2011**

Thank you for the warm and friendly welcome we have received at absolutely every club in the District. We have made many new friends and have caught up with many old friends (old in time that is....of course) along the way. We look forward to attending any special events or activities that you may wish to invite us to during this 2010-2011 Rotary year.

ROMAC (Rotary Oceanic Medical Aid for Children)....

We had the pleasure of attending the RC of Richmond last week and meet Marcel de Jesus who is from East Timor, and who has just received urgent surgery on a malfunctioning heart, due to the excellent work of ROMAC. An initiative of D9800, ROMAC is RI approved and is a multi-District program run by Rotarians. It changes the lives of children from developing countries. Congratulations to John Bengier, Richmond Rotarian and Southern

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Contact the Editor



Clarice Caricare

Do you have a letter for Clarice? Is something on your mind?



Send Clarice an mail at clarice@rotarydistrict9800.org.au

December is Family of Rotary Month



Director of ROMAC for all your hard work and in particular Monash Heart cardiologist Assoc Professor Andrew Cochrane who conducted the operation (see photos below).



DG Iven, Dr Andrew Cochrane and RC of Richmond President Jo Cowling



DG Iven and ROMAC patient Marcel de Jesus

ROMAC is assisted by many eminent Australian surgeons who generously respond to requests for help. This humanitarian program has provided urgent medical treatment for over 300 children from 20 countries. For information see www.romac.org.au.

Don't forget to register soon for the District Conference!!

In BUILDING COMMUNITIES
BRIDGING CONTINENTS,

Have a great week in Rotary,

DG Iven

10 Tips for Promoting your Club over the Festive Season

Marketing Tip

1. Plan your Christmas functions early.
2. Send Christmas cards to thank all who have supported you throughout the year – don't forget to congratulate your community partners on their great work.
3. Partner with a rural club to support those affected by drought this Christmas.
4. Consider helping the homeless by providing lunch or food baskets.
5. Help underprivileged children by providing small gifts from 'Santa'.
6. Take photos of your Christmas events for publishing on your website, newsletter and in the Networker. Don't forget to send a copy of your newsletter to your corporate and community partners, family and friends.
7. Promote your achievements and upcoming projects in the local press.
8. Prepare and articulate your vision for next year.
9. Celebrate your success.
10. Have fun in true Rotary style!



Online Contributions Break Records

During the week of 18-24 October, approximately US\$3.3 million was raised in online contributions for PolioPlus. To honor World Polio Day on 24 October, The Rotary Foundation offered for the first time double Paul Harris Fellow recognition points for online-only contributions of US\$100 or more during that week. The results represent a significant increase in online donations. To compare, \$660,000 in online donations to PolioPlus were made from January to September 2010.

As of 9 November, Rotarians have raised about \$152 million for Rotary's US\$200 Million Challenge. These contributions will help Rotary raise \$200 million to match \$355 million in challenge grants from the Bill & Melinda Gates Foundation. The resulting \$555 million will directly support immunization campaigns in developing countries, where polio continues to infect and paralyze children, robbing them of their futures and compounding the hardships faced by their families.

After 20 years of hard work, Rotary and its partners are on the brink of eradicating this tenacious disease, but

a strong push is needed now to root it out once and for all. It is a window of opportunity of historic proportions.

As long as polio threatens even one child anywhere in the world, children everywhere remain at risk. The stakes are that high.

"If we all have the fortitude to see this effort through to the end, then we will eradicate polio." - Bill Gates.

- > [Read more about the PolioPlus Fund](#)
- > [Watch "The Last Hurdle"](#)



December is Family of Rotary Month

Paul Harris, Rotary's founder said that the lure of Rotary is friendship, as well as quality Service Projects. The Family of Rotary has become a valuable asset since former RI President Jonathan Majiyabe, launched the concept.

Numerous club and District 9800 events continue to emphasise this sense of belonging. Please offer the hand of friendship to each Rotarian and their families, especially during The Family of Rotary Month - December. Keep in touch with spouses or partners of deceased Rotarians, past Rotarians and their families.

Why not include members and families of former participants in your club's Service Projects? For instance, involve your past RYLA, RYPEN, Youth Exchange, MUNA, Rotaract, Interact, Science School,



Part of our Family of Rotary: National Youth Science Forum students taken at the recent Orientation Evening at International House

Storm the Stage, Youth Yacht Squad, Lord Somers and Powerhouse, Ambassadorial Scholars, GSE etc... delegates in your club activities and keep them informed as a courtesy via your club bulletin and personal contacts.

