



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

**Peace Fellowships... District
9800 leads the Rotary World!**

The Rotary Foundation have advised us that not only does D9800 hold the record of any Rotary District in the world for the number of scholars awarded a Peace Fellowship, but D9800 is the only Rotary District to have had a candidate selected for the Peace Fellowship each year since the inauguration of the fellowship in the year 2001. Well done D9800, our Foundation Committee and of course we must also thank our own Bob Fels.



Iven Mackay and Marilyn
District Governor 2010-2011

On Thursday 28 April, our Youth Exchanged students returned from their 16 Safari, and all had a wonderful time, especially in Central Australia and at Uluru. We welcome them back.



DG Iven welcomes our students back from safari.

In this Issue



- 01 DG Weekly Message
- 03 VECCI Business Tip
- 05 Marketing Tip
- 06 Australian Rotary Health
- 07 Notice & Events

Contact the Editor



Clarice Caricare

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



Send Clarice an mail at clarice@rotarydistrict9800.org.au

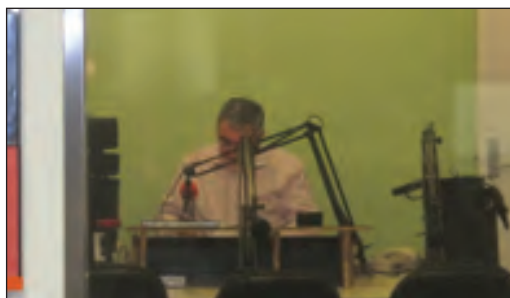
May is Australian Rotary Health Research Month





DG WEEKLY MESSAGE CONTINUED...

I was interviewed, like all DG's of past, by Brian Bloomer, from RC of Canterbury, on Community Radio 3WBC, 94.1FM on Friday 29 April. This is a very worthwhile Community Service and does allow Rotary to spread its message throughout the Inner East. Well done Brian on this excellent Community Service.



A very comfortable and capable Brian at the mic.



DG Iven on air.

Marilyn and I attended this year's Shine on Awards on Sunday 1st May, hosted by RC of Bayside Geelong, District 9780, at Deakin University, Geelong. This annual presentation recognises the achievements of those who do so much in our community, despite having a personal disability themselves. This is always

truly inspirational. DD Bob Slater was in attendance and I thank the RC's of Melton, Bacchus Marsh, Wyndham, North Balwyn, Melbourne, Camberwell, Keilor East and Hoppers Crossing.



DG Iven with stalwarts of the Shine on Awards, Judi Chipman and Dawn Watson

May is Australian Rotary Health month, and I know many of our Clubs give great support to this, ensuring healthier minds, bodies and community through research, awareness and education on Friday 20th May is Hat Day for Mental Research. To find out more or how you can become involved visit www.hatday.com.au or call 1800 781 878.

Keep up the marvellous work that I see happening every day in our wonderful District. Clubs are reviewing their Plans & Objectives for 2010-2011, with only 8 weeks remaining in this Rotary year. Club Presidents are preparing Presidents Elect and our ever busy and hard working Assistant Governors are making final visits to Clubs. It's an exciting time of the year.

Have a great week,

In BUILDING COMMUNITIES BRIDGING CONTINENTS.

DG Iven

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HOW TO DRESS FOR SUCCESS

VECCI BUSINESS TIP



Dressing for work can be difficult. Especially when you are unsure what different dress codes encompass. To make things harder, there has recently been a trend to be more casual in workplaces.

So what constitutes 'corporate casual' and what are the unbreakable rules of attire in every workplace? See below:

- No matter what you wear, your clothes should always be neat and clean.
- Shoes should be kept in good condition, without scuff marks or scratches.
- Hair should be neatly styled and not too eccentric.
- Makeup should be subtle and tasteful.
- Nails should always be clean and neat and of reasonable length.
- Dress for the job you want, not the job you have. If you aspire to higher things, dress like you would if you were already in that position.

Rules for casual dress at work

Wearing casual clothes to work can be tough, here are some general guidelines to stick to:

- Casual doesn't mean sloppy, as above, your clothing should still be neat and clean.
- Khakis and a polo shirt (or something with a collar) or a nice jumper or cardigan are always a safe bet.
- Thongs, although comfortable, are not acceptable in the office, even on casual days.
- If it is a hot day, a nice summer dress or dress shorts are ok, but singlets and miniskirts are not.
- If you have a meeting or are meeting external clients, professional attire is a better idea.

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For further information, please click here:

<http://blog.vecci.org.au/2011/05/09/business-tips-how-to-dress-for-success/>

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

WHAT'S A SCATTERGROUP MEETING?

MARKETING & MEMBERSHIP TIP

A Scattergroup meeting is when members of your Club scatter out to a number of other Clubs in groups of threes to see how other Clubs conduct their Rotary meetings. You can visit other Clubs inside or outside your District, learning how things can be done differently.

It enables your members to learn:

- What works in meetings
- What doesn't work in meetings
- What your Club is currently doing well
- How your Club compares to other Clubs
- How your Club could do better
- How other Clubs solve the issues you face
- How you might help other Clubs
- How other Clubs might be able to help you
- How your Clubs may be able to collaborate on projects

Once your members have attended the other Clubs' meetings, they report back the next week to your Club with what they learned. Scattergroup meetings should be held yearly, but there is no reason not to hold them quarterly - a great break from the routine and a true chance to learn how innovation can help revitalize your Club.

Training & Research Program

Australian Rotary Health

Australian Rotary Health is now offering Mental Health First Aid Training and Research programs with the support of the Australian Federal Government and Rotary Clubs interested can contact Ron Adams at r.g.adams@bigpond.com or 9821 0444. A summary of an article in our recent issue of the ARH magazine dealing with Mental Health issues, MOJO, contains a brief outline of the program for your information:

The Mental Health First Aid Training and Research Program

www.mhfa.com.au Orygen Youth Health Research Centre, University of Melbourne

Summary

- Mental Health First Aid is a training program in how to support someone in a mental health crisis situation or who is developing a mental disorder.
- Mental Health First Aid training can assist in early intervention and in the on-going support of people with mental illnesses.
- Valuable training for certain occupations with involved increased contact with people having mental health problems, such as teachers and any emergency service personnel as first responders such as police, ambulance personnel and fire officers.

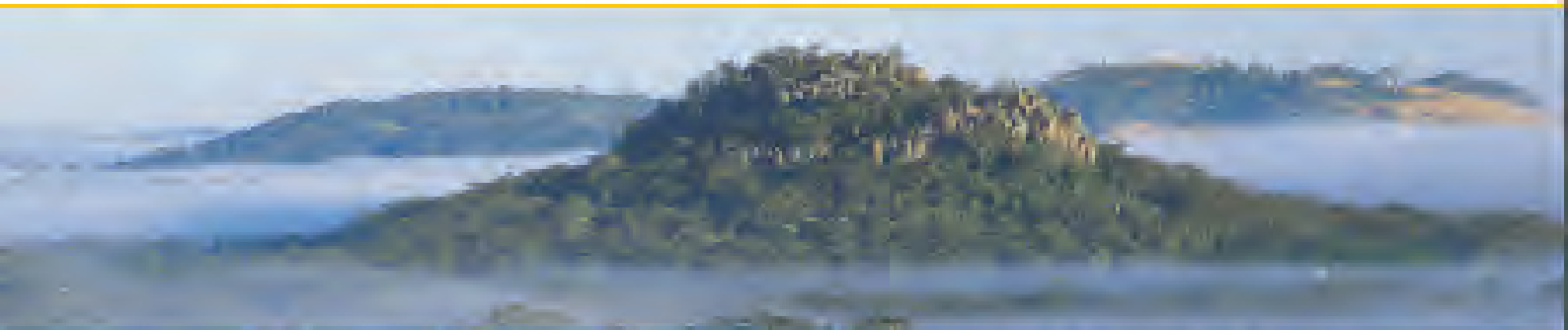
Overview of Mental Health First Aid Training

First aid training is widespread throughout the world to give members of the public skills to help an injured person before medical help arrives. However, first aid courses typically teach little or nothing about helping people with mental health issues. Because of the need for training in this area, we developed the world's first Mental Health First Aid (MHFA) course in Australia in 2001 (Kitchener & Jorm, 2002a).

The MHFA course is a 12-hour course that is usually run over 4 X 3-hour sessions. At the end of the course, participants receive a Mental Health First Aid certificate. Most participants choose to do the course for one of three reasons: their work involves people contact, they have someone close who is affected by a mental health problem, or they want to learn first aid skills. The course is not therapy and is not a substitute for getting professional help nor does the course qualify them to be a counsellor, just as a conventional first aid course does not qualify someone to be a doctor or a nurse. Its role is to promote firstaid—the initial help that is given before professional help is sought.

Supporting healthier minds, bodies and communities through research, awareness and education.





