



December is Family of Rotary Month

Our Fine District

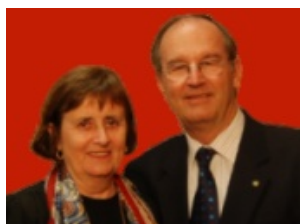
There is certainly a lot happening in our District, things aren't slowing down despite the Festive Season's fast approach. . .

Club Visioning is starting to take off with the first program being held with the RC of Caulfield next week. I look forward to seeing the results.

Clubs in our District have been giving great support at the Homeless World Cup and this week helped treat competitors to a good old-fashioned Aussie barbie at Visy Park in Carlton. A great way to introduce the guests from some 56 nations to Aussie culture.

Congratulations must go to the Rotary Club of Essendon on the great success of the Royce Abbey Celebratory Dinner that was held at the Moonee Valley Racecourse function centre on Wednesday. Over 220 people attended and ten Rotarians from clubs all over Victoria were presented with Royce Abbey Awards. It was great to meet Matt O'Brien at the dinner. Matt is a member of the Kenyan Homeless Soccer team here for the Homeless World Cup. Matt's attendance at the dinner certainly reinforced the achievements of Rotary and its partners and the impact the we can have on the lives of people less fortunate than ourselves. The Royce Abbey dinner has certainly become an important event in the Rotary Calendar.

The Rotary Clubs of Chadstone – East Malvern and West Footscray have begun developing their new-look websites with the assistance of the District Marketing Team and our District website development partners Komosion. We look forward to seeing these websites and expect that they will provide prototypes for other Clubs to follow using the same platforms.



DG Jim Studebaker & Carol

Next week I will profile some of our guest speakers at the District Conference, I urge you to register as soon as possible, remember that early bird registration ends in nine days!

~**Jim Studebaker, District Governor**

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Welcoming New Members

The Rotary Club of Flemington has pleasure in advising that it has inducted two new member, this week:

- Mr. John S. Wright, Commercial Photography;
- Mr. Peter m. Donnellanm, Legal Services – Business Law





A Thank You From The RC of Central Melbourne - Sunrise

Roger Thornton, President of the Rotary Club of Central Melbourne has asked us to pass on his and his club's thanks for the wonderful support that they received at their annual Foundation Breakfast.

Over 300 people from all over our District attended the breakfast on Wednesday 26 November, where they heard an inspiring talk by Sir Gustav Nossal, full of optimism about how medical research is winning the war against some, if not all, diseases.

Roger said that "The high attendance, along with generous additional donations to the raffle and numerous individual contributions to the PolioPlus Campaign, mean that we will be able to exceed our forecast annual contribution to The Rotary Foundation and PolioPlus.

"The wide support we received makes all the hard work worthwhile. I look forward to seeing you all at next year's Foundation Breakfast.

"Many thanks."



Roger Thornton, President, RC Central Melbourne-Sunrise (left) with Judith Durham (of The Seekers fame - The Seekers were the first "Australians of the Year" – in 1967;) Sir Gustav Nossal ("Australian of the Year" in 2000) displaying the citation for his Paul Harris Sapphire, presented to him by President Roger Thornton.

The things old people tend to regret are the things they didn't do!

- Wes Truscott



Rotary World Peace Fellowship – D9800 Does It Again

The Selection Committee for world competitive Rotary World Peace Fellowships (RWPF) selected our District's nominee, Julia Watson, to go to University of California, Berkeley. Julia, originally from Castlemaine, is a law /arts graduate from the University of Melbourne. She works for the Victorian Government Solicitor and was intimately involved in drafting the history making Charter of Human Rights legislation and has also worked in Timor Leste.

Julia recently attended a meeting of the Rotary Club of Balwyn, where Dinish Kumar who was a RWPF from India spoke. Dinish graduated from Bradford University and he is currently a journalist in Victoria.



Our District has successfully nominated a Fellow in 7 out of the 8 years that this outstanding program has been running. Only Iceland has been successful with 8 out of 8. Our neighbour D.9810 also has had 7 out of 8 successes but as we passed our 2003 runner up to them and he was successful, we are second top District in the world.

We have also had 2 candidates selected for the 3 months course in Thailand for mid career professionals in peace and conflict work.

Let us keep up the good work. Have you searched for candidates for this remarkable program? We are now able to nominate more than one candidate if we think they are strong competitors. Contact Bob Fels, Chair of the District World Peace Sub-Committee at rfels@satlink.com.au or 5989 2455



From left to right: Bob Fels, Julia Watson, Dinish Kumar and Trevor White.

Adopt A Farmer

Less than two hours drive from Melbourne there are families that have not purchased toilet paper, soaps, deodorants etc for some months. Adopt a Farmer aims to relieve some of this stress by supporting the families...

Aim:

To assist families on the land in their every day needs to ensure Once the assistance is finished we ask the farmer to host a child from the city for a weekend or week during the school holidays.





Process:

To make available vouchers to families of \$250- per month from their local independent supermarket, enabling them to purchase necessities.

Names of families in need are obtained and cleared by community groups like Vinnies and the Salvos.