Remember all people connected with Rotary are classified as part of our extended Family of Rotary. They could be prospective members of our Rotary clubs and may appreciate being asked to attend a Rotary club meeting and invited to re-connect again with your club.

Next week: Family of Rotary at our clubs during December.

Vanda Mullen – Director, New Generations

District Conference Bookings

The Conference Committee has received some requests for a Hardcopy Conference Registration form, and also an option for a partner to attend just the Gala Dinner or Breakfast.

Gala Dinner and Breakfast Only Bookings

If you have a partner who only wishes to come to the Breakfast on the Saturday morning or the Gala Dinner on the Saturday night, or both, they can. However, these bookings are only being handled manually and not through the Online system. Therefore, the second page of the attached form (Form A) needs to be completed and forwarded with a cheque to the registration secretary.

Please note: If a registration is received for just the Dinner or Breakfast that person will not receive a conference satchel, conference lanyard, name tag or listing in the conference directory. Also, it does not

include access to the opening cocktail party, conference opening, plenary sessions, morning teas, afternoon teas, or lunches.



Offline Manual Registration

If a member does not have access to the Internet or does not have a Visa or Mastercard, pages 3 – 5 can be filled out and sent to the registration secretary.

Please contact Keiran Cromie on 0419 252 814 or keiran@brightontravel.com.au if you have any queries.

> Download the Offline Registration Form

GSE Team

This year's Group Study Exchange to team for District 9800 has been selected. The quality of candidates from clubs across our District was extremely high and the District GSE selection committee thanks all clubs who nominated team members. The selected team of four, led by Rotarian Ross Butterworth, will represent us in District 5840 in Texas with distinction.

> Read the GSE Team Profile



Restless Legs Syndrome

Restless legs syndrome is characterised by the compelling urge to move the legs, particularly when trying to sleep. The strange sensation in the calves has been described as a crawling ache. The cause is unknown, but it is thought to involve a nervous system malfunction.

The strange sensation in the calves has been described as a type of cramp, soreness or a creeping, crawling feeling. Some liken the sensation to shooting darts of electricity or even squirming insects inside the legs.



Probably the earliest description was written by Thomas Willis in 1683 in 'Two discourses concerning the soul of brutes':

"... whilst they would indulge in sleep, in their beds, immediately follow leapings up of the tendons in their arms and legs, with cramps, and such unquietness and flying about of their members, that the sick can no more sleep, than those on the rack."

[> Read the full article](#)

Rotary Leadership Institute

"...the course is inspiring and I feel much more connected to Rotary in general..."

I am so pleased that I am amongst the first group to graduate from District 9800's Rotary Leadership Institute. I've gained an immense amount of knowledge and information from attending these separate 3-Part sessions. Rotary has so many facets and areas of interest and I believe I would still be learning all of this in 10 years had I not taken this opportunity.



There were Rotarians attending who have been members for over 10 years, including Past Presidents and other board members who still hadn't fully comprehended all this information.

I was probably the most recent inductee to attend the RLI training and I found it invaluable in extending my knowledge and inspiring me to investigate Rotary further. I understand the Rotary programs so more fully now. I've heard about really fascinating (and some not so fascinating) programs across all areas of Rotary, run by other Rotary clubs, and now appreciate the diversity and breadth of our Rotary District 9800.

I would encourage anyone just wanting to understand Rotary better, or who may be thinking about taking on more 'at some point in the future' to enroll in the present series of courses. The information's fantastic, the course is inspiring and I feel much more connected to Rotary in general now that I understand



more about it. We all know that I am about to have a bub, my third child, so highly unlikely that I will be taking on a leadership position any time soon - but I was still keen to do the RLI course! I'm glad I did! I now strongly encourage **you** to enrol, put the future of Rotary in **your** hands, and complete this developmental RLI course.

Elissa Marriott

Rotary Club of Carlton

[> Read more about the Rotary Leadership Institute](#)

Rotary Project in Uganda

Bulindo and Kitukwe villages located in Kira Town council, Wakiso District, Uganda, East Africa. They are about 350 families in both with an average of 4 adults and 7 children per family.