Sunday 15th Of May 2011 | Kyneton

Dear Members of District 9800,

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

Key points to note:

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

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

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

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

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

2011 DISTRICT CONFERENCE ADELAIDE MAR 31 - APR 2

Special Conference Edition

South Australia is known far and wide for its exports. From the Barossa reds, to the ore and minerals that come out of its red sand, you know that if it's from South Australia it will be great quality. This year, we can definitely add "fun" to the list of things extracted from our neighbouring Southern State. The 79th District Conference in Adelaide was undoubtedly a winner, with big smiles all around. I don't think I have smiled that much since I shopped at the boutiques on 5th Avenue in New York in 1989 - there were some big shoulder padded dresses bought that day let me tell you!

>>> **Download**





Notices & Events

Breakfast with Brigadier

12 May, 2011

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

Rotary District Assembly

15 May, 2011

District Governor Elect Keith Ryall, Gabrielle and Rotary Club of Kyneton President Sue Ogden take pleasure in inviting you to join all the members of the Rotary Club of Kyneton at the 2011 District Assembly. [Read More](#)

Farewell Dinner for the Outbound GSE Team to Texas

17 May, 2011

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

Heart Kids Spectacular Final

20 May, 2011

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

Hat Day for Mental Health Research

20 May, 2011

In an effort to bring the importance of mental health research, Australian Rotary Health is holding fundraising throughout May, including Hat Day. [Read More](#)

90 Years of Rotary in Australia

23 May, 2011

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

Global Economic Outlook Talk at RC Laverton Point Cook

25 May, 2011

The RC Laverton Point Cook is hosting an evening with renowned economist, Paul Saliba, on the topic of Global Economic outlook. [Read More](#)

Victorian Flood Relief Dinner & Dance

27 May, 2011

The Rotary Club of Keilor invites you to their Dinner and Dance to raise money for the Victorian Flood Relief. [Read More](#)

Rotary Club of Daylesford BUSHFIRES, MURDERS AND THE MEDIA BRUNCH

29 May, 2011

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

Glen Eira Business Breakfast

8 June, 2011

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

Thomas the Tank Engine returns to the Steam Rally Echuca 2011

8 June, 2011

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

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

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



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DG Weekly Message

**Cafe International... another
fabulous night!**

International House held its annual fundraiser "Cafe International" last Saturday night, 7th May. This year's theme, based on a 1920's murder mystery, thoroughly entertained the large crowd, with an increased attendance from D9800 Rotarians this year. I'm sure word will spread, and we will have even more attend next year. This night provides first class entertainment, all by the IH students, and wonderful food and ambience held in the main dining hall. Every year a percentage of the money raised goes to a charity, and this year 50% of the funds raised from Cafe will go to its sister campus, International House in Queensland, which was severely damaged by the recent floods. IH Brisbane has been forced to close down for the entirety of the first semester this year and their goal is to reopen in July.



Iven Mackay and Marilyn
District Governor 2010-2011

Well done to the IH students on yet another outstanding night.



Opening Cafe International 2011

The Rotary Foundation is Rotary's charitable organisation. Its motto is "Doing good in the World". Our District Foundation Committee is an outstanding group of dedicated Rotarians. Many Clubs and Rotarians have

In this Issue



- 01 DG Weekly Message
- 03 VECCI Business Tip
- 05 Celebrating 90 Years
- 06 Pie & Port Night - a success!
- 07 "The Close" Campaign
- 08 Paul Harris Fellow Recognition
- 09 Notices & Events



Contact the Editor



Clarice Caricare

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Send Clarice an mail at clarice@rotarydistrict9800.org.au

**May is Australian Rotary
Health Research Month**





DG WEEKLY MESSAGE CONTINUED...



Student President of IH, Sophie Wade at Cafe



Marilyn Mackay and IPDG Colin Muir at Cafe



DG Iven, AG Alan Freedman & District Treasurer Stephen Smith

given wonderful contributions to TRF this year, and with just 7 weeks to go in this Rotary year, we hope that all Clubs will now make a final and worthwhile contribution for 2010-2011. At this year's District Conference, over \$230k was contributed with \$176k being directed to the Annual Giving Fund and almost \$62k to the Polio Plus program. This was an increase of 100k up on last year. Well done to you.

There is 14 months left (30 June, 2012) to complete the Polio US\$200 Million Dollar Challenge and so far Rotary has raised about US\$168 Million. Our District has exceeded its

expectations in the Polio Plus Challenge. Let's see if we can finish the year off with further, much needed, contributions to our own charity, The Rotary Foundation. Remember our target set at the beginning of the year of AU\$180 per capita. Could I please encourage each Club to give as much as they can, to ensure that our great humanitarian & educational programs of TRF can continue to help all peoples of the World.



DG of D5840 in the USA takes the wheel



D5240's Good Bye Polio vehicle... this would look much better on an Audi from Penfold Audi Burwood

I know we can do it.....let's make this a record year!! Thank you.

Don't forget the party of the year....**The Rotary Club of Melbourne's 90th Anniversary Gala Dinner** celebration, at the MCG on Monday, 23rd May. This will be a memorable occasion. I hope to see you there.

In Building Communities Bridging Continents,

Have a great week,
DG Iven

HOW TO STAY MOTIVATED AT WORK

VECCI BUSINESS TIP

It is no surprise that when you are doing similar things every day in your job, motivation levels can sometimes drop. When you are receiving little or no praise, or feel as if no matter how hard you work, you don't get anywhere – follow these simple steps and find the key to boosting your motivational levels.



Clarify Work Objectives

A primary reason for lack of motivation in the workplace is not having clear goals and objectives. It is also important to minimise the number of immediate goals so that focus can be concentrated effectively, and there is limited time wasting. It is always easiest to focus on one single goal, but if necessary, sometimes you may need to spread your focus to work on

more than one problem at a time. To ensure this is done in the best way, write down exactly how much time you estimate each task will take and follow this as a guide.

Break Down Complex Goals

When attempting projects, one reason people fail and therefore lose motivation, is trying to manage too much at once. Large projects should be broken down to a series of smaller tasks, this way you achieve more, save time, and feel like you are getting somewhere with your work.

Rewards Yourself for Achievement of Goals

If the organisation you work for does not reward achieving goals within certain periods of time, you can do this yourself.

It could range from purchasing an item of clothing to booking a holiday; whatever the reward may be, it will provide motivation to get things done.

Keep Your Career in Perspective

You should remind yourself of the reason behind choosing the career path you have, this can lead to a reigniting of passion for the choice.

If you still feel like this isn't helping, try listing the reasons that lead to your decision, and keep this list handy to look at when you are lacking motivation.

You should also keep a healthy work-life balance, this helps you to keep your wellbeing up, and in turn will increase your motivational levels.

Think Positively in the Workplace

Negativity is a powerful force, which can easily lessen your motivation levels and cause depression to the point where you are simply working for the salary.

To remedy negative thinking, consciously try to think of the positives in every situation. Although this can be a hard task, the benefits will be plenty.

These are just a few of the steps that can be taken to increase morale, productivity and motivation within the workplace. Keeping clear and achievable goals in mind and finding positives wherever possible will all contribute towards improving enthusiasm and furthering your career.

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

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First Rotary lunch held at Scott's Hotel in Melbourne at 1pm on Thursday, 21 April 1921.

Celebrating **90** years of **Rotary** in **Australia**

This year marks the 90th anniversary of Rotary in Australia and the Rotary Club of Melbourne, Vic.

Australia's first Rotary Club has invited Rotarians to a Gala Dinner to celebrate this occasion in the presence of the Governor-General, Mrs. Quentin Bryce AC.

"I do feel that it is important that we as a nation acknowledge in a formal way the work of the current 37,000 Australian Ro-

tary volunteers, both male and female, from the 1202 Clubs in Australia to mark their 90 years of service," club President Phil Endersbee said.

"It is my responsibility, being the President of the founding Club in Australia, to host this event."

The 90th Anniversary Dinner will be held on Monday, May 23 at 6.30pm in the Members Dining Room of the Melbourne Cricket Club, Brunton Avenue,

Jolimont. Dress is Black Tie and the cost \$155 a head. All Rotarians throughout Australia are invited to join the Rotary Club of Melbourne for the 90 years of Rotary in Australia celebration dinner.

[Enquiries/Bookings to Jo Mavros, Rotary Club of Melbourne, Suite 40, Level 3 12 Collins Street Melbourne Vic 3000 Tel \(03\) 9654 7242 Fax \(03\) 9650 7373.](#)

ROTARY IN AUSTRALIA 90 YEARS ON - STAYING CONTEMPORARY

MARKETING & MEMBERSHIP TIP

Next week Rotary in Australia celebrates its 90th anniversary, with the Rotary Club of Melbourne being our nation's first Club chartered in 1921.

Looking at images of our first Club meeting shows us our history, while comparison with our Clubs today shows us how far we've come since those days.

