



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

MUNA.....What a wonderful New Generations event!

MUNA (Model United Nations Assembly) was conducted last weekend, 3-5 June, at Camp Getaway. What is MUNA you ask? The MUNA experience offers International awareness of UN member States attitudes, it provides the opportunity for young 15-17 yo's to gain confidence in public speaking. It encourages our youth to grow intellectually as well as expand their understanding of the cultural, social and political issues that affect the world at large. It has been developed to involve year 11 students in a hands-on live-in weekend experience that will increase international understanding & goodwill.....one of the main aims of Rotary International.

A team of 2 students is allocated a UN member country to represent, and are presented with a set of topical resolutions to investigate, research and come prepared to debate the issues.....from the point of view of the country they represent. To add to the authenticity of the occasion all students are encouraged to



Iven Mackay and Marilyn
District Governor 2010-2011

wear their country's National costume. A Secretary- General (in our case Brett Lefebvre, RC of Kyneton) chairs the Assembly and UN rules of debating are followed with "bloc" meetings of like-minded countries negotiating to have their positions approved or ratified. Resolutions cover issues such as Education, Environment, Health, Human Rights, Nuclear Proliferation, Poverty, Terrorism and World Peace. President of the Assembly was Neville Page (our District MUNA Chairman). Well done Neville and Brett, who have been conducting these for many years now.

MUNA was held at our Districts own "Camp Getaway", at Axedale, which has great facilities. Host Club was RC of Hawthorn, with Rtn David Owen, ably in charge. Looking after catering needs for the weekend was

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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



June is Rotary Fellowship Month





DG WEEKLY MESSAGE CONTINUED...

RC of Bendigo Sandhurst, who provided all meal requirements, to the delight of all. Congratulations to both these Clubs on working together to provide an excellent outcome for MUNA.

Thank you to the following Clubs (18) who sponsored our 40 delegates, RC's of Footscray, Melbourne, Albert Park, Hawthorn, Richmond, Kyneton, Kangaroo Flat, Melbourne South, North Melbourne, Kew On Yarra, Bacchus Marsh, Carlton, Altona, Bendigo, Hoppers Crossing, Eaglehawk, Bendigo Sandhurst and North Balwyn. Let's try to have more Clubs involved at the next MUNA!



MUNA President/Chairman Neville Page & Secretary General Brett Lefebvre.



DG Iven with Hawthorn Rotarian Kevin Rose.



Barry & DD New Generations Vanda Mullen with Hawthorn Rotarian David Owen.





Don't forget applications for The District Awards for 2010-2011..... they close early next week. See details elsewhere in Networker. Thank you to our Clubs that have not forgotten that this is the time of the year that The Rotary Foundation, our very own charity, needs all the financial contribution that we can give it. Please dig deep so that it can continue to do good in the world.

Have a great week and keep warm as winter sets in,

Building Communities Bridging Continents,
DG Iven

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PICK A WINNER OR BE A WINNER!

Australian Rotary Health

Club Attendance

Community Service

New Generations

Environment

Jack Nakervis International Service

Rotary Image

Vocational Service

Bulletin

Membership Development

Conference Attendance

Rotary-Rotaract Involvement

Significant Achievement

Public Relations (Thomas Lothian Shield)

Best Submissions (PDG Vance Hilton Shield)

Centurian Award

Strategic Planning (Horizons)

Rotary Foundation (PDG Frank Newman Trophy)

Best Club Website

All submissions should be posted and clearly marked to:

James Long
Chair of Rotary D9800 Awards Committee
Post Office Box 9 North Melbourne VIC 3051

For further details contact:
James Long (03) 9592 0267, 0400 828 688 or email him at
jameslong35@hotmail.com

WORKING WITH DIFFERENT PERSONALITY TYPES

VECCI BUSINESS TIP



Every workplace contains a vibrant and diverse mix of people that may be quite different in personality to you. But there's no reason why you can't establish a good working relationship with them.

There are many methods of categorising different personality types; however [one business consultant has defined several different types of workers](#) that you're likely to encounter at your workplace.

The commander

These people are the likeliest to control the situation they're in, will get their point across in a forthright manner, and may come across as aggressive. Clear and concise communication is the best way to establish a good working relationship with these types of people – they will respect you if you are straight up and speak clearly and plainly.

The drifter

'Drifters' are prone to being disorganised, and are more likely to miss appointments and deadlines and be seen as unreliable. To establish a useful productive relationship with these types of people, set firm directions and guidelines so they continually have something refer to, but encourage them at the same time to be innovative and creative during their 'drifting' periods.

The pleaser

Fearful of offending anyone or putting anyone offside, the pleaser will say yes to anything – sometimes at their own expense. These types of people don't like conflict and will go out of their way not to get involved. They value good working relationships, even if it's not always for the benefit for the business, so encourage them to look at the 'greater good' when making a decision.

The performer

Every workplace has an entertainer or two, and they're likely to fall into this category. They may also take credit for tasks that aren't necessarily their own, which may cause angst with others. Encourage them to look at things from a wider perspective, and hang around with them at networking events, as they can introduce you to new contacts and customers.

The avoider

An avoider may be very good at their job but won't be keen to go the extra step to help you out when you need it. They can be very reliable and efficient at what they do, so make sure to allow them the space to achieve that, while encouraging them to get involved in wider workplace activities and including them in social events.

The analyst

Also known as the workplace perfectionist, never satisfied until every little detail is correct, which can be a positive and negative! If you're working with them, be across the detail of your work (even allow them to correct small flaws) and use a narrow focus so they don't get too mired down in detail.

There will be many instances where people fall into more than one of these category types, but knowing your colleagues, what motivates them and how to get the best out of them will enable you to establish effective working relationships.

<http://blog.vecci.org.au/2011/06/07/business-tips-working-with-different-personality-types/>

Nothing Replaces The Spoken Word

MARKETING & MEMBERSHIP TIP

Sometimes in marketing we are in such a race to spit out such clever words, slogans or ideas that we forget that sometimes it's not the message itself, but how it is delivered that often counts the most.

One of the most effective ways of delivering a message is to personally do so via phone or face to face. The big difference from written marketing? The unmistakable personal connection and the ability to convey sincerity.

When we speak to others, we are able to show them that they count. They're not just another number, but someone we will take the time to have a conversation with right here, right now. We give them not just a message, but a chance to respond to the message while we listen with an open ear as well.

This isn't to say to throw out all your marketing collateral – far from it.

But have you considered how much more effective your marketing collateral might be with a follow up call or face-to-face meeting?

The Advantages of Spoken Word Marketing

- It puts a voice or face to the name and message, making it personally meaningful.
- It's engaging and interactive – others can ask you about what they want and need to know.
- It's timely and efficient; it can be far simpler to get an answer, devise a solution or make an invitation with others, avoiding back and forth correspondence or the inclination of others to file things to respond to "sometime" or "later".
- It can act as a terrific supplement to written communications and marketing, drawing attention to the message.
- It's likely to get a response; it's socially harder to ignore someone speaking to you than someone who has written to you.
- You can convey the sincerity of what you say and show you walk the talk when it comes to your message.
- It makes other people feel important – we care enough about you that we are willing to follow up and listen to what you have to say.
- When trying to convince others of the culture, positivity or ethos of Rotary, the tone and friendliness of your voice can often convey what the written word can't.
- What else?





Glen Eira Rotary Club Business Breakfast

The Honorable Alex Chernov, AO, QC, was the speaker at Glen Eira Rotary Club's Business Breakfast this week.

Governor Chernov spoke about "The Power of One" and how one person's inner strength could lead to great benefits for society.

As an example, he spoke of Dr Kiran Martin, a paediatrician, who is the founder and director of Asha, an NGO working to improve the health, living conditions and prospects of slum dwellers in Delhi. Dr Martin founded Asha in 1988 to tackle the numerous problems faced by Delhi's slum dwellers. Under her leadership, Asha has spent more than 20 years working in partnership with slum communities, providing an ever expanding range of benefits and opportunities which enable people to help themselves.

Today Asha works in the areas of healthcare, community empowerment, financial inclusion, education and environmental improvements which benefits about 350,000 people in nearly 50 slum colonies.

Asha's highly successful model of slum development has been recognised at the highest levels, influencing government policies both in Delhi and nationwide. In 2002 the President of India awarded Dr Martin the Padma Shri, one of India's highest civilian awards. Governor Chernov praised Rotary's partnerships for improving the welfare of the community.

The breakfast raised over \$5000 for Australian Rotary Health, and attendees were thanked by Glen Eira President Jan Hill.

