

the

networker

December 2016 - Issue 12

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**Foundation in the
Goldfields**

Thank you Dick

Rotary

District 9800



DECEMBER IS DISEASE PREVENTION & TREATMENT

DG Neville John's Message



***Rotary's Focus for December:
Disease Prevention and Treatment***

December 2016 – DG's Message Every Day in Rotary is like Christmas

Since mid-July, Rebecca and I have been visiting our wonderful Rotary clubs and experiencing the amazing variety of things you are all doing to make a difference to the lives of others. It is inspiring to be part of an organisation whose unique structure enables us to work locally, in our Districts, across the State, around the country and all over the world, helping those who didn't get our opportunities. We do things that others don't, we achieve what Governments cannot and this is largely due to our diversity of skills, our ethical core values, our acceptance of diversity in culture, religion, ethnicity, gender age, and we owe no favours to any lobby group. The opportunity to serve is a great one, and everything we do matters, especially to those we help.

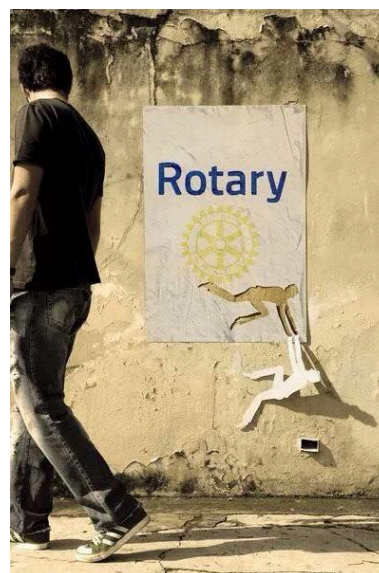
This year's Rotary theme of **Rotary Serving Humanity** is perhaps more relevant during the celebration of Christmas as we connect with family and friends. But every day in Rotary is like Christmas, where our gifts of time, knowledge, experience, passion and talents are packed together in projects, where we do what we can, when we can, giving whatever time we have to help others. I believe that Rotary is an organisation that can achieve anything, particularly when we work together.

This is why it is so important for every Rotarian to be involved in making sure our clubs are stronger than ever, that we are vibrant and active, and our members are engaged in interesting projects. I want my children and grandchildren to know what it is like to be part of this when there time comes



DG Neville John and Rebecca

to join, so to paraphrase Edward Hale - ***I am only one person, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.*** So, with every one of you helping to do all you can for your club to be these things, don't just think about it – do something, and if you need help, just ask.



DG Neville John's Message



INSPIRE AWARDS

In April this year, I joined leaders from around Australia including the President of the Australian Human Rights Commission, Professor Gillian Triggs, the Chief Justice of Victoria, Marilyn Warren, and industry and professional leaders, to recognise the achievements of people who identify with disability at the inaugural Inspire Awards®. The awards are an initiative of Woodend Rotarian Miranda Bain on behalf of Funds in Court and the Supreme Court of Victoria. The awards provide an important opportunity to raise awareness about disability issues more broadly across the community and, ultimately, to support the development of an inclusive Australian society. Preparation has now commenced for next year's awards and I am delighted to announce that we are again working with Miranda, Funds in Court and the Supreme

Court of Victoria to find suitable candidates for **Rotary International's Best Achievement Award in Community Volunteering**. I think that nominees for the community based Shine On Awards may well qualify for the Inspire Awards®.

In 2017 it is anticipated that the awards will again be showcased in the press, radio and social media. There may also be some television coverage. Photos and information about the 2016 awards can be found on the Funds in Court internet site:

<http://www.fundsincourt.vic.gov.au/inspire-awards-2016/>. The Inspire Awards® are scheduled for

20th April 2017. A nomination form will follow your request to

miranda.bain@supremecourt.vic.gov.au. Miranda is also available to attend your club's meeting in the CBD and surrounds, or your next Cluster meeting in regional Victoria to talk about the awards. Please note that all nominations should be emailed to Miranda before 27 January 2017.

Rebecca and I send our warmest best wishes to you and you families, for a peaceful and happy time at Christmas. Let's keep in mind that this is not always the case for some, and in true Rotary form, let them know we are thinking of them. Thank you for all that you do and we look forward to seeing you in the New Year. Until then, take care.

Neville John

District Governor 2016-2017

"I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included." – Bernard Manning



Dick Smith donates \$1million to Rotary

Rotary Australia Benevolent Society Media Release

Well-known philanthropist Dick Smith has announced his donation of \$1 million towards alleviating the suffering of Australians in need.

Dick joins the likes of world-renowned philanthropist Bill Gates as a major supporter of Rotary and its various programs worldwide. Dick highlighted the fact he considers Rotary one of the most trusted and respected charities in the world, and thus his choice to assist him in providing support for Australians suffering personal hardship due to accident, illness or misadventure.

The funds will be distributed via a specific Rotary program developed for the cause, administered by the Rotary Australia Benevolent Society (RABS), with eligibility criteria determined by Dick and Pip Smith. RABS has previously assisted Wayne Greenhalgh, Sharon Chan and numerous other Australians victimised by domestic violence, disease and poverty.

Rotary Clubs will be responsible for identifying those recognised by their local community who need support, and be willing to match the requested grant on a 50/50 basis. Mr Bob Cleland from the Rotary Club of Port Macquarie is pleased he was able to facilitate bringing this program to reality.



Dick and Pip Smith on a visit to Bali.

The Chairman of the Rotary Australia Benevolent Society, Mr Michael Perkins, is grateful to Dick and Pip Smith for their generous donation. He looks forward to seeing Rotary volunteers throughout Australia turn their project visions into reality. *"For more than 100 years Rotary has worked with communities, corporates and philanthropists to make a difference throughout the world. We now have an extra \$1 million to help those in need in our own backyard and with the famous Australian ingenuity I can't wait to see how far we can make it reach,"* said Michael.