From a marketing and membership perspective it's great to acknowledge and respect our history, this is part of who we are. However, we must embrace what's new to maintain relevance and evolve, just as The Rotary Club of Melbourne and Rotary throughout Australia did as it grew from its beginnings in 1921. The Rotary Club of Melbourne looked for members that would be great inclusions to their Club as it (and Rotary) expanded. In return they provided to contemporary needs, giving prospective members an offering that was something new, relevant, interesting and a great way to meet others and do good in the community.

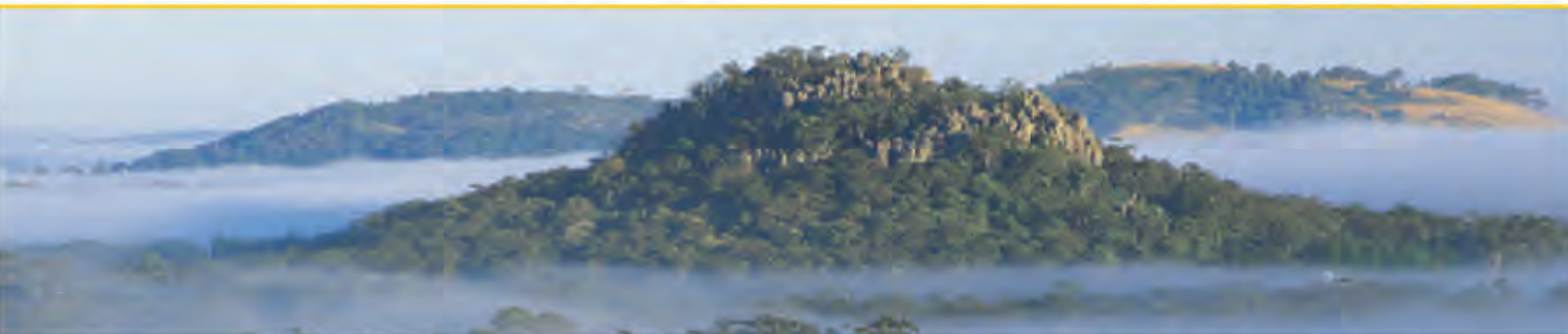


deliver our message, engage our audience and how we offer something that is new, relevant, interesting and contemporary.

If we make Rotary a great choice for people, just like those at the Rotary Club of Melbourne in 1921 did for their contemporaries, Rotary throughout Australia will continue to capture the strength of membership that has seen us achieve so much throughout our 90 years.



Our charter today is still to do good in the community and the wider the world - this part hasn't changed, nor has the desire from the public to do things congruent with this message. What has changed since 1921 is the way in which we



Sunday 15th Of May 2011 | Kyneton

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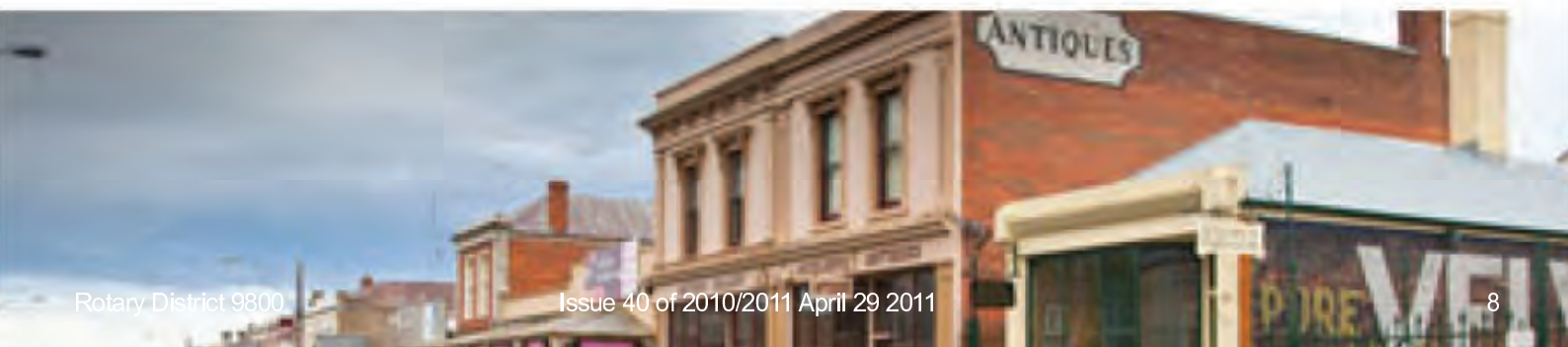
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Pie & Port Night

A Success for the Rotary Club of Rochester

Saturday 7th May saw the Rotary Club of Rochester hold their legendary Pie and Port Night.

Although traditionally held on a Friday night directly after work, the change to Saturday night meant that attendees coming from out of town found time for a leisurely tour of Rochester in the afternoon before attending the evening function at the Rochester Brigade Function Room, (albeit the normal garage space for the town Fire Trucks.)

A total of 90 Club members, guests and Rotarians from Rotary Clubs in and out of District 9800 converged for the evening to indulge in Hot Pies, soothing Refreshments and Fellowship.

Welcoming everyone to the evening President Russell gave a background to the reason the function was held at the local Fire Station, it is one of the few facilities available in the town to

hold functions since the January 15th Floods. President Russell went on to explain further about the effect of the flood on town businesses and the community.

With a number of people still not in their homes along with a number living in homes that are not fully repaired, is still a long way to go for the community to return to what could be considered normal lifestyle for all.

A number of families have been assisted in the community through the efforts of Rotary, with support to people commencing almost immediately post flood due to Goldfields Cluster having access to previously unallocated Natural Disaster funds.

The generous support of Rotarians and other community minded people from within and beyond District 9800 has seen in excess of \$90,000 given out

with more written requests still coming in.

Rotarians PDG Gordon Mckern and PDG John Wrigley supported President Russell by way of saying funds would continue as the need for support was still evident.

As with all good Rotary Functions the night could not be complete without a Raffle and Prizes.

First Prize of a nights accommodation at a District Bed and Breakfast was collected by a well known past AG from Melbourne, with a Show Bag of goods collected by our incoming AG for Goldfields. Third prize of goods travelled to a member of Rotary Club of Benalla. We thank everyone very much for their efforts in coming to Pie and Port night to help make it the success that it was.

Paul Harris Fellow Recognition

by Bruce Allen

We are approaching that time of the year when things start to get a little frantic in this office as we strive to deliver excellence in service to those clubs and Rotarians wanting to recognise their colleagues with the presentation of Paul Harris Fellow Recognition. Club and District Changeover time is the time we all like to recognize people in this special way but it does put additional pressures on our system.

One way of overcoming this problem is to ask clubs to submit their applications early - and the earlier the better. Anything received after June 6th will be doubtful in terms of delivery before the end of June although we will always do our best to accommodate the numerous "last minute" and "urgent" request we receive.

It would be truly helpful if Foundation Chairs could get a note out to all clubs highlighting this issue. While I realise the normal way of transmitting this information is through a Governors Newsletter or a Foundation Newsletter, I fear it may be too late if left until the June issues. A note direct to clubs on this specific matter immediately would be highly appreciated and more beneficial to clubs.

“This Close” Campaign

Polio Plus

As you may know, Rotary International recently launched the “This Close” public service campaign to encourage further support for our efforts to eradicate polio. We have welcomed a select group of celebrities and public figures including Nobel Peace Prize Laureate Desmond Tutu, Microsoft Chairman Bill Gates, violinist Itzhak Perlman, actor Jackie Chan, golfer Jack Nicklaus, Grammy Award-winning musicians Angelique Kidjo and Ziggy Marley, and environmentalist Dr. Jane Goodall, to show their support for Rotary’s fight to end polio.

The “[This Close](http://www.thisclose.net)” campaign highlights that we’ve eliminated 99 percent of polio cases and are now “[This Close](http://www.thisclose.net)” to ending polio.

We would like to invite you, your fellow Rotarians and the general public to show your support for the campaign by adding your face and name to the campaign online. At www.thisclose.net, you can create your own version of the “[This Close](http://www.thisclose.net)” ad, and join an online gallery of supporters worldwide. At the site, you can also browse the existing “[This Close](http://www.thisclose.net)” campaign, and add your name to the ranks of supporters of Rotary’s fight to end polio.

Once you create your ad, you can easily share your personalized “[This Close](http://www.thisclose.net)” advertisement with your friends and family through email and social networks such as Twitter and Facebook in order to generate further awareness of Rotary’s fight to end polio. You

are also able to add a personal message of support, enter your country and see which



countries are digitally leading the charge to spread awareness for polio eradication. Please let members in your Clubs know about this site. And be sure to visit www.thisclose.net to create your “[This Close](http://www.thisclose.net)” advertisement and share this new opportunity to support polio eradication with your fellow Rotarians.

Together we are even closer to creating a polio-free world.