DGE Keith Ryall looks forward to closer links with India in the next Rotary year, through both RI PE Kalyan Banerjee and also the 2012 GSE program to D3030 and Central India.

For more on the Australia India Institute:

<http://www.aii.unimelb.edu.au/>



Photos: 1. General view of the breakfast. 2. Gov Chernov. 3. Adrian Nelson, DGE Keith Ryall, DG Iven Mackay and Marilyn. 4. Dr. Kiran Martin, on the left holding a child with community members of a Delhi slum.



transplant australia's journey of hope

An Address from Tricia Cox

Submitted by Lawrence Reddaway
Rotary Club of Hawthorn

Surely everyone supports the wonderful concept of Organ Donation: from the tragic death of one person, the health and wellbeing of another is restored in some respect.

Trish Cox told us a lot about transplant statistics. For me, this was the key: Why should Spain have a donation rate of 34 per million people, while Australia (very near the bottom of the league table) scores only 11.3 – despite having world's best practice techniques of surgery and care?

Spain, we were told, has an 'opt-out' system in which everyone is assumed to be an organ donor, unless they have specifically opted out. Australia, in contrast, has an 'opt-in' system. Maybe this is part of the reason for the difference between the performances of the two countries. We must lobby!

But if you have joined the organ donor register, this is not sufficient because, after you're dead, your rights are dead also, and your family can withhold its permission and thus contradict your wishes.

So what is a personal course of action to improve the rate of organ donation?

1. Sign up to the organ donation register.
2. Talk with your family today about Organ Donation. Not every day, but how about once a year? Then, surely, they are more likely to agree with your wishes.



Trish also told us the amazing story of her own son who has died twice, and been brought back to life twice albeit suffering brain damage on the way, and been given a heart transplant once; and who now, aged 34, lives independently, participated in the World Transplant Games, has job, and enjoys life.

This story reinforced the abstract belief that organ donation is a good idea.



When the Smoke Settles

Ray Klinginsmith,
Rotary International President's July Message

There was a time when gunpowder smoke was so thick on battlefields that it was difficult to determine the victors until the smoke settled. Evaluating the success of this year in Rotary is similar because we won't learn the final figures until the year has ended. However, there are some achievements that can be reviewed – before the smoke settles!

The major accomplishment has been the creation of a new culture of innovation, which has encouraged both Rotarians and RI staff members to review our policies and procedures at all levels and to determine if they are truly best practices or merely traditional practices. Many changes toward more modern business methods have resulted, and I am encouraged by our progress.

The innovative climate has produced a simplified and streamlined RI Strategic Plan that calls for us to support and strengthen our clubs, focus and increase humanitarian service, and enhance public image and awareness. The first two priorities reaffirm our core values, and the third priority recognizes the need for more public awareness and support in our local communities around the world. The plan has measurable goals, and it provides an excellent road map for Rotary's future growth and development.

Other improvements have included the new regional Rotary coordinators, whose job is to help our district governors to help our clubs to become Bigger, Better, and Bolder. The new Presidential Citation program




has provided a score sheet for all of our clubs to test themselves against the other clubs in their districts, and the results will be very helpful to both the current and incoming governors – and to RI as well!


We also have given additional attention to our New Generations programs, particularly Rotaract and Rotary Youth Exchange, and we have focused more emphasis on the Reach Out to Africa initiative. We also have shaped a new approach for the training of incoming district governors and more meaningful assignments for past district governors.

All in all, we have made some significant improvements. But the most important question is whether we have paved the way for an even better year next year. Have we done the right things to ensure that the best days of Rotary are still ahead? And we won't know that – until the smoke settles!

<http://www.rotary.org/en/AboutUs/RotaryLeadership/RIPresident/Pages/messages1106.aspx>



THE ROTARY CLUB OF CARLTON INC.
INVITES YOU TO ATTEND THE
DISTRICT GOVERNOR'S
CHANGEOVER LUNCHEON 2011



Moonee Valley Racecourse Complex
Sunday 26th June 2011
Mehways Ref 29 A7

DG Iven Mackay and DGE Keith Ryall invite you to attend the Celebrity Room @ Moonee Valley for this year's DG Change Over function, for an afternoon of fun, fellowship and entertainment, commencing at 11.30 for 12.00 – concluding at 3.00pm.

Total Cost = \$72 per head.
First drinks on table then at bar prices. **RSVP Friday 10th June.**



The Australian Organ Donor Register

HEALTH TIP



The Australian Organ Donor Register is a way for people to formally register their wish to donate their organs after they die. Organ transplants give many people a second chance at life. Donated tissues help people with a variety of major illnesses. You should discuss organ and tissue donation with your family so that they will know if you wish to donate organs and tissues after you die.

Transplanted organs and body tissue help to save and improve lives. Those on waiting lists may need:

- Lungs, heart, liver, pancreas or kidneys
- Corneal grafts to restore failing eyesight
- Skin to treat serious burns
- Bone, when bone grafting is necessary
- Heart valves for use in heart surgery

At any time thousands of Australians require organ and tissue transplants, with several hundred at risk of dying if they are unable to receive a transplant.

A number of your organs and body tissues can be donated. These include:

- Kidneys and liver
- Heart and lungs
- Pancreas
- Heart valves
- Bone and skin
- Corneas from your eyes



Where to get help:

- Your doctor
- The Australian Organ Donor Register Tel. 1800 777 203
- The Victorian Organ Donation Service (LIFEGift) Tel: (03) 9349 4762

More information at:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/organ_donor_registry

Transplant Australia:

<http://www.transplant.org.au/>



Notices & Events

Wrestling for Rotary Charity Event

11 June, 2011

The Rotary Club of Eaglehawk, supported by Hungry Jacks Kangaroo Flat, will be hosting an international wrestling extravaganza. [Read More](#)

Boroondara Farmers Market

21 June, 2011

The market is held on the 3rd Saturday of each month rain or shine in Hawthorn East. [Read More](#)

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

Help us celebrate 25 years of the Gellibabies. [Read More](#)

DG Changeover Lunch

26 June, 2011

DG Iven Mackay and DGE Keith Ryall invite you to attend this years DG Chnageover in Moonee Valley. [Read More](#)

Rotary Club of Footscray Annual Charity Golf Day

1 July, 2011

The Rotary Club of Footscray is having their annual golf day for charity at the Medway Golf Course. [Read More](#)

NEW

RAWCS Seminar

10 July, 2011

The aim, indeed sole purpose of the D9800 RAWCS Committee is to encourage and support District 9800 Clubs and their members in their International Service endeavours. [Read More](#)

Readers Letters

Ask Clarice...

Thanks Clarice

Was going to read the article on Dementia but forgot!

Cheers

Christine Nicholson



Clarice replies:

Ah yes, Christine, but we remember you, and Brighton Rotary Club's lovely Ladies Lunch which raised so much for The Olivia Newton-John Cancer and Wellness Centre last October.

Is it a goer again this year?

Do you have a letter for Clarice?

Contact the Editor

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

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





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DG Weekly Message

Page 217!! We have arrived at page 217..... What does this mean?

Let me tell you what this means. Our well worn District Information Directory has 217 pages. We are on the last page! This wonderful year we have had together is coming to an end, and in the final weeks remaining, Clubs and your District are preparing for the change of the guard. The current Presidents and District Leadership Team are finalising 2010-2011 plans & objectives. It's a very busy time of the Rotary year. Club Changeovers also start to take place a little later this Month and continue into July. Good luck to you all in the weeks ahead.



Photo: The Cake (yes I had a small slice) at the Charter night for RC of Essendon's 76th, held on 24 May.



Iven Mackay and Marilyn
District Governor 2010-2011

June is Rotary Fellowship Month. We hold MUNA this weekend, at our Districts wonderful facility, Camp Getaway, at Axedale. More about that next week. The month of June also has final District/Club Board meetings, final District/Club Committee meetings, the Rotary Art Show in Castlemaine and then the start of the Changeover season. Our GSE team in Texas is having a ball and enjoying some Texas sunshine and hospitality in D5840. Finally, this is the time of the year for Club Board's to be thinking..... **The Rotary Foundation!** Please dig deep and thank you.

In Building Communities
Bridging Continents,

Have a great week,

DG Iven

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Contact the Editor



Clarice Caricare

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June is Rotary Fellowship Month



DG WEEKLY MESSAGE CONTINUED...