The program will be launched in February 2017 and full details will be made available then. In the meantime, for other enquiries please contact rotaryaustraliacommunitycompassionprogram@rawcs.org.au

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The Rotary Foundation in the Goldfields

By Matthew Scott, RC Bendigo South

It may have been Spring racing carnival time, however Goldfields cluster Rotarians and friends were not gathered at the Bendigo racecourse to see the horses race. They were there for what has become a much anticipated tradition on the local Rotary calendar. For the third year now, a regional Rotary Foundation dinner was held in Bendigo to celebrate the good works of the Foundation throughout the preceding 12 months.

This year was a little bit more special however, as it was 100 years since Past Rotary international president, Arch Klumph initiated the Rotary Foundation. In recognising this majestic feat in Rotary history, Goldfields cluster Rotarians and friends were given the opportunity to have their Club photos taken underneath a specially erected arch that had been set up at the entrance to the venue. However, there was a difference: guests could have their photos taken under the arch, with Arch.



Bendigo Strathdale RC with Arch under the arch.



Guest speaker, Dr Bruce Anderson from RC Strathmore

vaccines available. It was an interesting and informative talk for those present, and gave members and guests a concrete example of how the money donated to the Foundation is put to work.

The regional Rotary Foundation dinner was once again enjoyed by all who attended, and demonstrated how the many clubs in the two Goldfields clusters work together for the promotion and betterment of Rotary. We all look forward to the next annual Foundation dinner to be held in Bendigo in 2017.

Yes, Arch Klumph was present on the night for club "selfies" in the form of a cardboard cutout. This novelty was well received by Clubs who wanted to have their photos taken with such a luminary in our movement. It was also a good opportunity for people who may not be right across the world of the Foundation to learn about its founder and origins.

Bringing us up to date with the works of the Foundation and particularly the progress of *End Polio Now* was Dr Bruce Anderson. Also a Rotarian in the Rotary Club of Strathmore in District 9790, he spoke about his work in microbiology and explained to those present, the different strains of the virus and

Albania Rotary on the Move

By Tony Thomas, Networker Correspondent

Dominic Leone 60, of Parkville, is looking for tips from clubs on how to keep the club moving forward which he and his friends have set up in Shkodra, Albania.



Dominic Leone

The owner of the Hotel Colossal in Shkodra is a club member and he provides the venue for the evening weekly meetings.

The Shkodra club members are not affluent and fund-raising is still largely through passing the hat among the members and minor sponsorship from some small businesses. "One of our goals is to help 25 local children and adults with Downs Syndrome, who get little other support. We'd love to partner with a D9800 club and offer Rotarians hospitality if they ever visit our beautiful and historic Shkodra," Dominic says.

He left Albania in 1997 after his timber business was destroyed by the government collapse in 1997 and he settled in Bairnsdale Vic for 18 years as a music teacher.

He and his friends started the Shkodra Rotary Club two years ago and it now has 27 members, including 11 women. The club has a ceiling of about 27 and he wants to help set up a second club there during his next visit. The city has a population of 100,000. There are eight clubs in Albania, mainly in Tirana and other big cities.

"Our Shkodra club doesn't work as it should," Dominic says. "It's partly because we are a new club under the Turkish district, which also looks after other small countries like Kosovo and Macedonia. As the newest club in Albania, we don't have much understanding about financial systems and organization. I'm visiting D9800 to get ideas about effectiveness. I had a great breakfast meeting with Rotary Central Melbourne this morning and I will visit clubs in D9800 regularly."



Old bridge in Shkorda, Albania.

Showcasing Rotary

By Adrian Nelson, District 9800 Director of Public Image & Communications

"It isn't what we say or think that defines us, but what we do", Jane Austen, Sense and Sensibility

Most Rotary Clubs meet weekly. We Rotarians enjoy the social side of catching up, socialising and trying to make the world a better place. Of course, we are at our best without a knife and fork in our hand, when we are setting out to do good in the world.

In 2017, our Rotary District 9800 will be showcasing the very best of Rotary with 3 separate roadshows featuring key projects and programs across our Rotary District. On Australia Day at Lake Weeroona in Bendigo, February 25 at the Atrium in Federations Square, Melbourne, and on the Queen's Birthday weekend at Rotary Park in Echuca, our Rotary Showcases will promote Rotary's "Doing Good in the World" to the general public.

All 3 Showcases will cover the Rotary Foundation's six areas of focus:

- Disease prevention & treatment
- Water & sanitation
- Maternal & child health
- Basic education & literacy
- Economic & community development
- Promoting peace



Our youth, community and international programs will be highlighted and promoted. There will be hands-on, interactive displays, such as ShelterBox and Disaster Aid Australia who will demonstrate how we take action when natural disasters occur. In the two regional showcases, we will have additional focus on some of our regional projects, including Operation Dog Food in Bendigo.

The Bendigo Showcase is part of a greater annual Australia Day celebration around Lake Weeroona. The day regularly attracts tens of thousands and features award presentations by the local council, food, entertainment, and the engagement of many different community bodies. This year our



Rotary involvement with marquees set up around the lake will add to the carnival atmosphere. If you don't live in Bendigo, it's a great opportunity for a day trip (or more) to enjoy a special event in their local calendar.

In February, on the weekend nearest to the birthday of Rotary, our major metropolitan showcase will be held in the Atrium at Federation Square. This Melbourne Showcase will feature entertainment including the Choir of Hard Knocks, plus a special birthday cake cutting ceremony. Using the multimedia displays within the Atrium, you will experience first-hand some of Rotary's best programs and projects. It is a unique opportunity to invite people you know to see the very best of Rotary. Rotary is at its best when we promote our action-oriented service.