Benefits to the local community:

Apart from providing necessities, the program helps generate income to the local stores and has assisted in local employment for juniors - the wheel keeps on turning

Achievements:

To date we now have assisted 15 families and we have a minimum of another five families waiting for us to generate more income / promise. Funds have come from various supporters – Rotarians, Rotary Clubs, Private individual contributions and companies

How you and or your club can help:

- Sponsor a family for a minimum of either 6 or 12 months OR donate to a pool of funds via the Essendon North RC. The funds are distributed accordingly. Supermarkets and families are sent letters so that they know who is sponsoring them.
- Attend the Adopt a Farmer dinner on 10 December, hear Vince, the person responsible for introducing us to families in the Lockington and Calivil area, speak – See News and Events for further details.

At this stage we only the Lockington and Calivil areas have been supported but the project hopes to expand to wider Victoria with further support.

To date, the RCs of Malvern, Altona City, Essendon North and Melton have agreed to support the project along with Rotarians from other clubs on an individual basis.

If you would like further information please contact David Mott, PP Essendon North at davidm@intramar.com.au. David is also available to speak to any club on this project.

Malaria Awareness Day

Rotarians Against Malaria (RAM) in Australia has set aside 30 April 2009 as Malaria Awareness Day. From 26 April, RAMs are engaging in a major campaign to make the general public, as well as Rotarians, more aware of the very serious impact of this dreadful disease.



The campaign will be multi-faceted in that it will include TV Community Service Announcements as well as media articles.

Clubs and districts are requested to be directly involved in whatever way they choose. The following are suggested ways in which a club or group of clubs or district may wish to raise the awareness of malaria in their area:

- The guest speaker for the normal meeting that week to speak on malaria;
- Instead of presenting the guest speaker with a gift, donate the \$s towards the purchase of mosquito nets; We will provide a gift voucher acknowledging– “A Malaria net has been donated on your behalf”;
- Plan a special dinner and invite other clubs to participate. RC Buderim D9600 has already planned this activity with guest speaker Prof Dennis Shanks, Director Australian Army Malaria Institute and expect to raise \$4,000 which will be directed to an MG for bed nets;
- Arrange a sausage sizzle at suitable high-usage venue, your local Bunnings store;
- Set up &/or man a display at a suitable venue, e.g., the local shopping centre;
- Encourage your Rotaract and Interact Club/s to get involved;
- Arrange to speak to at least one class in your local school/s;
- Hang a banner from a bridge across a major thoroughfare;
- Set up a poster or display in a vacant shop or in friendly contact/s premises such as chemists, real estate agents, corner stores, and so on with all such space being freely given;



- If you have a market, use it as a promotional display. Our RC of Keilor will be doing this and donating the gate takings to RAMS;
- Run a special VIP Dinner. Part of the promotion will highlight the excellent contribution being made by AusAid (Government). Ask your local politician to help host the event;

During the lead up to Malaria Awareness Day brochures will be available for inclusion in mail-outs with your company invoices, etc. An email package will also be available that you can send to people on your address list and display materials are in the process of development which will include A3 posters available for clubs to download and print. Further a press release package for clubs to distribute to their local press will be available.

If you would like further information please contact Virginia Turner at v.turner@bigpond.net.au.

Making Dreams Real: Success Secrets

Lena Condos is one of District 9800's newest members. Despite her fresh status as a Rotary International member, she has been involved with the Melbourne South Rotary Club since she was sponsored as one of five District 9800 Group Study Exchange participants who travelled to America in April earlier this year. Lena was part of an impressive delegation of young professionals who visited the states of Iowa and Nebraska under the leadership of Echuca-Moama Rotarian, Anne Peace.

Lena's vocational experience includes ten years in the non-profit sector in marketing management, events management and publicity roles. She is currently employed as the Marketing Manager at Melbourne's Lost Dogs' Home and prior to that, was the first Marketing Manager ever appointed at the Shrine of Remembrance. She has just completed a Masters Degree in Marketing and has represented Australia in mixed netball since 2004, including two captaincies. Her volunteer work includes teaching English in orphanages throughout Asia and as a netball coach.



Lena (2nd from left) returns from the US with her fellow GSE team members

Lena's five tips for success:

- ❖ Don't compromise your values and ethics. This takes courage.
- ❖ Believe in yourself and what you have to offer the world. Everyone can make a contribution towards a better world.
- ❖ Don't give up, stick to your word and act with conviction about the ideals you believe in.
- ❖ Don't burn your bridges, build friends, network and work alongside 'enemies' until they become friends.
- ❖ Respect the needs of others before yourself. If you look after the world and those in it, the world will (hopefully) look after you!
- ❖ Humility is a nice human quality.

Eyes Wide Open

Lena's passion for humanitarian work extends to a new program she has developed in conjunction with the Melbourne South Rotary Club called Eyes Wide Open.

Eyes Wide Open is a program that will facilitate opportunities for people to visit and participate in Rotary-sponsored projects in developing regions. Participants undertake various short-stint humanitarian projects, opening their eyes to ways they can contribute to a better world through Rotary.

The main objectives of Eyes Wide Open are to:

- Engage current and future generations in the mission of Rotary International, ensuring its relevance into the future.
- Educate and inspire participants to become humanitarian heroes through Rotary, thus supporting its core values.