Top to bottom: 1. RC of Keilor East holds Victorian Flood Relief Fundraiser, at Taylors Lakes Hotel, on Friday 27 May, with Beatles music played by The Melbeats..... a great night! 2. DG Iven attends Rotaract Southern Region Club Officers Training Seminar, held at Greenvale, on Saturday 28 May, hosted by D9800 DRR Grant Godino. 3. Well done RC of North Melbourne, who provided lunch for the Rotaractors. 4. Well done to RC of Daylesford, who held a brunch at The Lake House in Daylesford, on Sunday 29 May, with Guest Speaker Hon Bernard Teague, talking on Bushfires, Murders and Media. 5. Yet another cake (and another small slice) this time RC of Melton Valley's 20th Anniversary of Charter, held at a lunch on Sunday 29 May). During the meeting, we talked/cam with GSE TL & Club member Ross Butterworth in Texas on Skype. 6. The RC of Richmond 22nd Ainger Public Speaking Awards held on Monday 30 May. Well done President Jo Cowling and Rtn Ben Hosking. 7. Our D9800 Rotary Friendship Exchange (RFE) team here at Birds of Eden Plettenburg Bay, South Africa.

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HOW TO ORGANISE YOUR WORK SPACE

VECCI BUSINESS TIP



You spend up to 40 hours at your desk every single working week, so it's important to make sure it's neat and organised so you can do your job as efficiently as possible.

Here are a few simple tips to walk in to a clean desk every morning.

Papers and documents

Papers, documents, receipts and publications can often pile up without even being noticed. Make sure to separate them and put all the similar items in a suitable drawer. Try to file everything away so your desk only contains the papers and documents you need for immediate tasks.

Drawers

It may be tempting to dump everything you don't need in the nearest drawer just to hide it from view, but resist! Taking a short period to define what belongs in each drawer, and then labelling it accordingly, will save you many headaches in the future! Even better, try to keep everything in some sort of order (chronological, most used to least used, etc.) within the drawer for easy use.

Computer

Organisation of the work desk does not just include tidying what's physically on the desk, but what's virtually on it too. Having a system for organising emails will save minutes each day, such as setting up archive folders for all previous emails, and deleting mail that has no value. Apply the same theory with files and documents on your desktop.

Use the wall

If you have a wall or partition available, utilise it! Pin things like your most commonly referred to documents, important internal phone numbers and passwords (IT, printer codes, etc) on your wall, in your sight at all times. You may of course also want to use your wall to pin personal items like family photos.

Dispose

An in-depth clean of your desk would in all likelihood reveal that much of the stuff there is irrelevant or out of date. Once you identify such a document, try to elicit whether it's of use to anyone else, and if not, throw it away. Be ruthless – if you've had something for a year and haven't used it, the odds are you don't actually need it.

Cleaning

Before leaving the desk every night, give it a quick tidy to start the next day afresh and ready to hit the ground running. A small clean once a day will prevent the need for that big, daunting clean every few months!

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For further information, please click here:

<http://blog.vecci.org.au/2011/05/31/business-tips-how-to-organise-your-work-space/>

This article is sourced from VECCI's weekly RADAR newsletter, which circulates to approximately 40,000 unique email addresses. [Subscribe to RADAR for free, please click here.](#)



Promoting Rotary through Email Signatures

MARKETING & MEMBERSHIP TIP

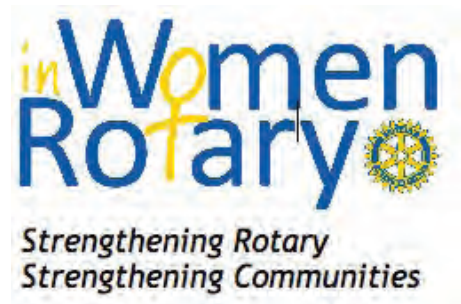
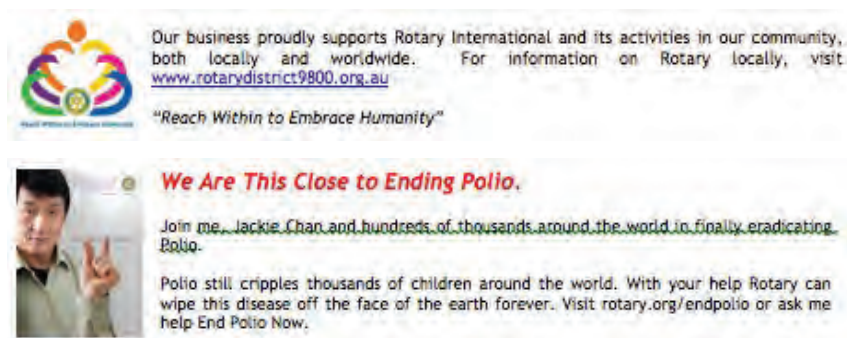
We have a great opportunity to share our pride in Rotary through our everyday electronic communications with others. A simple line at the bottom of an email can not only show your affiliation with Rotary, but can help promote projects, initiatives, membership and more.

Imagine the exposure you could provide your Club, your Club's projects or even Rotary International's projects by including a small message at the bottom of your emails, while at the same time associating your professional and personal brand with a worthwhile and benevolent cause.

The great thing about this method of promoting Rotary is that it puts your connection out there amongst your peers and networks - often people with similar values and who might at some stage be interested in supporting or joining you in your Rotary endeavours. It creates a good talking point...

Below are examples of how an email signature might read. Remember that it is important to ensure approval is gained from your company if you are not self-employed, however with many Rotarians self-employed or in a position of influence, it should be a straight forward process to send out this positive message to new audiences.

Example additions for your email signature:



Setting up a signature is easy – even webmail systems Hotmail, Gmail and Yahoo Mail allow you to quickly and easily add text signatures through your account options, while programs like Outlook and Mail allow you to include pictures in your signature. If you need help in setting up a signature, ask someone in your Club who is an expert (or who knows an expert) or even ask a friend who has a signature you like – they can likely help you as you help change the world for the better!

Ready 4 Life - From Port Elizabeth, South Africa

By Tony Thomas, Community Services Director - Rotary Club of Central Melbourne Sunrise.

Our 10-person Rotary Friendship Exchange party from District 9800 to District 9320 South Africa spent May 23 visiting operations of the Ready 4 Life charity group at Port Elizabeth on the south coast.

Outer suburbs include swathes of black townships, thousands of tiny houses with rudimentary sanitation and electricity, and populations bedevilled by a 40% unemployment rate. Most tragically, bare fields around are churned up from the roadside to far into the distance. By what? By new-dug graves for AIDS victims. We were told that one such field was barely 18 months old.

Our first visit was to a high school to see a class where about 30 unemployed people aged from 18 to 40 were being given skills in elementary computer operations, personal development and administration-style English. Our host was Ready 4 Life rep Jacco Wolters, a Dutch specialist in finance and IT.

The goal was to make these students ready to apply for clerical jobs. Without computer skills, they would be back of the queue.

The lesson that day was on word processing – how to cut, paste, save and lay out their work, add pictures, and insert bullet point lists. There was only one laptop in the class but it was connected to a projector so everyone could follow the lesson on-screen.

In fact, there are half a dozen laptops for the class, which are taken home at the end of each day. The reason relates to another issue: this school is barricaded like a fortress against thieves. Doors and windows

incorporate heavy steel screens, and there is a formidable perimeter fence. Nonetheless if any valuable gear such as desktop PCs were left in the school overnight, break-ins would occur.

We were impressed by the eagerness of the adult class to learn. Everyone was well-dressed for study and their faces shone with enthusiasm. There seemed equal numbers of men and women, and average age looked like about 20-25.

From there our mini-bus took us to another Ready for Life operation at a nearby primary school. Here the fortress-like ambience was even more pronounced. In fact the school seemed more like a high-security gaol than an education place. Steel roller doors were up to 5cm thick and internally the school was chopped into segments each with its own security doors and access.

Here the Ready 4 Life operation has the goal of detecting children aged 6-13 who have 'dropped out' of class for a week or two. Workers then track down the homes of the parents and try to discover why the children are missing class and what can be done about it. Reasons could be family illness, family poverty, family disfunction (addictions etc), demoralisation through hunger, or someone's decision that the child would be better employed as a beggar than a student.

Workers told us that after a fortnight's absence from school, there is a 'tipping point' where the children are unlikely ever to return to classes. This child would then join the ranks of youth unemployed and move on to a dysfunctional life.

Ready 4 Life workers are hardly able to effect any large-scale cures but are happy to achieve some local and individual successes in returning children to school. Workers themselves live in the townships and know well what home circumstances are like there. Often the primary carer is a grandmother who struggles to cope.

