



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

Our Youth Exchange Students head off on Safari 2011 and the Camberwell Rotary Art Show opens...

Our Youth Exchange students departed on Safari 2011 last week on Wednesday 13th April. They are joined by 10 students from D9810 plus a supervisor. Our students are accompanied by our YE Chair Graeme Bird and Committee member Mary Parks. This 16 day trip left Melbourne bound for Renmark, Wilpena Pound, Uluru, Kings Canyon, Alice Springs, Coober Pedy, Adelaide, Mt Gambier, Warrnambool and then back home on 28th April. They are in for the trip of a lifetime.



DG Iven at the 7am farewell on 13th April



The students travel in a very luxurious bus with trailer



Iven Mackay and Marilyn
District Governor 2010-2011

The Rotary Club of Camberwell runs an outstanding Art Show. Many of our Clubs in D9800 conduct an Art Show or are involved in one. The 2011 Herald Sun Camberwell Rotary Art Show is in its 45th year, and was open daily from 14-17 April, at Caulfield racecourse. What a wonderful achievement. The Art Show Committee does a great job each year and considerable funds are raised for local and international humanitarian causes.



Official Opening of Camberwell Rotary Art Show

A very successful PETS (Presidents Elect Training Seminar) was held in Bendigo

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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

April is Magazine Month





DG WEEKLY MESSAGE CONTINUED...

over the weekend of 15-17 April. Well done DGE Keith, Training Leader Elect Philip Archer and the 2011-12 Team. This is vital training and bonding time for the incoming Presidents and the DLT (District Leadership Team).

The Shine on Awards will be held on Sunday 1st May at Geelong, and also RLI(Rotary Leadership Institute) part 3 will conclude thus giving us more graduates from this wonderful Rotary training program. Coming up soon is Cafe International, at International House, a wonderful night of entertainment, food and fun, held on Saturday 7th May. I highly recommend this night to you. Don't forget District Assembly, which will be held in Kyneton on Sunday 15th May. As always, there is much going on in our District and Clubs.

In Building Communities Bridging Continents!

Have a great week and enjoy the Easter break!

DG Iven



DG Iven & President RC of Camberwell, Robert Davies

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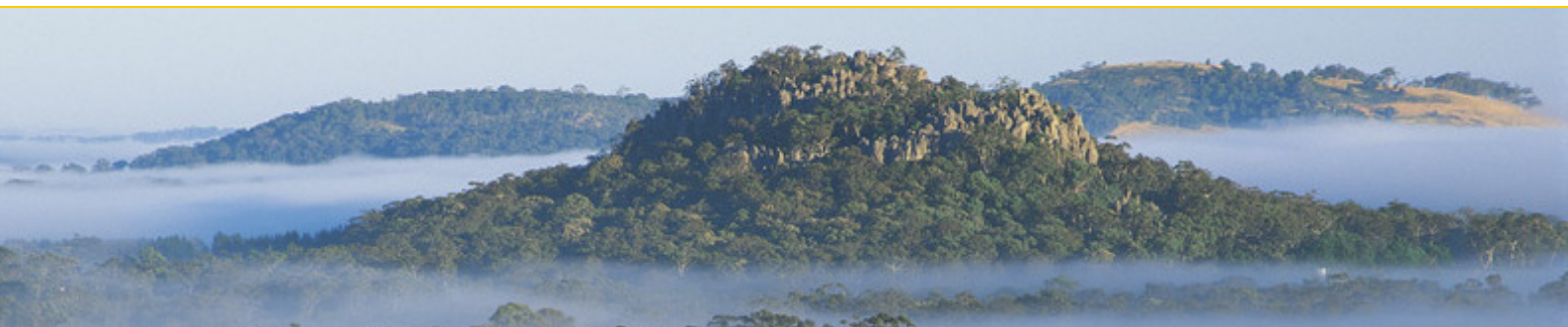


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ROTARY INTERNATIONAL

District 9800 Assembly



Sunday 15th Of May 2011 | Kyneton

Dear Members of District 9800,

DGE Keith Ryall, Gabrielle and Rotary Club of Kyneton President Sue Ogden take pleasure in inviting you to join all the members of the Rotary Club of Kyneton at the 2011 District Assembly, to be held on Sunday 15th May, 2011 at the magnificent Sacred Heart College, High Street, Kyneton.

Key points to note:

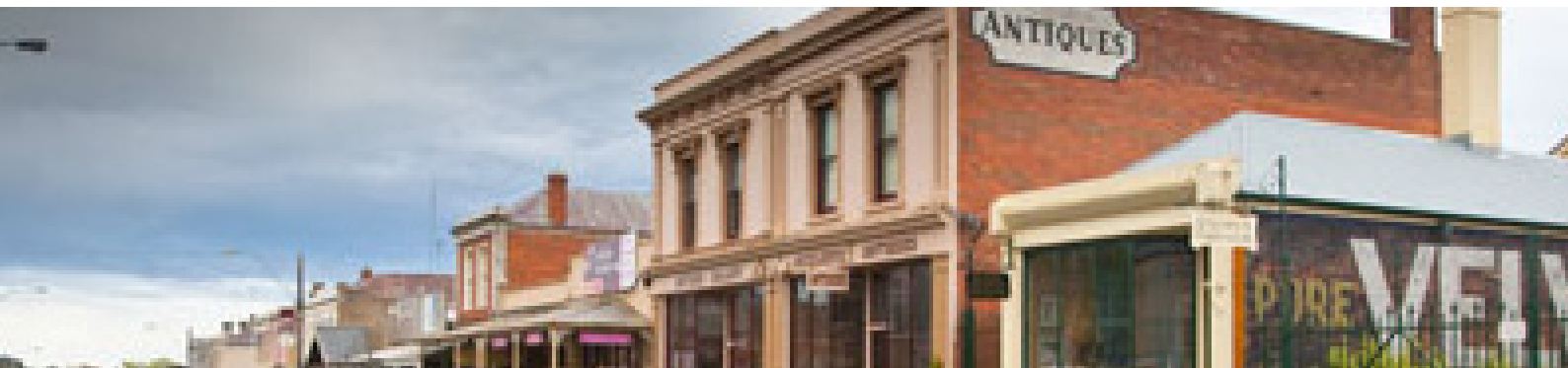
- Registration opens at 9.00am, coffee and tea will be available on arrival.
- The first plenary session starts at 10.00am and the Assembly will conclude at 2.00pm.
- Morning tea and lunch will be provided as part of the registration price of \$23 incl gst per head.