It is proposed that Eyes Wide Open will deliver the following benefits to Rotary:

- Enhanced awareness of Rotary;
- Relevance and resonance of Rotary into the future;
- Increased Rotary 'brand equity';



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- Increased opportunities for Australians to become involved in Rotary through Eyes Wide Open trips, as subsequent volunteers or as financial contributors;
- The creation of more informed and culturally aware citizens;
- The perpetuation of Rotary values;
- Professional and personal development for participants;
- Potential increased membership of Rotary International.

If you would like to know more about the Eyes Wide Open program, please contact the Melbourne South Rotary Club via President Trevor Harris on 0416 139 646.

Spreading The Word Further

We all know that engagement is something that we need to foster within our clubs – a sense of belonging, involvement and how we contribute to the bigger picture help us not only retain members, but inspires us to do more too.

But it's not only club members that we should aim to engage. Those outside of Rotary should be just as much our targets, whether they be potential members, supporters, colleagues, sponsors, corporates, family or the general public. If we would like them to feel connected to our causes and organisation, it's important that we build those connections with them and engage our audience.

Networker itself is a terrific tool for getting people interested, involved and inspired. But is it inspiring as many people as it could both inside and outside of Rotary?

Consider whether your Club has engaged the following groups:

Club Members	Are all your members subscribed to Networker or are printouts / email copies forwarded to all members? Have Club Members ever been assigned as correspondents / feature writers to Networker for the month?
Media	Do you have a contact in the media who you pass Networker or selected Networker stories onto?
Supporters and Corporates	Do you forward on copies of Networker to your supporters? If your Club is mentioned or a project your supporters have been involved in is written about you should make sure it is brought to their attention.
Your Business or Organisation	Do you have a copy of Networker amongst reading material in waiting rooms / lunch rooms / etc? Do you share pertinent articles with your colleagues?
Businesses in the Local Area	Many businesses, from dental surgeries to laundromats, supply reading material for waiting guests – local business owners are also often prime candidates to become Rotarians – many want to be more connected to other people and businesses in their community. Networker can be a good way of interesting them and introducing them to Rotary.
Members of the Public	Do you have copies of Networker at your events? Do you have a sign up sheet available for those who would like to receive emails about what you do? Do you provide potential members with a copy of Networker to show what we do? Do you write articles for Networker with the public in mind?
Partners & Family	Rotary shouldn't be a trade off between family and your Club. Share Networker and good news stories with your family (and extended family) so they can see why you devote time and effort to Rotary. A family who sees the outcomes of your efforts and believes in what you do will often be great advocates of Rotary (rather than adversaries!).





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Program Participants

Does your Club keep engaged those participants of Rotary programs who we have had an involvement with? It's worth asking GSE, RYPEN, RYLA, International Exchange, Rotary Ambassadorial Scholars and others we have helped – Networker can keep the connection alive and keep them in contact.

A final tip: As a Club it is worth appointing a Networker Liaison – someone who can be responsible for ensuring others are signed up to, or provided with a copy of, Networker. The Liaison can also help coordinate or edit stories from your Club and ensure your Club's activities are featured and promoted regularly (having a singular contact who knows Clarice's editorial requirements also helps Clarice in editing Networker!).

Remember, the signup process is simple for Rotarians and non-Rotarians alike – just visit:

<http://www.rotarydistrict9800.org.au/Members/NetworkerSubscribe>

It will ask you for:

- First name
- Last name
- Partner's name (if applicable)
- Email address
- Rotary Club Member (yes / no)
- Name of Rotary Club (if applicable)

There is also an optional box for any other information or requests and a verification box to stop spam. Simple! Or have your Club's Networker Liaison download the signup sheet available at:

http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2008_2009/NetworkerSignUp.pdf

and enter in the details of subscribers for them at the above site.

Notices & Events

Change of club meetings for December/January due to the Christmas Break are:

RC of Prahran

The RC of Prahran will not be having a regular meeting on Monday, December 8 due to their Christmas party later in the week

RC of Gisborne

The R.C. of Gisborne will:

- not be meeting at the Macedon Family Hotel on Tuesday, 16 December, but instead will be holding the meeting at the Emperor Tang Chinese Restaurant in Aitken St, Gisborne.
- not be meeting on either Tuesday 23/12/08 or Tuesday 30/12/08.
- not be meeting at the Macedon Family Hotel on Tuesday 6/1/09, but instead will be holding its traditional 1st meeting of the year with a BBQ at the President's home.
- resume its normal meetings at the Macedon Family Hotel on Tuesday, 13 January 2009

RC of Flemington

The Rotary Club of Flemington will not meet on 17, 24 or 31 December or 7 January due to the Christmas break.

The Rotary Clubs of Flemington and Maribyrnong-Highpoint will conduct joint meetings on Wednesdays 14, 21, 28 January at the Quest Apartments, corner of Epsom and Smithfield Roads, Flemington, at 7:30am for 7:45am.

Adopt a Farmer - Breakfast

On **Wednesday, 10 December**, Vince, responsible for introducing us to families in the Lockington and Calival area will be coming to Melbourne to address the members and friends of Rotary in relation to the situation of our local farmers and to advise and explain how supporting the Adopt a Farmer project is benefiting the families and the local community in the country.