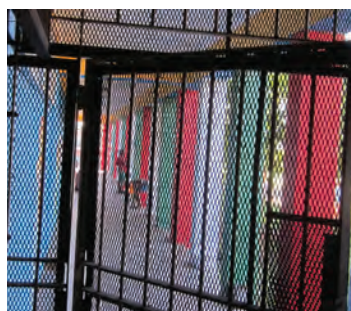
Children's hunger is a serious problem. Many come to class unfed and incapable of learning. Previously the government provided funds for meals at the school – often the only meal that a child might get that day. However, this aid was removed and funding for meals now derives only from charity and the equivalent of cake stalls.

The school administration is severely stressed financially on every front. Parents are meant to pay a small annual fee for their children but 80% do not. This cuts deeply into the school's ability to provide classroom materials and supplementary teachers. Meals for children are just one of many competing calls on the school budget.

As one of the Ready 4 Life workers outlined the situation, the problems and his valiant struggle to make some headway against these appalling handicaps, we all felt humbled and tearful.

Outside the classroom is a small veggie patch, not much bigger than a Melbourne home gardener would look after. The plan is that when the little seedlings mature, they will be 'harvested' and turned into soup. A different take on the cliché about 'planting a seed'.

Website: <http://www.ready4life.nl>



PICK OR A WINNER BE A WINNER!

District Awards provide the opportunity to showcase your projects to clubs throughout the District and at the same time receive the recognition for your efforts.

Submissions are judged against set criteria and the substance of the project is the more important factor rather than the glossiness of the presentation.

All submissions should be posted and clearly marked to:

James Long
Chair of Rotary D9800 Awards Committee
Post Office Box 9 North Melbourne VIC 3051

Submissions may also be lodged in person at reception:

GHP Architects
Attention : James Long, Rotary D9800 Awards Committee
44 Leveson St North Melbourne VIC 3051

Submissions will close at 5.00 PM on Monday, 13th June 2011.

For further details contact:

James Long
Phone/Fax (03) 9592 0267
Mobile: 0400 828 688
Email: jameslong35@hotmail.com



Criteria: Projects are to be finished during the current 2010/2011 Rotary Year.

[> Read More about your submissions](#)



Australian Rotary Health	Support to ARH through donations or club support for projects
Club Attendance	Percentage year-to-date attendance as at end of April
Community Service	Greatest benefit to local community and member involvement
New Generations	Project with greatest benefit to youth which actually involves youth
Environment	Greatest benefit to local or wider community meeting EPA criteria
Jack Nankervis International Service	Greatest benefit to overseas group etc with high club involvement
Rotary Image	Creating greatest awareness of Rotary in community by club involvement
Vocational Service	Promoting individual or group efforts to achieve goals
Bulletin	Best club bulletin based on club size category promoting Rotary information and communication
Membership Development	Percentage NET members gained relevant to club size as at end of April
Conference Attendance	Highest attendance at District Conference based on club membership (excluding the host club)
Rotary-Rotaract Involvement	Best joint project between Rotary and Rotaract Club(s)
Significant Achievement	Most unique club project with significant benefits to community
Public Relations (Thomas Lothian Shield)	Single project with significant media coverage
Best Submissions (PDG Vance Hilton Shield)	Most professional submission(s) by a club for any District Award or Awards
Centurion Award	Greatest number of members per club who commit to annual contributions to The Rotary Foundation
Strategic Planning (Horizons)	Best club planning submission which has actually been implemented
Rotary Foundation	Greatest contribution to Rotary Foundation based on club size as at end of April
Best Club Website	Best club website based on content and ease of use

The Great Utility of Soap Operas

Soap operas on TV are somewhat sneered at, but if one sees the work of the Population Media Center, the melodramas appear in a different light. PMC, a non-governmental organisation based in Vermont, USA develops soap operas for developing countries with the relevant cultural background, which aim at a change of awareness and attitude in education, health and social integration.



The non-profit NGO has developed a radio soap opera based on entertainment to accompany the Rotary organised “fistula” project.

In the centre of the seventy-part play “Gugar Goge” (Tell it to me straight) is the 12-year-old Kande, who is married by her father and expects a baby but loses it and develops a vaginal fistula. Consequently, she is repudiated from the family, but is admitted to a hospital and can participate in an educational program after a successful operation. At the end she returns as a confident young woman to her family after her father realised his wrongdoing.

“Emotions fortify the memory, that is the whole truth”, outlines PMC founder William Ryerson. It is the principle of impact: the listeners witness good and dubious characters, learn about their motivations and can follow comprehensible decisions of their new role model.

“The condition of the success of this soap opera is the local embedding of the characters and their problems. The drama must be written in the language of the listeners, in North Nigeria it is the Hausa.”

The scientific background for this form of “Edutainment” was implemented by the Mexican TV producer Miguel Sabido in a Telenovela. In 1974 he wrote a piece about the sad every day life of an illiterate. The success was sweeping. The registration office established by the government was literally overrun.

Between 1977 and 1986 Sabido produced several Telenovelas on the advantages of family planning that lead to a decrease population growth by 34 percent. Mexico became a model state for modern population politics and won the Population Award of the United Nations in 1986.

Dying Without Having Lived

German journalist Thomas Kruchem traveled to Nigeria – following the fate of women, who as young mothers experience horrific trauma or die, because there is no maternal health care for them. With a large-scale health care project for young mothers Rotarians help to improve the shocking situation in Nigeria. The project turns out to be an overwhelming success:

“Yellow plaster crumbling off the wall of a small room, a smell of urine and sweat; three bed frames with ply wood sheets; in one a little boy, his eyes half open with an infusion on his temple. Next to him a father holding the hand of a dead-like girl, he stares at the third bed where a young man is lying, his forehead split and his left hand locked to the bed, visibly a criminal.



“My attention, then, is caught by a young woman on the mat on the floor. 17 year old Binta, heavily pregnant, has been shaken with labor pains for the past two days. The fate of this young woman is foreseeable. If a caesarian section is not quickly performed, she might sustain heavy crushing of her perineal region and become incontinent. Like about one million other Nigerian women she will suffer from a chronic obstetric fistula, most likely lose her husband and become an outcast in her village.”

[Read the full story in the German Rotary Magazine](#)

Dementia and Memory Loss

HEALTH TIP



Dementia can cause memory loss. Forgetting things is not always a sign of dementia but can be one symptom. Memory loss in a person with dementia is persistent and progressive and may involve forgetting skills, events, people and places.

We all forget things from time to time, but the loss of memory with dementia is different. It is persistent and progressive, not just occasional. It may affect a person's ability to continue to work or carry out familiar tasks. It may mean having difficulty finding the way home. Eventually it may mean forgetting how to dress or how to bathe.

An example of normal forgetfulness is walking into the kitchen and forgetting what you went in there for or misplacing the car keys. The person with dementia, however, may lose the car keys and then forget what they are used for.

Normal forgetfulness

Some key points about normal forgetfulness include:

- As we get older, the most common change that we complain about is memory change.
- Memory change associated with healthy ageing doesn't interfere with everyday life in any dramatic way.
- Everyone is different and the effect of getting older on memory is different for each person.
- Recent research describes the effect of getting older on:
 - Attention processes
 - The ability to get new information into storage
 - The time it takes to recall things
 - 'Tip of the tongue' experience.
- Research also suggests that immediate memory and lifetime memory do not change as we get older.

Keeping your brain fit and your memory sharp

As yet, there is no prevention or cure for dementia. However, here are a few tips for keeping your brain fit and your memory sharp:

- Avoid harmful substances – excessive drinking and drug misuse damage brain cells.
- Challenge yourself – read widely, keep mentally active and learn new skills to strengthen brain connections and promote new ones.
- Trust yourself more – if people feel they have control over their lives, their brain chemistry actually improves.
- Relax – tension may prolong a memory lapse.
- Pay attention – concentrate on what you want to remember.
- Minimise and resist distractions.
- Use a notepad and carry a calendar – this may not keep the memory sharp, but does compensate for memory problems.
- Take your time.
- Organise belongings – use a special place for 'unforgettables', such as car keys and glasses.
- Repeat names of new acquaintances in conversation.