This will be the third time the members of the Rotary Club of Kyneton have hosted our District Assembly. The venue is an outstanding facility that will ably support our requirement for many breakout rooms with the latest technology for our presenters and fabulous facilities for networking and lunch afterwards.

The drive up to Kyneton has a wonderful outlook with stunning surrounds as Kyneton is situated in the heart of the magnificent Macedon Ranges. The area is renowned for its small heritage towns, wineries, country shopping and unrivalled scenery. Kyneton is located in the middle of District 9800 off the Calder Highway.

Rotarians partners may like to take a tour of the local area on a charter bus while the Assembly is in session. They will return in time for the lunch. There is no additional cost for the charter tour. The charter tour will take partners on a journey exploring the tourist and retail sites, including a visit to Hanging Rock.

Your Club's registration is required by forwarding the attached registration form to the Chairman, District Assembly, PO Box 18, Kyneton 3444 no later than Friday 6th May 2011 with your Club cheque.





ACTIONS THAT CAN GET YOU FIRED

VECCI BUSINESS TIP



The work environment is a competitive place. There are some actions that you may believe are perfectly fine but can result in some serious outcomes.

Below is a list of things to avoid at work.

Chuckling a 'sickie'

People who call in sick when they are not will usually get caught. Even if the boss does not notice the pattern, your co-workers certainly will, and no doubt report the behaviour.

Faking an emergency or appointment

Co-workers spend eight or more hours together five days a week, this means it can become very easy to see through lies or over-exaggerations. If these faux emergencies become something of a pattern, the behaviour will be noticed.

Blaming others

Blaming your co-workers for your mistakes can be a very costly activity. Not only will it make you extremely unpopular with your peers, it will give you a reputation as dishonest. In today's paper-trail savvy work environment, it is also very unlikely that you won't get caught. It is better to honestly admit to your mistakes and learn from the experience.

Fudging the facts

Lying on your timesheet or expense forms can get you in a whole lot of trouble. Organisations only hire employees that they believe they can trust, so if you break this trust, expect some swift disciplinary action.

Being disrespectful or politically incorrect

Most modern workplaces have a zero tolerance approach to offensive behaviour or speech. Even if you are just repeating something you have previously heard, like a joke, but do not hold the same belief, you can still be disciplined extensively.

Doing the bare minimum – all of the time

Those days when you finish your to-do list early and you find yourself twiddling your thumbs, instead of passing the time surfing the internet, ask your peers or boss if there is something you can help with. Employees who do the bare minimum are seen as more dispensable than those who over-achieve.

Blatantly looking for a different job

This kind of behaviour will not only result in disciplinary action, it is also extremely disrespectful to your employer. If the job you are currently in is not the right fit, look for another in a discreet and respectful way, in a private place.

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For further information, please click here:

<http://blog.vecci.org.au/2011/04/18/business-tips-actions-that-can-get-you-sacked/>

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.](#)

PRESIDENTS-ELECT TRAINING SEMINAR

Our Presidents-Elect congregated at the All-Seasons Conference Centre in Bendigo last weekend for their final training session. DG Elect Keith Ryall welcomed the rookie presidents at The Bendigo Town Hall on Friday, and the real work started on Saturday morning with welcome greetings from the Mayor of Bendigo and DG Iven Mackay.

DGE Keith initial presentation echoed RI President-Elect Kalyan Bannerjee's theme "*Reach Within to Embrace Humanity*" and vision for the year, urging presidents to consider what programs their clubs could undertake, and what changes they should adopt. Amid all this, they learned all about the AAAR (the Association for the Abolition of Acronyms in Rotary)

Philip Archer and his District Training Team swung into action, describing and delivering the resources available to clubs, including a President's Notebook, Marketing Tips and electronic aids such as LinkedIn. Breakout sessions with the other PEs in their cluster group produced some fun workshops, with the Goldfields Cluster winning the coveted prize (one dozen Red) for the best presentation on how a club could be run.

Highlights of the seminar were PDG Jim Studebaker's dissertations, (reminiscent of Dave Allen), on "Running a Rotary Meeting" and his "Recollections of a President" Like a good wine, PDG Jim keeps getting better with age. Chris Don's re-enacted the 2.30 am phone call he received from DGE Keith, inviting him to take on the Club Service Director's Portfolio. Chris, complete with dressing-gown and bare feet, raised gales of laughter.



DGE Keith Ryall welcomes the Class of 2011-12 shown right



Foundation Team: PDGs Jim Studebaker, Anne Peace and John Davis



Secretary-Elect Peter Lamping and Trainer-Elect Philip Archer



PDG Jim Studebaker

Amidst coffee breaks and lunch, the Presidents-Elect were addressed by various members of the District Board, as they absorbed an abundance of information. Yes, in between the fun, they got through the serious stuff. At the same time, Gabrielle Butler and Carol Studebaker ran a session on the role of the partners. Mainly Secret Women's Business, we suspect.

In the evening, everybody dressed up for the official Directory Photographs, and set about letting their hair down, dancing to the music of the fifties and sixties played by the "Back Dated" Band (which includes John Granger of Footscray RC). There was a fair bit of singing along, and some of the dance moves were an eye-opener.

Suddenly The Bendigo Chinese Association burst into the room, with drums and Lion Dancers. There were adults and children, noise and action throughout the room, such a lovely surprise. The plan may have been to throw the PEs to the lions: fortunately the lions were peaceful, and all PEs survived.

Sunday morning, and back to sanity for the final sessions, with questions and answers, culminating with a DVD. Anyone who has not seen PRIP Cliff Dochterman's "If only I was President again" has a treat in store. Even time-hardened Rotarians can watch this over and over again, and still raise a few laughs. It was the perfect finale to an enjoyable weekend of training, socialising, and just good fun. We can be assured that our presidents for the next Rotary year are well-prepared for their roles.

DGE Keith Ryall thanked the Rotary Club of Bendigo, his board, Philip Archer and the District Training Team, and all attendees for making PETS a memorable success.



From top left to bottom right: Lion Dancers and drummers | Marlene and Ross Magor, Danielle and Keith with two entertainers | DG Keith and Danielle with scary friends | The prize-winning Goldfields Cluster | Dancers Galore | Bronwyn Fanning pours the drinks: Here's to the next time! | Come dancing...

HISTORIC MOMENTS: THE PAUL HARRIS ROOM

By Susan H. Hanf
Rotary International News -- 15 April 2011

On 19 April, Rotarians celebrate the birthday of Rotary's founder, Paul P. Harris.

And though we can't say for certain whether the gifts on display in the Paul Harris Room were birthday presents, they do offer a glimpse into his life.

