

A publication for Rotarians and all community minded people

DG Weekly Message

Shine On Awards...... an outstanding Vocational Service multidistrict activity focusing on the abilities of those with a disability.

Has your Club been involved in the Shine On Awards before? If it has, then you will be aware of this wonderful annual program by Rotary Southern Districts (D9780, D9790, D9800, D9810 and D9820). This is truly an inspirational program and not only is it easy for a Club to become involved; it comes at no cost with priceless outcomes.



The Awards recognise the outstanding community service by people with disabilities who, by their actions, serve as "Shining Examples" to the community. Through their commitment to helping others in the Rotary spirit of "Service Above Self" they provide a significant contribution to the quality of daily life of others in the local and wider community.



Iven Mackay and Marilyn District Governor 2010-2011

The first awards originated in D9600, Brisbane, in 1993. From 1993 to 1996 all Clubs Australia wide were invited to nominate candidates for the awards, with the presentation ceremony conducted in Brisbane. In 1997 and 1998, under the auspices of D9600, the Shine On Awards presentation in Victoria was held at Moonee Ponds, hosted by our District. The Rotary Southern Districts Committee has administered the Awards in Victoria since 1999, with recognition of two separate age groups; Group 1(age 15-24 as at 25th February, 2011), and Group 2 (age 25 and above).

For nomination details, you can download forms from District 9820 at www.district9820.org or contact our District Chair Dawn Watson, RC of Brimbank Central, Tel 9337 4710 email dejewats2@y7mail. com

Clubs should be looking now, in Vocational Service month, for

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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

October is Vocational Service Month





suitable candidates. Nominations will close on 25th February, 2011. Information on the ceremony and the venue will be furnished with the invitations next March. The Shine On Award Presentation Ceremony will be held on Sunday, 1st May, 2011, hosted by the Rotary Club of Bayside Geelong, D9780.

Have a great week,

DG Iven

Advance Family Planning

A collaborative effort to launch a project to revitalize the family planning and reproductive health global agenda was announced in Kampala by the Johns Hopkins Bloomberg School of Public Health, with support from the David and Lucile Packard Foundation, the U.S. Agency for International Development, and the Bill & Melinda Gates Foundation.

The goal of the three-year project is to empower developing countries to advocate for universal access to reproductive health as a critical component in achieving the Millennium Development Goals in health through increased funding, an improved policy environment, and increased visibility for family planning at the local, national, and global levels.

Supported by both the Bill & Melinda Gates and the David and Lucile Packard Foundations with combined grants totaling \$12 million, the project will reach governments, international donors, and multilateral agencies about the urgent need to invest in family planning to reach the 200 million women who wish to delay or end childbearing, but do not have access to family planning services and supplies.

William H. Gates, Sr., Co-Chair, Bill & Melinda Gates Foundation, in his welcome remarks at the International Conference on Family Planning in Kampala on November 15th said: "Bill, Melinda, and I believe that universal access to family planning and reproductive health is essential to a better future. Men and women should be able to freely choose the number and timing of their children."



The project will build on past investments in family planning and ongoing activities in reproductive health advocacy, leadership development, knowledge generation, and innovative service delivery projects. The project's momentum will be fueled by the reemergence of the United States and the continuing and growing interest of European donors in the issue of family planning.

Full story at http://www.jhsph.edu/gatesinstitute/ policy_practice/projects/AFP.html

GSE Team Leader



The Group Study Exchange Selection Committee met this week at International House and selected PP Ross Butterworth of RC Melton Valley as this year's GSE Team Leader to Rotary District 5840.



Global Handwashing Day

October 15, Global Handwashing Day: Lathering up to beat disease.

Over 80 countries and at least 200 million children, parents, teachers, celebrities and citizens are soaping up for the third annual Global Handwashing Day. Handwashing with soap is one of the most effective and affordable health interventions known to man.



Each year, diarrhoeal diseases and acute respiratory infections are responsible for the deaths of more than 3.5 million children under the age of five. Washing hands with soap and water especially at the critical times -- after using the toilet and before handling food -- helps reduce the incidence of diarrhoeal disease by more than 40 per cent, yet the behaviour is seldom practiced and difficult to promote. Global Handwashing Day aims to transform handwashing from an abstract idea to an automatic behavior. Global Handwashing Day is endorsed by a wide array of governments, UN agencies, international institutions, civil society organizations, NGOs, private companies and individuals worldwide and is an initiative of the Global Public-Private Partnership for Handwashing with Soap.

In over 80 countries on five continents, Global Handwashing Day events will take place in tens of thousands of schools, community centers, and public spaces. Some programs planned include:

- Countries in Latin America and the Caribbean are seeking to set a Guinness World Record for handwashing.
- Madagascar is supporting youth radio reporters to incite people to wash their hands on the air.
- Yemen is planning a mass media campaign involving television, radio and the press to reach children and their families.

Visit http://www.globalhandwashingday.org/

Interplast News

The Myer Foundation and AusAID funded the third Emergency Management of Severe Burns Course in Papua New Guinea in as many years. Over 50 nurses, doctors and health sector workers participated in the training. The faculty of trained burns instructors in PNG is growing. Soon they will be able to conduct the course independently.

Kylie-Ann Rich is in Fiji wit the Interplast team, you can read the Spring Interplast update below:



Read the Interplast Newsletter



Another Day Painting the Local Church

The strength of Brighton North Rotary Club was clearly demonstrated when 18 Members and Partners climbed ladders, got down on hands and knees, cleaned containers, scrubbed walls and happily painted the St. Stephen's Anglican Church in North Road, Brighton.

Only hours before the AFL's re-run of the 2010 Grand Final we painted all the front walls, windows and doors of this historic church, leaving just a small amount of work to finish out back.

Great project, great roll-up, great fellowship - well done.

National Nutrition Week

Health Tip

Each year to support Australians in celebrating National Nutrition Week (October 10th-16th), Nutrition Australia develops a Nutrition Week Kit. The Kit aims to provide schools, workplaces, families and community groups with a tool to support their engagement in healthy activities to encourage healthy food choices and physical activity and prevent chronic disease. The 2010 Nutrition Week Kit has been produced with the support of Queensland Health.

The Nutrition Week 2010 Kit, titled 'Healthy Food; Healthy Planet', identifies ways to encourage healthier food choices and physical activity, especially for children; protect the environment and ensure a sustainable food supply.

On the right-hand side of this page you will find the Healthy Food; Healthy Planet Kit resources and posters that can be downloaded at your leisure. You are also welcome to place an order for the delivery of the Kit in hard copy, glossy format. Please click on this link to access the Order Form. If you would like to

Most of the painting team



purchase the limited edition glossy A2 Healthy Food; Healthy Planet poster seperately, please contact the Nutrition Australia Qld office to place your order

For further information about the National Nutrition Week 2010 and the Healthy Food; Healthy Planet kit, please click on the link to view or download the Summary.

Visit the National Nutrition Week Website

Jamie Oliver talks about Nude Food Day





Talking to Potential Rotarians

Marketing Tip

The people you approach will find numerous benefits to becoming a Rotary member. Here are just a few of them:

- Gaining a global understanding of humanitarian issues that impact us all. Promoting peace is one of Rotary's foremost objectives
- Weekly Rotary club programs keep members informed about what is taking place in their community, their country and around the world. Rotary's expansive network of clubs and programs provides extensive opportunities for service and cross-cultural exchange
- Today, with more than 31,000 Rotary clubs in 165 countries, Rotarians have friends wherever they go. Rotary helps to build a sense of community as well as enduring individual friendships
- The founding principle of Rotary is to provide a forum for professional and business leaders. Today's membership includes leaders in business, industry, the arts, government, sports, military and religion who make critical decisions and influence policy. Rotary is a great source for networking and professional development

When we are talking to someone about Rotary, we are promoting the benefits of Rotary. We need to listen and find out what they are really interested

in. Are they interested in youth? If so, talk to them about our great youth programmes such as RYPEN or RYLA. Rotary gives members a chance to be actively involved through RAWCS. People won't know what we do unless we tell them.

Convince them by talking about your passion There is a Rotary program that every potential Rotarian would want to be involved in, if given the opportunity. Through Rotary people can become involved with not just their own local community but the international community as well.

Tell potential members about the benefits of Rotary and our programs; find out what they are interested in and then tell them how they can become involved. Tell them about the friendships and fellowship that we all enjoy. We need to show our passion and enthusiasm for Rotary. By seeing and hearing our enthusiasm they too will want to be a part of this great organisation. Potential members will be denied the opportunity to be a part of our organisation unless members ask them to join. Remember to:

- give potential members our promotional brochure "People like you and me". This highlights Rotary as a vehicle for everyday people to make a difference in the community. It explains what Rotary is about, what's in it for them (as a new member), and how they can get involved. The brochure can be personalised with your club's contact details
- invite potential members along to one of your club meetings and show them your club's great projects first hand



Ricotta Pancakes

Relish Recipe Tip

INGREDIENTS

3 eggs 1 tsp vanilla essence 1 1/2 litres milk 2 cups self-rising flour 1 tbsp sugar 300g ricotta 2 tsp sultanas pinch of cinnamon zest of 1 lemon 200ml cream 1/4 cup olive oil 1 punnet strawberries, hulled and quartered honey icing sugar

METHOD

Beat the eggs well and whisk in the vanilla essence and the milk. Sift the flour and sugar into the mixture



gradually while stirring until a thickish batter is formed. Allow the mixture to rest for 30 minutes.