Read more:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Dementia_and_memory_loss?open

Notices & Events

Thomas the Tank Engine returns to the Steam Rally Echuca 2011

8 June, 2011

Come and see the largest moving steam rally in the Southern Hemisphere. This fantastic community event, and major fundraiser for the Rotary Club of Echuca Moama. [Read More](#)

Glen Eira Business Breakfast

8 June, 2011

The Hon. Alex Chernov AO QC Governor of Victoria will be at the annual Business Breakfast at Glen EiraTown Hall. [Read More](#)

NEW

Rotary Club of Docklands' Annual Progressive Dinner

9 June, 2011

An annual progressive dinner beginning at The Woolshed Hotel and moving on to Bopha Devi Restaurant, Renzos Italian Restaurant, and Medici Restaurant. [Read More](#)

Wrestling for Rotary Charity Event

11 June, 2011

The Rotary Club of Eaglehawk, supported by Hungry Jacks Kangaroo Flat, will be hosting an international wrestling extravaganza. [Read More](#)

Boroondara Farmers Market

21 June, 2011

The market is held on the 3rd Saturday of each month rain or shine in Hawthorn East. [Read More](#)

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

Help us celebrate 25 years of the Gellibabies. [Read More](#)

DG Changeover Lunch

26 June, 2011

DG Iven Mackay and DGE Keith Ryall invite you to attend this years DG Chnageover in Moonee Valley. [Read More](#)

UPDATED

Rotary Club of Footscray Annual Charity Golf Day

1 July, 2011

The Rotary Club of Footscray is having their annual golf day for charity at the Medway Golf Course. [Read More](#)

WELCOME NEW MEMBERS

RC of Chadstone East Malvern recently inducted three new members:



DIDAH GARCIA
PSYCHOLOGY/PRIVATE PRACTICE



RIZKY TIELMAN
BANKING/RETAIL



CHERYL JENKINS -
EDUCATION/MUSIC



2011 District Governor's Changeover Luncheon



THE ROTARY CLUB OF CARLTON INC. INVITES YOU TO ATTEND THE DISTRICT GOVERNOR'S CHANGEOVER LUNCHEON 2011

Moonee Valley Racecourse Complex
Sunday 26th June 2011

Mchways Ref 29 A7

DG Iven Mackay and DGE Keith Ryall invite you to attend the
Celebrity Room @ Moonee Valley for this year's DG Change Over
function, for an afternoon of fun, fellowship and entertainment,
commencing at 11.30 for 12.00 – concluding at 3.00pm.

Total Cost = \$72 per head.
First drinks on table then at bar prices. RSVP Friday 10th June.

We will endeavour to seat you with other members of your club. If you have any preference/s please give details:

Payment By: VISA ☐ MASTERCARD ☐ CHEQUE ☐ Cheque payable to: "Rotary Club of Essendon Inc"

Name on Credit Card

Credit Card Number

Expiry Date /

Signature

3 Digit CCV

PLEASE FORWARD BY
FRIDAY 10TH JUNE 2011 TO:

Rotary Club of Essendon Inc.
Att: Sam Tartaglia
PO Box 156, Ascot Vale Vic 3032
Phone: (03) 9326 1455 Fax: (03) 9326 1499
Email: sam@tartaglia.com.au



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

Steam Rally..... well done RC of Echuca Moama. Another busy weekend in D9800.

Yes it was another busy weekend in D9800. RC of Echuca Moama held its annual Steam Rally, RC of Castlemaine and RC of Bacchus Marsh held Art Shows, and other Clubs had various functions as well. It's great to see so much activity going on in the last weeks of this Rotary year.

Marilyn and I attended the RC of Echuca Moama's 48th Steam Rally, held 11-12 June, over the Queen's Birthday Weekend. How lucky they were with the weather. This event had a very successful show this year and ably assisted by members of The RC of Central Melbourne Sunrise in the Country Kitchen, which provided scones, tea/ coffee and soup. The RC of Rochester also did an excellent job at the Camp Cooking stand, with the stew & damper particularly popular.

Well done RC of Central Melbourne Sunrise and all



Iven Mackay and Marilyn
District Governor 2010-2011

who have been involved in the wonderful Police Mentoring Program for 2010-2011. The Rotary International Theme for this year has been Building Communities Bridging Continents. It fits very well with what we do in Rotary, both locally & around the World. The Police Mentoring Program is also very much about Building Communities. I have followed the path of this unique programme since its birth in 2007 & have closely watched it successfully grow. The idea of linking together the resources of the Victoria Police, many of the Rotary Clubs of our District 9800 & leaders of some of the largest business corporations, meets all the ideals & ingredients of a Rotary vocational - based program. It has been a brilliant concept & one in which all the participants derive enormous benefits & a lasting experience.

In this Issue



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- 08 The Uganda Project
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- 11 Notices & Events

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



June is Rotary Fellowship Month





DG WEEKLY MESSAGE CONTINUED...

I have been greatly impressed from the outset by the quality of management & strategic approach to this total project. The objectives & progress of the program is very well communicated to our Rotary Clubs on a regular basis & the participants change every year to ensure more people have the opportunity to be involved. The program has expanded to over 20 Rotary Clubs in our District. I sense that Rotarians feel they are making a worthwhile contribution to the development of this state's law enforcement body by passing on their many experiences in community & business leadership. Through the Police presentations at Rotary Club meetings that many of us have heard, Rotarians have learnt & now appreciate more than ever, the enormous challenges & dangers that our dedicated & caring Victoria Police members face each day!

Well done to all those hardworking people who have managed this Victoria Police Mentoring Program & I congratulate the Police members, Rotary Mentors & Business Mentors on a wonderful year & thank them all for being involved this year. I'm sure they all made the most of this unique opportunity to "build goodwill & better friendships" through the personal relationships during this program. Next year's program begins in July.

In Building Communities Bridging Continents,

Have a great week,

DG Iven



This Page: 1. DG finds AG Mark Schirmer, in disguise, enjoying a day out with Dawn & the Grandchildren. 2. Marilyn finds Thomas the Tank Engine. **Next Page 1.** A District 9800 Rotarian enjoying the scones at the Camp Kitchen 2. Disaster Aid Australia stand. 3. DG Iven with Assistant Commissioner Andrew Crisp & President Anne King. 4. DG Iven, DGE Keith and DGN Dennis.





STAYING WARM IN THE WORKPLACE THIS WINTER

VECCI BUSINESS TIP

The harsh winds of winter arrived throughout Victoria last week, and a long, cold season beckons. If your workplace is not well equipped to deal with the winter, there are other ways to keep warm at work.

Layering

This is the most obvious solution of all – having a spare sweater to store at work in case the office heater is coughing and spluttering will protect you from the cold, and you can take it on and off depending on how you feel.

Warm beverages

Winter is the prime season for drinking coffee, so indulge in your favourite blend each morning. If you're not a coffee fan or are worried about the excess caffeine, there are alternatives, like herbal tea or an old-fashioned glass of Milo. All these drinks will help warm your insides, as well as a bowl of steaming hot soup for lunch.

Get active

The longer you sit still in one place, the colder you're bound to feel! Make a special effort to stay active during the day – if you're at a desk job, step away from the computer for regular periods. Take the stairs if you can instead of

the elevator, for example, as the blood circulation generated will warm your body.

Stretch

Similar to above, stand up and stretch whenever the cold sets in, and shake your hands about to generate some blood flow in those typing fingers.

Handwarmers and gloves

Failing that, invest in a pair of fingerless gloves to keep the hands warm while at your desk, or keep some hand warmers nearby (these are especially popular in the northern hemisphere for subzero temperatures). You might even want to bring your own heated mouse pad to work!

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For further information, please click here:

<http://blog.vecci.org.au/2011/06/14/business-tips-staying-warm-in-the-workplace-this-winter/#more-5395>

This article is sourced from VECCI's weekly RADAR newsletter, which circulates to approximately 40,000 unique email addresses. [Subscribe to RADAR for free, please click here.](#)



The JBay Recycling Swop Shop

By Tony Thomas, Community Services Director - Rotary Club of Central Melbourne Sunrise



Black townships in South Africa are crowded, stricken with AIDS and unemployment, and carpeted with rubbish.

All newcomers to South Africa are startled to find these townships are only a few kilometres from mostly white suburbs of big affluent homes.

In Jeffreysbay, home to the Billabong Surfing Competition, 80km south of Port Elizabeth, a wave of goodwill, compassion and mindfulness is gathering momentum.

Here, a group of like-minded people are following a brilliantly simple plan in which children collect recyclables like plastic, glass, tins and cardboard; deliver it to a central collection point, get paid in tokens (mulas) which they can spend at the 'kids only' swop-shop on the same premises, offering anything from new bicycles to a bar of soap or marbles.

This project, co-ordinated by Carina de Flamingh and enthusiastically backed by the whole community, gives the kids a goal and a taste for 'work'. Instead of hand-outs, they learn the idea of 'value for value'.