Harris's desk is the centerpiece of the room, located on the 16th floor of RI World Headquarters in Evanston, Illinois, USA. A 1935 gift from Australian Rotarians, it's made from a variety of woods with an inlaid Rotary emblem in the corner.

A polished wood desk set from the Rotary Club of North Sydney, New South Wales, Australia, and a small bison statue from the Rotary Club of Winnipeg, Manitoba, Canada, are among the many other artifacts on display.

As president emeritus, a title he held until his death on 27 January 1947, Harris had an office at Rotary's former headquarters in Chicago. There he kept many souvenirs from his travels around the world, along with gifts and awards, and photographs of his fellow Rotarians and Rotary activities. After his death, Harris's wife, Jean, donated the contents of his office to Rotary, which now displays many of them in the Paul Harris Room.

The room offers Rotarians an intimate glimpse into the life of Rotary's charismatic founder. Visitors are welcome to view the room and a reproduction of Room 711, the meeting place of the first four Rotarians, at RI World Headquarters.

More Rotary History is available at:
> <http://www.rotary.org/en/AboutUs/History/Pages/ridefault.aspx>



THE ROTARIAN ACTION GROUP FOR POPULATION GROWTH & SUSTAINABLE DEVELOPMENT

RFPD is the largest of Rotary's Rotarian Action Groups, with over 20,000 members world-wide. Although we work in accordance with Rotary International policy, we receive no direct funds from Rotary International or The Rotary Foundation. RFPD survives on grants and individual gifts from caring Rotarians like you. Our Rotary leaders around the world are working toward alleviating poverty, educating women and reducing infant and maternal mortality rates.

RFPD needs your support to continue delivering its services to Rotary Clubs and Districts in over 75 countries. We need you, as a Rotarian, to share our mission of educating the 1.2 million Rotarians worldwide on population and sustainable development issues.

RFPD's key strategies are to:

- 1) Put population in balance with its resources;
- 2) Create healthy, happy families;
- 3) Initiate, support and co-fund Matching Grant projects through The Rotary Foundation
- 4) Advocate on population issues.

The funds we raise go to projects that specifically address the population issue. Projects initiated and supported by RFPD include vocational skills, girl education, literacy, family planning, reproductive and maternal health, and micro-credit for women.

It is just \$25 for Annual membership or you can become a Lifetime Member for \$100. Your membership is fully tax deductible. As a member you will receive a quarterly edition of *Fragile Earth*, RFPD's newsletter, including population and sustainable development issues, projects available for sponsorship and much more.

More Information from:

Dr Gordon Cheyne with PowerPoint Presentation: 9500 2359 or gcheyne@bigpond.net.au

RFPD Website: <http://www.rifpd.org/index.shtml>

> **Download the Fragile Earth Newsletter**



Addressing the challenge of population growth, human suffering & sustainable development.

ROYCE AND JEAN ABBEY VOCATIONAL SCHOLAR

Elijah Sarigari is from Oro Province, Papua New Guinea.

He was appointed to a committee in Popondetta in 2007 when Rotary sent containers of Relief Supplies in response to Cyclone Guba. People discovered his thoroughness, integrity and willingness to help others. He flew with ADF helicopters to direct their drops of food to disaster-stricken villages. With the help of a 4x4 Toyota, sent to aid his work by the Rotary Club of Geelong, he has done valuable work.

He has already become known to many of us in Victoria, when he was brought down for a short visit in 2009 by the Rotary Club of Geelong. Elijah is now enthusiastically turning his energies to reviving his own village of Sariri on the Baregi River.

A Royce and Jean Abbey Scholarship is being given to Elijah to pursue studies in the Sustainable Use of Timber. He is already trained in furniture-making. He will arrive to spend April, May and June attending six courses at the Timber Industries Campus at Creswick, near Ballarat and will to gain further knowledge in Accountancy and Business Management.

More information available in the newsletter:

> [Download the Newsletter here](#)



Staying Mentally Active

Health Tip

Growing older does not mean that your mental abilities will necessarily be reduced. There's a lot you can do to keep your mind sharp and alert. Researchers believe that many of the supposed age-related changes that affect the mind, such as memory loss, are actually lifestyle related. Just as muscles get flabby from sitting around and doing nothing, so does the brain.

Physical fitness, a healthy diet and mental exercises can all help maintain cognitive functions including memory.

A marked decline in mental abilities may be due to factors like prescription medications or disease. Older people are more likely to take a range of medications for chronic conditions than younger people. In some cases, a drug (or a combination of drugs) can affect mental abilities.

Certain diseases that are more common to old age, such as Alzheimer's disease, can also be the underlying cause of declining mental abilities. It is worth checking with your doctor to make sure any cognitive changes, such as memory loss, aren't associated with drugs or illness.

Read more about how you can improve your mental fitness and boost your memory:

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



Welcome:: New Members

Rotary Club of Richmond inducted a new Member, Les Frampton. Classification 'Marketing: Promotions and Incentive Rewards'. As Les (pictured front centre) always wears a colourful bow-tie, Members also wore bow-ties in welcome and in celebration of his induction.



Congratulations



PP Chris Don was awarded the **Rotary Foundation Trustees Citation** for the excellent work he has achieved over the past few years supporting the Rotary Foundation.

Chris is a Past President of the Rotary Club of Chadstone/East Malvern, and is currently District 9800 Director of Assistant Governors and active in District 9800 Rotary Foundation Committee.



Notices & Events

Malaria Awareness Day

30 April, 2011

A dinner will be held at the Bentleigh RSL to raise money for malaria awareness. [Read More](#)

Improving Men's Mental Health: Carlton Rotary Special Event

30 April, 2011

Professor Patrick McGorry will be speaking about the topic at The Melbourne Savage Club. Drinks are included in the cost. [Read More](#)

Macedon Ranges MS Cycle Challenge and Fun Run

1 May, 2011

Hundreds of bike riders and runners will be drawn to the Ventou Macedon Ranges MS Cycle Challenge and Fun Run to have a great day and raise funds for charity. [Read More](#)

NEW**Rotary Club of Keilor – Annual Car Show**

1 May, 2011

Car enthusiasts are invited to exhibit their cars, or come along and see an outstanding range of classic cars at this popular event. [Read More](#)

NEW**Cambodian Kids Foundation**

4 May, 2011

ROTARY CLUB OF ABLERT PARK has pleasure in inviting Rotarians to hear the amazing story of the establishment of the Cambodian Kids Foundation. [Read More](#)