Dr Barbara Nanteza visits The Rotary Club of Prahran

The major problem was water but this has been addressed by the Rotary Clubs of Altona, Altona city, Hoppers crossing and Laverton. Through a Rotary Global Matching Grant the villages are going to receive two bore holes and 35 water tanks.

The second major problem is the health status of the people these villages. Due to poverty (more than half of people in these communities survive on less than a dollar per day!) there is high prevalence of malaria, diarrhoea diseases, malnutrition, sexually transmitted diseases, skin infections, measles, upper respiratory infections and HIV. There are high rates of teenage pregnancies because the girls are married off young to older men in the village who are already poor so the vicious cycle of poverty continues. Both villages have no health facility, and the nearest government health facility is about 4km away from these villages and lacks medical staffs and the medications to treat even the simple illnesses.

Most of the people in these villages depend on tradition medicine which is not effective, this has led to many complications and deaths that could be avoided by simple interventions. Having spent my childhood in one of the villages and by God's grace I survived and became a medical doctor, I have tried to go back to these villages and do medical out reach services every 3rd Sunday of the month, were I treat the people and refer the serious cases to the government facilities. Over the past two years the numbers have become too many for me and my resources to handle. In August of 2007 I became a Rotarian with the Rotary Club of Sunrise-Kampala which has been helping me with resources to carry out these medical out reaches.

> Read the full article

Speakers Bank

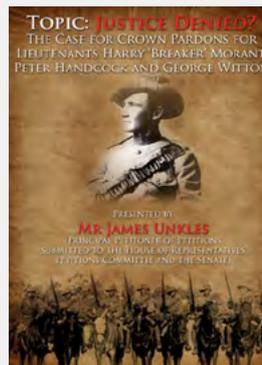
Our Speakers Bank is a great resource for Clubs looking for interesting speakers. Recently one of the speakers, Commander James Unkles, (The Case of Breaker Morant) was recently mentioned in an article in [The Age](#).

Rotarians are able to find the Speakers Bank on the D9800 website.

Commander Unkles writes:

"I am a legal officer in the RANR, rank of Commander. My work in the Morant matter is a private matter, I am not presenting the case on behalf of the ADF. I have initiated petitions to review the convictions and sentences of Lieutenant Morant, Handcock and Witton who were 3 Australian who served with the British in the Boer War. Morant and Handcock were executed in 1902 for shooting Boer prisoners, Witton received a sentence of life imprisonment. The cases against the men have never been reviewed. I have spent 2 years researching the case and have uncovered vital and new evidence on gross injustice in the treatment of the men. I have petitioned the Queen and appeared before the House of Representatives Petitions Committee in March this year and argued the case for pardons. The committee described the case as compelling."

You will find contact details for Commander James Unkles listed under the 'Plus' section of the D9800 Speaker Bank website or by [clicking here](#).



For corrections, additions, updates or feedback regarding speakers please contact Jill Weeks jill.weeks@lifestylematters.com.au.

King Prawns with Ricotta Gnocchi and Saffron Yoghurt

Ingredients:

- 250g Greek Yoghurt
- 1 Lebanese cucumber, grated
- Pinch of saffron threads
- Juice of half a lemon
- 3 fresh mint leaves, chopped
- Seas salt and freshly ground pepper to taste
- 375g fresh ricotta
- 180g semolina
- 60g grated parmesan
- 2 large egg yolks
- Extra virgin olive oil
- 12 green king prawns, peeled and de-veined
- 8 broad beans shelled (use peas if broad beans not in season)
- 1 bunch asparagus, ends snapped off and sliced on an angle

Method:

Preheat the oven to 120 degrees and place your plates on the bottom shelf to keep warm. To prepare the the saffron yoghurt, stir the yoghurt, cucumber, saffron, lemon juice, mint, salt and pepper in a bowl and set aside.

For the gnocchi, place the ricotta, semolina, parmesan and egg yolks in a food processor and blend until smooth. Turn the mixture out onto a floured bench and roll out evenly until 1cm thick. Cut into small rounds. Heat the oil in a heavy-based frying pan. Add the gnocchi and cook until golden brown on both sides, remove and keep warm in the oven.

Add the prawns to the pan and fry until golden brown, then add the broad beans and asparagus and toss together, seasoning to your taste.