While the batter is resting make the ricotta filling. Combine the ricotta, sultanas, cinnamon, and zest in a bowl. Gradually add the cream and mix well. Place the mixture in the refridgerator until required.

Heat the frying pan with a little oil (about 1 teaspoon). When the pan is hot add enough mixture to cover the base (about one small ladle for each of the 8 pancakes needed). When bubbles start to form on the surface of the pancake flip it over with a spatula and cook the otherside. Put on a plate and keep warm. Repeat for the remaining pancakes.

Place one pancake on each of the 4 serving plates. Put about a tablespoon of the ricotta filling on top of each one, then cover with another pancake and another tablespoon of ricotta. Place one quarter of the strawberries on each stack, drizzle with honey and sprinkle with icing sugar.

Serves 4

Presented by **CAFE DE CUBA**, 69 Glenhuntly Road, Elwood. This recipe can be found the in Relish Cookbook - The Rotary Club of St Kilda's Annual Fundraiser.

To purchase please refer to www.relishrecipes.com.au or contact President Andrew M: 0416043239



Notices & Events

NEW Rotary Club of Bacchus Marsh 2011 Calendar

Purchase the Rotary Club of Bacchus Marsh 2011 Calendar and help eradicate the crippling and life threatening disease polio. > Read More

NEW Rotary Garden

13 - 14 November, 2010

The fourth sensational Rotary

27 superbly designed gardens by some of Melbourne's most acclaimed garden designers.

Garden DesignFest will exhibit

Union Road Shopping Precint

Saturday, 16th October, 2010

To celebrate the 150th running

of the Melbourne Cup, the Union

Road Traders Association would

like to invite you to attend a gala

DesignFest

> Read More

NEW 2011 District Conference Registration

March 31 to April 2, 2011

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

Lord and Lady Somers Camps

Applications close 15th October, 2010. The camps are for 16 $\frac{1}{2}$ to 18 years as of 1 January 2011. The cost is \$450 all inclusive.

Boroondara Farmers' Market

16 October, 2010

The Boroondara Farmers' Market is held at Patterson Reserve, Auburn Road, East Hawthorn on the third Saturday of each month. **> Read More**

NEW Portsea Camp Working Bee/Fellowship Weekend 7 November, 2010

The Portsea Camp Working Bee/ Fellowship Weekend has a new date. > Read More

Rotary Club of Altona 33rd

82 Nelson Place, Williamstown

Annual Art Exhibition

> Read More

15th - 17th October, 2010

Lunch with John Faine 20 October, 2010

Recent studies have suggested that some forms of gentle exercise appear to be effective in promoting sleep. > Read More

John Reddish Service Excellence Awards 20 October, 2010

dinner. View the Flyer

On Wednesday 20 October, the Rotary Club of Kew on Yarra will be holding the 4th annual John Reddish Service Excellence Awards dinner. **> Read More**

Tullamarine Breakfast with Sam Lipski 21 October, 2010

Join the Tullamarine Rotary Club for breakfast, with Sam Lipski CEO of the Pratt Foundation > Read More

Brighton Lunch Friday, 22nd October, 2010

The Rotary club of Brighton is presenting the second annual BRIGHTON LUNCH sponsored by Porsche centre Brighton. > Read More



Notices & Events

Rotary Leadership Institute

The Rotary Leadership Institute (RLI) is a leadership development program which seeks to identify those Rotarians who have future leadershippotential. Sunday October 17

Sunday November 14

The Lost Men of Fromelles 09 November, 2010

The Rotary Club of Central Melbourne-Sunrise will remember Armistice Day in November, with two most inspiring guest speakers, at their breakfast meeting at RACV City Club. **> Read More**

RC Central Melbourne - Sunrise Breakfast with Paul Harris 17 November, 2010

The Annual Rotary Foundation Paul Harris Breakfast will feature the Governor of Victoria, Professor David de Kretser AC speaking on the "Biological Revolutiion". > Read More

RYLA 2010 5-11 December, 2010

Applications are now open for the Rotary Youth Leadership Award. RYLA in District 9800 is a week long residential personal development program for young people aged 18 to 25. over 21 years. **> Read More** Sam's Rotary Ride 24 October, 2010

A Family day down the Geelong Road to Little River cycle around or through the You Yangs with covered eating area for luncheon BBQ, tea and coffee supplied. > Read More

North Balwyn Rotaract Trivia
Night
13 November, 2010ral
ememberA night full of quirky trivia, games

and hours of endless fun will be held on Saturday the 13th of November. > Read More

ROMAC Fundraiser 15th of November 2010

ROMAC is holding a Fundraiser This evening will be in concert format with complimentary champagne on arrival and a free raffle ticket. **> Read More**

Shine On Awards 25 February, 2010

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

Rotary Fun Ride - Kew to Croydon? 24 October, 2010

Organised by the Rotary Club of North Balwyn as a community event in support of Rotary's local and international projects > View the Flyer

Underbelly - True Crime Story or Just Sex, Drugs ans Rock n Roll - Breakfast 16 November, 2010 Justice King talks on the recent

"Underbelly" series of trials and retributions that have recently been front page news. > Read More

Free the Bears Fundraiser 22 November, 2010

The fundraiser will support the great work of Mary Hutton across the bear bile and exotic delicacy farms of Vietnam, Laos and Thailand. **> Read More**

Rotary Friendship Exchange

Vacancies exist for Rotarians and partners and Single Rotarians. Please contact Jeanette Lynch to apply.

e: jeanette.michael@bigpond.com p: 03 9390 5400 or 0419 568 639



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DG Weekly Message

Goldfields Cluster..... Gold indeed!!

I have just spent last week in Bendigo, visiting our Rotary Clubs in the Greater Bendigo area. These Clubs are: RC of Kangaroo Flat, RC of Bendigo, RC of Bendigo Strathdale, RC of Bendigo Sandhurst, RC of Eaglehawk, RC of Bendigo South. The Rotary Club of Bendigo is the 2nd oldest Club in the District, Chartered in 1925, and sponsored by RC of Melbourne.



The RC's of Echuca Moama and Rochester, also in the Goldfields Cluster, will be visited next month. It's been an absolute pleasure to visit these Clubs in the lovely City of Bendigo. I brought with me the rain, and it rained and rained and rained most of the week, much to everyone's delight. On each of my DG visits, I read out, at some length, all the many significant things that each Club did, locally and internationally. Like all Clubs in our District, it's simply amazing



Iven Mackay and Marilyn District Governor 2010-2011

what you all do for the good of others. It was wonderful to catch up with PDG Gordon McKern, Rob Layton, Leon Scott, plus the many others with partners who filled the meeting room at their very own Mechanics Institute Building (Clubhouse). It was also nice to catch up with Howard Osborne & Vivienne, who was a fellow President in 1990-91.

The RC of Kangaroo Flat have also done an enormous amount of work at their venue, Rotary Gateway Park, which is getting better and better, and even laid new carpet just in time for the Governors visit.

The RC of Bendigo meets at The Bendigo Club, full of history and mother/sponsor club to so many in this area. Exchange student Alina Kemper from Germany has settled in there so well.

The RC of Bendigo Strathdale meet in the large All Seasons Hotel, and with torrential rain

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Clarice Caricare

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and a storm outside, the meeting went on in true Rotary fashion.

The RC of Bendigo Sandhurst conducted their early morning annual "Ride to work" BBQ on Wednesday morning, and despite the rain had a good turnout from the public with some great egg& bacon rolls, yoghurt etc being supplied to the cyclists (and to DG's). A wonderful fellowship activity for the club and appreciated by the many people gathered. The

RC of Bendigo South provided another great night of Rotary fellowship, with some lively questions for the DG.



And so, all in all, Rotary is very much alive and well in Bendigo and the Goldfields Cluster are doing such a variety of service activities. Please visit them sometime when you can. We all wish AG Linda Barrow & Wayne the very best for her recovery, and appreciate the continuing dedicated work by PAG Hugh Wheeler, who has stepped in for the time being. Thank you Hugh and Sue, you are highly regarded not just within Goldfields, but within our District.

What a great week it has been.

In Building Communities Bridging Continents,

DG Iven

Double Points for Polio Challenge Contributions

All clubs have received a communication direct from Evanston advising that contributions to the Polio Challenge in excess of US\$100, and made on line between October 18th and 24th, will attract double PHF recognition points.

Just a couple of points about this program:

- 1. Contributions will only be accepted from individuals. Clubs and districts do not qualify.
- 2. These on-line contributions will not attract tax deductibility for people outside the USA. It is possible that it can be used as a means of reducing any taxable income a person may have in the USA but advice on that score should be sought from a qualified tax accountant.
- 3. The only way a tax deduction can be obtained (Australia and New Zealand) is to make the contribution through your normal channels within your own country. However, when managed in this fashion, the contribution will only attract one point per dollar.
- 4. If a Rotarian makes a contribution on line to gain the double points, the contribution will be recorded against his or her name and will count towards the club's contribution to the Polio Challenge.