NEW**The Business of Sport and the Power of Networks**

4 May, 2011

Harold Mitchell will address his comments on leadership: the power of networks that lead to success, with a particular focus on his experience with setting up the Melbourne Rebels and the linkages between sport and business. [Read More](#)

Preventing Kid's Cancer

6 May, 2011

Major Fundraising Dinner at the Brighton North Rotary Club. Live music and great food in support of kid's living with cancer. [Read More](#)

2011 Wyndham Rotary Fashion Parade and Auction

6 May, 2011

Entry cost includes food and soft drink and it will be BYO alcohol. All proceeds will go to Australian Rotary Health. [Read More](#)

Making a Difference - Annual Dinner for Brighton North

6 May, 2011

Join us for a spirited evening to help support this vital research so that all children can enjoy childhood without experiencing the trauma of cancer. [Read More](#)

Pie and Port Night

7 May, 2011

An ideal way to spend a weekend in northern Victoria supporting and visiting fellow members and friends, come along on Saturday evening to the Rochester Fire Station function room and enjoy country hospitality. [Read More](#)

Cafe International

7 May, 2011

Meet the stallholders, selling an amazing array of gourmet treats, eco-aware clothing or pencils made from tightly rolled recycled newspaper. [Read More](#)

Breakfast with Brigadier

12 May, 2011

A dinner will be held at the Kooyong Lawn Tennis Club with guest speaker, Brigadier (Retired) Nicholas Jans, PhD. [Read More](#)



Notices & Events

Farewell Dinner for the Outbound GSE Team to Texas 17 May, 2011

A dinner will be held at the Tabcorp Park in Melton for the GSE Team before they head off to Texas in the United States. [Read More](#)

90 Years of Rotary in Australia 23 May, 2011

2011 Marks the 90th year anniversary of Rotary in Australia and the Rotary Club of Melbourne, Australia's first Rotary Club invites Rotarians to a Gala Dinner to celebrate this occasion. [Read More](#)

NEW **Rotary Club of Daylesford** **BUSHFIRES, MURDERS AND** **THE MEDIA BRUNCH** 29 May, 2011

Guest Speaker: Bernard Teague AO Chairperson 2009 Victorian Bushfires Royal Commission. Fundraising for the local CFA Brigades. [Read More](#)

Rotary Leadership Institute

The Rotary Leadership Institute is a series of fast paced, interactive, (three one-day courses) offered to refine a Rotarian's leadership skills and increase their base of Rotary knowledge. [Read More](#)

For these and more events, [click here](#)

Readers Letters

Ask Clarice...

Dear All,

I am delighted to advise that the Trustees of the Rotary Foundation announced yesterday that they had adopted, unanimously, the recommendation of the Task Force that Uppsala University, Sweden be the next Center and that this be added immediately to the list of Centers to which applicants can apply. There is some leeway - up to 6 weeks - to accept late applicants who wish to include Uppsala in their preferred universities.

Teaching is in English. Please tell any organisations with whom you are working to get applicants, this good news. It is a great Peace & Conflict Studies program at a world ranking university making it highly attractive to Fellows.

The flier is slightly modified to include Uppsala.

> [Download the flier here](#)

Regards

BOB FELS

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



District 9800		Attendance		Membership				
2010/2011		March-11		At July 1	March-11			
Club	Cluster							
		No. of	Month		Start	End	Net gain /loss 10/11	% Change
		Mtgs	%					
Daylesford	Calder	5	65%	20	29	29	9	45.0%
Woodend	Calder	5	63%	17	21	22	5	29.4%
Richmond	Heritage	2	100%	38	43	43	5	13.2%
Bendigo Sandhurst	Goldfields	5	71%	46	52	52	6	13.0%
Chadstone / East Malvern	Stonnington	5	93%	38	41	42	4	10.5%
Glen Eira	Beachside	5	89%	19	21	21	2	10.5%
Hoppers Crossing	Port Phillip	5	79%	31	34	34	3	9.7%
Brighton Beach	Beachside	3	81%	24	26	26	2	8.3%
Altona	Port Phillip	5	59%	25	27	27	2	8.0%
Eaglehawk	Goldfields	4	78%	38	40	41	3	7.9%
Elsternwick	Beachside			13		14	1	7.7%
Fitzroy	Heritage	3	73%	26	28	28	2	7.7%
Tullamarine	Gateway	5	61%	13	14	14	1	7.7%
Keilor East	Gateway	3	83%	40	43	43	3	7.5%
Essendon North	Gateway	5	45%	27	28	29	2	7.4%
Melbourne South	Batman	4	66%	27	29	29	2	7.4%
Melton	Westside	5	83%	27	29	29	2	7.4%
Malvern	Stonnington	?	67%	42	45	45	3	7.1%
Bendigo Strathdale	Goldfields	5	64%	29	31	31	2	6.9%
Sunshine	Westside	5	65%	20	21	21	1	5.0%
Hawthorn	Yarra	5	62%	63	65	66	3	4.8%
Wyndham	Port Phillip	5	90%	25	26	26	1	4.0%
Central Melb. Sunrise	Batman	5	61%	59	62	61	2	3.4%
Toorak	Stonnington	3	61%	31	32	32	1	3.2%
Brunswick	Heritage	5	40%	33	34	34	1	3.0%
Camberwell	Eastside	4	75%	67	69	69	2	3.0%
Keilor	Gateway			38		39	1	2.6%
Kyneton	Calder	3	81%	38	39	39	1	2.6%
North Balwyn	Eastside	5	87%	82	84	84	2	2.4%
Brighton North	Beachside	5	76%	52	52	52	0	0.0%
Canterbury	Eastside			43		43	0	0.0%
Carlton	Heritage	5	82%	40	40	40	0	0.0%
Collingwood	Heritage	5	71%	17	16	17	0	0.0%
Essendon	Gateway	5	54%	78	78	78	0	0.0%
Gisborne	Calder	5	71%	24	25	24	0	0.0%
Glenferrie	Yarra	5	64%	41	40	41	0	0.0%
Kangaroo Flat	Goldfields	3	72%	25	26	25	0	0.0%