The whole operation involves about nil working capital but needs 15-20 adult volunteers for each Monday. The stock for the shop is all donated by individuals, traders and institutions. The Jeffrey's Bay Rotary Club keeps the accounts and members throw their weight behind the volunteering.

This low-cost style creates a remarkable package of benefits - cleaner towns, paid jobs for kids, educating

kids about budgets and shopping, and material benefits for families.

Across the developing world, there are many children who could benefit from a scheme like this, with modifications to suit local conditions. The 'coin-and-shop' model can also be adjusted to reward, say, new mothers who meet a series of milestones for their babies, such as vaccinations and clinic visits.

In a typical week, 160 kids will collect and sort close to a tonne of recyclable material. Some kids put in an hour a day collecting and others somehow manage three deliveries in a single Monday.

The projects mix formal and informal systems. Now that it is growing fast, it is putting in submissions for improved grants and donations of services. But there is not even a committee running it. Whatever is needed, Carina calls up helpers and they get the job done.

"Above all, this gives hope and a better start in life for kids whose prospects used to be unimaginably bad," Carina says. "We run all this on a can-do basis. We don't worry about next year, we just make sure our shop is stocked-up and open for business next Monday."

Find Out More:

Website: <http://www.jbayrecyclingproject.org>

Contact Carina (South Africa):

Phone: 079 513 5844

Email: deflamingh@live.co.za

Facebook: [JBay Recycling Project](#)

The Final Meeting for this Year's District Leadership Team

DG Iven Mackay chaired the final District Leadership Team meeting for the 2010-2011 year at International House last week.

Directors and AGs presented their final reports and summaries of their year's activities, and new team members were welcomed under the watchful portrait of Past Rotary International President Royce Abbey.

DG Iven thanked the team for their enthusiastic support, and presented each member with a Certificate of Appreciation. In return, DLT members presented DG Iven with two framed photographs: one of Marilyn and himself, and the other a collage representing his year in office.

Following the District Governor's Changeover Lunch on 26th June, you can be assured that the new team are keen to get started on a new Rotary year.



Photos (Clockwise) 1. Work in progress at the DLT. 2. International Director Alan Seale with DG Iven. 3. Director of AGs Chris Don receives a certificate of appreciation. 4. PE Keith Ryall and Secretary John McMorow thanking DG Iven with a presentation. 5. DG Iven and the photographs.

TOP HONOURS FOR BENDIGO'S VERY BEST

COMMUNITY service is Ken Briggs' business.

The retired Kennington civil engineer has a list of volunteer positions on a range of service clubs as long as your arm.

He has been a member of the Rotary Club of Bendigo South since 1979 and was its president in 2003/04.

He was in the Rotary Club of Rochester from 1965 to 1972, when he was working on the Dartmouth Dam project in the state's north-east.

His time in Rotary has led to a rewarding series of overseas excursions and a medal in the Order of Australia (OAM) in the Queen's Birthday honours.

"I was a bit surprised when I was told I was being considered and I'm a bit embarrassed, I must admit, because when I think about it there's a lot of people whose names deserve to be on that list more than mine," he said. "When I see the things I've done it's added up to a bit, I suppose."

Mr Briggs said highlights included working on the Rotary work party to construct school buildings in Maubisse, East Timor last year and chairing the committee that brought a troop of scouts from The Maldives to attend the 21st Australian Scout Jamboree in Victoria in 2007.

He said representing his Rotary club in a project to build cyclone-resistant buildings on the island of Upolo in Western Samoa in 1993 and volunteered as construction engineer on a water supply for the village of Domasi in Malawi, central Africa, for two three-month stints in 2000 and 2002 were most rewarding.

Mr Briggs has also been an elder in the Forest Street Uniting Church since 1986 and is heavily involved in the National Science and Engineering Challenge.



Our photo shows Ken Briggs OAM in action at a Camp Getaway working bee; assisting PP Harold Simpson of RC Keilor to relocate catering equipment.

The Uganda Project

By Chris Davis – RC Altona City and Graeme Glasson – Rotary Club of Altona

At the end of 2009, the Uganda Project was initiated when the Rotary Clubs of Altona City and Altona joined together with a young doctor from Kampala Uganda, Dr. Barbara Nanteza.

Barbara, through to early 2011, had been studying preventative medicine at Monash University and was a keen attendee of the Altona Club.

She introduced us to the needs of the villages of Bulindo and Kitukutwe just outside of Kampala, where disease from contaminated water and lack of hygiene is a serious problem. Water had been collected from a dirty spring some distance from the communities and young girls, charged with the duty to collect, were the targets of male predators whilst away from school and missing vital education time. Barbara has been running clinics at these villages to treat disease and to educate in hygiene.

Through 2010 the scope was pulled together and application made for funding. US\$64,000 was made available in March 2011 via the District Designated Fund and The Rotary Foundation. Thanks then to The Rotary Foundation, District 9800, and the Rotary Clubs of Altona, Altona City, Laverton Point Cook and Hoppers Crossing.

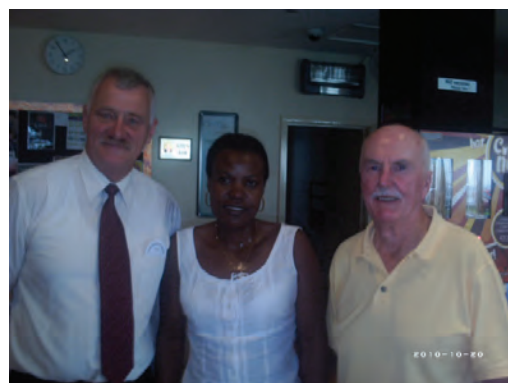
At a similar time, with Rotary's support, a container of medical equipment and supplies was sent to Kampala.

We are pleased to advise that with the able assistance of Barbara and the team at the Rotary Club of Sunrise Kampala, the bulk of the project has been completed. 35 new water tanks have been delivered to harvest rainwater and presented to selected members of the community. A failed, broken deep well bore and hand pump has been repaired and made operational and a new deep well water bore has been drilled and commissioned. The community has carefully managed the funds and has set up management committees to oversee the use of the bores. Operating instructions covering hours of use and accessibility have been put in place.

Barbara reports back that the communities are overjoyed with the generosity of Rotary and so thankful for seeing clean water available to them. Villagers are lining up early in the morning to get water. Barbara will be monitoring the instances of water born disease and expects to see a drop over time. Already, as one water bore is in the local school precinct, the young girls are so much less subject to male predators.

This has been a wonderful project to be involved in and there is plenty more to be done in these villages and elsewhere. We would encourage clubs to consider involvement in such projects.

Photos (Top to bottom) 1. Barbara at the new Bore Hole. 2. Sunrise President, Joseph Kitamirike, pumping water from new borehole. 3. Villagers with new Water Tanks. 4. Chris Davis, Barbara Nanteza and Graeme Glasson. 5. Barbara Treating Villagers with Medical Supplies from Australia.





Rotary International – Regional News Updates

Rotary Pacific Office

Rotary International South Pacific & Philippines Office informs us that they have moved location to the 2nd floor of 60 Philip Street , Parramatta NSW Australia.

The main phone number is now +61-2-8894-9800. The fax number is +61-2- 8894-9899.

Calls to the old numbers are being diverted for the next 12 months to ensure service to Rotarians is not disrupted.

Paul Harris Memorial Portrait

The Rotary Club of Atlanta commissioned an original oil portrait of Rotary founder Paul Harris and created an unique online auction. Internationally known portrait artist and Rotarian, Rossin, rendered this museum quality work and made it available for purchase to the top bidder to be announced at the RI Convention May 24 in New Orleans. The Rotary Club of Atlanta, Georgia USA was the top bidder on the portrait. Their winning bid was for US\$170,523.

Clubs can order a limited edition Paul Harris portrait print by Rossin. This unframed lithograph is available in two sizes: 17 x 21 in. and 11 x 14 in., printed on museum-quality paper, signed and numbered by the artist. It's an excellent addition to your home, office, or Rotary meeting place. While the prints may cost \$150 delivered in Australia, \$100 of that amount will go to the Polio Challenge in the Rotarian or the club's name and will be credited to the appropriate Rotary Foundation account.



Check it out on the website:

<http://www.portraitforpolio.org>

Quick Polio Update

The India story is particularly good with no cases reported this year from the problem areas of Bihar and Uttar Pradesh.

As announced at the New Orleans Convention, our progress towards the \$200 million Challenge has now reached \$174.7 million – a truly great result.

> View Rotary International's Regional Newsletter



Cold Sores

HEALTH TIP

Cold sores (herpes labialis) are small blisters that usually form on the lips or skin around the mouth, nose and on the chin. They are caused by infection with the herpes simplex virus (HSV). People are usually infected in childhood or young adulthood, and the infection persists for life.