> Double Points Recognition FAQ



RISK ASSESSMENT

by Heather Welsh-Treasurer

5.4million cases of food poisoning were reported in Australia during 2009. That is 25% of the population reported symptoms of food poisoning. Approximately 11,500 cases are reported each day, and 120 people die each year from food poisoning.

When undertaking risk assessment for the Rotary Club of Caulfield, it was realised that the Club has a high level of food related fund-raising and community activities-lunches, sausage sizzles and an Annual Festive Season Community Lunch. Yet not one member had ever undertaken a food safety course: reliance had been placed on high levels of personal hygiene and our own stringent kitchen practices.

But was this knowledge and practice adequate in terms of risk, particularly given changes to food handling legislation as of July 1, 2010? The only way to be certain was to undertake study in the area and obtain relevant qualifications.

Five members of the Rotary Club of Caulfield now have Food Handlers-Level 1 certification. We would strongly recommend that other Rotary Clubs involved in direct food handling as a means of fund-raising do likewise, as a means of minimising their risk.

Training was through Hospitality Training Australia, www.hosptrain.edu. au We found the four hour training session intense but very directed and extremely helpful. It costs \$50 per weekday session and \$60 on a Saturday. Several places offer such training and certification, but this one seemed to be the most cost-effective and convenient for our members.

Cooking up a Storm at Government House



The Rotary Club of Brighton Beach not only knows how to cook up a storm, but how to cook in a storm. The Club provided a sausage sizzle in support of the Association for Children with a Disability 30th Birthday Family Picnic at Government House on 28th September.

Although the function coincided with some of Melbourne's worst weather, the Rotary Club of Brighton Beach was

very happy to man the BBQ, donating and cooking 760 sausages on the day.

Laverton Point Cook Club is 'Out There'

The Weerama Festival is a regular feature in Werribee and has now been extended to include the thriving Point Cook Town Centre.

The Point Cook Fiesta, now in its second year was held on Sunday 10th October and included all day entertainment, static displays and free rides for the kids. The Rotary Club of Laverton Point Cook had two displays on the day.

Rotarian Frank Spiteri showed off his Rally car which is sponsored by the club. Frank has supported several causes with his car over the years, most recently supporting the "Day of Difference" organization with a drive from West Wyalong to Goulburn.

The club has recently been successful in securing a grant to install Breathometers into local Pubs and Clubs. This was our opportunity to introduce one to the local community.





Operation Xmas Child

Wyndham RC's International program has got off to a brisk start with club members, family, friends, and two schools preparing 140 boxes of gifts for children in poor areas of south-east Asia and the Pacific islands.



Organiser Joan Coster said the response was fantastic, with a wider spread of contributors this year. Manorvale Primary School joined Baden Powell College in making up boxes. Operation Christmas Child is a program of Samaritans Purse, and the boxes of gifts go to children in villages in poor areas of

developing nations in south-east Asia and the Pacific islands. The boxes have to be prepared and sent early as they are packed into shipping containers and sent by sea.

Contributors are asked to include in each box something educational, items of personal hygiene, toys, and clothing – with the items being customised to the age and sex of the child.

Peter Nichols, Director of International programs at the Rotary Club of Wyndham said the generous donation amounted to over \$4,500.

For details on the Operation Christmas Child program go to http://www. operationchristmaschild.org.au/ or e-mail: joan_coster@hotmail.com

The New Approach

Marketing Tip

We would like to present the facts and figures about Rotary Australia membership's strengths, weaknesses and new opportunities.

Are you aware that the current nationwide membership of Rotary in Australia in recent years shows a steady overall decline of 300-400 members per year?

Last Rotary year had 23 Districts. This year we have 22. The merging of another 6 Australian Districts is being considered .The current Australian national membership is 33,500 Rotarians, made up of 27,800 male and 5,700 female

Did you know that 70% of our membership is over the age of 60? Are you aware that volunteerism internationally is falling? Men are declining in volunteering whilst women are slowly increasing.

The Logical Solution is to increase our Female Membership

It is 21 years since the first women joined Rotary International but the myth about Rotary only being open to men is still very strong.

Women have grown in strength over those 21 years, involved in business and professions and there are equal number of men and women graduating from the Universities. However, this is not reflected in our Rotary membership, where today women comprise only of 5,700 of our 33,5000 national membership, or just 17%.

The age profile on women is also an average of 10 years younger than the average male age demographic.

Until now Rotary has been dominated by men. Men have been in many leadership positions and making the majority of executive decisions.

Membership is declining at a rapid rate, the presence of women is stronger in the workplace and they have proven that they can carry their own – Rotary is now considering how to attract more women into Rotary clubs and districts.

It is the logical solution to increase female membership and for Rotary to become more diverse in its executive approach.



But How?

Firstly, Districts should review clubs membership numbers. For those clubs that have none or perhaps just a few token female members, the Districts should work with them to increase their female membership. If the club is not interested in increasing its female membership, another club in the area could be established.

Secondly, clubs should promote Rotary through existing women members. The aim should be to bring new women members into clubs in small groups to ease integration.

Thirdly, clubs should invite local businesswomen to meetings.

Finally, the Districts can celebrate 21 of years of Women in Rotary with special diners run by Rotary women for women, including high profile female speakers.

Inner Melbourne Probus Club to Launch in December

Our Rotary Club of Central Melbourne Sunrise is embarking on a bold venture in December to launch a Probus Club for active retirees. The Club will cover Melbourne's CBD and inner areas like Docklands, Southbank and St Kilda Rd.

There is already a Melbourne Men's and Melbourne Ladies' Probus Club, but they meet at Hawthorn and Kooyong respectively and do not have a CBD focus.

Our Community Services Committee believes there is large unmet demand in Melbourne for a Probus Club. It is many years, perhaps decades, since the previous Probus Club was formed near the inner city.

Probus Clubs can only be started by a Rotary Club. The crucial distinction between Rotary and Probus is that the Probus constitution bans fund-raising. Probus Clubs are purely social. Probus members have contributed back to the community during their working lives and are now entitled to some self-indulgence. The clubs tend to meet monthly, not weekly, and during the late morning. Costs are negligible.

Between meetings, members can organise whatever

social, cultural and intellectual activities they like.

I have had a lot to do with Probus Clubs in Melbourne and spoken to about 15 of them to date. Clubs are typically quite large -60 or more members typically turn up - and members are keen to expand their knowledge.

The "Launch" exercise:

We have booked a room at The Hub, 80 Harbour Esplanade, Docklands, for 10.30am Thursday Dec 2, for an Interest Meeting. From those present, the nucleus of a new club is created. Meanwhile we will be beating the bushes to market the concept around Melbourne through flyers and publicity. What our club wants from all of YOU are names and phone number or address of potential members. We will then provide these people with dodgers, a Probus magazine, etc and answer their queries. YOU must know personally a few people who would benefit from this new club! Do them a favor and provide their names to Tony Thomas tthomas2@bigpond.net.au. Thanks!

For More Information



Giorgios' Linguine Marinara

Relish Recipe Tip

INGREDIENTS

8 mussels 3 tbsp olive oil 2 garlic cloves, crushed 8 tiger prawns 8 scallops 12 calamari rings 2 scampi 125ml dry white wine 250g linguine 1/4 cup chopped parsley salt and freshly ground black pepper to taste olive oil for drizzling

METHOD

Soak the mussels in water to remove grit and take off the beard. Bring a large pot of salted water to a rapid boil, add the linguine and cook for 8-10 minutes until al dente then drain.



Meanwhile, heat the oil in a large non-stick frying pan then add the garlic and cook on a low heat for about one minute or until golden. Add the seafood, tossing to allow it all to cook. Discard any unopened mussels. Pour in the wine and cook for about 3 minutes. Tip the linguine into the pan of seafood, add parsley, salt and pepper and gently toss to combine all ingredients. Drizzle with olive oil.

Serves 2

Presented by **GIORGIOS' RESTAURANT**, 1235 High Street, Armadale. This recipe can be found the in Relish Cookbook - The Rotary Club of St Kilda's Annual Fundraiser.

To purchase please refer to www.relishrecipes.com.au or contact President Andrew M: 0416043239



Notices & Events

NEW Anzac Peace Tour Rotarians from all over Australia are booking for the Rotary ANZAC Peace Tour to Turkey, departing in April 2011. > Read More	NEW Women in Rotary 6 November, 2010 Exploring opportunities, ideas and creating new possibilities to educate women that "Rotary is for Women!" > Read More	NEW Inner Melbourne Probus Launch 2 December, 2010 Purchase the Rotary Club of Bacchus Marsh 2011 Calendar and help eradicate the crippling and life threatening disease polio. > Read More
 Brighton Lunch Friday, 22nd October, 2010 The Rotary club of Brighton is presenting the second annual BRIGHTON LUNCH sponsored by Porsche centre Brighton. > Read More 	 Sam's Rotary Ride 24 October, 2010 A Family day down the Geelong Road to Little River cycle around or through the You Yangs with covered eating area for luncheon BBQ, tea and coffee supplied. > Read More 	Rotary Fun Ride - Kew to Croydon? 24 October, 2010 Organised by the Rotary Club of North Balwyn as a community event in support of Rotary's local and international projects > View the Flyer
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Underbelly - True Crime Story or Just Sex, Drugs ans Rock n Roll - Breakfast 16 November, 2010 Justice King talks on the recent "Underbelly" series of trials and retributions that have recently been front page news. > Read More RYLA 2010 5-11 December, 2010 Applications are now open for the Rotary Youth Leadership Award. RYLA in District 9800 is a week long residential personal development program for young	RC Central Melbourne - Sunrise Breakfast with Paul Harris 17 November, 2010The Annual Rotary Foundation Paul Harris Breakfast will feature the Governor of Victoria, Professor David de Kretser AC speaking on the "Biological Revolutiion". > Read MoreRYLA 2010 5-11 December, 2010Applications are now open for the Rotary Youth Leadership Award. RYLA in District 9800 is a week long residential personal development program for young	 Free the Bears Fundraiser 22 November, 2010 The fundraiser will support the great work of Mary Hutton across the bear bile and exotic delicacy farms of Vietnam, Laos and Thailand. > Read More Shine On Awards 25 February, 2010 The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the
development program for young people aged 18 to 25. over 21 years. > Read More	development program for young people aged 18 to 25. over 21 years. > Read More	community of people with disabilities. > Read More
2011 District Conference Registration March 31 to April 2, 2011		
The Conference Committee would appreciate early registrations to ensure adequate arrangements can be made. > Read More		



Readers Letters

Ask Clarice...