District 9800		Attendance		Membership				
2010/2011		March-11		At July 1	March-11			
Club	Cluster							
		No. of	Month		Start	End	Net gain /loss 10/11	% Change
		Mtgs	%					
Laverton Point Cook	Port Phillip	5	67%	18	18	18	0	0.0%
North Melbourne	Heritage			27		27	0	0.0%
Point Gellibrand	Hobsons Bay	5	57%	30	30	30	0	0.0%
Williamstown	Hobsons Bay	3	74%	38	36	38	0	0.0%
Brighton	Beachside			133		130	-3	-2.3%
Melbourne	Batman	5	52%	259	252	251	-8	-3.1%
Footscray	Hobsons Bay	5	67%	55	52	53	-2	-3.6%
Brimbank Central	Gateway	5	86%	26	25	25	-1	-3.8%
West Footscray	Hobsons Bay	5	80%	24	23	23	-1	-4.2%
Albert Park	Batman	5	57%	63	60	60	-3	-4.8%
Bendigo	Goldfields	5	66%	84	79	80	-4	-4.8%
Flemington	Hobsons Bay	5	84%	20	20	19	-1	-5.0%
Bacchus Marsh	Westside	4	68%	38	35	36	-2	-5.3%
Yarraville	Hobsons Bay	5	67%	19	19	18	-1	-5.3%
Boroondara	Eastside			18		17	-1	-5.6%
Moonee Valley	Gateway	5	39%	18	17	17	-1	-5.6%
Castlemaine	Calder	5	58%	44	41	41	-3	-6.8%
Prahran	Stonnington			27		25	-2	-7.4%
Werribee	Port Phillip	5	84%	38	36	35	-3	-7.9%
Melbourne Park	Heritage			25		23	-2	-8.0%
Balwyn	Eastside	5	65%	80	74	73	-7	-8.8%
Caulfield	Beachside	5	67%	11	13	10	-1	-9.1%
Rochester	Goldfields	?	70%	10	10	9	-1	-10.0%
Docklands	Batman			22		19	-3	-13.6%
Kew	Yarra	5	53%	44	38	38	-6	-13.6%
Altona City	Port Phillip	3	80%	29	25	25	-4	-13.8%
Port Melbourne	Batman	3	61%	14	11	12	-2	-14.3%
Southbank	Batman	5	61%	34	29	29	-5	-14.7%
Kew-on-Yarra	Yarra	5	68%	18	15	15	-3	-16.7%
Bendigo South	Goldfields	5	80%	38	31	31	-7	-18.4%
Melton Valley	Westside	5	93%	19	15	15	-4	-21.1%
St Kilda	Stonnington	5	64%	13	10	10	-3	-23.1%
Echuca-Moama	Goldfields	5	74%	25	20	19	-6	-24.0%
No. of Clubs Reporting			61		61			
No. of Members				2677		2661	-16	-0.6%

District 9800		Attendance		Membership				
2010/2011		March-11		At July 1	March-11			
Club	Cluster							
		No. of	Month		Start	End	Net gain /loss 10/11	% Change
		Mtgs	%					
% Average of Those Reported			70.0%					
% of Clubs Reporting Attendance			87%					
% of Clubs Reporting Membership						87%		
<i>* a blank in the "Start" column indicates no numbers supplied and the End number is based on the last reported number.</i>								
Please note that the numbers in the "At July 1" column have been revised to reflect the numbers as supplied by R.I. on 5th November '10								



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

**To all Clubs not involved
in Youth Exchange: please
urgently reconsider!**

To our many Clubs that are currently hosting and sponsoring Rotary Youth Exchange students, thank you on behalf of the students, their families and Rotary. We all know times have changed and travel is less special. But nothing compares to a Rotary Youth Exchange, living with families, experiencing different cultures, food and customs, and introducing a young person to the ways of Rotary International.

Clubs please don't worry if you feel your members are past home hosting or feel they have done their share in the past. We have a desperate need for host Clubs as we have more students wanting to come here to D9800 than we have Clubs willing to put their hand up. **We need to act now.** A club needs only to facilitate the exchange and can find ready host families amongst friends, neighbours, and the school community. A Youth Exchange student makes a club feel younger and really hits home the internationality of Rotary.



Iven Mackay and Marilyn
District Governor 2010-2011

To all Club Presidents, Club Presidents Elect and Club Boards, please think about this and help these students fulfil their dream of coming to Australia. We have applications now waiting for host Clubs. We have students wanting to leave Australia on exchange, and they also depend on our clubs receiving an inbound student. Please contact the Youth Exchange Committee via Chair Graeme Bird email graeb@bigpond.com who will assist you with any questions or concerns. This is an urgent request and Clubs can jointly host or even a Cluster could decide to be involved. **Over to you and it would be wonderful if we could rise to the occasion and ensure that young overseas students are not turned away from D9800. Thank you.**

The RC of Keilor East presented 5 local business/

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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



April is Magazine Month





DG WEEKLY MESSAGE CONTINUED...

community people with Pride of Workmanship Awards at a special meeting held on 18 April. The Mayor of Moonee Valley also attended.

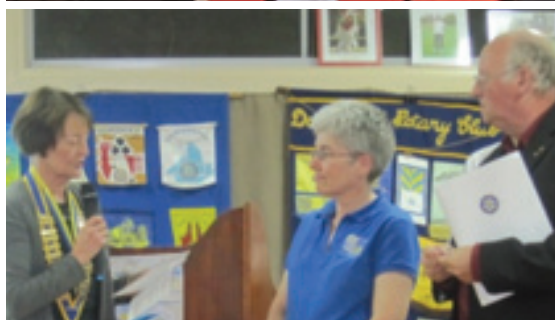
It was a pleasure to visit the RC of Daylesford

last week on Wednesday night. The Club inducted 2 new members and presented a PHF recognition. It was good to catch up with Danny Moynihan, a fellow President from Rotary year 1990-91.

I hope you all had a nice Easter break and are now full of energy and revitalised as we head into the final busy couple of months left in this Rotary year. Finally, if it is at all possible for your Club to help us with Youth Exchange.... Then please act now!

In Building Communities Bridging Continents,
Have a great week,

DG Iven



Clockwise from top to bottom: Photo 1: DG & President Cherrie Osborn at RC of Keilor East, 18 April, with the 5 awardees. **Photo 2:** AG Mark Schirmer proposes a Toast to RI. **Photo 3:** President Lesley Baragwanath inducts Sally van Rooden into RC of Daylesford, watched by PP Danny. Former member Bruce Bavin was also welcomed back into membership of the Club. **Photo 4:** President Lesley, DG Iven, Club member AG Bronwen Scarffe and fellow PHF's congratulate the Clubs newest PHF recipient Brian Nash

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BE MORE COMFORTABLE AT WORK

VECCI BUSINESS TIP



Most people spend a good portion of their waking hours sitting at a desk or working with a computer. This time can be painful if you don't take steps to properly set up your workstation to work with your body – not against it.