Herpes simplex infection is very common

Around 90 per cent of adults have herpes simplex antibodies in their bloodstream, which means that they have been infected with the virus at some time. However, the first (or primary) infection does not usually cause any symptoms.

One-third of infected people experience cold sores, which are a recurrence of the earlier infection and do not indicate recent infection. Most of these people would not have experienced symptoms from the first infection.

Cold sore symptoms

Cold sores usually develop as follows:

- Most people experience localised itching and tingling a day or two before the cold sore appears
- A collection of small blisters forms
- These blisters can be accompanied by pain, tenderness and a sensation of heat and burning
- The blisters burst after a few days
- The site develops a crust
- The crust dries up and eventually falls off after about 10 days

How the virus is transmitted

The herpes simplex virus spreads between people, usually through contact with saliva or direct contact with a blister. The most infectious time is in the first few days when the blister is forming. Sometimes, people can pass the virus to others when they have no symptoms. This is because the virus may be lying dormant in the skin cells of the lips.

Preventing an outbreak

There is no cure for cold sores. Suggestions to reduce the number of outbreaks include:

- Avoid known triggers, if possible
- Wear sunblock on your face and lips when outdoors
- Pay attention to your general health and stress levels
- Avoid getting ill or run down

Where to get help

- Your doctor
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
- Your local pharmacist

More about transmission and how to avoid cold sores:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cold_sores

Notices & Events

NOTICE

Change of Venue - Rotary Club of Caulfield

Meets of Thursdays at 12:30pm at the Sea Buzz at 741 Glenhuntly Road in Caulfield.

Boroondara Farmers Market

21 June, 2011

The market is held on the 3rd Saturday of each month rain or shine in Hawthorn East. [Read More](#)

NEW

Rotary Club of Flemington's Inaugural Rock & Roll Night

24 June, 2011

Come out for some Rock & Roll at the Maribyrnong Park Bowling Club in Moonee Ponds. Refreshments will be sold at the bar. [Read More](#)

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

Help us celebrate 25 years of the Gellibabies. [Read More](#)

DG Changeover Lunch

26 June, 2011

DG Iven Mackay and DGE Keith Ryall invite you to attend this years DG Chnageover in Moonee Valley. [Read More](#)

UPDATED

Rotary Club of Footscray Annual Charity Golf Day

1 July, 2011

The Rotary Club of Footscray is having their annual golf day for charity at the Medway Golf Course. [Read More](#)

District Governor's Changeover Luncheon 2011

The Rotary Club of Carlton Inc. Invites you to attend the District Governor's Changeover Luncheon 2011 for an afternoon of fun, fellowship and entertainment as well as presentation of district awards.

Celebrity Room at Moonee Valley Racecourse Complex

Sunday 26th June 2011 at 11.30 for 12.00.

Total Cost = \$72 per head.

First drinks on table then at bar prices.

RSVP Friday 10th June.

> [Download form for RSVP](#)





Networker

Rotary District 9800

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all community
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DG Weekly Message

It's Changeover season.....
well done Clubs of D9800!!.

It's late June and that time of the year again. At this time of the year all 34,000 Rotary Clubs around the World conduct a Changeover ceremony which brings NEW leadership, NEW ideas, a NEW theme and renewed vitality to each Club. This changeover of leadership occurs throughout Rotary at Club, District and International level. Our own District Changeover will take place this Sunday, 26th June, at Moonee Valley Racecourse, where we will reflect on our year together in 2010-2011, and welcome with open arms our incoming DG Keith Ryall and Gabrielle, and the District Leadership Team for 2011-2012. We will be in excellent hands next year and we all wish them well. They have the total support of the District. It's been a week of many Club Changeovers and



Iven Mackay and Marilyn
District Governor 2010-2011

they continue well into July. I hope you all thoroughly enjoy these very special Club nights. Many of our dedicated and hard working Rotarians are being recognised as a Paul Harris Fellow at Changeover events and we congratulate them on their outstanding service to Rotary. It is not until 1st July when all positions in Rotary officially change and our new theme for 2011-2012 "Reach Within to Embrace Humanity" can be displayed and the new Rotary year begins in earnest.



PP Bryan Goodwin, DG Iven & PP Ivan Board at RC of Altona City Changeover.

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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



June is Rotary Fellowship Month



DG WEEKLY MESSAGE CONTINUED...

I visited RC of St Kilda on Tuesday 21st June, where the Club presented a significant cheque to the local Sacred Heart Mission. I was also delighted to be able to award them a Presidential Citation for 2010-2011, in company with AG Virginia, for their fine efforts during the year. Well done RC of St Kilda. Congratulations to RC of Point Gellibrand (The Gellibabies) who celebrate their 25th Anniversary on Friday 24 June.

Finally, remember that The Rotary Foundation, our charity of choice for Rotarians, depends so much on the generous giving of Clubs at this time of the year, so that it can continue to do good in the World, to help others in need and fund its many activities. Please Club's dig deep.....and thank you.

Good luck to Clubs for the District Awards, to be announced at the DG Changeover on Sunday 26th June. All our Clubs have contributed to the Community in so many ways. Well done all.

Have a great week, as we continue to be **BUILDING COMMUNITIES BRIDGING CONTINENTS**,

DG Iven



Photos: 1. RC of Echuca Moama President 2011-12 Chrissy Weller with DG Iven. 2. DG Iven, PHF Phillip Evans, PHF PP Rick Reid & President 2010-2011 Alan Whitten, RC of Echuca Moama. 3. New Board, RC of Echuca Moama. 4. AG Virginia Turner, President RC of St Kilda Andrew Ashdown, Michael Perusco (Sacred Heart Mission), DG Iven & PE Christina Siciliano.



WAYS TO STAY ACTIVE AT THE WORKPLACE

VECCI BUSINESS TIP



Many jobs offer very few opportunities to be active and can encourage bad habits, but by devoting a few minutes each day and using a bit of 'outside the square' thinking, you can keep a healthy mind and body with some of these tips.

Standing

Medical research has found that people who sit for long periods of the day are at a higher risk of serious diseases and a lower metabolism. Getting up and standing while making that important phone call or typing for long periods will burn up to twice as many calories as sitting – yes, it really can be that simple at times.

Walking

We've all been tempted to send an email to the co-worker across the other side of the office or located on the floor above. Walking to their desk (and repeating this a few times a day) will get the blood flowing. Taking the stairs instead of the elevator is a guaranteed circulation booster, if you work in a big building. The 'walking meeting' is also becoming increasingly popular as an alternative to the conventional office meeting.

Stretching

A few simple stretches every hour or so will loosen your limbs and prevent fatigue later in the day. For some stretching suggestions, check out this slideshow from the Mayo Clinic. Stretching the back, shoulders, neck, arms and legs will all contribute to improved general wellbeing.

Office equipment

The methods above for workplace activity are fairly basic, but there are some more novel ways for mixing work with physical activity. For instance, some people have replaced their office chair with an exercise ball, to improve posture and increase their core strength (although your OHS representative may frown at this – best to check with them first!). If that's too extreme a measure, try bringing some hand weights to the office, or use the trusty stress ball to strengthen your fingers and wrists.

Combine a few of these suggestions with some lunchtime activities with your colleagues, and you will feel invigorated all day long.

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For further information, please click here:

<http://blog.vecci.org.au/2011/06/20/business-tips-ways-to-stay-active-at-the-workplace-2/>

This article is sourced from VECCI's weekly RADAR newsletter, which circulates to approximately 40,000 unique email addresses. [Subscribe to RADAR for free, please click here.](#)



Effective Speaking Is The Key

‘It is important to remember that effective public speaking is not just making yourself heard, but making people listen.’ Don Kinsey AM.

The 22nd Ern Ainger Public Speaking Award 2011 finals for secondary students were held recently by the Rotary Club of Richmond at the Amora Hotel, with an attendance of 103 Rotarians, partners, guests, parents and finalists. Included were DG Iven Mackay and Marilyn, Mayor, City of Yarra - Cr Alison Clarke, and members of the Ainger family. The Ainger Award, named in memory of the late PP Ern Ainger (PHF & Sapphire) and generously supported by the Ainger Family, concentrates on the effective delivery of the spoken word. Ern Ainger’s widow Nancye, presented the Trophy and Medallion to the winner on behalf of the family. The 2011 final was of a very high standard with the audience being treated to ten four-minute presentations of excellent quality by a group of talented young people ranging from years 9 to 12.