Hi Clarice,

I'm a bit behind with my reading of Networker having just finished issue 12, but I'd thought I'd congratulate you on an exceptionally informative edition. From a Rotary education perspective through to some outstanding functions to be held by Clubs in D9800, it was a most enjoyable read. Keep up the good work!

Kind regards, Stephen Roe President Elect, Rotary Club of Essendon

Clarice Replies: Why thank you Stephen, it's lovely to get some feedback! The credit is really due to all the Rotarians out there who send us those wonderful stories. Without your contributions we would have very little.

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





A publication for Rotarians and all community minded people

DG Weekly Message

October is Vocational Service Month.

Vocational Service is the basis of our entry to Rotary membership. October is Vocational Service Month, a time when Rotarians are asked to focus on Vocational Service and an excellent time to look at Vocational Service activities in your club. Many clubs do just that.



Vocational Service is basic to our organisation. The use of the classification principal assures that each club has among its members a cross section of a communities business and professional population. When we join Rotary, our Rotary dinner badge gives our "classification." When we do a make- up, we introduce ourselves proudly such as "Iven



Iven Mackay and Marilyn District Governor 2010-2011

Mackay, Rotary Club of Toorak, classification Maps & Travel Guides."

Rotary's philosophy is to encourage and foster high ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying by each Rotarian of their occupation as an opportunity to serve. These values are expressed in the 4-way test.

Paul Harris wrote "each Rotarian is a connecting link between the idealism of Rotary and their trade or profession."

Hands on Vocational Service in the community is the best possible public image Rotary can give to the community. The side benefit is its ability to attract new members. RIP Ray Klinginsmith this year affirms that Rotary's greatest strength lies in its grass roots network of more than 34,000

In this Issue

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

October is Vocational Service Month





Clubs. He emphasises the opportunity Rotarians have in BUILDING COMMUNITIES BRIDGING CONTINENTS with use of their vocational skills. Upholding high ethical standards and maintaining supportive professional relationships are goals toward which Rotarians should strive.

On Sunday, 3rd October, Vocational District Director Bob Slater, along with his Committee and a number of facilitators, ran a successful Vocational Service Forum at Glen Erin winery in Lancefield, followed by a delightful lunch. Thank you to the Clubs, Club Presidents, Club Vocational Service Chairs and Rotarians that attended. Well done to RC of Brighton Beach who did an excellent job (once again) of hosting this day.

Let's generate some Vocational Service activity in our Clubs this month!

Have a great week in Rotary,

DG Iven

Nepal

Nepal has received a Millennium Development Goal award for its outstanding national leadership, commitment and progress toward achievement of the improved maternity health goal.



Gyan Chandra Acharya, Ambassador Permanent Representative of Nepal to the United Nations received the award at a recent function in New York. Nepal reduced the maternal mortality ratio from 415 to 229 deaths per 100,000 live births, between 2000 and 2010.

The MDG report on Nepal shows that it will likely meet the target to reduce the maternal mortality ratio by three quarters by 2015.

Since 2004, Rotary in Nepal along with it's Rotarian counterparts in Germany has been complementing the Government in achieving the MMR goals through various projects on Safe Motherhood, where such issues are addressed:

- Health Hygiene
- Family Planning
- Child Spacing
- Education
- Capacity Building

Many projects that Rotary Clubs are involved in have been able to identify and train and thereby establish health service personal in the remote and distant villages. Successful projects have been:

- Competitive MG Pilot Project 2004 (11 Districts)
- Three H Grant 2007 (10 Districts)
- 8 smaller MG projects 2008 (6 Districts)
- 3 smaller MG project this year (3 Districts)
- Girl Child Education (300 girls)
- Reproductive Health Camp (4 Districts 16 camps)

By Jennifer Hendrickson, Executive Director Rotarian Action Group for Population & Development

R U OK? Day

As a member of Rotary please consider participating in R U OK Day October 7.

In the video below you'll see what Hugh Jackman has to say about it:

http://www.youtube.com/watch?v=FxFEfO6Tv7U

You'll see by clicking on the link below all there is to know about how you can register your business, company and family

http://www.ruokday.com.au/content/home.aspx



Ivo Kornel is on the Road to Happiness



It was raining when I departed Brisbane, the date the 29th of March 2010 but I almost did not feel the drops falling on my shoulders I was so excited. Ahead of me 15,000kms circumnavigating the country all on a push bike whilst raising awareness of youth depression and suicide. Making a difference, changing lives, inspiring...

Before I was 25 I lost 5 mates to suicide, the first in year 10, the second in year 11, then 3 after graduating in 1998. There where no notes left, the questions we had running through our heads could not be answered. Why? What were the causes? Could have anything been done? Why did we not see it coming? Could we have prevented any of the tragic deaths?

The purpose of the trip was to educated students from year 8 to 12 in regards to signs and symptoms of depression. How can you look out for the signs if no one has taught you what they are? After understanding what the signs are then what? So the next thing i teach the kids is to get each other talking if you feel they may have depression and not to treat as something alien.

The 3rd step I educate them about is regarding the support they have at hand these days and who that might be. For instance, teachers, counsellors, parents

and then the big institutions such as 'Reachout,' 'Beyond Blue,' 'Lifeline,' 'Black Dog,' 'Head Space...'

The trip is now 6 months young and 13000kms have been completed. I have cycled through all weather conditions including been flooded just outside Kimba in South Australia. I almost throw a line out...the trip has been just as mentally tough as it has been physical.

I was hospitalised in Western Australia. The doctors first thought it was a brain hemorrhage and so after a CT scan and lumbar puncture I was given the all clear. Not the most pleasurable part of the trip but nothing great is easy.

I have met some amazing people whilst on the road. One being Juan Believe from Montreal in Canada who has been walking the world for 11 years raising awareness for kids who are less fortunate than most. Deborah De Williams who is running around Australia for breast cancer just to name two.

I have spoken to more than 5000 students in schools, thousands of Australians in rest areas, caravan parks, backpackers, rotary clubs and functions spreading the word of depression and proving that great achievements can be realised if one wants it bad enough.

Like life my journey has not always been a straight and sunny road. Along the way one will be tested with twists and turns, hardships, pain and suffering but one will also have the privilege to enjoy the laughs, the people one meets and the joy that this trips brings to so many.

For More Information





RI Convention Street Banner

For the first time, Rotarians have a chance to own a piece of RI Convention history. Each 2ft x 5ft banner can be personalised with up to three lines of information – your name, your Rotary title, your Club's name, your District, and your Zone are some examples.



Each banner will be displayed on the route from the New Orleans Airport to the New Orleans Convention Centre, site of the 2011 Rotary International Convention. After the Convention each banner will be taken down and shipped to the sponsoring Rotarian, Club, or District. You'll have your very own personalised reminder of the 2011 Rotary International Convention to display at Club meetings, District functions or in your office.

Help welcome Rotarians from around the world to the 2011 Rotary International Convention and have your own personalised piece of memorabilia after the Convention closes!

Read the Full Story

A Road Trip to Remember

Rotarian Joanne Pistorius found a stylish way to travel to the 2010 RI Convention in Montréal, Québec, Canada, in June.

Joanne, a member of the Rotary Club of Tampa Hyde Park, Florida, USA, and her husband, Brando, drove their vintage 1930 Packard from Tampa to Montréal as part of a three-week, 4,000-mile roundtrip journey in late June and early July.

Have you made your travel arrangements for our Convention in Adelaide yet? Think about it now!



Vocational Service Month in October

It's now Vocational Service Month. Increase the vocational service knowledge of your fellow club members by devoting your first October Rotary club meeting to discussing The Four-Way Test and the Declaration of Rotarians in Businesses and Professions. This special month is a great opportunity to begin planning vocational activities for the entire year, including awards and community projects that raise awareness of Rotarians' commitment to ethics in business.

For More Information



Camp Getaway

Last weekend saw more terrific progress at Camp Getaway.

On Saturday RC Bendigo undertook a working bee to replenish the fire wood supply for the camp. On Sunday members from clubs including Eaglehawk, Bendigo Sandhurst and Bendigo Strathdale saw to the installation of the relocated tank stand and water pressure header tank.