Towards the end of our Rotary year, over the Queen's Birthday Long Weekend, our third showcase will coincide with the annual Echuca Steam Rally at Rotary Park. This event also attracts thousands each year, so will be an additional way to highlight Rotary. Book this weekend away in your diaries now.

The Showcases are designed to increase the visibility and promotion of Rotary Clubs in our District. At each event, we will also be setup to assist potential new members and identify new potential Rotarians for your club. In the Rotary Foundation's 100th year, we will include programs and projects of the Foundation. We will be focusing upon Rotary's unique ability to do amazing things to change the lives of others through networking and taking action.

See you at the Showcase!

Group Vocational Exchange to Philippines

By Henry Drury, District Vocational Exchange Committee

The D9800 team for the GVE to D3820 in the Philippines is now selected and in serious but excited training for their departure to the Philippines. This will be on February 13, 2017 for a four week intensive vocational experience. Of course there will be many opportunities to be found under the umbrella of Rotary for experiencing life and living in the Philippines as well – as there should be!

Our team is comprised of Team leader Michael Lapiña (RC Central Melbourne) with team members Amanda Argyros sponsored by Hawthorn Rotary, Emily Brown sponsored by Central Melbourne, Agnieska Kasidla sponsored by Toorak Rotary and Alana McIntosh sponsored by the e-Club of Melbourne!



Team members Emily Brown, Agnieska Kasidla and Alana McIntosh with District Chair of Foundation PDG Dennis Shore, DG Neville John and Team leader Michael Lapiña. Insert Amanda Argyros.

This new look format of Exchange has a strong focus on vocation with relevance to RI's Foundation concerns, which in precis are all about health, education and peace.

In turn, D9800 will host a leader and four team members from the Philippines with vocations of a similar focus over the same four week period. That means that in the very near future, the GVE committee will be calling for host clubs and their willing families to be the actual billets for the individual members. The big difference from past visiting teams is that our D9800 Vocational Committee will be organising the vocational experiences which should be an immense relief to Clubs contemplating hosting.

Another not to be missed is the Welcome/farewell Lunch BBQ for our respective teams on Sunday 12 Feb. 2017. Details to follow soon.

Team profiles:

<https://www.dropbox.com/sh/y71ofn3v894vbo2/AADUgaq8-sJl8539arfEwfd4a?dl=0&preview=District+9800+Group+Vocational+Exchange+Team+Summary.docx>

Peta Credlin's Rotary History

By Tony Thomas, Networker Correspondent

Peta Credlin in Spectator Australia's Christmas issue sets out memories of her stint as a 1988 Rotary Exchange student. Peta became famous or controversial in her role as Chief of Staff to then Prime Minister Tony Abbott from 2013-15.



She writes, "I haven't been much of a collector in life but I was introduced to a tradition many years ago, while a student in California, that I've now made my own. While spending 12 months in the US as a Rotary Exchange Student, I was given Christmas ornaments by my American 'family' and friends. Their tradition was to collect baubles inscribed with dates and names to mark special moments and people so that the tree would have meaning, rather than just be an assembly of randomized glitter and glass.

"Among my circle therefore, a young adult's tree would bear a handful of ornaments collected during their childhood, while a much older person would have a tree groaning with paraphernalia that told a story of loved ones, travel and a life's story."



Her column continues with amusing accounts of her passionate collecting of travel memorabilia for her tree. "I don't browse; I shop with intent in the style of a heat-seeking missile," she writes, instancing a miniature stained glass replica of the Notre Dame window and a lace mantilla from Madrid.



She concludes: "Without children of my own, I live in hope I will have a nephew or niece that comes to love my tree as much as I do. That lucky child (or unlucky, depending on how you think about it) will then be a part of my Christmas ritual and will learn the stories that accompany the inanimate objects that have brought me so much joy, and signal a time of year when we focus on the things that really matter, and look forward to a new year and new page – fresh with promise and renewal."

Peta, Wycheproof-born, got her Rotary scholarship at 17 when she was at Sacred Heart College in Kyneton. She was a standout student – noted for correcting her teachers' mistakes -- and was elected deputy captain in 1989, her final year. She discovered her love of public speaking and debating in California during the Exchange. Has anyone out there got any more details about Rotary's helping hand to the young Peta?

Peta now hosts *Credlin and Keneally* on Sky News TV.

Post-polio syndrome: Australia's forgotten disability

By ABC Social Affairs Correspondent Norman Hermant

The World Health Organisation declared Australia polio free in 2000. But the disease remains a threat in Africa, Afghanistan and Pakistan, which recorded its highest level of polio infections in a decade last year. In Australia, the disease is still very much with us. It is estimated there are 400,000 Australian polio survivors. Peak body Polio Australia says this makes them the single-largest physical disability group in the country.

From the 1930s to the 1960s, at times polio reached epidemic proportions in Australia. The virus attacks the motor neurons that relay messages from the spinal cord to muscles and can lead to muscular degeneration and, in some cases, paralysis. Widespread use of the polio vaccine eventually halted its spread. But for thousands of polio survivors, the disease is not finished. Decades after they contracted polio, symptoms can return in the form of post-polio syndrome (PPS).

Frances Henke contracted polio in 1946, when she was just two years old. More than 40 years later, she began to experience severe fatigue. And her left leg, which had been badly damaged by polio, was becoming more and more sensitive to temperature swings.

"It's all in your head, you know," she said doctors told her at first. "And then I found an article ... and it talked about post-polio syndrome. And I thought, 'at last'."

Ms Henke now works with Polio Network Victoria to help spread awareness of PPS. One of the biggest challenges she faces is that many polio survivors may not even know they contracted the disease as infants. "There's so many who were told 'the state doesn't want a bunch of cripples, never admit that you had polio'," Ms Henke said. "Many parents were ashamed."