Venue: Fredricks Restaurant, 980 Mt Alexander Rd, Essendon North 3040 at 6.30 for 7.00pm. Cost: \$27



Variety Christmas Party for Special Children

A reminder to all Rotarians willing to volunteer their time to this special cause. The Party Day is **Thursday, 11 December**.

For details contact Events Australia for application forms phone 9929 4411.

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DIK Store Closure over the Festive Season

Dec 2008 - D9800 DIK is breaking up on **Tues 16 Dec 08**, BBQ, 11:30 for 12.

Emergency contact-24/7 Bill Dagg

Jan 2009 - D9800 DIK reopens **Tues 20 Jan 2009**

Homegrown Blues By The Bay

WHERE: POINT COOK HOMESTEAD, Homestead Rd. Point Cook.

WHEN: **Sunday, 15 February 2009**

TIME: Gates open 10.00am, first act 10.30am. finish at 6.00pm

COST: \$30 Adult, \$20 Concession & Pensioner, Children 15 and under Free.

Listen to home grown blues by the bay at the Homestead Blues Festival! Featuring Michael Charles, Jimi Hocking, Andrea Marr, Blues Dukes, Cold Snap, The Sweethearts and Mannish Boys. Enjoy magnificent country and city views, gourmet food, wine tasting and free kids activities, or just sit under the Norfolk pines, relax and enjoy some great Blues. The Point Cook Homestead is a magnificent bayside heritage property on 25-acres, with fabulous country and city views, a real hidden gem. www.bluespointcook.com

For more information please contact Michael Nash, Homestead Blues Festival Chairman -

Email: michaelnash1@bigpond.com 9886 0055 (W) 9741 4317, 0403373664 (Mob) or 9886 0122 (Fax)

Your Rotary club has an opportunity to earn \$5 for every Homestead Blues Festival adult or concession ticket it is able to sell between now and **30 January 2009**. If your club would like to participate in this great fundraising scheme please contact Michael on 9741 4317.

Play Bridge Every Tuesday!

If you are a bridge player and if you live in the inner south eastern suburbs a Rotary Bridge Club has started at the Hall of St. Johns Church, corner Toorak & Clendon Roads, Toorak.

Play commences at 7:30pm every Tuesday evening with the outstanding director, Rena Kaplan, a member of the Australian women's international team. The cost is but \$10 and supper is included. Players without partners are most welcome.

Phone enquiries 9509 2986. Sponsored by the Rotary Club of Prahran

Funds raised support the Breast Cancer Appeal of the Alfred Hospital.

Rotary Tour to Birmingham

The International Travel & Hosting Fellowship (ITHF) is running a tour from London to Birmingham, via England, Wales, Ireland and Scotland, leaving London June 6, 2009, and arriving Birmingham June 19 in time for the World Convention. This is a great opportunity to share true Rotary fellowship with Rotarians from 5 countries, at a cost of only \$US3250. Included is first class accommodation, together with breakfast each morning, 8 dinners and entry to various entertainments along the way. There are a few seats still available, be quick to secure one or two.

ITHF Tours are among the best of the functions available to Rotarians.

World Conventions are informative, entertaining, and an opportunity to engage in cultural exchange with Rotarians from around the world. This Tour is a great lead in to the Convention.

Full details may be found on the ITHF web, www.ithf.org or contact one of the tour leaders, John Steven, R C of Camberwell, tel: 9882 6184, johnsteven@bigpond.com



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A publication for Rotarians and all community-minded people

November is Foundation Month

Marching Forward

Our Launceston Conference in March draws ever closer ...

The early bird registrations have worked well and there is great sense of excitement and anticipation as our numbers continue to grow and Launceston promises to be 'a Conference to Remember'.

Central to staging a good conference is securing quality speakers. To this end, I believe that the work of the 2008-09 conference committee has been truly outstanding. Am I ebullient, enthusiastic and exuberant about our speakers? Absolutely !! In fact, so much so that I thought a 'sneak preview' was in order.

In our search for excellence we have sought speakers from a wide field. There will be representation from the arts, media, community, academia, education and foreign service and the law. There are, of course, many other speakers and I'm sure you'll be delighted when you see the complete list.

Launceston & Tasmania olde worlde, charming and naturally beautiful. Our conference ...getting ready to deliver lots of Rotary information and fun. How could we miss with speakers of this calibre

Damian Bugg AM, QC, Chancellor of the University of Tasmania, President of International Society for the Reform of Criminal Law, Former Tasmanian DPP Director, Recipient of



Centenary Medal Order of Australia

As one of Tasmania's foremost legal professionals, Damian Bugg's career has seen him take on an impressive list of legal and academic appointments. He has variously held the titles of Tasmanian Director of Public Prosecutions, Chancellor of the University of Tasmania, President of the Bar Association of Tasmania, Chairman of the Legal Assistance Scheme, Member of the Council of the Law Society of Tasmania, Member of the Council of the Australian Institute of Judicial Administration and Board Member of the Canadian based International Society for the Reform of Criminal Law.

In 1987 Damian chaired the Electronic Recording Committee which implemented the program of video recorded Police interviews in Tasmania. He also established and chaired the Forensic Science Services Committee in 1988. He has written and spoken widely about Victims Rights, Pretrial Disclosure, Committals and Procedural Reform. Admitted to the Bar of the Supreme Court of Tasmania in 1969, Damian was appointed as a Queen's Counsel in 1994 and was Awarded the Member of the Order of Australia in 2005 (AM).