While Leon Scott's crane was on site, an opportunity



was taken to remove a large pine tree which had not survived the drought.

A great weekend's work for all concerned!



Developing a Club Website

Marketing Tip

Rotary Club websites share many of the same best practices as any website. They need to be user friendly, easy to navigate, and use fonts, colors, and other design elements that are appropriate. But often a Rotary Club website needs to offer more than your typical website.

A Rotary Club website should make it easy to find out more info about your Rotary Club, offer a method to donate money, and to become more involved. It needs to make it easy for media contacts to find the information they need and the contact information of key members and positions held. And it needs to do all this in a way that's inviting to the organisation's targeted volunteers.

RI is conducting special web training, to discuss tips on how to develop and manage a website for your club or district from a panel of Rotarian website experts. For those attendees who express interest before the webinar, the panelists also may offer tips about the attendees' websites and offer suggestions for high-impact changes that are easy to implement.

Register Now

This 60-minute webinar will be offered twice and conducted in English only. Registration is free. Click on a date to register:

- 13 October at 10:00 CDT
- 20 October at 18:00 CDT

(Times are U.S. Central. Please check for your local time.)

You will receive an e-mail confirming your registration with information you need to join the webinar.



Frozzie Duck

Relish Recipe Tip

INGREDIENTS

1 x 2kg duck (preferably organic) Salt 1 bunch bok choy 40g Japanese-style pickled ginger Mash 2 medium-sized desiree potatoes, peeled and cut into large chunks 100ml thickened cream 30ml butter Juice of 1 lemon Salt and pepper Sauce 250g red currant jelly Juice of 1 lime Small piece of ginger, peeled and grated 2 star anise Ground black pepper to taste



METHOD

Preheat the oven to 250C. Rub the duck with salt and bake for about 1 hour or until the skin is golden and the juices run clear when a thigh is pierced with a fork. Take off the breasts and legs.

Boil the potatoes for about 20 minutes or until soft, drain then mash with the cream, butter, lemon juice, salt and pepper.

Meanwhile, place the sauce ingredients in a small saucepan and reduce by half (this will take about 15 minutes). Discard the star anise.

Steam the bok choy for about 2 minutes and drain.

To assemble the dish, place the mash on the serving plate, top with a duck breast and leg, then put the bok choy and pickled ginger on top of the duck. Pour the sauce over the duck and around the plate.

Serves 2

Presented by Chez Olivier Le Bistro, 121 Greville Street, Prahran.

This recipe can be found the in Relish Cookbook - The Rotary Club of St Kilda's Annual Fundraiser.

To purchase please refer to www.relishrecipes.com.au or contact President Andrew M: 0416043239



Notices & Events

NEW New Meeting Venue for the Rotary Club of Docklands

The Rotary Club of Docklands, now meets at 6.30 every Tuesday at Waterfront Venues, Level 1, 427 Docklands Drive, Docklands. The phone number at the venue is: 03 9329 673

NEW Melbourne's Best Busker

07 October, 2010

The Rotary Club of Melbourne Park are looking for Melbourne's Best Busker. The short list has been chosen and these buskers will be performing. Entry is free, but they hope the crowd will give them a gold coin donation They really need a crowd there to help vote for the best busker....we would be most grateful if members could come along and support. > Read More

NEW Sam's Rotary Ride

24 October, 2010

A Family day down the Geelong Road to Little River cycle around or through the You Yangs with covered eating area for luncheon BBQ, tea and coffee supplied. BYO Bike Road or Trail bike circuits for all skill levels available. **> Read More**

NEW Underbelly - True Crime Story or Just Sex, Drugs ans Rock n Roll - Breakfast

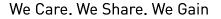
16 November, 2010

Justice King talks on the recent "Underbelly" series of trials and retributions that have recently been front page news as they have passed through the jurisdiction of the Supreme Court under in Her Honours Court. From banning of the Television series to the main characters in the Underworld power struggle for supremacy of the drug trade and its ongoing ramifications for Victorians. Justice King has the unique position of of having heard all the evidence and then pronounced the sentences. **> Read More**

NEW Rotary Club of Central Melbourne - Sunrise Breakfast with Paul Harris

17 November, 2010

The Annual Rotary Foundation Paul Harris Breakfast will feature the Governor of Victoria, Professor David de Kretser AC speaking on the "Biological Revolution". > Read More





Notices & Events

NEW Free the Bears

22 November, 2010

The fundraiser will support the great work of Mary Hutton across the bile and exotic delicacy farms of Vietnam, Laos and Thailand where many more bears are captive in generally appalling conditions. Your support through this dinner will assist in providing new homes for more bears yet to be recovered from captivity. **> Read More**

NEW Shine On Awards

25 February, 2010

The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the community of people with disabilities. The awards recognise the personal endeavour in overcoming disability, to contribute to the quality of daily life in the community. **> Read More**

The Great Respect Debate

Friday, 8th October, 2010

The Great Respect Debate is a free event to take place on Friday 8th October 2010 at Melbourne Town Hall during the Victorian Senior's Festival.

View the Flyer

Recreational Vehicle Fellowship - Planned trip to the Little Desert

8th-10th October, 2010

A specifically designed trip to re-evaluate this vastly underestimated location in Western Victoria. "A desert that isn't really a desert", with over 600kms of tracks to choose from and a Nature Lodge in the middle of nowhere.

Details available from Annie McGennisken, Rotary Club of Keilor East.

GSE Team Members Sought

Applications close Friday, 8th October

For this year's Group Study Exchange with District 5840 in Texas, we are looking for outstanding young and rising leaders to be ambassadors for our District as Team Members. With applications closing Friday 8th October, now is the time to work with organisations in your area to identify and nominate these GSE Team Members.



This Rotary year's exchange will be in May-June 2011 in Texas. The team will also be required to attend our own District Conference in Adelaide in March. Further information (including application forms) can be found on our GSE page on the District website: http://www.rotarydistrict9800.org.au/group_study_exchange_2011.

Victorian Golfing Fellowship of Rotary

11 October, 2010

Golfing fellowship day open to Rotarians who are members of Rotary Clubs in Victoria and hold a current A.G.U. handicap. Sponsor Club Rotary Club of Melbourne. READ MORE

Lord and Lady Somers Camps

Applications close 15th October, 2010

The details of each camp are as follows:

Lord Somers Camp: Friday, 7 January to Saturday, 15 January 2011 Lady Somers Camp: Saturday, 15 January to Saturday, 22 January 2011 Age Group: 16 ¹/₂ to 18 years as at 1 January 2011 (preference given to those in Yr 11 2010)

Cost: \$450.00 all inclusive. However \$100 deposit must be paid by the participant. The balance may be sponsored by your Rotary Club.

Rotary Club of Altona 33rd Annual Art Exhibition

15th - 17th October, 2010

82 Nelson Place, Williamstown

For More Details

Union Road Shopping Precint

Saturday, 16th October, 2010

Union Road Shopping Precinct is an intergral part of racing in Melbourne and has been at the heartland for over 100 years. To celebrate the 150th running of the Melbourne Cup, the Union Road Traders Association would like to invite you to attend a gala dinner.

Date: 16 October 2010 Venue: The Atrium Level 1, The Grandstand Flemington Racecourse



A three-course dinner and beverages Complimentary car parking, major auction and door prizes Darryl Cotton and band 7pm -11.30pm Black Tie

\$110pp \$1200 for a corporate table of 10 guests (Tax Deductable)

For bookings contact Yvonne Moon 0407 303 255 email yvonne.moon@bigpond.com Nicole Manning email manning@stgeorge.com.au

View the Flyer

Boroondara Farmers' Market

16 October, 2010

The Boroondara Farmers' Market is held at Patterson Reserve, Auburn Road, East Hawthorn on the third Saturday of each month. The next Market will be on Saturday, 16th October, from 8am to 1pm. It is run by the Rotary Club of Glenferrie in conjunction with the City of Boroondara. READ MORE

Lunch with John Faine

20 October, 2010

Recent studies have suggested that some forms of gentle exercise appear to be effective in promoting sleep. The Institute for Breathing and Sleep in conjunction with RMIT University is currently conducting a trial to compare two forms of a 12 week gentle exercise program in those 55 years and over who have insomnia. READ MORE

John Reddish Service Excellence Awards

20 October, 2010

On Wednesday 20 October, the Rotary Club of Kew on Yarra will be holding the 4th annual John Reddish Service Excellence Awards dinner. READ MORE

Tullamarine Breakfast with Sam Lipski

21 October, 2010

Join the Tullamarine Rotary Club for breakfast, featuring Mr. Sam Lipski CEO of the Pratt Foundation.

Read More



Brighton Lunch

Friday, 22nd October, 2010

The Rotary club of Brighton is presenting the second annual BRIGHTON LUNCH sponsored by Porsche centre Brighton.

All are welcome to come to Brighton International Bay St. Brighton at 12MD on Friday 22nd of October for a great lunch compered by Deborah Hutton and entertainment by James Reyne Proceeds go to the Olivia Newton-John Cancer and Wellness Centre.

While this terrific event is mainly for the gals the guys are also very welcome.