Place 3 pieces of gnocchi on each warmed plate with a dollop of saffron yoghurt. Position the asparagus and beans on each piece of gnocchi and balance a prawn on top, then drizzle with the pan juices. A Riesling or pinot gris will complement this dish.

Serves 4

Spotlight on Mark

Congratulations to Mark Preston, Rotary Club of Glen Eira member for raising funds \$660 at his birthday bash and personally contributing \$140 to purchase a Family Relief Pack for the club. This is an excellent example of an individual's endeavour to change the lives of others.



Recipe presented by:
Cicciolina, 130 Acland St, St Kilda

Notices & Events

<p>NEW Rotary Leadership Institute</p> <p>Updated course dates are now available for the first half of 2011.</p> <p style="text-align: right;">> Read More</p>	<p>Inner Melbourne Probus Launch</p> <p>4 December, 2010</p> <p>Purchase the Rotary Club of Bacchus Marsh 2011 Calendar and help eradicate the crippling and life threatening disease polio.</p> <p style="text-align: right;">> Read More</p>	<p>Green Sacks</p> <p>4 December, 2010</p> <p>The Rotary Club of Caulfield is pleased to announce that it now sells a second eco-product, Green Sacks. The Green Sacks will be available for sale at the Murrumbeena Community Market.</p> <p style="text-align: right;">> Read More</p>
<p>Murrumbeena Community Market</p> <p>04 December, 2010</p> <p>The Rotary Club of Caulfield sells ecoproduct laundry balls at Eco-Expo's and Sustainability Festivals to promote sustainability and to fundraise for environmental projects.</p> <p style="text-align: right;">> Read More</p>	<p>RYLA 2010</p> <p>5-11 December, 2010</p> <p>Applications are now open for the Rotary Youth Leadership Award. RYLA in District 9800 is a week long residential personal development program for young people aged 18 to 25. over 21 years.</p> <p style="text-align: right;">> Read More</p>	<p>Ken Follett Book Launch – Fall of Giants</p> <p>6 December, 2010</p> <p>Fall of Giants will be signed by Ken Follett and sold on the evening.</p> <p style="text-align: right;">> Read More</p>
<p>The Acclaim Charity</p> <p>16 December, 2010</p> <p>The Rotary Club's of Melbourne and Cheltenham invite you to participate in the exciting Vocational Service Project "The Acclaim Awards" providing opportunity for young Australian opera singers to perform on the world stage.</p> <p style="text-align: right;">> Read More</p>	<p>Shine On Awards</p> <p>25 February, 2010</p> <p>The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the community of people with disabilities.</p> <p style="text-align: right;">> Read More</p>	<p>2011 District Conference</p> <p>March 31 to April 2, 2011</p> <p>The Conference Committee would appreciate early registrations to ensure adequate arrangements can be made.</p> <p style="text-align: right;">> Read More</p>
<p>Anzac Peace Tour</p> <p>Rotarians from all over Australia are booking for the Rotary ANZAC Peace Tour to Turkey, departing in April 2011.</p> <p style="text-align: right;">> Read More</p>		

Readers Letters

Ask Clarice...

Dear Clarice,

I am wondering when District 9800 will support its own state/region instead of having conferences interstate.

It certainly makes it harder for younger members of Rotary who have young families to travel interstate, and it is sad that the large volumes of cash leaving the state is not directed to Victoria's regional areas which would certainly benefit from a Rotary District conference.

Since I have been a member of Rotary, I can only recall one Conference in Victoria (Shepparton) which my family where going to attend but due to cancellation of the child minding arrangements, we had to miss out. I think it is about time we had a District Conference in Victoria.

Regards

Andrew Hanley
RC North Melbourne

Clarice Replies: *Keep reading The Networker Andrew, and your wish may soon come true*

Dearest Clarice,

DG Iven has encouraged us to make contact with our partner clubs in Texas (D5840) and I am delighted to advise that the Rotary Club of Southbank and the Rotary Club of San Antonio West have "connected". I thought your readers might be interested in learning about our new Rotary friends – following is a brief note from President Dwayne Hopkins.

Kind Regards,

Barbara Adams,

President, Rotary Club of Southbank

> Read Letter from President Dwayne Hopkins

Do you have a letter for Clarice?

Contact the Editor

Do you have a letter for Clarice? Is something on your mind?

Send your thoughts to her email address at clarice@rotarydistrict9800.org.au