Amanda Drury, CNBC Asia Pacific Anchor

Amanda Drury is an anchor on two of CNBC Asia Pacific's signature morning business programs: "Squawk Box" and "CNBC's Cash Flow". She has had 10 years' experience as a financial and business TV journalist in Singapore, Tokyo and New York, and is now based in Sydney.

After being a Rotary Youth Exchange student in Belgium, Amanda was head of Rotex while completing a degree in Fine Arts, French and Japanese at Melbourne University. She began her working life in Japan with a role in international relations, and her broadcasting career on Sydney radio, which has taken her on an exciting journey in the constantly evolving world of media.

In addition to tracking the markets and speaking with business and political leaders across the region each weekday, Amanda has hosted numerous feature programs, such as the personal finance show "Grow Your Wealth" and the technology focused "Generation-e". She has twice been nominated for the Asian Television Awards category of best news anchor.

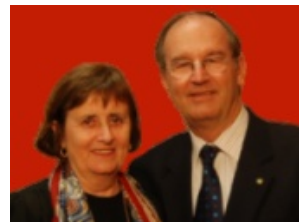
Michael Lapina, Opera Singer

Michael Lapina is an acclaimed opera singer with the Victorian State Opera company. Michael's exceptional talents have captivated audiences both locally and abroad. Michael possesses a strong tenor voice and is currently in preparation for the Victorian Opera Chorus' 2009 Gala Concert production of Carmina Burana. Outside his VSO activities, Michael is also the Musical Director for St Peter the Apostle Church in Hoppers Crossing and a member of the Rotary Club of Central Melbourne-Sunrise.



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DG Jim Studebaker & Carol



Thank You Melbourne!

The world was indeed watching on 7 December, when Afghanistan defeated Russia 5-4 in the final of the Melbourne 2008 Homeless World Cup (HWC). And in the final of the first Women's Homeless World Cup, Zambia had a comfortable win over Liberia, 7-1.

In a thrilling match in front of 50,000 spectators packed into Federation Square throughout the day, the Afghanistan and Russian teams battled it out for the sixth Homeless World Cup Trophy. Russia opened the scoring, but Afghanistan responded quickly and at the end of the first seven-minute half were ahead 3-2. The two teams traded goal for goal in the second term, with Afghanistan holding the lead. Despite some intense last-second attacks by the determined Russians, the Afghan defence held up to take victory. It was a great rise from their ranking of no. 20 in Copenhagen to win the Title this year.

Close to 800 homeless and marginalised people were in Melbourne last week for the seven days of the Cup and with 56 countries taking part it was the largest HWC yet.

HWC founder and President Mel Young presented the trophy to the jubilant Afghanistan team and summed up the event: ***"Thank you Melbourne, thank you Australia," Young said. "You have shown that working together we can create real, lasting change. Together we can end homelessness. It is everyone's game. . . are you watching world? This is the way that sport and football can be played. This is the spirit of fair play."***



Stevie plays for Australia



Angus from the Nigerian city, Onisha, and fled to Austria because of religious reasons. After the Graz 2003 Homeless World Cup Angus started to attend German language courses and is studying for a diploma at high school. He was signed by a semi professional football club in the regional league of Styria (SC Murfeld) and went on to play for FC Graz.

Rotary Scores A Goal!

The State Camp in Warburton, the National Camp at Lord Somers and the National Championship at Docklands all lead up to a week that won't be forgotten. The atmosphere was great and the games incredible and contrary to weather reports the sun was shining. From the Opening Ceremony at Wilson Hall, Melbourne Uni, through the competition week at Federation Square and Birrarung Marr to the Closing Ceremony and Party at Union Hall, Melbourne Uni the spirit of the event infected everybody.

900 volunteers underwent training for the event, with Rotary as the major volunteer organisation. Rotary Clubs from all over Melbourne contributed to the event. From the arrivals at the airport to the check-in at the village, registration, uniform distribution, the street parade, spectator's services, functions protocol, the Aussie BBQ for 1000, match referee, pitch management, event photographer, physiotherapists, and staffing of the daily BBQ Rotary has played a key role in the success of the event. Over 250 volunteers from more than 25 clubs. The contribution of all our volunteers has been acknowledged by Mel Young, Steven Persson, many of the HWC Operations managers, the public and most importantly by the players. It was a great opportunity for our Rotarians to bond with other volunteers and team members and spectators from all over the world.

A full-time occupation?

Wednesday, 3 December was the day that the Homeless World Cup Teams attended the Great Aussie BBQ at the Carlton Football oval. It was a caterers nightmare.... four barbeques, 2000 sausages & 1600 hamburgers, and loads of onions! but our Clubs, supervised by the RC of Albert Park took it in their stride. The HWC were certainly impressed by the efficiency demonstrated by all participating Rotarians & enthused with the professionalism & smooth running of the event, suggesting perhaps

Research conducted during the Melbourne 2008 Homeless World Cup has shown that two thirds of event spectators surveyed have changed their perspective of homeless people. 82% also agreed that the Homeless World Cup breaks down stereotypes about the homeless community.