Bookings for this \$100 a head spectacular are with Geoff Bentley on 0408991641

View the Flyer

Rotary Leadership Institute

The Rotary Leadership Institute (RLI) is a multi-district leadership development program which seeks to have Rotary Clubs identify those Rotarians who seem to have the potential for future club leadership (not necessarily as club presidents) and provide those so identified with a quality education in Rotary knowledge and leadership skills for voluntary organisations.

Sunday October 17

Sunday November 14

Rotary Fun Ride - Kew to Croydon?

24 October, 2010

Organised by the Rotary Club of North Balwyn as a community event in support of Rotary's local and international projects and to promote good health, fitness and family fun. For families and young children as well as experienced riders. Choice of distances (15km, 35km and 45 km) along the Koonung Trail through Ringwood, up the Mullum Creek Trail and return.

View the Flyer

The Lost Men of Fromelles

09 November, 2010



Tuesday 09 November from 7.30am. The Rotary Club of Central Melbourne-Sunrise will remember Armistice Day in November, with two most inspiring guest speakers, at their breakfast meeting at RACV

City Club (2nd floor). Read More

North Balwyn Rotaract Trivia Night

13 November, 2010

A night full of quirky trivia, games and hours of endless fun will be held on Saturday the 13th of November.

Read More

ROMAC Fundraiser

On Monday the 15th of November 2010 ROMAC is holding a Fundraiser at the Cardinal Club, Scotch College, Morrison Street, Hawthorn at 7.00pm for 7.30pm.

This evening will be in concert format with complimentary champagne on arrival and a free raffle ticket. The show is called "Rosa the Russian Beautician" starring Marney McQueen, a truly professional performer of stage and cabaret.

Seats are \$50 per person.

Enquiries: Richard Groom – 03 9888 4099 or Gerry Phillips 0418 349 024. More details and Credit card payments at : www.romac.org.au/merchandise/live-show.

RYLA 2010

5-11 December, 2010

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

Rotary Friendship Exchange

Vacancies exist for Rotarians and partners and Single Rotarians. Max of 12 in the team.

- South Africa approx dates
 - 15 29 April 2011
- Zambia approx dates



1 – 14 May 2011 Alberta Canada

Sept 2011

Please apply to PP Jeanette Lynch D9800 RFE Chair jeanette.michael@bigpond.com ph: 03 9390 5400 or 0419 568 639

Cafe International - Advance Notice - Hold the Date

6.30pm Sat 7th May 2011 International House, 241 Royal Parade, Parkville. For further information please contact Tamra Keating, Development Manager, International House on 9345 7558 or tkeating@unimelb.edu.au

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

Celebrates 25 years of the Gellibabies!

Lock in the date!



Readers Letters

Ask Clarice...

Dear Clarice,

It's Thursday (30th September) night and my big adventure has finally arrived! 9pm tomorrow night at the airport: I'm off to Fiji with the Interplast Team! As you can imagine, my case is overflowing – not from weight of my shoes or clothes – but with all the toys, games of snap, reading + colouring books, pencils, crayons and jigsaw puzzles. Anything not used for the Interplast kids will get put to good use for the kids in the Fijian Highlands (a RCoDocklands project I'll be visiting the second week). I'm keeping a journal so will try to get some emails / photos through, Bigpond behaving! Not taking my mobile – giving it a holiday too. I know from our update overnight that we will go straight to the Hospital in Suva on Saturday and unload our huge amount of excess luggage. Sunday is a rest day so I may get to see what Suva has to offer.

Monday we start our Interplast Clinic at 9am with a view to the first surgery Tuesday morning. Monday night we shall attend a Civic Reception at the Australian High Commission in Suva. (I am going to need another pair of shoes and a decent dress – oh well). And it looks like I shall have a Rotary meeting to attend on the Tuesday. All those Make-Ups!

Our Interplast team has two surgeons, an anaesthetist and two nurses, two Interplast managers and two observers. The other Interplast Observer, Steve Weychan is from WA, and we have been having a lot of fun communicating about our trip. I am sure there will be a few bottles opened over debriefs at night with Steve, as I am told the surgical team have dinner and then retire. See you on the 18th.

Regards, Kylie-Anne Rich Rotary Club of Docklands Rotary D9800 Interplast Observer

Clarice Replies: Great news Kylie - and Interplast is such an exciting project! We'll have a night out together when you return, so I can get all the details - and don't forget to send us some photos.

And I hope you can pick up some nice shoes duty-free ;-)

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





A publication for Rotarians and all community minded people

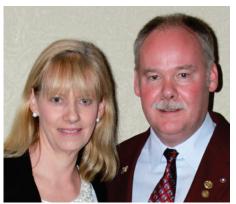
DG Weekly Message

Camp Getaway - it keeps getting better & better.

I hope all Rotarians in our District are aware of Camp Getaway.

Camp Getaway started as a camp for special needs people, however it is now available for people of all abilities and mobility. The camp is wheelchair friendly, with accessible toilet & shower facilities and wide accessible pathways. The kitchen, dining room, lounge and games room are separate from the sleeping quarters. There are 2 dormitories that can accommodate 30 people each, in 6 rooms, sleeping 2-6 in single beds. There are also 3 units, each with 2 bedrooms & 2 accessible bathrooms, plus sitting room & veranda.

Camp Getaway is only 15 minutes from Bendigo, surrounded by natural bushland. The upgrading of the caretakers cottage and the 2nd new 26 bed dormitory are close to completion. Thank you to the work done here by RC's of Keilor, Essendon North and Bendigo Strathdale. In fact, many Clubs in Bendigo and elsewhere in our District do outstanding work at the Camp. The next major project will be to modernise the kitchen and cooking facilities.



Iven Mackay and Marilyn District Governor 2010-2011

Considerable work continues to have the 2nd stage of the camp completed as soon as possible. The 1st stage was opened on 21st February 2005, by the D9800 Governor, Judy Nettleton for Rotary's 100th anniversary celebrations. Clubs in our District can take considerable pride in all that has been achieved so far at Camp Getaway. Many more clubs in our District should get onboard and become involved and help complete this facility.

All Clubs in the District are asked to help secure funding and donated/ discounted building materials/ equipment in order to complete this project and gain accreditation with the Camping Association.

The Camp Getaway Committee would be happy to come and talk at your Club, please feel free to contact them. Camp Getaway is located at 161 Eppalock Road, Axedale, Vic, 3551. For

In this Issue

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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

October is Vocational Service Month





information contact Ken Maxfield, Camp Getaway Committee on email kmaxfiel@bigpond.net.au.



PDG Jim Studebaker, IPDG Colin Muir, DG Iven at Camp Getaway

Thank you to all the Rotarians and Clubs that continue to support and conduct working bees at Camp Getaway. This provides a wonderful opportunity for Club fellowship.

Finally, last weekend was a busy one in the District. We conducted another very successful RYPEN at Camp Weekaway, hosted by RC of Brighton North, PETS 1 for Presidents 2011-12 held at Braemar and hosted by RC of Woodend, and also GSE Team member interviews were held at International House. Many Clubs also held events. This District indeed keeps busy and continues to "do good in the World".

In BUILDING COMMUNITIES BRIDGING CONTINENTS,

Keep up the great work,

DG Iven

Planning Your Event

Marketing Tip

Document the Detail Once you have identified what you want to achieve from your event, plan out the major task areas which will need to be undertaken and who will be responsible.

The next step is nutting out the detail and "mind mapping":

- Pre-requisite actions that will need to happen to make it work
- Opportunities and ideas lateral thoughts and links
- People worth or approaching
- Additions and angles to make the event fun, exciting, intriguing, novel or unique.
- Preparations and amenities for the day
- Compliance, regulations, insurance, etc
- Promotional and merchandising opportunities
- Ways in which prospective members can investigate becoming a Rotarian through the event
- Ways in which prospective supporters can assist
- All tasks that will need to be allocated before, during and after the event

This exercise is a good one to conduct with multiple minds– whether all at once or in drawing up parallel lists which can be shared at a later time. At the point of mind mapping, use a brainstorming processes – be comprehensive and list everything you can think of – you

can cull these down or explore their feasibility later as a group. Don't hold back on an idea that someone might be able to give wings to.

Once you have a list of tasks and responsibilities, the next step is formulating these into "job descriptions" for those responsible. Allocate each person involved with explicit responsibilities from your list (sort them into logical groups) and charge them with the task of looking after any other incidental requirements or prerequisite planning within their area of domain.

Congratulations – you now have people in positions with clear responsibilities.

Anything Else?

Think outside the square – how else could you make the event bigger, more exciting or more successful? Ask others for their ideas and input. The event may be yours, but the ideas don't have to come from you alone – ask other clubs and advertise what you are doing in advance to see if anyone else wants to be involved. More hands and minds will make for lighter work and greater success!



Camp Getaway

Paul Kirkpatrick, Chair – Camp Getaway (Rotary D9800)

A good news story from the Rotary Club of Wyndham unfolded at Camp Getaway last weekend.

Rotarian Julie Mason, assisted by club members, coordinated a camp for 26 girls from difficult backgrounds/personal circumstances, from grade six classes in various local schools around the club area. The girls were nominated by their schools because it was felt that the mentoring and leadership development

program proposed by RC Wyndam at Camp Getaway would be of immense benefit in their personal development. The girls also undertook working bee activities at the camp site including inside cleaning work and a mammoth weeding effort in the gardens around the dormitories. After a hearty lunch the girls were bussed to local Bendigo tourist attractions including gold panning at the Central Deborah Gold Mine. A great weekend, and one which reflects the aims of Camp Getaway to enrich the lives of disadvantaged young people.