Other polio survivors simply are not aware symptoms can return decades after they have recovered from the disease and moved on with their lives.

Kenneth Toohey, 82, contracted polio in 1938. Like many other children, he spent time in an iron lung — a massive device that helped polio victims breathe. "I hadn't even ever thought it would come back in later years. Never entered my head," Mr Toohey said. "I can remember ... 30 or 40 iron lungs in a row, and all of us talking to each other through the mirrors." For two decades he has been dealing with the effects of PPS on his right leg, which was badly withered by polio. "Since about 58 [years old], I started to notice things were different. The leg was getting shorter," he said. "Now [it's] what's commonly called a club foot. It rose five centimetres."

Doctors say because polio has been off the radar for so long — for both patients and the medical profession — PPS is often misdiagnosed. Senior rehabilitation physician Stephen De Graaf is perhaps Australia's best-known PPS specialist. Throughout society it tends to be missed," Dr De Graaf said. "It gets put away as arthritis, or 'you're just getting old'. But it's more than just getting old. It often means that they're becoming more physically inefficient."



Frances Henke contracted polio when she was two years old, and now works with Polio Network Victoria to help raise awareness of post-polio syndrome

Joyrumkura Hospital Container Event

By Janne Speirs, RC Traralgon

In 1964 in Joyrumkura (Northern Bangladesh), a hospital built by the Australian Baptist Missionary Society and staffed by Australian Missionary Doctors and nurses (initially) opened for the local people. This was, and still remains, an extremely poor rural area with a high infant mortality rate and the hospital was a major care centre and teaching facility.

At the same time, Bill McFarlane from Adelaide, was visiting in a new role with the ABMS. On that first of many visits (his last in 2003) Bill felt a compassion and abiding love for this struggling country which, from twelve years old, I grew up with and still feel myself.

After three failed attempts to accompany Dad to Bangladesh, (by the 1980's, he had joined Rotary in Adelaide and rapidly become District Governor {D950 – 1986-87} and RIPPR {Philippines, 1989}) I decided I was not meant to visit, until, following his death in 2012, while looking at photos of his 2003 trip, I felt the need to bury some of his ashes there. So, in September 2013, exactly one year after Dad's death, my husband and I, both now Rotarians ourselves, visited the country which meant so much to Dad, in a "pilgrimage" which eventually led to Joyrumkura hospital, now run by the Garo Baptist Convention and central to their local Community Health Project. There, what I saw seemed to come straight from Dad's early 1960's slides and I came away determined to help.



Photos show the goods from the container, already in use: a newborn baby in a humidicrib, wheelchairs, an operating table and theatre lights.

Bob Glindemann from DIK Footscray (who I can never sufficiently thank) was enthusiastic about a container of medical goods, the contact I had with the hospital supplied a wish list and after a considerable delay on the wharves in Chittagong, the equipment finally reached its new home in September 2016.

Seeing the photos of the equipment shows what can be done to help those so much less fortunate than us – babies can have a better chance at life in "a region where the maternal mortality rate is 440 per 100,000 live births and the infant mortality rate per 1000 live birth is 57." Improving medical care and service for the community; equipping the Hospital with necessary medical goods, equipment and furniture; improving access to emergency obstetric care and service and reduce infant and maternal mortality in rural communities were the main objectives and it seems that already inroads are being made to achieve these.



Recognition for a DIK Volunteer

By Laurie Fisher, RC West Footscray

Helen Sully first came to Donations in Kind as a volunteer in 2004: her initial contact was through John Gordon, a long time stalwart of DIK. John used to collect the knitted baby clothing from a group established by Helen and donated to DIK. He encouraged Helen to become directly involved at the store itself. Once there, she soon became a permanent fixture.

There was nothing fixed though about her involvement. As is her nature, she threw herself energetically into the fray and became involved in anything and everything that she could lend a hand to. After a while, she settled in the clothing section, sorting and packing both the new and second hand items. If we had it in stock, she knew and could quickly retrieve it.

Helen's involvement at DIK was not only limited to volunteering on the regular days. She was always available to assist if a club was visiting after hours or on a Saturday morning. She would also be about if we had a catering function.

She spoke at various women's Probus clubs about the merits of DIK, spreading the word and encouraging assistance.

She travelled to Fiji in 2010 to assist with the distribution of a container load of items that had been sent from DIK following a natural disaster in Fiji. Such was her appreciation of the value of that donation, she felt compelled to assist further. She financed a container herself in May 2011 and again travelled to Fiji to assist with the distribution.

She has suffered a significant, long term illness for many years which, at times, has laid her low. However, not for long! She would be back at DIK, earlier at times than she should have been. Very little would keep her from helping others. Even at 71 years of age (or thereabouts), she shows little sign of slowing down.

Helen has provided long term, invaluable work at DIK. She has also provided a softer tone at times for many volunteers, always being ready to listen, to help, to crack a joke, to offer advice. The store has been a better place with her presence.

DG Neville John was proud to recognise Helen as a Paul Harris Fellow, by pinning the badge on her at the DIK Christmas Party last Thursday. DIK regulars and volunteers applauded the presentation, and added their congratulations.



***Photos: DG Neville John reading the Paul Harris Citation
The DIK Xmas Party
Helen with friends at work.***

CLUB FLEXIBILITY

Research and our members' experiences have shown that when clubs have more freedom to decide how and when they hold their meetings, who they'll invite to become members, and what member engagement means, their ability to attract new members and keep current members motivated increases.

The 2016 [Council on Legislation](#) voted to give Rotary clubs more flexibility than they've ever had. The changes in policy affect when, where, and how clubs meet and the types of membership they offer.