AUSTRALIA

RAGMSA Rotarian Action Group of Multiple Sclerosis Awareness



worldMSday

2011 Global MS Dinner

Wednesday June 01, 2011 - Time: 7.00 for 7.30pm start

Place: Fredricks 980 Mt Alexander Rd Essendon North

Price: \$40pp includes 2 Course Dinner. Tea/Coffee
Drinks at Bar Prices

(Any special Dietary requirements please notify when booking)

Complimentary Glass of Champagne on arrival

Fabulous Wednesday evening entertainment,
auction, "Door Prize" & raffle .

Wear something outrageously Red or Jungle Theme

Guest speaker:

MS Research- PhD student Jennifer Sabo



Entertainment:

Chris Humfrey

Wild Action "Nature Close Up"

"The Zoo Comes to You"

As seen on ABC1 6.30pm Sunday nights



Aussie can't ... could Chris Humfrey be the next Steve Irwin?

Funds raised go to MSA projects, MSRA and MSIF

RSVP May 27th, 2011 to enquiries@fredricksrestaurant.com.au 03 9379-8784

Or Barry Coleman, bgdcoleman@optusnet.com.au Barry Coleman 0427852062

Any Auction or Raffle Items would be appreciated.



2011 District Governor's Changeover Luncheon



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

Moonee Valley Racecourse Complex
Sunday 26th June 2011

Melways Ref 29 A7

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

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

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

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

Name on Credit Card

Credit Card Number

Expiry Date

Signature

3 Digit CCV

PLEASE FORWARD BY
FRIDAY 10TH JUNE 2011 TO:

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



Notices & Events

Rotary District Assembly

15 May, 2011

District Governor Elect Keith Ryall, Gabrielle and Rotary Club of Kyneton President Sue Ogden take pleasure in inviting you to join all the members of the Rotary Club of Kyneton at the 2011 District Assembly. [Read More](#)

Farewell Dinner for the Outbound GSE Team to Texas

17 May, 2011

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

Heart Kids Spectacular Final

20 May, 2011

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

Hat Day for Mental Health Research

20 May, 2011

In an effort to bring the importance of mental health research, Australian Rotary Health is holding fundraising throughout May, including Hat Day. [Read More](#)

90 Years of Rotary in Australia

23 May, 2011

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

Global Economic Outlook Talk at RC Laverton Point Cook

25 May, 2011

The RC Laverton Point Cook is hosting an evening with renowned economist, Paul Saliba, on the topic of Global Economic outlook. [Read More](#)

Victorian Flood Relief Dinner & Dance

27 May, 2011

The Rotary Club of Keilor invites you to their Dinner and Dance to raise money for the Victorian Flood Relief. [Read More](#)

Rotary Club of Daylesford BUSHFIRES, MURDERS AND THE MEDIA BRUNCH

29 May, 2011

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

Glen Eira Business Breakfast

8 June, 2011

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

Thomas the Tank Engine returns to the Steam Rally Echuca 2011

8 June, 2011

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

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

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

NOTICE Type 2 Diabetes

This month is Australian Rotary Health. Here are some questions to ask if you might have diabetes. [Read More](#)



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

**A busy 6 weeks
remaining.....BUILDING
COMMUNITIES BRIDGING
CONTINENTS**

All Clubs, Rotarians and those in the District Leadership Team in our District are extremely busy at this time of the year. Presidents are finalising their plans & objectives for this year and Presidents Elect are on hold, prepared and ready to launch into "Reach Within to Embrace Humanity". Our extremely hard working Rotarians on District are also doting the i's and crossing the t's, ensuring that their portfolio is ready to hand over to someone else, or that it's ready to move smoothly into Rotary year 2011-2012. Good luck to you all at this important and busy time of the year.

It was great to see many of you at this year's District Assembly, held around the District half way mark, at lovely Kyneton, last Sunday 15th May. Well done to DGE Keith and Gabrielle, District Trainer Elect Philip Archer and next year's DLT for providing excellent training to our incoming office bearers for 2011-2012. I'm sure that next



Iven Mackay and Marilyn
District Governor 2010-2011

year under District Governor Keith, the Leadership Team, Presidents & you all..... that the future of Rotary in D9800 is in very good hands!

These events are so worthwhile. It's a pity more of our Clubs don't send more of their Rotarians. Why you ask, because as we all know, EVERY year in Rotary is different, with different focuses, themes and leaders. Another benefit of these events is of course meeting your fellow D9800 Rotarians. Well done to all and thank you RC of Kyneton, for a job well done.

I attended the 5th Boroondara Papers breakfast meeting held by the Yarra Cluster (hosted by RC of Kew), and held at Kooyong Tennis Club for breakfast on 12th May. The large crowd of 130 plus thoroughly enjoyed the talk by Brigadier Nick Jans, on

In this Issue



- 01 DG Weekly Message
- 03 VECCI Business Tip
- 04 Marketing & Membership Tip
- 05 Interplast
- 06 Audi Conference Winner
- 07 Water & Sanitation
- 08 Yarra Volunteers
- 09 Health Tip
- 10 Notices & Events
- 11 Letters for Clarice

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

May is Australian Rotary Health Research Month



**BUILDING COMMUNITIES
BRIDGING CONTINENTS**

DG WEEKLY MESSAGE CONTINUED...

Marysville and Leadership.

A very important dinner is being held next week. The RC of Melbourne & Rotary in Australia celebrates its 90th anniversary on Monday 23rd May at the MCG. I hope this receives huge representation from our District as we support the mother Club for all of us.....RC of Melbourne!

And finally, in the weeks remaining in this Rotary year, don't forget to enter your Club in the District Awards (by 13th June), and remember to dig deep for our Club contributions to The Rotary Foundation, our charity that does so much good in the World, that needs our support every year. We wish all those going to the Rotary International Convention in New Orleans a very safe and enjoyable trip. Farewell also to GSE TL Ross Butterworth and his team who leave for D5840 in San Antonio, Texas this week. We know they will be outstanding representatives for us and will have a life changing experience.

Have a great week,

In Building Communities Bridging Continents,

DG Iven



Guestspeaker Brigadier Nick Jans



President Jonathan Shepherd, RC of Kew thanks Brigadier Jans



DG enjoys a very pleasant visit to Rotaract Club of Tullamarine, 11 May

HOW TO AVOID DRAMA AT WORK

VECCI BUSINESS TIP

Office drama can sometimes be unavoidable. However, it can drain you of energy, cause you stress, and get you into some very sticky situations.



Here are some tips on how to avoid drama at work and thus increase productivity.

Stay neutral

This is of particular importance when you hear office gossip. It might be tempting to give your two cents when a co-worker is complaining about their

boss or colleague, but no matter how many frustrations you share, do not enter into a negative conversation.

Gossiping or speaking negatively about a co-worker or the organisation can get you into hot water and can risk your work reputation or even your career.

Be cautious about emails

Most organisations are able to check emails and instant messaging services, so ensure you are careful with what you write, as once you have done it, you can't take it back or deny it!

If you are experiencing negative behaviour at work, try speaking to your manager or HR department, not your colleagues, as they most likely do not want to be put in that situation, and you will most likely end up with a bad reputation.

TMI – avoid giving ‘Too Much Information’ about your personal life

Keep details about your personal life private. This will ensure that you are not gossiped about and people will be more likely to take you seriously as a professional.

Do not associate with bad influences

Who you associate with at work can determine a lot about your personality in the eyes of co-workers and managers. Gossips, slackers, bullies or back-stabbers can paint you in bad light and also suck you into their drama. Avoiding these people will definitely help you avoid any office drama.

Friday night drinks – handle with care

Make sure you do not drink too much at any work related function, even if it is just a casual get together. If you do something inappropriate or behave in a way you usually wouldn't due to alcohol, you will most likely be the topic of office gossip.

© VECCI 2010

For further information, please click here:

<http://blog.vecci.org.au/2011/05/16/business-tips-how-to-avoid-drama-at-work/>

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



MAKING ROTARY MARKETING COOL!

MARKETING & MEMBERSHIP TIP

What is cool today? Ask 10 different people and you might get 10 different responses. But every so often, people can agree on what's "cool". They may not even call it "cool" – but none the less, they agree that it's appealing.

So how do we make Rotary cool? Some might say it's not possible. But we'll just dismiss them as uncool for now.

Coolness isn't formulaic – it's about an attitude and association. Think about the things you think are cool – they evoke an emotion of admiration for the sentiment, aesthetic or style they convey. It's something you feel that represents the embodiment of what you like, or at least what (or who) you want to be like.

So when we are looking to make Rotary cool, we need to think: What do our target audience like and who do they want to be like? That is the side of Rotary we need to bring out.

Your Target Audience's Style, Sentiment and Aesthetic: Some Key Questions For Your Club

- Do your depictions of Rotary provide a style, aesthetic or sentiment that your audience can identify with and admire?
- Are you showing them something that makes them think "associating with this would be cool"?
- Would adopting the image you are portraying enhance or detract from their social credibility?
- Are you using the mediums that your audience would think is cool?
- Are you using styles and techniques they think are cool, including fonts, music, art styles, humour, social movements, language, ideas, popular culture references, fashion, causes and images?
- Are you going out on some limbs to be innovative or playing so safe that you look uncool and dated?