Set your club's fundraising goals for a successful year

The 2011-12 Fund Development Club Goal Report Form is now available to help you plan your club's annual giving.

Club goal-setting for fundraising is vital to the Every Rotarian, Every Year effort, in building sustained support for The Rotary Foundation's Annual Programs Fund.

Details of funding for the Foundation's humanitarian and educational programs are at: http://www.rotary.org/ en/Contribute/WaysToGive/Announcements/Pages/101013_annc_erey_goals.aspx



Pakistan Report 18 October

DART Peter Newton and Eb Friedrich were invited to the District 3272 (Pakistan & Afghanistan) District Assembly Membership Seminar at the Hotel Pearl Continental, Peshawar. This hotel was recently blown up and is being rebuilt. Security was strong including electronic vehicle crash barriers.

Peter and Eb were welcomed as honoured guests and several times received awards of appreciation for Disaster Aid International, and strong applause for their disaster relief work. The Minister for Social Welfare and Women's Affairs mentioned "Our Australian Friends" in thanking them for their efforts.

The audience were interested in DAA's work with flood relief and especially the survival boxes

and SkyJuices. They also greatly appreciated the fact that Rotarians would come so far to help and especially, in the perception of Western Media, to unsafe areas. Peshawar is a very old city, only 50 kilometres from Afghanistan. Despite all the security precautions and the armed escorts for our field trips, 99% of Pakistan people are very friendly and they met nothing but kindness and friendships. The custom is that guests are honoured above themselves and anyone else.

Peter and Eb's main role is to ensure aid is delivered and they have recorded every single box sent to Pakistan complete with an identifier, family name, number of family members and photographs of each recipient with the aid. We don't think any other aid agency can provide such 100% accountability.

> Read the RAWCS Report









Australian Rotary Health

If you're like most Australians, it's likely that you take your access to doctors, hospitals, and education for granted.

But 24% of Australia's Indigenous population lives in remote Australia, where access to these services and facilities is limited. Indigenous Australians are twice as likely to report their health as poor, and one-and-a-half times more likely to have a disability or long-term health condition.

An Indigenous Health Scholarship can make the world of difference to a struggling student. For a commitment of only \$2,500 per year, your Rotary club could directly help improve the health and wellbeing of Australia's Indigenous population.

> Read the DG Monthly Newsletter



Reports on the Rotary Four Wheel Drive Division

Lewis W. Bordon - President RVFR 4wd Division

It really is quite amazing how our weather patterns greatly influence and change the environment. Last year on the Grand Final Weekend in September we tackled our first Little Desert Trip. It was extremely wet with "small rivers" to cross, the wind was howling, the skies were grey, the black boys, or grass trees as they are now known, were in full bloom and looked spectacular and there were very few native wild flowers.

This time around, one year and two weeks later, it was dry and sandy, we had one smallish mud hole to cross, the skies were blue and the sun was shining, there were hardly any black boys in bloom and the native wild flowers were everywhere. It really was extraordinary and bizarre. We camped at the Little Desert Nature Lodge. I highly recommend that you stay there if you get a chance. It is truly beautful with their own resident emu cheekily wandering around. He didn't take too kindly to being shooed off either.

The Lodge provided a very tasty two course meal on Friday night and were more than happy to supply us with a bbq and the use of the "big shed" for our Saturday night relaxaton. Everybody thought they would bring along a "little extra" just in case, resulting in more food than there were people to eat it. We weren't exactly going to run out of red wine in a hurry either.

The point is, it is a great way to relax, get to know people, have a laugh with a great bunch of guys and most of all 4wd in our beautiful country.

> Read the October 4WD Division Report

Gross National Happiness Commission

In Bhutan, the economic challenge is not growth in Gross National Product, but in Gross National Happiness. There is no formula, but, befitting the seriousness of the challenge and Bhutan's deep tradition of Buddhist reflection, there is an active and important process of national deliberation. Therein lies the inspiration for all of us.

Part of Bhutan's GNH revolves around meeting basic needs: improved



healthcare, reduced maternal and child mortality, greater educational attainment and better infrastructure, especially electricity, water and sanitation.

This focus on material improvement aimed at meeting basic needs makes sense for a country at Bhutan's relatively low income level. Bhutan is also asking how economic growth can be combined with environmental sustainability - a question that it has answered in part through a massive effort to protect the country's vast forest cover and its unique biodiversity.

It is asking how it can preserve its equality and foster its unique cultural heritage. And it is asking how individuals can maintain their psychological stability in an era of rapid change, marked by urbanisation and an onslaught of global communication, in a society that had no televisions until a decade ago.

Bhutan's Buddhist tradition understands happiness not as attachment to goods and services, but as the result of the serious work of inner reflection and compassion towards others.

Bhutan has embarked on such a journey. The rest of the world could do the same.

> Read More

> Visit the Offical Website

Rotary Club of Rochester Goes to the Hill

Sunday 17th October saw members of the Rotary Club of Rochester turn out to show support at a local day out in a variety of ways. Local vineyard Lake Cooper Estate held their annual Day on the Hill showcasing latest release wines, along with supplying a great social day with top class music, food stalls, helicopter rides, barbecues.

Always a great supporter of local organisations Lake Cooper Estate Wines invited local groups to take part and the Rotary Club of Rochester joined in to complement the day. The chance to fly the Flag for Rotary and enjoy a great day out not to be missed.

A well-laden produce stall along with promotional items and scrapbooks of activities ensured those attending the day went home with home produced goods along with the knowledge they had supported a local group.

With some 500 people attending the day, thank you to Lake Cooper Estate for their continuing support, giving everyone the chance of supporting local business and groups.





Notices & Events

> Read More		> Read More
Underbelly - True Crime Story or Just Sex, Drugs ans Rock n Roll - Breakfast 16 November, 2010 Justice King talks on the recent "Underbelly" series of trials and retributions that have recently been front page news.	RC Central Melbourne - Sunrise Breakfast with Paul Harris 17 November, 2010 The Annual Rotary Foundation Paul Harris Breakfast will feature the Governor of Victoria, Professor David de Kretser AC speaking on the "Biological Revolutiion". > Read More	Free the Bears Fundraiser 22 November, 2010 The fundraiser will support the great work of Mary Hutton across the bear bile and exotic delicacy farms of Vietnam, Laos and Thailand.
> Read More	> Read More	> Read More
13 - 14 November, 2010 The fourth sensational Rotary Garden DesignFest will exhibit 27 superbly designed gardens by some of Melbourne's most acclaimed garden designers.	14 November, 2010 The Rotary Leadership Institute (RLI) is a leadership development program which seeks to identify those Rotarians who have future leadership potential.	15th of November 2010 ROMAC is holding a Fundraiser This evening will be in concert format with complimentary champagne on arrival and a free raffle ticket.
> Read More Rotary Garden DesignFest	> Read More Rotary Leadership Institute	> Read More ROMAC Fundraiser
The Portsea Camp Working Bee/ Fellowship Weekend has a new date.	The Rotary Club of Central Melbourne-Sunrise will remember Armistice Day in November, with two most inspiring guest speakers, at their breakfast meeting.	A night full of quirky trivia, games and hours of endless fun will be held on Saturday the 13th of November.
Portsea Camp Working Bee 7 November, 2010	The Lost Men of Fromelles 09 November, 2010	North Balwyn Rotaract Trivia Night 13 November, 2010
> Read More	> Read More	> Read More
Ian Riseley will be speaking on The Rotary Foundation at the Mathew Flinders Hotel.	Fall of Giants will be signed by Ken Follett and sold on the evening.	women that "Rotary is for Women!"
The Rotary Foundation 10 November, 2010	Fall of Giants 6 December, 2010	Exploring opportunities, ideas and creating new possibilities to educate
NEW Ian Riseley Speaks on	NEW Ken Follett Book Launch –	Women in Rotary 6 November, 2010



Notices & Events

Inner Melbourne Probus Launch	RYLA 2010	Shine On Awards
2 December, 2010	5-11 December, 2010	25 February, 2010
Purchase the Rotary Club of Bacchus Marsh 2011 Calendar and help eradicate the crippling and life threatening disease polio. > Read More	Applications are now open for the Rotary Youth Leadership Award. RYLA in District 9800 is a week long residential personal development program for young people aged 18 to 25. over 21 years. > Read More	The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the community of people with disabilities. > Read More
2011 District Conference	Anzac Peace Tour	
Registration March 31 to April 2, 2011 The Conference Committee would appreciate early registrations to ensure adequate arrangements can be made.	Rotarians from all over Australia are booking for the Rotary ANZAC Peace Tour to Turkey, departing in April 2011.	
> Read More	> Read More	



Readers Letters

Ask Clarice...

Dear Clarice,

Re Adelaide Conference Payments:

I have asked Ezidebit why they cannot add the word "Rotary" on credit card payments, but they say it cannot be done!

Please alert members that Ezidebit Milton Qld. on their credit card statements probably refers to their Conference payment.

Cheers, Alan Freedman 2011 Adelaide Conference Chairman.