5 WAYS TO USE THE NEW FLEXIBILITY

It's up to your club to decide how — and if — you want to use the new options. Start by reviewing the updated [Standard Rotary Club Constitution](#) to see which guidelines are flexible. Once you've decided what changes would benefit your club, edit your club bylaws to reflect them, and try them out. If you decide they aren't working, try something else.

Here are some examples of how your club can apply the new flexible options:

- 1 **Change your meeting schedule.** Your club can vary its meeting days, times, and frequency. For example, you could hold a traditional meeting on the first Tuesday of the month to discuss business and service projects and get together socially on the last Friday of the month. You just need to meet at least twice a month.
- 2 **Vary your meeting format.** Your club can meet in person, online, or a combination. including letting some members attend in-person meetings through the Internet.
- 3 **Relax attendance requirements.** Your club can ease attendance requirements and encourage members to participate in other ways, such as taking a leadership role, updating the club website regularly, running a meeting a few times a year, or planning an event. If your club is dynamic and offers a good experience for members, attendance won't be a problem.
- 4 **Offer multiple membership types.** Your club could offer family memberships to those who want to bring their families, junior memberships to young professionals with leadership potential, or corporate memberships to people whose employers want to be represented in the club. Each type of membership can have its own policies on dues, attendance, and service expectations. Rotary will count these people in your club membership and will consider them active members if they pay RI dues.
- 5 **Invite Rotaractors to be members of your club.** You can invite Rotaractors to join your club while remaining members of their Rotaract clubs. If your club chooses to, it can make special accommodations for these members, such as relaxed attendance requirements or reduced fees, as long as they are reflected in the club bylaws.

Find examples of bylaw amendments that clubs might use to try these new flexible options below, and review our frequently asked questions for more information.

RESOURCES & REFERENCE

- [Frequently asked questions](#)
- [Rotary's governance documents](#)
- [Start Guide for Alternate Membership Types](#) (includes sample bylaws)
- [Start Guide for Flexible Meeting Formats](#) (includes sample bylaws)
- [Club meeting flexibility and format](#) (video)
- [Membership types and attendance flexibility](#) (video)
- [Membership Flexibility Overview](#)



Meet the World's Flexible Woman, Julia Gunthel aka Zlata

The Impacts of the Black Saturday Bushfires

From Australian Rotary Health

Nearly six years after the Black Saturday bushfires, a new study shows a quarter of survivors from the worst affected Victorian communities are still experiencing serious mental health problems.

The Beyond Bushfires: Community Resilience and Recovery study, led by the University of Melbourne, surveyed more than 1,000 people who were affected by the fires in 2009 and found 26% of high impact communities, 17% of medium impact communities, and 12% of low impact communities were reporting symptoms of depression, post-traumatic stress disorder or severe psychological distress.

The aim of the study was to examine the impacts the bushfires had on community members physical and mental health and well-being. The research also aimed to build understanding of the interplay between individual, social and community-level recovery.



The report reveals major life stressors (i.e change of income, change in accommodation, or change in personal relationships) and the experience of community loss was predictive of poor mental health outcomes.

Individuals who were connected to others suffering from depression or were associated with more fractured social networks, were also more at risk of depression and PTSD.

It was also found individuals who were involved with local community groups and organisations, and those who were close to more people, was generally related to better mental health and personal wellbeing.

Australian Rotary Health CEO, Joy Gillett said Rotary clubs and districts around Australia were keen to help by providing funds for the Beyond Bushfires study.

“The study has shown that community groups including Rotary clubs can play a special role in assisting recovery from similar disasters,” Ms Gillett said.

The Beyond Bushfire study has made a list of recommendations for individuals, families, government, and service providers to continue supporting those affected.

The Black Saturday Bushfires are considered one of the worst in Australian history, claiming 173 lives and destroying and damaging more than 2,100 homes.

To find out more, download the Beyond Bushfires: [Community Resilience and Recovery](https://australianrotaryhealth.org.au/wp-content/uploads/2016/11/Beyond-Bushfires-Final-Report-2016.pdf) report [here](https://australianrotaryhealth.org.au/wp-content/uploads/2016/11/Beyond-Bushfires-Final-Report-2016.pdf).

<https://australianrotaryhealth.org.au/wp-content/uploads/2016/11/Beyond-Bushfires-Final-Report-2016.pdf>

What are Rotary's official fonts?

I had a computer crash last week and lost half my fonts: the partially completed "Networker" was sheer gobbledegook! So I had to restore, reload and start again. Not happy, Jan!

We have been using Times, Calibri and Hoefler Text for "Networker", but I did a "Google" to discover the fonts we really should be using.

You can find the new fonts for Rotary's visual identity in "*Tell Rotary's Story: Voice and Visual Identity Guidelines*". We will use these commercially licensed fonts in Rotary and Rotary Foundation communications, but we are also recommending some free alternatives for each font family.

Licensed options (for purchase):

Frutiger is the primary typeface. Use ALL CAPS condensed style for headlines and main navigation.

Use regular style for secondary headlines, secondary navigation, infographics, lockups, identifiers, or dense body copy. Frutiger is a commercial font that can be purchased directly from Adobe: <http://store1.adobe.com/cfusion/store/html/index.cfm?store=OLS-US&event=displayFontPackage&code=1762>

Sentinel is the secondary typeface. Use Sentinel for body text, secondary headlines, captions, callouts, or identifiers. Sentinel is a commercial font that can be purchased directly from the foundry: www.typography.com/fonts/sentinel/styles

Free options (if Frutiger and Sentinel fonts are not available or are cost prohibitive):

Open Sans is the primary typeface for digital (web) applications or when Frutiger is not available.

www.google.com/fonts/specimen/Open+Sans

Arial Narrow is the primary typeface for Microsoft Office applications or when Open Sans Condensed is not available. Font should be similar to Frutiger for headlines, secondary navigation, etc.