- Have you thought about what others really think is cool about what we do as Rotarians?

You will only know the answers to these questions if you dare to look through the eyes of those you are trying to attract. If you don't know what they like, go ask them what's cool, and more importantly, why. Once you know why, get innovative in the way you reach out to your audience, dare to be different, speak their language and show them why Rotary is really is cool from your their perspective.





Interplast started in our District some 28 years ago as a joint venture between Rotary International District 980 (now D 9800) plastic and reconstructive surgery to people in the Asia Pacific region.

Since its foundation in 1983, Interplast volunteers have trained hundreds of overseas medical personnel and sponsored over 80 surgeons to receive part of their specialist training in Australia. It has sent offshore over 600 volunteer surgeons, anaesthetists and surgical nurses on 500 plus programs

to 25 countries, conducted over 31,000 consultations and it is now fast approaching its 20,000th life changing operation.

The ongoing work of Interplast is totally consistent with Rotary's enduring theme of "Service Above Self" having Rotarians on both the Interplast Board and the Steering Committee. There are many graphic pictures of the recipients, both before and after their operations; however, please take the time to have a look at how your donation will be spent at:

www.interplast.com.au

Should each Club contribute say \$1,000, being the equivalent of the cost of say one cup of coffee per member per month, another two D 9800 sponsored surgical teams can be despatched to make a real and visible difference in 100 plus lives forever. All donations are tax deductible for tax paying members or companies.

For Further Information please contact:

Mike McFarlane, District 9800 Chair of Interplast

E: mikemcf@bigpond.net.au

P: 03 9817 7393 M: 0418 317 418



Interplast
AUSTRALIA & NEW ZEALAND

Repairing bodies. Rebuilding lives.

And the winner is...

2011 District Conference



Gareth Bryant with Alan Freedman presenting the Audi A3 to Peter Clark from the Rotary Club of Melbourne.

Vorsprung durch Technik 

Our most popular model, now more attractive than ever.

For a limited time, finance a prestigious Audi A4 from \$189* a week.

Introducing the Audi A4 Finance Offer, where between 1 March and 30 April 2011, you can secure a new or demonstrator A4 for a very attractive:

► 5.99% p.a[†] ► From \$189* a week ► No deposit ► 48 months

Visit Audi Penfold Burwood today.



Audi Penfold Burwood | 130 Burwood Highway, Burwood, Tel. (03) 9268 1555 | www.penfold.com.au

*Based on drive away price of \$60,732.50 for the Audi A4 1.8T FSI multitronic, to approved Business Applicants of Audi Finance** on a Hire Purchase over 48 months with no deposit and a balloon of \$33,126.82. Total amount payable \$72,429.69, interest rate 5.99% per annum. + Applicable to all new and demonstrator A4s. Offer applies to new and demonstrator A4 vehicles ordered and delivered between March 1st and April 30th 2011 or while stocks last, whichever comes first. Standard fees and charges apply. Not available to fleet, government or rental buyers. Full conditions are available on application. **Audi Finance is a trading name of Volkswagen Financial Services Australia Pty Ltd. Overseas models shown. DL 444. APEB022

Water & Sanitation Rotarian Action Group

In 2004 Rotary International and USAID entered into discussions to explore opportunities for potential joint strategic partnership in areas of mutual interest. These discussions lead to a formal alliance being formed by 18 March 2009 to address issues relating to implementing Water, Sanitation and Hygiene projects in the developing world.

By way of explanation USAID is the United States Agency for International Development that provides economic, development and humanitarian assistance around the world in support of the foreign policy goals of the US Government.

To determine whether a joint alliance between a voluntary organisation such as Rotary could successfully partner with a Government Agency it was decided to carry out trial development projects in each of the Philippines, the Dominican Republic and Ghana. These countries were selected on the basis of having previously successfully implemented RI sponsored water and sanitation projects coupled together with a proven stable government structure. To enable each of the three project countries to proceed, a joint Steering Committee comprising both senior Rotarians and USAID Agency Officials was formed with PRI President Bill Boyd appointed Chairman.

The Steering Committee agreed that each project would have an operating budget of US\$2 million, with funding being provided equally between RI and USAID. In respect to the RI funding it was resolved by the Rotary Foundation Trustees that US\$500,000 would be made available through the means of a 3H Grant, while the remaining RI contribution of US\$500,000 would be found through appealing to rotary districts and clubs

In respect to the Philippine RI/USAID Alliance Trial Project PDG Terry Barritt of then D9470 was appointed as the Primary International Contact. This appointment followed the successful implementation in the Philippines of the Bulacan Province Agricultural Water Development Project. This project involved the construction of some 30 agricultural irrigation dams, the establishment of plant propagation nurseries and training programmes for the beneficiaries. Terry together with the late Judge Lore Veneracion conceived and managed the project through its development and implementation phases over a period of 10 years. The project drew together Rotarians from 9 rotary districts and 21 rotary clubs covering Australia, New Zealand, USA, Japan, Thailand and the Philippines.

In early 2010 PDG Ian Knight of D9800 was approached by PDG Terry Barritt in regard to District 9800 becoming involved in being a financial sponsor of the Philippine Project. Following discussions between then Governor Colin Muir and Foundation Chair, Chris Don it was agreed that D9800 would provide a contribution of US\$15,000.

In the May 2010 District 9800 News Letter reported on our district involvement in the Philippine RI/USAID Alliance Project. This report is an update on that initial publication. Following is a brief description of each of the five individual projects.



DAVAO Region-Mindanao Province.

This is a Community Water Supply System in D3860. The aim is to construct a water supply system that will provide clean potable drinking water to communities in the Davao area. The budget expense is US\$266,335. The project is currently 75% complete.

PASIG RIVER Region- System Improvement Project

This project targets three communities along the Pasig River (the Pasig River is a few kilometres south of Manila). The Alliance will address wastewater management and hygiene in these communities in an effort to decrease environmental hazards and health issues. This project has an operating budget of US\$355,220 and is now 50% complete.

SAN FERNANDO CITY- City Wide Septage Management Program

This project will implement a septage collection, treatment and refuse program for the greater San Fernando City. The aim is to decrease disease caused by exposure to raw sewage. San Fernando is located north of Manila on Quezon Island. This project has an operating budget of US\$310,000. The project is 25% complete.

DIPOLOG CITY- Schools Water Supply System

This project proposes the construction of four public water systems in upland Barangays located in conflict prone areas of the Zamboanga region in Mindanao Province. This project has an operating budget of US\$100,050. The project is currently 75% complete.

ZAMBOANGA- Water District Supply System Expansion Program

The aim is to construct a water supply system in an upland Barangay outside of Zamboanga City in the Province of Mindanao. The community is currently using hand dug wells or the intermittent harvesting of rainwater. In addition to decreasing diarrheal disease, the project will also address the management needs of the community water shed. This project has a budget of US\$414,057. The US\$15,000 contributed by D9800 has been allocated to this project. The project is 75% complete.



YARRA VOLUNTEER EVENT 2011

love
your
work!



RC Richmond Members and Yarra Councillors - PE Rob Mactier, President Jo Cowling, Cr Amanda Stone, Cr Alison Clarke, Mayor - Yarra Council, Cr Geoff Barbour & Annie Wysham

Rotary Club of Richmond

Rotary Club of Richmond was proudly acknowledged for its vital contribution to the local community at a function at the Fitzroy Town Hall ceremony on Thursday 12th May 2011 as part of National Volunteer Week.

On behalf of the Club, President Jo Cowling, accompanied by PE Rob Mactier and the Club Sergeant Annie Wysham, was presented with a Certificate of Appreciation and a commemorative pin by Cr. Alison Clarke, Mayor, Yarra City Council.



It was also an opportunity to share project and volunteer experiences with other volunteers who donate their time, skills and knowledge to the Yarra community. Included individuals, local groups and other organisations, whether their contribution was big or small.

5 *TIPS TO LIVE* A *LONGER LIFE*

HEALTH TIP

To achieve the health and vitality that we all need there are the five things we should all be doing, in increasing order of importance:



5. Keep down your belly fat

It's not so much about weight anywhere else, because belly fat is the dangerous fat.

4. Have no addictions.

You cannot be healthy and smoke, you cannot be healthy and have too much alcohol, and you certainly can't be healthy and use illegal drugs (I'm sure none of you reading this would do that anyhow)!

3. Eat healthily

The third best drug on the planet. Good healthy eating, and less of it, is a very simple but powerful thing. The principle is to eat less and more naturally.

2. Do exercise

The second best drug on the planet. The suggested dose is at least three hours of testing exercise per week, to the point where you get a bit hot and a bit short of breath.

1. Be happy

The best drug on the planet. Happiness, peace and contentment is the final, most important part of the 5-point plan. And it's no-one else's job to make you happy, that's your job. The more happiness and peace and contentment you can achieve, the better and healthier you will be.