Creating an ergonomic workstation is easier than you might think, and the payoff can be huge. These tips and resources from [HR World.com](http://www.hrworld.com) can get you on the path to making your workstation more ergonomic, less painful and more productive.

Work Area

When setting up a work area, make sure that the space is large enough for you to spread out comfortably and allows for a full range of motion, which can be a common concern for those with long limbs. Make sure to leave plenty of room to arrange the items you use most frequently in such a way that there is no strain for you to reach them.

Laptops

When using a laptop, it's best to use it while it's on a table rather than on your lap. If you use it frequently, you might be better served by using a separate keyboard and mouse rather than using the built-in keyboard and touch pad to reduce strain on your wrists and hands.

Keyboard

If you spend a lot of your workday typing, where you place your keyboard and how you use it can greatly affect your risk of getting repetitive stress injuries (RSIs) like carpal tunnel syndrome. Your keyboard should be placed so that your arms are parallel to your thighs. If your desk doesn't allow for this, try getting a keyboard tray. Keep your wrists elevated and don't hit the keys too hard with your fingers.

Mouse

When setting up your desk, make sure to keep your mouse easily within reach and try not to grip it too tightly, as doing so can strain the muscles in your hand. If you find that using a mouse bothers you too much, try using an alternate input device like a trackball or a touch pad.

Desk

There is no one-size-fits-all desk, so choose one that is right for you. You can help reduce your chance of injury by getting a document holder, arranging your

electronics within your reach and making sure that the area underneath your desk remains uncluttered.

Chair

A good chair can do wonders, as sitting is much harder on your back than it might appear to be. Make sure to keep your lower back supported, and adjust your chair so that you can easily reach your keyboard and mouse. If this means raising the chair so that your feet don't quite reach the floor, get a footrest to help keep your feet from dangling.

Monitor

Improperly configured monitors can cause a great deal of eyestrain, resulting in headaches and difficulty concentrating. Centre your monitor in front of you at a comfortable distance, and adjust the brightness settings so that it's easy on your eyes. Make sure to take breaks from staring at your screen, too. Glare can be a problem, and if you can't seem to eliminate it, use a glass glare filter. Also, raising your monitor a little higher so you don't need to look down can be helpful for neck problems.

Lighting

Common office lighting can often create a great deal of eyestrain by making your computer monitor difficult to see. Adjust your shades or lights as much as you can to reduce glare, and position your monitor at an angle so light reflection is reduced. It can be helpful to keep overhead lights dimmed and use a desk lamp for close work.

Work Habits

You can arrange your work habits so that you don't put undue stress on any part of your body. Make sure to take frequent breaks, get up and walk around, and change positions frequently so that repetitive tasks and static work won't take a negative toll.

Phone

It can be tempting to multitask and cradle your phone receiver between your neck and shoulder. However, this should be avoided, as it can create a great deal of strain in your neck muscles. If you need to have your hands free, try using a headset or put the call on speakerphone.

© VECCI 2010

For further information, please click here:

http://blog.vecci.org.au/news/Pages/Business_Tips-How_to_be_more_comfortable_at_work.aspx

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.](#)



**SOMETIMES LESS WORDS
IN THE SAME SPACE
PROVIDE MORE IMPACT.**

Marketing Tip

When the world interacts with us briefly, what's the take home message they get about you, your Club and Rotary? Sometimes it's best to go back to the KISS Principle (Keep It Short & Simple) and leave them with something short but memorable, for example:

THE ROTARY CLUB OF ANYTOWN:

WHERE BUSINESS AND THE ANYTOWN COMMUNITY MEET TO DO GOOD.

THE ROTARY CLUB OF HAMLET:

BE PART OF THE MOVEMENT TO MAKE HAMLET AND THE WORLD A BETTER PLACE.

**WHAT IS YOUR CLUB'S
SIMPLE MESSAGE?**



CELEBRATING THE ESSENTIAL WORK OF MIDWIVES

Future Vision

From time immemorial, women have helped other women through the dangerous passage of childbirth.

Today, equipped with medical skills, medicines, equipment and knowledge, trained midwives can save nearly all women who experience complications of delivery – or make timely referrals to a higher level of care.

But midwives deliver more than babies, as a new multimedia presentation from UNFPA makes clear.

They support babies through those first vulnerable hours out of the womb. They help mothers and fathers become parents. Often they are women's first contact with the health sector, and deliver a range of primary health care interventions, including family planning counselling and supplies.

The critical role of midwives in the challenge to save the lives of mothers and newborns is also the theme of a major report that will be launched at the [Triennial Conference](#) of the International Confederation of Midwives in June of this year. The [State of World Midwifery](#), which will be the first of its kind, aims to strengthen midwifery, in part, by providing new information and data gathered from 60 countries in all regions of the world to:

- examine the number and distribution of health professionals involved in the delivery of midwifery services
- explore emerging issues related to education, regulation, professional associations, policies and external aid
- analyse global issues regarding health personnel with midwifery skills, most of whom are women, and the constraints and challenges that they face in their lives and work
- call for accelerating investments for scaling up midwifery services, as well as “skilling up” the respective providers.

The report will include statistical tables and applicable global standards, collating relevant midwifery information.

The world currently faces a shortage of some 350,000 midwives, which results in the needless deaths of hundreds of thousands infants and women each year.

Watch the Video at: <http://www.unfpa.org/public/cache/offonce/home/news/pid/7529;jsessionid=B01DDEDBECEF29B09A72C80E8F53494A.jahia01>

District 9800 is committed to Vocational Training Team for Midwives in Timor Leste, to improve Maternal and Child Health Care:

http://www.rotarydistrict9800.org.au/networker_0006_future_vision_vocational_training_teams



Hat Day

for Mental Health Research



'Hat Day' is Australian Rotary Health's first community action and awareness day. It provides Australians with an opportunity to learn more about mental health and the importance of research while supporting a great cause.

Mental health in Australia

In Australia, mental illness is the third biggest health problem after cancer and heart disease. It affects one in five Australians every year, and contributes to the deaths of over 2,000 annually through suicide.

Currently, only a third of those suffering from a mental illness receive treatment within a 12 month period despite there being widespread effects related to untreated mental illness.

Professor Anthony Jorm, Research Chair of Australian Rotary Health, believes it is important for all Australians to commit to reducing stigma and raising awareness of the impact mental illness has on the whole community.

"Directly or indirectly, every Australian is affected by mental illness," says Prof Jorm. "It may affect them, their family, their work colleagues or their friends. And unlike physical diseases which mainly affect older people, mental illness is the biggest health problem for Australia's youth, affecting them during the prime of their lives," he says.