Georgia is the free secondary typeface for digital (web) and Microsoft Office or when Sentinel is not available. Font should be similar to Sentinel for body text, secondary headlines, etc.

What font should I use with the word "Rotary" in the masterbrand signature? The word "Rotary" in the masterbrand signature is a hand-drawn art work, not a font. Rather than trying to reproduce it, simply download it here:

www.rotary.org/brandcenter

So now you know. - Clarice.

Cheesemonger
Will's Ploughman
Aloo Paneer

ADALARIS
aeris corda
AKARIUS
ANCIENT GARDENER
Aryianna
Averdale
Banana Bee
BERRINGTON
BIG BURRO
Caraban
Cherry Script
Cibarron
Circus Folly
Cloverleaf
COMICOPIA
Dainty Type
DEEP SHADOWS
DINER 49ER

DOROLLA
Dunkel Meister
feredon
GALENA STREET
Garimondi
GURAVO
Harangut
haribu
Harker Square
KAMP KILLA
karalonia
Lemillon
Lemon Lane
Laria
Lollipop
Marriwether
Middle School
Monster Marker

MUDDLED
MUREVO
Oakvane
Pekabo
penelopriess
Peridoka
Phat Tuesday
PROXIMA FONTAURI
Purvenia
Skulrik
SKETCHTOPIA
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Medical Consensus Blown Apart

By P Gosselin on 29th November, 2016

Remember how over much of the past few decades there was a broad consensus among doctors and the entire medical profession that foods high in saturated fats, like butter, chicken and eggs, boosted cholesterol and thus increased the risk of dangerous heart disease. Instead, the doctors told us, we should focus on a low-fat, high-carb diet. Avoid eggs, they advised us.

The result: tens of millions of heart attacks, premature deaths, and tens of millions of people with Type II diabetes. It is turning out to be one of the greatest scientific blunders (if not flat out frauds) of human history.



Fortunately doctors are finally beginning to back off from the egg-avoidance insanity.

The latest anecdote showing that the low-fat, high-carb diet is bogus comes with the news of Emma Morano, who today turned 117 today. She is thought to be the oldest person on the planet. A key to her long life, the [BBC reports here](#), has been her daily intake of three eggs per day.

Ms Morano's longevity, she admits, is partly down to genetics – her mother reached 91 and several sisters reached their centenary – and partly, she says, down to a rather unusual diet of three eggs – two raw – each day for more than 90 years."

Three eggs a day over 90 years comes out to be 98,550 eggs. Add another couple thousand eggs for the earlier years and you easily get over 100,000 eggs consumed during her long life.

That's a lot of cholesterol! And cholesterol that the quack doctors and their consensus said was killing millions of us and that we should consume sparingly. Obviously Ms. Morano's health paid no attention to the consensus medical science, and did splendidly.

And then there are vegans, fanatics who vehemently claim we should not eat any animal-based foods at all and so make the consumption of nutritious eggs taboo. Fortunately not only Emma Morano has had the good sense to ignore "consensus" medical advice, but also some Italian politicians are getting serious about it, too. For example, according to [treehugger.com here](#), Italian MP **Elvira Savino** is proposing jailing parents who force their children to follow a vegan diet. Savino believes that parents "*should be prosecuted for imposing such 'reckless and dangerous eating behavior' on children 16 and under.*"

Why? Treehugger reported:

Savino proposed the new law after learning about several recent and disturbing incidents involving negligent parents and inadequate nutrition for young children. In one case, a one-year-old boy in Milan, raised on a strict vegan diet and weighing only 5 kg (11 pounds) when taken from his parents, had to undergo emergency heart surgery; his calcium levels were at the lowest necessary to survive. Another toddler from Genoa spent days in pediatric care in a hospital due to vitamin deficiencies as a result of a vegan diet. Last year, a mother was ordered by an Italian court to cook meat for her 12-year-old son after his father complained that a vegan diet was stunting his growth."

Many of us believe in Darwinism, but please do leave the kids out of it! If you wish to make yourself ill thinking it'll make you healthy and at the same time save the planet, be my guest. But don't go imposing your dangerous nonsense on others.

Personally I changed my diet a couple of years ago and eggs have since become a major part of my nutrition. I now eat roughly 10-15 eggs per week. My blood values and overall health have improved immensely.

And now I might even boost that number, given the result we see from Senora Morano.

<http://notrickszone.com/2016/11/29/medical-consensus-blown-apart-worlds-oldest-person-has-eaten-more-than-0-1-million-eggs-in-her-life/#sthash.ua5BsuTW.dpuf>

Show Us Your Best Shot

Do you have a great shot from a club project or fundraiser? Did you capture a memorable moment at the convention or during an international trip? Enter your images in The Rotarian's 2017 photo contest and you might see them in the pages of the magazine. You may enter up to three photos taken since 1 January 2016. While some photos might have elements of all three, select one category to enter your photo. Our previous guest judges have included Pulitzer Prize-winning photographers David Hume Kennerly and Carol Guzy and Kathy Ryan, director of photography for the New York Times Magazine. This year's judge will be announced soon.

DEADLINE: 15 February 2017

AWARDS: Three award plaques will be granted – first, second and third place in each of the three categories.