Notices & Events

90 Years of Rotary in Australia

23 May, 2011

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29 May, 2011

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

NEW

Ainger Public Speaking Award Finals - Rotary Club of Richmond

30 June, 2011

The Rotary Club of Richmond welcomes your attendance to the award finals. An excellent range of quality speakers from a group of talented and inspiring young people. [Read More](#)

Glen Eira Business Breakfast

8 June, 2011

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

Thomas the Tank Engine returns to the Steam Rally Echuca 2011

8 June, 2011

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

NEW

Wrestling for Rotary Charity Event

11 June, 2011

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

NEW Boroondara Farmers Market

21 June, 2011

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

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

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

Readers Letters

Ask Clarice...

Dear Clarice

When the Networker of the 13th May 2011 popped into my IN box I read your plaintiff editorial and felt your Friday night deadline pain. A woman is motivated when she feels cherished, protected and appreciated. When she's stressed and tired, sharing the problem can make her feel better.

Putting the Networker 'to bed' may be tough going as you inferred, but to stay motivated last edition you just had to scroll down the page, straight up and over the DG's Weekly Message heading and opening sentence (I do this every week - it's just like speeding over a road hump really! Wheeee!) and click on the VECCI BUSINESS TIP...'How To Stay Motivated At Work'!

The opening sentence was reaching out to you Clarice in your Friday state of mind -

'It is no surprise that when you are doing similar things every day in your job, motivation levels can sometimes drop. When you are receiving little or no praise, or feel as if no matter how hard you work, you don't get anywhere – follow these simple steps and find the key to boosting your motivational levels.'

One of the motivation tips was also very YOU Clarice! In fact it was quite freaky -

Reward Yourself for Achievement of Goals -

'If the organisation you work for does not reward achieving goals within certain periods of time, you can do this yourself. It could range from purchasing an item of clothing to booking a holiday; whatever the reward may be, it will provide motivation to get things done.' (They forgot to add 'a relaxing glass or two of fine wine' as a worthwhile reward. Typing error.)

Having to write and compile the 8-12 page Richmond Rotary Club bulletin, The Tiger Rag, each week for the past 2 years, I do empathise with you as I frequently experience the same drained-brain writers symptoms you listed.

But once each edition is finally signed off and posted on the Club web (www.rotaryrichmond.org.au) - you're right girl - it's worth it!

Then I (we) go shopping!

Cheers -

Annie Wysham, RC Richmond

The Tiger Rag Sub-Editor

PS. Nice to see that VECCI dedicated the 1st 'How To Stay Motivated At Work' tip just to you - 'Clarice-fy Work Objectives'. Now that's influence!

Do you have a letter for Clarice?

Contact the Editor

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

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



Readers Letters

Ask Clarice...

Dear Clarice,

At our meeting last night we had Ron Adams speak on Mental Health Research. Everyone in the club supported the night by wearing a Hat for the "Wear a Hat Night". We believe our club is the first club in the district to support this event by wearing their hats.

Thought you might like to put the photo in the Networker.

Regards

Kel Costello
Rotary Club of Brighton Beach





Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

**We celebrated 90 years of
Rotary in Australia..... well
done RC of Melbourne!**

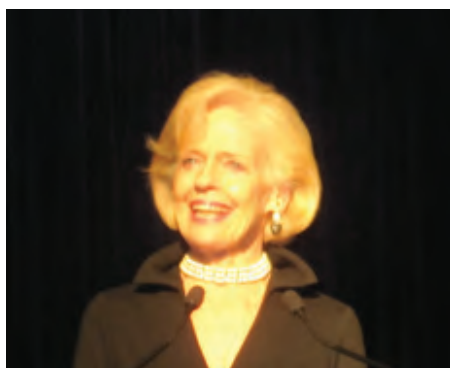
What a night it was. In the presence of her Excellency Ms Quentin Bryce AC, Governor-General of the Commonwealth of Australia, a wonderful evening of celebration held on Monday night, 23 May, at the MCG. Some 400 attendees thoroughly enjoyed the company of our hosts, and mother Club to us all, the RC of Melbourne. Congratulations to them for organising this highly successful evening and thank you to all those who attended, from far and wide.



Counter clockwise from left: 1. RC of Melbourne President Philip Endersbee. 2. Governor-General Ms Quentin Bryce. 3. GG receives PHF recognition from President Philip. 4. Rt Rev Dr Peter Hollingworth with DG Iven & Marilyn.



Iven Mackay and Marilyn
District Governor 2010-2011



In this Issue



- 01 DG Weekly Message
- 03 VECCI Business Tip
- 05 Rotary Australia Turns 90
- 08 Easy Grants - Our Community
- 09 Mental Health
- 09 Newsletter Webinar
- 11 New Generations
- 11 Welcome New Members
- 13 Notices & Events
- 14 Letters for Clarice
- 15 Membership Report

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something on your
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at clarice@rotarydistrict9800.org.au

May is Australian Rotary Health Research Month



DG WEEKLY MESSAGE CONTINUED...

Our D9800 **GSE** Team departed from Melbourne Airport on Thursday 19th May, following the very successful Farewell Dinner hosted by the Westside Cluster, on the Tuesday evening. The team will be fortunate enough to drop into New Orleans and see the RI Convention, before heading to D5840, Texas. We wish them well.

Remember that May is **Australian Rotary Health Research Month** and many of our Clubs are recognising this in their weekly meeting programs. Many of our members are also away in New Orleans at the moment, at the Rotary International Convention, which is a huge event attended by Rotarians from all over the Rotary World.

Our Clubs continue to be extremely busy as they finalise the year's Plans and Objectives. Our Club Presidents Elect are a week closer to taking office and are also doing their final preparations. Keep up the great work and before you know it, we will be in a new Rotary year.....it's just around the corner!

Finally, another reminder, to dig deep and let's have our Clubs give a final burst of funds to our very own charity, **The Rotary Foundation**, so that it can continue to do good in the World.

In Building Communities Bridging Continents,

Have a great week,
DG Iven



Top to bottom: 1. Ambassadorial Scholar Katie Stjernholm enjoys the evening, here with President Philip and DG Iven. 2. Departing Melbourne Airport, GSE Team Leader Ross, with Team members Christine, Liam, Tinika and Paul, with DG Iven.

Vorsprung durch Technik 

Our most popular model, now more attractive than ever.

For a limited time, finance a prestigious Audi A4 from \$189* a week.

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► 5.99% p.a.[†] ► From \$189* a week ► No deposit ► 48 months

Visit Audi Penfold Burwood today.



Audi Penfold Burwood | 130 Burwood Highway, Burwood, Tel. (03) 9268 1555 | www.penfold.com.au

*Based on drive away price of \$60,732.50 for the Audi A4 1.8T FSI multitronic, to approved Business Applicants of Audi Finance** on a Hire Purchase over 48 months with no deposit and a balloon of \$33,126.82. Total amount payable \$72,429.69, interest rate 5.99% per annum. + Applicable to all new and demonstrator A4s. Offer applies to new and demonstrator A4 vehicles ordered and delivered between March 1st and April 30th 2011 or while stocks last, whichever comes first. Standard fees and charges apply. Not available to fleet, government or rental buyers. Full conditions are available on application. **Audi Finance is a trading name of Volkswagen Financial Services Australia Pty Ltd. Overseas models shown. DL 444. APEB022



GETTING THE MOST OUT OF MEETINGS

VECCI BUSINESS TIP



Many workers dread the thought of attending work meetings, let alone participating in them. They can be seen as a waste of time, with few meaningful results. However there are methods to ensure your meetings become productive and relevant to your everyday tasks.

Here are a few useful and simple tips to make sure you get the most out of your next meeting.

Planning

If you're calling a meeting, clearly define the meeting's purpose and what you hope to achieve from it before sending the request to attend to your co-workers. The meeting might involve a brainstorming session, an update on the progress of a specific project or task, or a final deliberation on a decision (such as who to hire for a position), but if people don't know beforehand, it will lead to confusion and lack of suitable preparation.

Who's attending?

Only after establishing the meeting's purpose should you invite people to attend – be careful not to invite too many participants, as meetings are harder to manage with more people. Attempt to make alternative arrangements with people who can't physically attend – can they participate via phone, or send someone on their behalf?

When and where?

The timing of a meeting can often be a factor in its success – try to avoid late afternoon slots as people are less likely to be fully engaged. Location can be important too, so try to choose an appropriate environment – for example, for a brainstorming session, try to use a different and fresh environment that's conducive for creative thinking.

Running the meeting

Meetings can often steer off course if a person hasn't been chosen to 'run' the meeting – even if it's only to steer the discussion back on topic, or inform participants of time remaining. Otherwise your meeting is unlikely to achieve its purpose.

Concluding a meeting

Before people disperse from a meeting, it's important to inform them of the next steps that will be taken as a result of your discussion. Make sure to clearly state what is expected of each participant, and when it is expected from them.