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that our volunteers take barbequing up as full-time occupation!

It was great that Rotary, through the RC of Richmond were also able to provide eight young, keen, physiotherapists who helped throughout the seven days.

Richmond Rotary President, Trevor Pang was particularly proud that his daughter Courtenay was able to volunteer as one of the physiotherapists for the week.



David played for Scotland at the Gothenburg 2004 Homeless World Cup. He is now a qualified coach and as Manager of Scotland recently took the team to victory at the Copenhagen 2007 Homeless World Cup. He has completed a HNC in community development and now owns his own home.

Lasting Change

We achieved our goals – making sure the players had a memorable experience and raising public awareness of the homeless in Australia and the rest of the world. We also raised the profile of Rotary as an organisation with a wide range of resources and enormous amount of energy to undertake community service and to bring about social change. Hopefully what happened over the event will be the catalyst for further action by governments, local communities and Rotary to reduce homelessness through the extension of the Community Soccer program and other initiatives both in Australia and abroad.

To all of you who volunteered, you will have experienced it yourself to all others... do not miss out on a chance to participate in an event like this in the future.

Let's keep the momentum going.



Welcoming New Members

The Rotary Club of Southbank has pleasure in advising that it has, this week inducted a new member:

- Steven Aquilina

Welcome Steven!





09 Calendar & The RC Of Melbourne Support East Timor



Following several trips to East Timor by Club members, The East Timor Committee of The Rotary Club of Melbourne have produced a stunning fundraising calendar for 2009 featuring 12 photographs of East Timor taken by Club photographer John Tozer during a recent Club visit to East Timor.

Several of the photos included are bronze medal winners at a recent photographic contest in New Zealand and once you own this calendar you will see why.

The A3 sized glossy Calendar is only \$20 and despatch will be arranged in time for Christmas giving.



Orders for the calendar should be phoned to The Rotary Club of Melbourne on 03 9654 7242 or enquiries to PP Bob Glindemann on 0418 102 702.

Proceeds from the Calendar will raise funds for additional projects in East Timor.



Wishing all D9800 members, friends and family a truly happy and safe Festive Season with best wishes for a prosperous New Year.

Thank you to all D9800 members who have made the first half of the 2008/09 Rotary year so enjoyable and interesting for myself and the team.

We're looking forward to being with you again from 12 January 2009, so please keep sending through your fabulous stories, notices and events.

Clarice and the Networker Team



Busy Bees at Camp Getaway

A band of very enthusiastic Rotarians from RC Camberwell achieved many maintenance tasks at a working bee at Camp Getaway on the weekend. Walls were painted, gardens weeded, wood chopped, trees removed, windows cleaned, etc. After some hard work during the day, fine fellowship was enjoyed by all in the evenings. A fine effort from worthy supporters of Camp Getaway.



Carols by Candlelight

Join the Rotary Club of North Balwyn who are partnering with the Booroondara Council to support the Inter-church Council's (representing the 11 churches of North Balwyn)

Annual Carols in the Park

8:00pm, Sunday, 14 December
Leigh Park, Balwyn Rd, North Balwyn

Concludes at 10pm with a spectacular fireworks display

Don't miss Father Christmas who will be in attendance on his motorbike!



15th Annual Carols by Candlelight Free Community Event

The 2008 Yarraville Carols by Candlelight, presented by the Rotary Clubs of West Footscray and Yarraville, promises to be bigger than ever. Compered by AFI winning actor and local resident, William McInnes, and featuring a number of special guest artists, including a mass choir; Footscray-Yarraville City Band and Margaret Haggart, International Opera Singer, the evening will conclude with a spectacular fireworks display.

All Rotarians friends and family welcome.

Saturday, 20th December
from 7pm
Yarraville Gardens
Hyde Street, Yarraville

For more information please contact David Palmer, RC of Yarraville on 0416 497 398 or by email david.palmer@auspost.com.au



Visioning For Your Club

What is Vision Facilitation?

Vision Facilitation helps a Rotary Club design its own VISION, and then sets out the steps necessary to achieve that vision. The result is not a vision decided by the Rotary District or by Rotary International but instead a vision designed and endorsed by the Club's own members. This vision will help to ensure continuity and consistency in the Club's leadership & programming, to set the stage for future progress.

The Opportunity

To bring together a Club's many talented personalities. Having all members supporting "Service Above Self" transforms the collective energy and talents of the Club into a team that is moving with intent in the same direction.

The Framework

By starting with the end in mind... **Successful Clubs:**

- Sustain and increase membership;
- Implement successful service projects;
- Support the Rotary Foundation;
- Develop leaders in the Club and beyond.

... and develop a long-range plan which creates:

- **Continuity** of leadership, vision and process;
- **Consistency** in programming;
- **Consensus**, solidarity & unanimity in purpose and action

The Process

First and foremost, all participants are asked to suspend their beliefs and instead dream! Then through the simple act of writing down goals in a group setting, camaraderie is built, agreement on a vision is fostered and preliminary benchmarks are established. This renewed focus on objectives, which is completed in a dedicated, fun-filled four-hour session, naturally moves Clubs toward their desired actions and outcomes. The process also has an underlying current of training that is highly specific and customised to Rotary.