Professor Jorm is encouraging all Australian's to support Hat Day this year. "We badly need new treatments for mental illnesses," he says. "Especially now when the long-term impact of the disasters that Australia has faced over the past year will mainly be on the mental health of the population,"

Why support mental health research?

Not only does research help shape policy, service provision and the development of new therapies, it is also plays an integral role in building understanding and reducing the stigma of a number of mental illnesses and disorders.

"Mental illness shouldn't be something to be afraid of", says Ms Joy Gillett, OAM and CEO of Australian Rotary Health. "It is a disease, like cancer or diabetes, which can be effectively managed. But to do that we need a better understanding of how these illnesses occur and evolve – that's why research is so important."

"Unfortunately, only 20% of research grants for mental illness get funded due to a lack of finance," Ms Gillett explains. "This is regrettable considering how important research is to reviewing services and developing effective interventions, medications and therapeutic treatments."

Contact Ron Adams on 9821-0444 or r.g.adams@bigpond.com for more information or simply look at the web site www.hatday.com.au

Australian Rotary Health Month

Australian Rotary Health

May in the D9800 Rotary Calendar is allocated to Australian Rotary Health and this is our 30th year of funding research and community education programs dedicated to supporting healthier Australian minds, bodies and communities through research, awareness and education.

Australian Rotary Health is one of Australia's largest independent health funds. To date Australian Rotary Health has funded more than \$26 million of research in Australia in a number of fields of health including cancer, mental health, youth health, aged health and other disorders.

Funded initially to support SIDS research in 1981, Australian Rotary Health has grown to become a catalyst for projects that will improve the quality of life for those least able to assist themselves. This is achieved through funding studies that focus on applied research that demonstrate practical strategies for the enhancement of community health. This information is often then applied by Rotary Clubs in their own communities to promote better health outcomes and understanding across a broad section of the Australian population.

Australian Rotary Health is a multi-district activity approved by the Board of Rotary International and is registered under corporation law. It operates through a constitution and has deductible gift recipient (DGR) status. All donations over \$2 are tax deductible.

For more information about Australian Rotary Health, please visit www.australianrotaryhealth.org.au or contact Ron Adams on 9821 0444 or r.g.adams@bigpond.com.

www.australianrotaryhealth.org.au

Rotarians Against Malaria

In Australia, Malaria Awareness Day is April 30th.

This week's meeting at your Rotary Club is your opportunity to raise awareness of the effects of Malaria and raise funds for the eradication of Malaria.

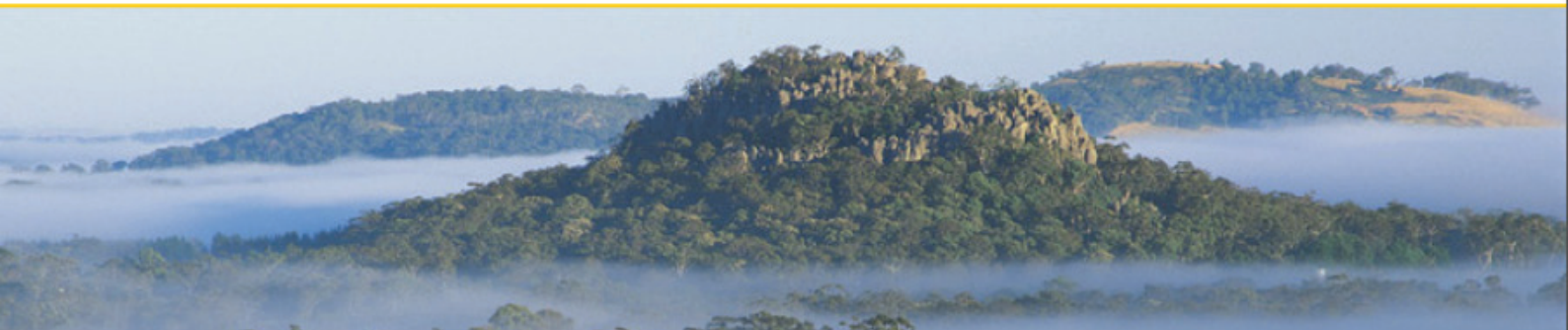
Bednets are the most cost effective method of preventing the spread of Malaria.

Each bednet costs only \$10 to deliver. Can you help?

For more information - Bill Stoney 0418 374 926 or www.ramaustralia.org



Download Flyer



Sunday 15th Of May 2011 | Kyneton

Dear Members of District 9800,

DGE Keith Ryall, Gabrielle and Rotary Club of Kyneton President Sue Ogden take pleasure in inviting you to join all the members of the Rotary Club of Kyneton at the 2011 District Assembly, to be held on Sunday 15th May, 2011 at the magnificent Sacred Heart College, High Street, Kyneton.

Key points to note:

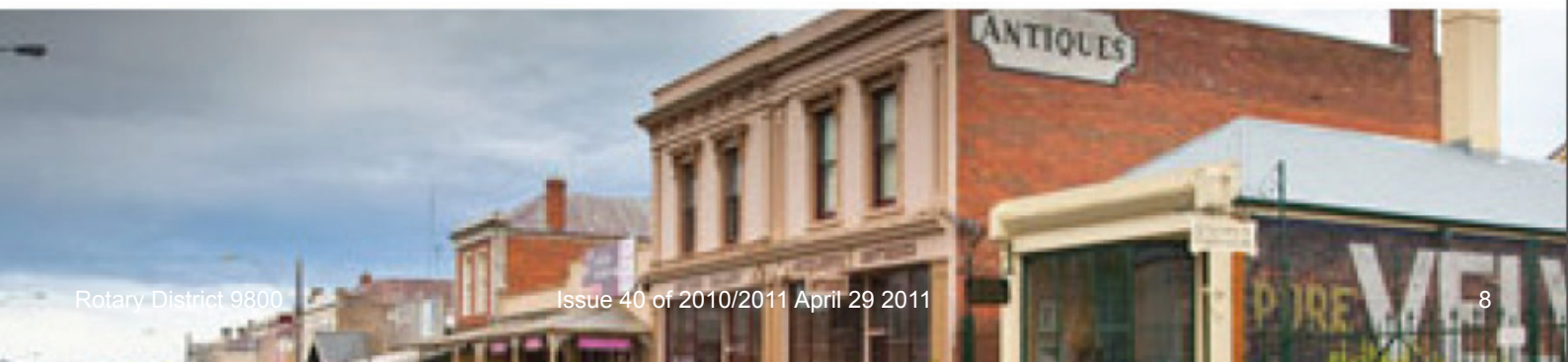
- Registration opens at 9.00am, coffee and tea will be available on arrival.
- The first plenary session starts at 10.00am and the Assembly will conclude at 2.00pm.
- Morning tea and lunch will be provided as part of the registration price of \$23 incl gst per head.