Hi Clarice

WOMEN IN ROTARY ????

Visit our website's homepage www.rotaryrichmond.org.au to view our comments and YouTube.

Our Team happens to include valuable "17 x Women Members", but who's counting? - we are all Rotarians committed to serve our community. There's no gender bias & equality is rampant at Richmond; all in the absence of a glass ceiling!

Why don't we also target Asians, Buddhists, Gays, Climate-Change Sceptics or those less than 5'8" in stature for Rotary membership?!

Best regards Trevor Pang, RC Richmond

Dear Clarice,

Sorry I could not make it to the Cup, but I am a bit busy at present.

I am currently based in Islamabad, Northern Pakistan from 3rd Oct for 1 month overseeing the distribution Disaster Aid International Survival Boxes to flood affected victims.

Disaster Aid International has provided survival boxes complete with large tents to 292 families, with a further 384 boxes arriving early next week – aid for nearly 700 families. Additionally we are providing 8 Skyjuice water filtration plants, each capable of providing

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





Readers Letters

Ask Clarice...

up to 10,000 litres of water per day indefinitely and 5000 personal Life Straws from Disaster Aid UK.

We have another team about to deploy to Sudan to house some of the 200,000 refugees returning now and possible deployments in the next few months to Swaziland and Haiti with independent, overseas funding. I will be running the 7 day residential DART training course from the 25th November for 12 DART trainees.

Regards, PP Eb Friedrich Team Leader – Pakistan. Disaster Aid International

Dear Clarice,

I am the district contact person for next year's Rotary Convention in New Orleans.

I am going overseas for 5 weeks tomorrow so I thought if anyone is interested I can let everyone know that I have all the appropriate registration forms and promotional material but can advise that registration can be made online at <u>www.rotary.org</u> and that the 1st early bird deadline to get the lowest price option is by 15th December 2010 when the price will be \$US300.00.

http://www.rotary.org/en/Members/Events/Convention/Pages/ridefault.aspx

Regards, Neville Page 0414 673611 page@ghp.biz

		Mtgs	%
Albert Park	Batman	4	54%
Central Melb. Sunrise	Batman	4	65%
Docklands	Batman	4	55%
Melbourne	Batman	4	49%
Melbourne South	Batman	4	68%
Port Melbourne	Batman	3	55%
Southbank	Batman	4	52%
Brighton	Beachside	5	58%
Brighton Beach	Beachside	4	79%
Brighton North	Beachside	4	83%
Caulfield	Beachside	5	71%
Elsternwick	Beachside	4	45%
Glen Eira	Beachside	4	93%
Castlemaine	Calder	4	63%
Daylesford	Calder	4	60%
Gisborne	Calder	4	74%
Kyneton	Calder	4	80%
Woodend	Calder	5	58%
Balwyn	Eastside	4	64%
Boroondara	Eastside	4	56%
Camberwell	Eastside	4	71%
Canterbury	Eastside	4	58%
North Balwyn	Eastside	5	87%
Brimbank Central	Gateway	4	82%
Essendon	Gateway	4	60%
Essendon North	Gateway	4	62%
Keilor	Gateway	4	80%
Keilor East	Gateway	3	83%
Moonee Valley	Gateway	4	64%
Tullamarine	Gateway	5	53%
Bendigo	Goldfields	4	59%
Bendigo Sandhurst	Goldfields	4	64%
Bendigo South	Goldfields	5	71%
Bendigo Strathdale	Goldfields	4	65%
Eaglehawk	Goldfields	4	75%
Echuca-Moama	Goldfields	4	71%
Kangaroo Flat	Goldfields	4	71%
Rochester	Goldfields	?	88%
Brunswick	Heritage	5	46%
Carlton	Heritage	4	88%
Collingwood	Heritage	5	50%
Fitzroy	Heritage		83%
Melbourne Park	Heritage	4	70%
North Melbourne	Heritage		61%
Richmond	Heritage	5	81%

Flemington	Hobsons Bay	4	93%
Footscray	Hobsons Bay	5	70%
Point Gellibrand	Hobsons Bay	4	61%
West Footscray	Hobsons Bay	4	65%
Williamstown	Hobsons Bay	4	75%
Yarraville	Hobsons Bay	4	75%
Altona	Port Phillip	5	66%
Altona City	Port Phillip	4	64%
Hoppers Crossing	Port Phillip	4	64%
Laverton Point Cook	Port Phillip	4	82%
Werribee	Port Phillip	4	78%
Wyndham	Port Phillip	4	89%
Chadstone / East Malvern	Stonnington	4	60%
Malvern	Stonnington	4	56%
Prahran	Stonnington	4	75%
St Kilda	Stonnington	4	73%
Toorak	Stonnington	4	73%
Bacchus Marsh	Westside	4	72%
Melton	Westside	4	83%
Melton Valley	Westside	5	75%
Sunshine	Westside	4	75%
Glenferrie	Yarra	4	65%
Hawthorn	Yarra	4	65%
Kew	Yarra	4	62%
Kew-on-Yarra	Yarra	4	72%

		Figure	Begin	On	Off	End	Begin
Albert Park	Batman	62	62	0	0	62	62
Central Melb. Sunrise	Batman	60	59	0	0	59	59
Docklands	Batman	22	22	0	0	22	22
Melbourne	Batman	279	279	0	13	266	266
Melbourne South	Batman	28	28	0	0	28	28
Port Melbourne	Batman	12	12	0	0	12	12
Southbank	Batman	33	32	1	0	33	33
Brighton	Beachside	130	130	0	0	130	130
Brighton Beach	Beachside	24	24	1	1	24	24
Brighton North	Beachside	52	52	0	0	52	52
Caulfield	Beachside	11	11	0	0	11	11
Elsternwick	Beachside	14	14	0	0	14	14
Glen Eira	Beachside	19	19	1	0	20	20
Castlemaine	Calder	41	42	0	1	41	42
Daylesford	Calder	20	20	0	0	20	20
Gisborne	Calder	24	24	0	0	24	24
Kyneton	Calder	38	38	0	0	38	38
Woodend	Calder	20	20	0	4	16	14
Balwyn	Eastside	80	80	0	0	80	80
Boroondara	Eastside	19	18	0	0	18	18
Camberwell	Eastside	67	67	0	0	67	67
Canterbury	Eastside	44	44	0	0	44	44
North Balwyn	Eastside	83	82	0	0	82	82
Brimbank Central	Gateway	28	28	0	2	26	26
Essendon	Gateway	80	80	0	0	80	78
Essendon North	Gateway	27	28	1	1	28	28
Keilor	Gateway	38	38	1	0	39	39
Keilor East	Gateway	40	40	1	0	41	41
Moonee Valley	Gateway	20	18	0	0	18	18
Tullamarine	Gateway	20	21	0	0	21	21
Bendigo	Goldfields	85	85	0	2	83	83
Bendigo Sandhurst	Goldfields	46	46	1	0	47	47
Bendigo South	Goldfields	38	38	0	0	38	38
Bendigo Strathdale	Goldfields	29	29	1	0	30	30
Eaglehawk	Goldfields	39	38	0	0	38	38
Echuca-Moama	Goldfields	20	20	0	0	20	20
Kangaroo Flat	Goldfields	27	25	0	0	25	25
Rochester	Goldfields	10	10	0	0	10	10
Brunswick	Heritage	34	32	0	0	32	32
Carlton	Heritage	42	41	0	1	40	40
Collingwood	Heritage	20	20	0	3	17	17
Fitzroy	Heritage	26	26	0	1	25	25
Melbourne Park	Heritage	25	28	2	1	29	28
North Melbourne	Heritage	28	27	0	0	27	27
Richmond	Heritage	39	44	0	1	43	43

Flemington	Hobsons Bay	20	20	0	0	20	20
Footscray	Hobsons Bay	55	55	0	4	51	51
Point Gellibrand	Hobsons Bay	30	30	0	0	30	30
West Footscray	Hobsons Bay	26	24	1	2	23	25
Williamstown	Hobsons Bay	38	38	0	0	38	38
Yarraville	Hobsons Bay	19	19	0	0	19	19
Altona	Port Phillip	25	25	2	0	27	27
Altona City	Port Phillip	29	26	0	0	26	26
Hoppers Crossing	Port Phillip	31	31	1	0	32	32
Laverton Point Cook	Port Phillip	18	18	0	0	18	18
Werribee	Port Phillip	38	39	0	1	38	38
Wyndham	Port Phillip	30	30	0	5	25	25
Chadstone / East Malvern	Stonnington	40	40	0	0	40	40
Malvern	Stonnington	51	51	0	0	51	49
Prahran	Stonnington	29	27	0	0	27	27
St Kilda	Stonnington	12	13	0	2	11	11
Toorak	Stonnington	33	32	1	1	32	32
Bacchus Marsh	Westside	40	40	1	2	39	39
Melton	Westside	27	27	0	0	27	27
Melton Valley	Westside	19	19	0	2	17	17
Sunshine	Westside	20	20	0	0	20	20
Glenferrie	Yarra	41	41	0	0	41	41
Hawthorn	Yarra	64	64	0	0	64	64
Kew	Yarra	44	40	0	1	39	41
Kew-on-Yarra	Yarra	16	16	2	0	18	18

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0	1	82	82	0	1	81				0			
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