Enter the contest:

<https://display.engagementsciences.com/display/container/d/5ac39aa7-0940-4f8c-8a6b-e3d3cf331d70/details>

Even if you're not the world's best photographer, you can find lots of Rotary Images at

http://images.rotary.org/rotary_images/#/





Clarice's Comments



As always, our peripatetic correspondent Tony Thomas has an article in this month's "Networker". And once again he has an outrageous piece in "Quadrant", in which he tells us how to fight global warming by reducing CO2 emissions from our spaghetti bolognese! Two academics associated with Melbourne's RMIT University have found that the farm-to-fork "Global Warming Potential" of pasta with meat sauce can be significantly reduced by eliminating beef and substituting kangaroo. They recommend that for an even greater impact on global heat, rising seas, coral bleaching, tempests, bushfires and ocean acidification, you should dispense with the kangaroo too, and make your spagbol topping with lentils and kidney beans. Go on, Tony: you're having us on!



Pasta Puttanesca

I received some stop press news on GVE to add to Henry Drury's article: The D3820 GVE team arrives from the Philippines on 11 February 2017 and will be with us for four weeks. The Vocational Service Committee is arranging their occasional visits during that time and need your help. For your information, the team members and their professions are:



- **Flordeliza Castro-Amptuan** (Team Leader) is an experienced nurse now in health services marketing and management.
- **Marine Barral Dapito**, works in solving pollution problems in river systems.
- **Jerick Pecaso** is a water and sanitary engineer currently in environmental management at a university, and is interested in safety, health and environmental best practice with emphasis on water systems.
- **Leny Arcenas** is an experienced nurse and midwife, now in the public sector managing public health programs e.g. STI HIV/AIDS, Family Planning, Adolescent Reproductive Health.
- **Nicole Angelique Lit Sanchez** is a microbiologist currently working in an analytical services firm supporting the food and non-food industries by providing a range of food safety and environmental testing services.

If you able to help with vocational work visits during their stay, please contact Philip Rowell or Alan Seale and they will send you the detailed CV's. No suggestion is trivial, it's amazing how networks can work once we energise them.

The highlight of my week was the Xmas lunch for the volunteers at the Donations-in-Kind warehouse in Footscray. Laurie Fisher demanded that everyone "down tools" and join him in a snack. Some snack: oysters, smoked salmon, Vietnamese delicacies like spring rolls, ham, roast pork and chicken, washed down with some delightful beverages. Then the serious stuff began: pavlova, plum pudding and ice-cream. Fortunately the ever-efficient DIK team had stretcher-bearers on stand-by.

The highlight of the lunch was when DG Neville John presented a Paul Harris Fellowship to Helen Sully: Helen has been a volunteer for many years, and despite her ailments she remains a source of merriment and friendship for all who enter the woolshed. Christmas kisses all round, and there was a lovely feeling at DIK to see such dedication recognized.

DIK Xmas Party: <https://goo.gl/photos/a5DvzAiz1LzzJrKGA>

Have a great Xmas with your friends and families, and a lovely break from work. I'm not sure if I can manage another feast after Thursday at DIK. O.K. then. I'll do my best.

- Clarice



Volunteer Helen Sully, sporting her new Paul Harris badge.

Notices and Events

*Merry Christmas,
everybody!*



*And to all Scots: Hae a guid
Hogmanay, and may your first fit be
lang, dark and couthie.*



Notices and Events

Rotary Peace Fellowship applications 2017 for 2018/9

The Rotary Foundation has supported over 1000 people committed to working in the world for peace and conflict resolution through international training programs. Is there someone you know who is committed to that ideal but haven't seen a way to achieve it? Applications are now open for:

🕒 Masters programs in Sweden, Japan, UK, and USA. Three years experience a pre-requisite. Average age 31.

🕒 Certificate program in Thailand. At least five years experience a pre-requisite. Average age 41.

Applications close May 31, but several months of advice and mentoring underlie the past **success** we have had in District 9800. Contact Rob Helme, District Chair, Peace Fellowships subcommittee for further information. rhelme@bigpond.net.au or 0402299492



World of Difference Xmas Gifts

All Christmas gifts through World of Difference will be delivered to Cambodian remote village communities without any administration expenses getting in the way "there are no holes in Rotary's bucket".

Visit www.wod.org.au for an order form.

Bronwyn Stephens, District 9800 project "World of Difference" 0410324537

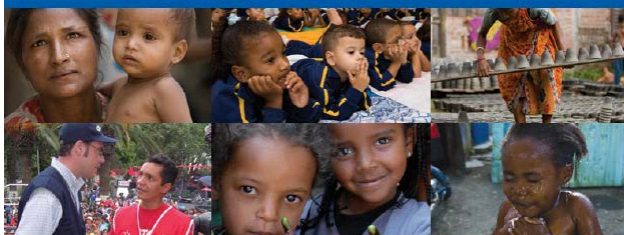


Give the Gift of Giving to the Children of Cambodia this Christmas

Gifts that keep on giving for Christmas

Make a donation to World of Difference on behalf of friends or family and we will send you a card* to send to them in recognition of your generous gift

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\$2.20	\$2.00
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HOW TO ORDER:

On the Order form on the back of this leaflet OR

Phone: 0419 889 594 Fax: 03 9746 9930 Email: rotarymeltonvalley@hotmail.com

A Rotary International Approved and Licensed Project



Notices and Events

GROUP VOCATIONAL EXCHANGE

Want to know what the GVE stands for and is all about? Want a day of fun, fellowship and familiarisation?

On **Sunday 12 February 2017**, a BBQ luncheon catered for by the RC North Balwyn in their inimitable style and is to be an event showcasing much more than just alfresco cooking and enjoying! This BBQ is the official joint welcome to the just arrived GVE Team from D3820 in the Philippines and a farewell to our 9800 Team leaving for the Philippines on the next day. Let's really make them all feel welcome and wanted by being there as well.

Things you need to know:

Date and time – Sunday 12 February 2017, 12.00 midday to mid-afternoon.