The winner, Nese Gezer, is a year 10 student from Loreto Mandeville Hall. She gave a moving speech about the ‘real face’ of Islam and the adjudicators noted the pure simplicity, paired with the amazing intensity of her address. She received a cheque for \$400, a Winner’s Medallion and her name is inscribed on the Ainger Perpetual Trophy.

Pauline Ernesto, the proud runner up, received a cheque for \$300. Pauline impressed the adjudicators with her powerful observations and delightful buoyancy, speaking about ‘no wedded bliss’ for some!

Third placegetter, Erin Yu, spoke movingly about how change has come into her life since moving from China to study in Australia.

A Balwyn High School student, Joshua Hong, won the Encouragement Award of \$125, telling the audience about the need to have a second language - in a passionate manner with humorous anecdotes. The remaining speakers all performed well, entertaining the audience with excellent presentations of a diverse range of topics.



This Page: 1. The smiling finalists with Nancye Ainger, President Jo Cowling and Ben Hosking 2. The proud winner Nese Gezer, with the Ainger Perpetual Trophy.

The Chairman Ben Hosking, thanked the new adjudication team and stated that over 1000 students have now contested the Ainger Award. He said it has a good reputation in the Melbourne school community as it is considered ‘different’ to other speaking competitions which often only concentrate on debating skills. The Award is an ongoing legacy of love to a fine Rotarian and Past President from his family and his Rotary Club of Richmond. Ern Ainger would indeed be proud. Long may it continue.



Rotaractor can't get enough of RI Conventions

By Clemens Witt - Rotary International News

I'm absolutely addicted to traveling to RI conventions. The 2011 convention in New Orleans, Louisiana, USA, in May was my seventh. Sometimes people ask me if attending so many conventions has been boring. My answer is always the same: "Never. The more you attend, the more friends you meet!"

No matter where you come from, your path to the convention is always full of surprises. You meet members of the family of Rotary on the plane, in the airports, on the shuttle buses, everywhere. And once you get to the venue, the fun is just beginning. The days are amazing, packed with inspiring speakers and opportunities to make friends.

As a Rotaractor, I extend the experience through the Rotaract Preconvention Meeting. It gives Rotaractors a chance to have fun and share ideas before they submerge themselves in the convention, along with thousands of Rotarians from around the world.

We use the preconvention meeting to discuss Rotaract-specific topics and attend workshops that train us to improve and promote Rotaract locally and globally. This year, for the first time, we held a [Rotaract Council](#). Attendees were given a chance to vote on proposals that were forwarded to the RI Board of Directors for review. I appreciated this opportunity, as it demonstrated that the directors value our opinions.

I asked several Rotaractors about their impressions of the convention and their thoughts about our organization. Maud Poussière, of the Rotaract Club of Cosne-Sancerre, Nièvre, France, said, "It's a great opportunity to meet people from all over the world, to discover a lot of Rotaract service projects, and to go back home fully empowered."

Axel Klein, of the Rotaract Club of Schwarzwald-Baar, Germany, said, "As well as getting inspired by international service projects, you get to know and meet friends within the family of Rotary and see what Rotary is all about. It's a powerful network of people providing service around the globe."

I couldn't have said it better. Why attend an RI Convention? It's like no other Rotary event. The



convention gives us inspiration, empowers us to continue the work in our clubs and districts, and gives us a true snapshot of the internationality of Rotary.

See old friends and make new ones. Register now for the [2012 RI Convention in Bangkok, Thailand](#).

Editor's note: Clemens Witt is a Rotaractor from Germany and a Rotary Foundation Ambassadorial Scholar to District 9800, Australia.



MORE ABOUT THE JBAY RECYCLING

By Tony Thomas, Director of Community Services - Rotary Club of Central Melbourne Sunrise

The Jeffrey's Bay shop, open from 1 -5 pm, sells no lollies or soft drinks and instead, items like toothpaste, toys, soups, cereal packets, shoes, warm tops, underwear, pencils, scissors, and notebooks are all hot sellers. In a single day, some children can return three times with recyclable material to sell.

The shop's youngest client is a two year old girl, who trots in weekly with her small bag of scraps and trots out with a rainbow-colored 1 mula clip in her hair. Children up to 13 swarm in lugging sacks of trash, sometimes artificially weighted with stones. Carina is not offended; they have the right idea but the wrong approach, she explains.



One nine-year-old, Hyne Titus, had ogled a brand new donated bike, price 350 mulas. To win it he brought in 48 bags weighing 417kg of plastic and glass.

The volunteers are continually surprised at the responsible way children spend their mulas – a child might return home after two hour's rubbish collecting with a bar of soap, a toilet roll and a tin of sardines.

Helpers often recognise and help children whose apathy is born of hunger or illness (especially intestinal worms). They also find cases in AIDS stricken households where children are minded by children or raised by impoverished friends of a bereaved family.

The shop right now is just a canvas base with temporary hessian walls around it, just outside the Pelsrus Primary School. The goodies are in packing bins, graded as boxes for one mula, 5 mula and 20 mula products. (Not much different from a 'pretend' shop those Western kids might create in their rumpus room).

The model for this project was created by Marilyn Van Der Velde , a Canadian-born South African who set up 'Hermanus Swop Shop' in the coastal town of Hermanus in 2003. (www.swop-shop.za.net). A third swop shop is now operating in Knysna also on the south coast.



The year of school furniture

This year will be remembered at Donations In Kind as “The Year of School Furniture”. Due to some great work by our Clubs procuring and delivering goods thousands of students now have desks and chairs that will be in service for many years.

We still have lots of stock and with your help we can have some in a container for Timor Leste at the end of this month. It could be your last International Project for this year or the first for the New Year. We need \$3000 to send 300 sets - \$10 is all it takes per child. While a large donation would be welcome \$200 from 15 Clubs would have the same effect.

If you can help please contact Laurie Fisher at:
dik.vic.rotary@gmail.com



Passive Smoking

HEALTH TIP

Passive smoking means breathing in other people's tobacco smoke from cigarettes, cigars, pipes and other sources. Second-hand smoke is a danger to everyone, and children, pregnant women and the partners of smokers are most vulnerable. Passive smoking increases the risk of sudden infant death syndrome, middle ear disease, asthma, respiratory illnesses, lung cancer and coronary heart disease.



Tobacco smoke inside a room tends to hang in mid-air rather than disperse. Hot smoke rises, but tobacco smoke cools rapidly, which stops its upward climb. Since the smoke is heavier than the air, the smoke starts to descend. A heavy smoker who smokes indoors causes a permanent low-lying smoke cloud that other householders have no choice but to breathe.



Tobacco smoke contains around 4,000 chemicals, made up of particles and gases, about 69 of which are known to cause cancer. Second-hand smoke has been confirmed as a cause of lung cancer in humans by several leading health authorities. Compounds such as ammonia, sulphur and formaldehyde irritate the eyes, nose, throat and lungs. These compounds are especially harmful to people with respiratory conditions such as bronchitis or asthma. Exposure to second-hand smoke can either trigger or worsen symptoms.

Children are particularly at risk of serious health effects from second-hand smoke. In Victoria, from 1 January 2010, it is illegal to smoke in cars carrying children under 18 years of age.

Read more:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Passive_smoking?open



Notices & Events

DG Changeover Lunch

26 June, 2011

DG Iven Mackay and DGE Keith Ryall invite you to attend this years DG Chnageover in Moonee Valley.

[Read More](#)

Rotary Club of Footscray Annual Charity Golf Day

1 July, 2011

The Rotary Club of Footscray is having their annual golf day for charity at the Medway Golf Course.

[Read More](#)

NEW

Sportsman's Night: Rotary Club of Laverton Point Cook

6 August, 2011

Experience a terrific night's entertainment with former Australian Fast Bowler Rodney Hogg and Bulldogs' Champion Doug Hawkins.

[Read More](#)

Welcome New Members

Cr. Alison Clarke, Mayor, City of Yarra, was inducted as an honorary member of the Rotary Club of Richmond on Monday, 30th May, classification: Local Government

Other new members submitted by Membership Secretary Peter Lamping are:

Kew on Yarra - Bob Lambert

Eaglehawk - Amanda Lilburne

Williamstown - Michael Raffoul, Simon Maddison, Paul Morgan

Melbourne - Stephen Michelson

Albert Park - Chris Catchlove

Brimbank Central - Nick Pino

Boroondara - Ted Waghorne

Echuca-Moama - Allie Connelly

Laverton Point Cook - Philippa McKiernan, Peter Washington

Fitzroy - Andrew McArthur