After the meeting

If necessary, distribute the minutes of the meeting or action items to all participants, and save in an accessible folder. You may decide to include a table of action points with deadlines in the document. Also, on occasion, ask for feedback from the participants about the positive and negative elements of the meeting, so you can make your next meeting even more productive

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For further information, please click here:

<http://blog.vecci.org.au/2011/05/23/business-tips-getting-the-most-out-of-meetings/>

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

BEFORE, DURING & AFTER

MARKETING & MEMBERSHIP TIP

The Rotary Club of Melbourne celebrated the 90th anniversary of Rotary in Australia on Monday 23rd May.

Their objective was to achieve a fabulous night of celebration to promote 90 years of Rotary in Australia. This was certainly achieved, the Club were focused on the outcome that they were looking for right at the start, and achieved it by following some tried and true event management principles.

With District and every Club now going into Changeover season, here are a few tips you might consider for your Club's Gala Changeover:

- Identify 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!

ROTARY AUSTRALIA TURNS 90!

The celebration of Rotary's 90th Australian birthday was a magnificent affair. Just on 400 attendees representing 42 Clubs joined together at the magnificent MCC Members Dining room. Rotarians came from far and wide – many from throughout Victoria including Lightning Ridge, as well as far away as Sydney, Sandy Bay in Tasmania, and Osaka in Japan. Guests were entertained by a pre-dinner Jazz Quartet and throughout the evening by acclaimed opera soloists accompanied by Maestro David Kram.

The Governor-General, Her Excellency Ms. Quentin Bryce was presented a Paul Harris Fellow and delivered a rousing address, the standing ovation testament to its thoughtful content and elegant delivery. The Rotarian from Lightning Ridge was even mentioned in her speech. The Governor General's graciousness was felt throughout the evening as she greeted attendees both on arrival with the Official Party and at her table during the evening.

An outstanding 'Tribute to Rotary' was also delivered by David Wittner with coordinated slides by Chris Knight and an emotional soloist finale, all captured on in-house audio visual displayed on 25 screens installed into the ceiling of the room.

The celebration was truly a Gala Evening for a milestone occasion. It was a superb response from 135 members of the Rotary Club of Melbourne, their partners and friends, and well captured by John Tozer who has many great photographs to share.

Rotary Australia's 100th birthday in 2021 will no doubt be an awesome affair!



Rotary Turns 90 (Photos)...





Our photographer extraordinaire, Rotarian John Tozer snapped this fantastic shot.

John Thompson was a Charter member of the RC Port Kembla in 1946 of which he was President in 1956-57. On his transfer to Melbourne in 1968, he joined the RC Melbourne and made a Paul Harris Fellow in 1984. He is a regular attendee at Club meetings and warmly regarded by all. As a 65 year Rotarian, John leads the field by a mile.

Pres. Phil carried the following text in his Welcome Address which, when treated with applause, prompted John to stand and take a bow.

Our most senior member John Thompson who was inducted in 1968 and now at a spritely 96 years of age, has outlived our 90th Anniversary.

Outstandingly in 1986, John wrote and published the Rotary book "A History of Service 1921 - 1986".



**ADDRESS BY HER EXCELLENCY MS
QUENTIN BRYCE AC GOVERNOR-
GENERAL OF THE COMMONWEALTH OF
AUSTRALIA ON THE OCCASION OF 90TH
ANNIVERSARY OF ROTARY IN AUSTRALIA**
> READ IT NOW

Easy Grants



ourcommunity.com.au

Building Stronger Communities through Stronger Community Organisations

Here is a link to the latest edition of Easy Grants, providing information and knowledge for accessing available grants.

This month's Great Grant is the Volunteer Grants Program, provided by Dept of Families, Housing, Community Services and Indigenous Affairs. Applications Close June 8.

Of course, there are many more great funding programs on offer in this edition, see below for more.

For all those involved in sport and sporting organisations, the Sports Without Borders Conference is coming up on Monday, 27 June 2011. Book early to

be sure you don't miss out!

<http://www.ourcommunity.com.au/files/swb2011.pdf>

Have you booked your place at the Communities in Control Conference, yet? Don't miss out. <http://www.ourcommunity.com.au/cic2011>

For further information please contact:

Gary Goldsmith,
Telephone: 03 9322 2777
District Director Governance,
Email: gary@goldlaw.com.au

Rotary District 9800 Awards

The annual Rotary District 9800 awards are across many different areas: Australian Rotary Health, Club Attendance, Community Service, New Generations, Environment, The Jack Nankervis International Service, Rotary Image, Vocational Service, Bulletin, Membership Development, Conference Attendance, Rotary-Rotaract Involvement, Significant Achievement, Public Relations, Best Submissions, Centurion Award, Strategic Planning, Rotary Foundation, and Best Club Website.

[> Awards Categories](#)

[> Awards Criteria](#)

Rotary Club Locator App

You can now search for a Rotary club with RI's free iPhone app. In the Apple app store it's called the Rotary Club Locator from Rotary International. The app also will soon be offered for Android phones.

Mental Health: the attention it deserves

In a move that has mental health experts and supporters around the country rejoicing, this year's Federal Budget has allocated a much needed \$1.5 billion towards mental health. Much of this funding is going towards direct service initiatives and it is great to see our country's decision makers highlighting the importance of mental health and the impact mental illness has on our society.

However, despite the boost in funding, mental health remains a big problem. The World Health Organisation states that by 2020, depression will be the leading cause of disability worldwide. Bringing mental health issues into the spotlight is helping, but more needs to be done to prevent and effectively manage a wide range of mental disorders and illnesses.

Australian Rotary Health has long been an ambassador for mental health. We've directed more than \$26 million towards health research since 1981 and now we're focusing on the mental health of young people to help reduce the burden of debilitating and costly mental disorders.

You can make a difference by donating today to help improve the mental health of Australia's young people. It's devastating to know that today, more than one in four people aged between 12 and 25 will be affected by a mental problem in any given year. In fact, it is estimated that approximately 750,000 young people's mental health needs are not currently being met. These young people are our future and deserve the support that research can provide.

To find out more about our research or to donate, please visit www.australianrotary-health.org.au or call 02 8837 1900.

LEARN THE BEST NEWSLETTER PRACTICES FROM ROTARIANS IN A FREE WEBINAR

Webinar: Short for Web-based seminar, a presentation, lecture, workshop or seminar that is transmitted over the Web. A key feature of a Webinar is its interactive elements -- the ability to give, receive and discuss information.

Register now and learn best practices for putting your Rotary print newsletter online and discovering options for your PDF e-newsletter by signing up for the free, 60-minute webinar "Print to Digital... Moving your Message Online" to be held the following times:

- **15 June** at 18:00 CDT, or 23:00 GMT -

Register now

- **22 June** at 10:00 CDT; or 15:00 GMT -

Register now

[Check your local time for all webinars.](#)

Melbourne is currently 9 hours ahead of GMT or 15 hours ahead of CDT.

[Hear recordings from past webinars.](#)



ROTARIANreview
insideINTERPLAST
RIPE Kalyan Banerjee & Binota join an Interplast team in Fiji and meet four-month-old baby Tavish

The May issue of **ROTARIANreview / insideINTERPLAST** is out **NOW!**

Read what RIPE Kalyan said when he joined the Interplast volunteer team in Lautoka recently, plus other news ...

[Click here](#)





2011 District Governor's Changeover Luncheon



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

Moonee Valley Racecourse Complex
Sunday 26th June 2011

Mchways Ref 29 A7

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

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

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

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

Name on Credit Card

Credit Card Number

Expiry Date /

Signature

3 Digit CCV

PLEASE FORWARD BY
FRIDAY 10TH JUNE 2011 TO:

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

NEW GENERATIONS NEWSLETTER EDITION 4

I am delighted to be invited to present this final edition of our New Generations Newsletter, Edition 4 in Networker to our 70 Rotary clubs in District 9800. As D9800 Director of New Generations, it has been my aim to promote our youth programs and also support the hard working Chairmen and committee teams in each of the portfolios. The New Generations Newsletter is designed to showcase the excellence of our youth programs in action. The accompanying images and text in our emailed newsletter tend to enhance the production and allow readers to see at a glance, the benefits, the activities and experiential learning offered to our young delegates. As Director, I request that all clubs promote New Generations activities, as a valuable part of their Rotary Service during each Rotary year. For further information about New Generations programs, please view the D9800 website in the Avenues of Service section. Please don't hesitate to contact one of our Chairmen to find out further information about our programs.



It has been a privilege to serve District 9800 in the area of New Generations during this Rotary year and I sincerely thank DG Iven for his support and great interest in youth programs. Thank you to our D9800 Rotary clubs for your involvement and encouragement during this Rotary year.