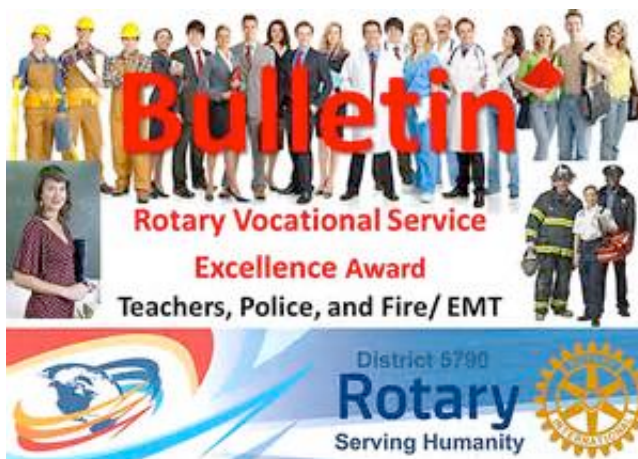
Venue – Boroondara Park Primary School, Almond St, Balwyn North (Melway 46 F1). A leafy setting with plentiful seating, undercover if necessary, and toilets.

Menu – 3 meats, 3 salads, bread and coffee. Barrista coffee and soft drink available for purchase. BYO alcohol.

Cost – \$30.00 per person.

Direct Deposit to Westpac Account 375477 BSB 033181 – Use Club name as reference

PLEASE BOOK with HENRY DRURY ASAP, 3/72 Wattle Road, Hawthorn, Vic 3122 PH: 0414 782 332 Email: handjdrury@gmail.com On payment, please identify the names of the people coming to the BBQ.



Celebrate with us in Atlanta

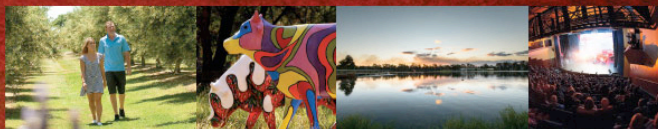
Join thousands of Rotarians at the Rotary International Convention in Atlanta, Georgia, USA, **10-14 June 2017**.

The celebration of The Rotary Foundation's 100th Anniversary promises to be an unforgettable experience. Register before 15 December for extra savings!

- Are you wondering where to stay? A number of excellent hotels are offering special convention rates, and many are within walking distance or a short bus or subway ride away. Learn more and book now.
- Are you coming to the The Rotary Foundation's 100th Birthday Party? Help us celebrate 100 years of doing good in the city where it all began, with cake, ice cream, and lots of fun. [Purchase tickets](#) for only \$26.50 per person.
- The Atlanta convention's Host Organization Committee is planning outstanding events for all attendees. [Visit the HOC site](#) to learn about the many events, tours, and activities available.
- Spread the word! [Download promotional materials](#) for social media, posters, and more.



**2017 DISTRICT 9800
CONFERENCE
SHEPPARTON - VICTORIA
30 MARCH - 1 APRIL**



Connecting Communities - Serving Humanity

Notices and Events

Yarraville Carols in the Gardens

Celebrating its 23rd anniversary, the Yarraville Carols in the Gardens is one of the West's best Christmas Carols.

Saturday, 17th December in the Yarraville Gardens, Hyde Street, Yarraville commencing at 7pm. This free community event, is a joint initiative between the Rotary Club of West Footscray, Rotary Club of Yarraville, and the Footscray-Yarraville City Band.

This year's event will be compered by William McInnes and Kevin Harrington, and feature a number of performers from our local community and also special guest artists, including a mass choir ; Footscray-Yarraville City Band; Hyde Street Youth Band, and Margaret Haggart internationally acclaimed Soprano, accompanied by other opera singers who have all performed regularly with Opera Australia, Victoria Opera, and Melbourne Opera. The evening will also conclude with a spectacular fireworks display. Enquiries: David Palmer 0416 497 398



Rotary Trip to India

23 January - 10 February 2017

A Tour of India with a Rotarian as our guide. We will also be visiting Rotary Albert Park's sanitation project. Melbourne Mumbai Melbourne Flight plus 16 night accommodation w/breakfast. All transfers, excursions and sightseeing tour. Local English speaking guides. \$3835 pp Twin Share \$4785 pp single RSVP: ASAP: e: ishwsh@gmail.com m: 0423 663 694



Western Emergency Relief Network

WERN is currently seeking donations of blankets.

If you can help out contact PDG Ross Butterworth on 0411 228 311. [WERN](http://www.wern.org.au)

accepts donations of good condition household items such as: Bedding:

Doonas & Covers, Pillows & Covers, Linen i.e. Sheets, Towels & Blankets. Kitchen Items: Kettles,

Toasters, Crockery, Glasses, Cutlery, Pots & Pans etc Furniture: Beds all sizes, Clean mattresses. Tallboys,

Dressing Tables, Bookcases, Dining Tables and Chairs, TV's, White Goods: Fridges, Freezers, Washing Machines, Dryers, Heaters & Fans

If you'd like to donate items call Ross as above or 0476104736 to organise a pick up.



Our Contributors



District Governor Neville John is a member of Central Melbourne Rotary Club.



Tony Thomas contributes to "The Networker", and "Quadrant", where he recently wrote about Sex Pistils. Believe it or not.



David Dippie of Keilor RC is a Rotarian who wants to change the world. Keep an eye on this man!



Dennis Shore was D9800 District Governor in 2012-13, and he is now District Foundation Director.



Our Glamorous Girl Friday Clarice replies to the letters we receive at "The Networker".



Matthew Scott of Bendigo South teaches Religion and Media Studies.



Philip Archer of Southbank Rotary Club is District Membership Director.



District Image Guru, Adrian Nelson, always keeps the Networker team on their toes.



DG Nominee Bronwyn Stephens is a supporter of several projects in Cambodia.



Henry Drury of Hawthorn Rotary is a key member of the District Vocational Exchange Committee.