The Challenge

To gather so many ideas (the dreams) and opportunities for the future from a group of 15-30 people and condense it down to the most important goals determined by that Club's consensus, all within a very limited timeframe. This is where an outside, neutral team of Rotary facilitators makes the difference.

The Outcome

At the end of the four-hour process the members of each Club will have a clear vision of:

- What the Club stands for in its community;
- The Club's target membership size in five years;
- Identification of the Club's attributes;
- Top three objectives for each Avenue of Service;
- Ways to improve the Club's leadership development;
- Understanding of Club Leadership Plan (CLP);
- Completion of steps one to nine in the CLP.

The Club Commitment

Contact the District Vision Facilitation Chair or Co-ordinators to discuss the process and Club responsibilities which include:

- Designating a Club vision event coordinator;
- Arranging facilitation logistics;
- Scheduling facilitation sessions with the District.



Here's what others have had to say about the Program:

"We are truly on a new adventure, with a fresh sense of excitement and possibility. Thank you for making this happen."

"If other Clubs experience the same level of progress that we are enjoying, this truly ranks among the most significant contributions to Rotary that I will experience."

"It's so simple, it actually works; the process is sound and easy to follow."

"The session generated a great deal of enthusiasm and gave the Club a point from which to rebuild and progress."





The First Step... Contact one of the District Vision Facilitation Co-ordinators:

PP Marjorie Gerlinger, District Vision Facilitation Chair, Rotary Club of Central Melbourne Sunrise
marbern@bigpond.net.au

President Christine Richardson, District Vision Co-ordinator – Metropolitan, Rotary Club of Essendon North
cdrichardson@bigpond.com.au

President Rick Reid, District Vision Co-ordinator – Rural, Rotary Club of Echuca-Moama
rickw.reid@bigpond.com

PP Mike Beuermann, Club Vision Facilitator, Rotary Club of Moonee Valley
m_beuermann@hotmail.com

PP Philip Archer, Club Vision Facilitator, Rotary Club of Southbank
membership@rotarydistrict9800.org.au

Rotary

*"...is not an organisation for retrospection.
It is rather one whose worth and purpose lie in future activity rather than past performance."*

- Paul Harris

The Festive Food Survival Plan



I was shocked to read that you can gain an average of two kilograms over the four-week Christmas period. . . SHOCKED!

But don't panic as your trusty Networker editor and friend I have sourced (thanks to Matt O'Neil) some tips to help you and ME try and avoid this. Just pick a few and you can still have the odd glass of champagne and turkey breast and baked potato. (I have highlighted my favourite tips that you may like to make note of)....Enjoy!

Clarice

The plan

There are two very important rules you can follow to survive the festive season:

1. Keep the real indulgent days to a minimum; say Christmas Day, Boxing Day and New Year's Day. A month-long feeding frenzy can take its toll on your waistline.
2. **Don't try to lose weight over Christmas.** Parties and celebrations can make slimming near impossible; so don't set yourself up for failure. Instead, keep your weight stable and get back into healthy eating after New Year.

Social success

Workplace celebrations and dinner parties seem to start earlier these days. Having a party plan that minimises calorie consumption can keep you focussed on fitness further into the final months of the year.

- Don't arrive hungry. Have a small healthy snack before you go to parties to reduce the chance you'll overeat when you get there.
- Don't stockpile your plate with treats you may not need, but are likely to eat. Take one or two items and come back for more if you genuinely need to.
- Adopt a pastry-free policy. By simply avoiding one of the most calorie laden party foods, you'll be ahead.
- At the party, **talk more, eat less** and move away from the food table.
- **Go dancing** after dinner to burn up some or all the excess energy.



Cutting calories

You don't have to make your entire Christmas dinner "fat-free", but introducing some tasty lower calorie food choices can make some real energy savings.

- Try a range of lower fat snacks, including pretzels, rice crackers, fruit platters and 97% fat free biscuits. Dip these in ricotta cheese, mixed with sweet chilli sauce – it's a great low-fat dip!
- Start the meal with soup or salad. You'll feel full faster.
- To cut back on fat, remove the skin from the turkey and prepare large baked potatoes or chips. Chunky chips absorb less fat.
- Prepare or purchase lots of fruit salad. There's nothing more refreshing than fresh, juicy fruit salad.
- Choose low-cal drinks such as diet soft drinks, mineral water or plain chilled water.
- Limit alcohol to particular times; say after 6pm as general rule.
- Alternate alcoholic and non-alcoholic drinks.

Avoiding overeating

By ignoring your body's normal fullness signals and overeating, it's possible to consume twice as many calories as on a usual day. Family get-togethers that become a constant feast from dawn to dusk, and beyond can be the most fattening days of the year.

- If you are the food provider, plan your menus. Only buy and prepare as much food as you need.
- Inform family the week before they arrive that there is no need to bring food. You have this covered.
- Let people know you don't want food as gifts, especially chocolates, lollies or nuts.
- Don't finish your plate. You may think leaving food on your plate is a waste, but it is a far better option than the calories ending up on your waist.
- Keep between-meal snacks on small plates, and put away packets or jars of nuts and lollies so they are out of sight.
- Use small wine glasses. A standard glass of wine is 100 millilitres, not 300 millilitres as some glasses can hold.
- Only fill your own glass when it's empty, otherwise you can lose count of top-ups from others.
- Place leftovers in the freezer immediately after serving, to make them harder to get hold of.
- Better still; give leftovers to guests when they leave. You have to put yourself first.