This will be the third time the members of the Rotary Club of Kyneton have hosted our District Assembly. The venue is an outstanding facility that will ably support our requirement for many breakout rooms with the latest technology for our presenters and fabulous facilities for networking and lunch afterwards.

The drive up to Kyneton has a wonderful outlook with stunning surrounds as Kyneton is situated in the heart of the magnificent Macedon Ranges. The area is renowned for its small heritage towns, wineries, country shopping and unrivalled scenery. Kyneton is located in the middle of District 9800 off the Calder Highway.

Rotarians partners may like to take a tour of the local area on a charter bus while the Assembly is in session. They will return in time for the lunch. There is no additional cost for the charter tour. The charter tour will take partners on a journey exploring the tourist and retail sites, including a visit to Hanging Rock.

Your Club's registration is required by forwarding the attached registration form to the Chairman, District Assembly, PO Box 18, Kyneton 3444 no later than Friday 6th May 2011 with your Club cheque.





Doing good in the world

THE ROTARY FOUNDATION
OF ROTARY INTERNATIONAL

2010 FACTS



SUMMARY STATISTICS

	2009-10	Cumulative
Contributions	\$268.5 million	\$2.663 billion
Annual Programs Fund	\$100.4 million	\$1.702 billion
Permanent Fund	\$10.5 million	\$176.5 million
PolioPlus Fund	\$151.6 million	\$752.6 million
Other	\$6.0 million	\$32.0 million
Program Awards and Operations	\$204.9 million	since 1947: \$2.407 billion
Arch C. Klumph Society	32	270
Major Donors	1,431	12,847
Bequest Society	497	7,120
Benefactors	2,701	83,374
New Paul Harris Fellows	54,300	1,243,082

Cover photo: Rotary Images/Monika Lozinska-Lee

Fundaniñas, an orphanage in Guatemala City, Guatemala, houses, nourishes, and educates girls ages 2 to 18, with support from The Rotary Foundation through several Matching Grants. The orphanage's founder, Isabella Bosch (center), was the first woman to become a Rotarian in Guatemala.

The mission of The Rotary Foundation of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

For additional information, contact:

Office of the General Manager
The Rotary Foundation, One Rotary Center,
1560 Sherman Avenue, Evanston, IL 60201 USA
Telephone: 847-866-3000 Fax: 847-328-8554
www.rotary.org

EVERY
ROTARIAN
EVERY
YEAR

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159-EN—(1110)

> Download the PDF



Notices & Events

Malaria Awareness Day

30 April, 2011

A dinner will be held at the Bentleigh RSL to raise money for malaria awareness. [Read More](#)

Improving Men's Mental Health: Carlton Rotary Special Event

30 April, 2011

Professor Patrick McGorry will be speaking about the topic at The Melbourne Savage Club. Drinks are included in the cost. [Read More](#)

Macedon Ranges MS Cycle Challenge and Fun Run

1 May, 2011

Hundreds of bike riders and runners will be drawn to the Ventou Macedon Ranges MS Cycle Challenge and Fun Run to have a great day and raise funds for charity. [Read More](#)

NEW

Rotary Club of Keilor – Annual Car Show

1 May, 2011

Car enthusiasts are invited to exhibit their cars, or come along and see an outstanding range of classic cars at this popular event. [Read More](#)

NEW

Cambodian Kids Foundation

4 May, 2011

ROTARY CLUB OF ABLERT PARK has pleasure in inviting Rotarians to hear the amazing story of the establishment of the Cambodian Kids Foundation. [Read More](#)

NEW

The Business of Sport and the Power of Networks

4 May, 2011

Harold Mitchell will address his comments on leadership: the power of networks that lead to success, with a particular focus on his experience with setting up the Melbourne Rebels and the linkages between sport and business. [Read More](#)

Preventing Kid's Cancer

6 May, 2011

Major Fundraising Dinner at the Brighton North Rotary Club. Live music and great food in support of kid's living with cancer. [Read More](#)

2011 Wyndham Rotary Fashion Parade and Auction

6 May, 2011

Entry cost includes food and soft drink and it will be BYO alcohol. All proceeds will go to Australian Rotary Health. [Read More](#)

Making a Difference - Annual Dinner for Brighton North

6 May, 2011

Join us for a spirited evening to help support this vital research so that all children can enjoy childhood without experiencing the trauma of cancer. [Read More](#)

UPDATED

Pie and Port Night

7 May, 2011

An ideal way to spend a weekend in northern Victoria supporting and visiting fellow members and friends, come along on Saturday evening to the Rochester Fire Station function room and enjoy country hospitality. [Read More](#)

Cafe International

7 May, 2011

Meet the stallholders, selling an amazing array of gourmet treats, eco-aware clothing or pencils made from tightly rolled recycled newspaper. [Read More](#)

Breakfast with Brigadier

12 May, 2011

A dinner will be held at the Kooyong Lawn Tennis Club with guest speaker, Brigadier (Retired) Nicholas Jans, PhD. [Read More](#)



Notices & Events

Farewell Dinner for the Outbound GSE Team to Texas

17 May, 2011

A dinner will be held at the Tabcorp Park in Melton for the GSE Team before they head off to Texas in the United States. [Read More](#)

NEW

Heart Kids Spectacular Final

20 May, 2011

All proceeds to benefit children with heart disease. Join us for an evening to remember with a sumptuous meal drinks and fabulous entertainment and a silent auction. [Read More](#)

90 Years of Rotary in Australia

23 May, 2011

2011 Marks the 90th year anniversary of Rotary in Australia and the Rotary Club of Melbourne, Australia's first Rotary Club invites Rotarians to a Gala Dinner to celebrate this occasion. [Read More](#)

NEW

Victorian Flood Relief Dinner & Dance

27 May, 2011

The Rotary Club of Keilor invites you to their Dinner and Dance to raise money for the Victorian Flood Relief.

[Read More](#)

NEW

Rotary Club of Daylesford BUSHFIRES, MURDERS AND THE MEDIA BRUNCH

29 May, 2011

Guest Speaker: Bernard Teague AO Chairperson 2009 Victorian Bushfires Royal Commission. Fundraising for the local CFA Brigades. [Read More](#)

NEW

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 Eira Town Hall. [Read More](#)

For these and more events, [click here](#)