Vanda Mullen
D9800 Director New Generations

[> View Newsletter](#)

WELCOME NEW MEMBERS

R.C. of Brimbank Central Lilian Shaker James Daly	R.C. of Chadstone/East Malvern Rizky Tielman
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R.C. of Toorak Nigel Slater	R.C. of Kyneton Jan McColl
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R.C. of Daylesford Sally Van Rooden Bruce Bavin	R.C. of Balwyn Paul Wang
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R.C. of Melbourne Paul Caine,	R.C. of Boroondara Marian Letcher
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Rotary Club of Toorak President Svetlana Beke pins the Rotary badge on Nigel Slater.



HEALTH TIP

Jet lag is caused by travelling across different time zones. Symptoms include fatigue, sleepiness, digestive upsets, impaired judgement, memory lapses and irritability.

Jet lag is more severe when travelling in an easterly direction. Tips to manage jet lag include limiting alcohol and caffeine, drinking plenty of water, naps and walking around the plane cabin regularly. Sleeping tablets are not recommended in case of emergency.

The body is synchronised to night and day by the action of sunlight through brain chemicals or neurotransmitters, especially melatonin. Many bodily processes are timed on this 24-hour physiological 'clock'. These include temperature, hormones, digestion, heart rate, blood pressure and brain states. This changing rate of activity over each 24-hour period is called the circadian rhythm.



Travelling to a different time zone disrupts the circadian rhythm. Lack of sleep can also contribute to jet lag. There is no cure for jet lag, but its effects can be reduced with careful planning.



Strategies while travelling

There is no evidence that popular strategies, such as fasting or eating complicated diets, have any effect. Suggestions to reduce the impact of jet lag while travelling include:

- Make sure you have had enough sleep before you leave. Sleep deficit or 'debt' will make jet lag worse.
- Limit or avoid alcohol and caffeinated drinks.
- Drink plenty of water.
- Try to nap whenever you feel sleepy.
- Eat small meals frequently, choosing lighter foods like fruit and vegetables.
- Wear loose, comfortable clothing.
- Whenever possible, walk around the cabin.

Read more about the symptoms and strategies for reducing jet lag:
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Jet_lag?open

Notices & Events

NEW District Awards

It is that time of year to reflect on your achievements and that of your club and members and to acknowledge the good work that has been done.

[> Awards Categories](#)

[> Awards Criteria](#)

NEW Rotary Club of Footscray International Night

1 June, 2011

The Rotary Club of Footscray is hosting Sika Kerry, the first female member of the Footscray Council and advocate for women and migrants.

[Read More](#)

NEW 2011 Global MS Dinner

1 June, 2011

Take part in the MS Global Dinner at Fredricks Restaurant with guest speaker Jennifer Sabo and live entertainment from Chris Humfrey.

[Read More](#)

NEW Rotary Club of Footscray Annual Charity Golf Day

3 June, 2011

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

[Read More](#)

NEW DG Changeover Lunch

26 June, 2011

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

[Read More](#)

Glen Eira Business Breakfast

8 June, 2011

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

Thomas the Tank Engine returns to the Steam Rally Echuca 2011

8 June, 2011

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

Wrestling for Rotary Charity Event

11 June, 2011

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

Boroondara Farmers Market

21 June, 2011

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

Rotary Club of Point Gellibrand 25 Year Anniversary

24 June, 2011

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

Readers Letters

Ask Clarice...

Dear Clarice,

I was delighted to read about your Grandfather's round tuit in your introduction to last week's "Networker"

I append a photo of my own round tuit. It is now a bit worn, but it has been very useful over the years.

These circular objects give their owners the ability to get done everything that would have otherwise been put off to a later date. They first appeared in the 1964 World's Fair which was held in Queens, New York.

Best wishes,

PP Gordon Cheyne
Rotary Club of Toorak



Do you have a letter for Clarice?

Contact the Editor

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

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



District 9800		Attendance		Membership		
2010/2011		April-11		At July 1	April-11	
Club	Cluster					
		No. of	Month		Start	End
		Mtgs	%			Net gain /loss 10/11
						% Change
Daylesford	Calder	4	67%	20	29	31
Woodend	Calder	4	73%	17	22	22
Bendigo Strathdale	Goldfields	3	62%	29	31	33
Chadstone / East Malvern	Stonnington	4	81%	38	42	43
Bendigo Sandhurst	Goldfields	4	75%	46	52	52
Glen Eira	Beachside	3	93%	19	21	21
Richmond	Heritage	2	84%	38	43	42
Hoppers Crossing	Port Phillip	4	73%	31	34	34
Brighton Beach	Beachside	3	83%	24	26	26
Altona	Port Phillip	3	59%	25	27	27
Eaglehawk	Goldfields	4	82%	38	41	41
Elsternwick	Beachside			13		14
Tullamarine	Gateway			13		14
Keilor East	Gateway	3	81%	40	43	43
Essendon North	Gateway	4	58%	27	29	29
Melbourne South	Batman	4	66%	27	29	29
Melton	Westside	3	73%	27	29	29
Toorak	Stonnington	2	79%	31	32	33
Kyneton	Calder	3	71%	38	39	40
Central Melb. Sunrise	Batman	3	77%	59	61	62
Sunshine	Westside	3	65%	20	21	21
Hawthorn	Yarra	3	64%	63	66	66
Malvern	Stonnington	4	57%	42	45	44
Wyndham	Port Phillip	4	86%	25	26	26
Brimbank Central	Gateway	4	83%	26	25	27
Fitzroy	Heritage	3	72%	26	28	27

Camberwell	Eastside	4	88%	67	69	2	3.0%
Keilor	Gateway	3	78%	38	39	1	2.6%
Williamstown	Hobsons Bay	2	74%	38	39	1	2.6%
North Balwyn	Eastside	4	77%	82	84	2	2.4%
Boroondara	Eastside	3	64%	18	17	0	0.0%
Brighton North	Beachside	4	76%	52	52	0	0.0%
Canterbury	Eastside			43	43	0	0.0%
Carlton	Heritage	3	85%	40	40	0	0.0%
Collingwood	Heritage	4	67%	17	17	0	0.0%
Essendon	Gateway	3	42%	78	78	0	0.0%
Gisborne	Calder	3	77%	24	24	0	0.0%
Glenferrie	Yarra	3	65%	41	41	0	0.0%
Kangaroo Flat	Goldfields	3	76%	25	25	0	0.0%
Laverton Point Cook	Port Phillip	4	70%	18	18	0	0.0%
North Melbourne	Heritage			27	27	0	0.0%
Point Gellibrand	Hobsons Bay	3	63%	30	30	0	0.0%
Footscray	Hobsons Bay	4	53%	55	53	-2	-3.6%
Prahran	Stonnington	3	41%	27	25	-1	-3.7%
Melbourne	Batman	4	48%	259	251	-10	-3.9%
Albert Park	Batman	4	62%	63	60	-3	-4.8%
Bendigo	Goldfields	3	76%	84	80	-4	-4.8%
Flemington	Hobsons Bay	4	84%	20	19	-1	-5.0%
Bacchus Marsh	Westside	4	64%	38	36	-2	-5.3%
Brighton	Beachside	4	62%	133	128	-7	-5.3%
Yarraville	Hobsons Bay	3	65%	19	18	-1	-5.3%
Moonee Valley	Gateway	3	40%	18	17	-1	-5.6%
Castlemaine	Calder	4	60%	44	41	-3	-6.8%
Balwyn	Eastside	3	70%	80	73	-6	-7.5%
Werribee	Port Phillip	3	76%	38	35	-3	-7.9%
Melbourne Park	Heritage			25	23	-2	-8.0%
West Footscray	Hobsons Bay	4	80%	24	23	-2	-8.3%
Caulfield	Beachside	4	75%	11	10	-1	-9.1%
Rochester	Goldfields	?	77%	10	9	-1	-10.0%

Altona City	Port Phillip	3	67%	29	25	26	-3	-10.3%
Docklands	Batman	3	58%	22	19	19	-3	-13.6%
Kew	Yarra	4	62%	44	38	38	-6	-13.6%
Port Melbourne	Batman	3	50%	14	12	12	-2	-14.3%
Kew-on-Yarra	Yarra	4	77%	18	15	15	-3	-16.7%
Southbank	Batman	3	42%	34	29	28	-6	-17.6%
Bendigo South	Goldfields	4	77%	38	31	31	-7	-18.4%
Melton Valley	Westside	4	93%	19	15	15	-4	-21.1%
St Kilda	Stonnington	2	65%	13	10	10	-3	-23.1%
Echuca-Moama	Goldfields	4	68%	25	19	19	-6	-24.0%
No. of Clubs Reporting			65		65			
No. of Members				2677		2665	-12	-0.4%
% Average of Those Reported			69.1%					
% of Clubs Reporting Attendance			93%					
% of Clubs Reporting Membership						93%		
* a blank in the "Start" column indicates no numbers supplied and the End number is based on the last reported number.								

Please note that the numbers in the "At July 1" column have been revised to reflect the numbers as supplied by R.I. on 5th November '10