Keep moving

If your diet takes a vacation at Christmas, try to keep your exercise routine on track.

- An after-meal walk or backyard game will help digest your food and counteract the calories.
- Plan a family day out at the park, zoo, or indoor game centre to get people moving again after Christmas Day.
- Book an adventure holiday rather than a few lazy days poolside.
- Buy the kids active presents. Examples include bicycles or sports gear.
- Ask for an active present, such as a gym membership, rock climbing course or weekend at a health retreat.
- Buy the Twister game, where players have to place their limbs on a mat of coloured dots and find themselves in all sorts of contorted positions. At least this will get people off the lounge, and into some fun.

Source: Matt O'Neill, BSpSc, MSc(Nut&Diet), Dietitian

Notices & Events

Change of club meetings for December/January due to the Christmas Break are:

RC of Prahran

The RC of Prahran will not be having a regular meeting on Monday, December 8 due to their Christmas party later in the week

RC of Gisborne

The R.C. of Gisborne will:

- not be meeting at the Macedon Family Hotel on Tuesday, 16 December, but instead will be holding the meeting at the Emperor Tang Chinese Restaurant in Aitken St, Gisborne.
- not be meeting on either Tuesday 23/12/08 or Tuesday 30/12/08.
- not be meeting at the Macedon Family Hotel on Tuesday 6/1/09, but instead will be holding its traditional 1st meeting of the year with a BBQ at the President's home.
- resume its normal meetings at the Macedon Family Hotel on Tuesday, 13 January 2009



Networker

We care. We share. We all gain.



RC of Flemington

The Rotary Club of Flemington will not meet on 17, 24 or 31 December or 7 January due to the Christmas break.

The Rotary Clubs of Flemington and Maribyrnong-Highpoint will conduct joint meetings on Wednesdays 14, 21, 28 January at the Quest Apartments, corner of Epsom and Smithfield Roads, Flemington, at 7:30am for 7:45am.

DIK Store Closure over the Festive Season

Dec 2008 - D9800 DIK is breaking up on **Tues 16 Dec 08**, BBQ, 11:30 for 12.

Emergency contact-24/7 Bill Dagg

Jan 2009 - D9800 DIK reopens **Tues 20 Jan 2009**

Dr Greg Chapman, author of The Five Pillars of Guaranteed Business Success

The Rotary Club of Brimbank Central Inc. invites Rotarians and visitors to attend their meeting on **Wednesday, 21 January** to hear Dr Greg Chapman, Australia's Leading Advisor of Emerging Businesses and their Success

While the growth of micro-business is an astonishing 11% per year only 2% actually escape the growing micro-bubble to become a success. These Emerging Businesses leave behind the 98% who become Micro-Stayers. While many Micro-Stayers survive the initial years, they don't prosper with most disappearing over a ten year period. Discover how to avoid this fate and make your business a success.

The new book "*The Five Pillars of Guaranteed Business Success*" reveals the strategies that have made Dr Greg Chapman's small business clients a success.

Find out more about Dr Greg Chapman here: www.GregChapman.biz

Venu : Starlight Room, Taylors Lakes Hotel, Melton Hwy, Taylors Lakes,
Time: 6.00pm for 6.30pm start
Cost: \$20 for a one course meal plus tea or coffee. Drinks available at Bar prices.
For Bookings: Phone Barbara or John Rafter on 9331 5662 or email: Barbara@craftbooks.com.au

Prepayment would be appreciated. Send cheques to Rotary Club of Brimbank Central, PO Box 81, KEILOR VIC 3036. Please specify any special dietary requirements at the time of booking.

Rotary Clubs should consider this as a make-up during the January/New Year holiday season.

RSVP : 13 January 2009.

Homegrown Blues By The Bay

WHERE: POINT COOK HOMESTEAD, Homestead Rd. Point Cook.
WHEN: **Sunday, 15 February**
TIME: Gates open 10.00am, first act 10.30am. finish at 6.00pm
COST: \$30 Adult, \$20 Concession & Pensioner, Children 15 and under Free.

Listen to home grown blues by the bay at the Homestead Blues Festival! Featuring Michael Charles, Jimi Hocking, Andrea Marr, Blues Dukes, Cold Snap, The Sweethearts and Mannish Boys. Enjoy magnificent country and city views, gourmet food, wine tasting and free kids activities, or just sit under the Norfolk pines, relax and enjoy some great Blues. The Point Cook Homestead is a magnificent bayside heritage property on 25-acres, with fabulous country and city views, a real hidden gem. www.bluespointcook.com

For more information please contact Michael Nash, Homestead Blues Festival Chairman -

Email: michaelnash1@bigpond.com 9886 0055 (W) 9741 4317, 0403373664 (Mob) or 9886 0122(Fax)

Your Rotary club has an opportunity to earn \$5 for every Homestead Blues Festival adult or concession ticket it is able to sell between now and **30 January 2009**. If your club would like to participate in this great fundraising scheme please contact Michael on 9741 4317.

