

DECEMBER IS ROTARY DISEASE PREVENTION & TREATMENT MONTH

A PUBLICATION FOR ROTARIANS AND COMMUNITY-MINDED PEOPLE

DG Julie Mason's Message



December is Disease Prevention and Treatment Month





Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur. Michael J. Fox

In the olden days people died through starvation, a lack of cleanliness and medical knowledge. Now we have plenty of food, we wash our hands with soap, go to the doctor when ill and use all sorts of technology to diagnose and treat conditions that effect our quality of life. However in the western world our desire to live longer and better, has created life threatening conditions such as high blood pressure, obesity, Diabetes, cancer and coronary heart disease.



RIPE John Germ and DG Julie Mason agree that we are "this close" to eradicating Polio.

So, is there really a role for Rotary in disease prevention and treatment and will we as Rotarians live long and healthy lives to enable us to take on such a role.

Studies show that a 'primal' diet made up of fruits, vegetables, nuts and seeds, as well as meat, fish and eggs, is best for weight control and improvement in risk markers for illnesses, such as heart disease and diabetes. The notion of eating mindfully, drinking plenty of water and getting enough sunlight, and sleep, as well as walking regularly with a touch of resistance exercises to maintain muscle mass and strength seems achievable. It has been suggested that practising **random acts of kindness** and **active appreciation** of such things as friends and family, a beautiful landscape or sunset, can significantly lift our mood.

So if **we** keep fit and healthy in mind and body what can and should we do about good health in the rest of the Rotary world.

Well, being an active participant in the Rotary movement to **Eradicate Polio**, comes to mind and Donations to the Rotary Foundation Polio plus Fund will be gratefully received at any time this Rotary year. The work of our Foundation never stops!



But what about Malaria, a disease close to our country and seen as very important in all continents. I remember well, being in San Diego at my international training, and talking about something quite unique, Rotary Australia World **Community Service**. I gave the participants in this workshop the web page and they were very impressed. One of the platform programs of RAWCS is Rotarians against Malaria. The primary focus of RAM has been the distribution of insecticide-treated nets to vulnerable populations in Papua New Guinea, the Solomon Islands and Timor Leste. Over \$1.6 million has been donated to eliminate malaria and RAM works closely with the Health authorities in each country and complements the work of other malaria organisations, most notably the Global Fund to Fight AIDS, Tuberculosis and Malaria.

The battle is being fought in several ways, the distribution of Long lasting insecticidal bed nets to homes and hospitals, insecticide treated curtains and an Australian developed repellent is certainly making a difference. Scientists at the Walter and Eliza Hall Institute are close to developing drugs to provide new treatment and a vaccine to treat this disease and a scholarship for a Post Graduate student from the Solomon Islands has been granted to Edgar Pollard who has commenced studies at James Cook University.

So as we do our Christmas shopping, and look forward to the festive season perhaps some consideration could be given to a donation to RAM to fund some life-saving mosquito nets. This would certainly constitute a Random Act of Kindness and would make a lifesaving difference in our world.



Following a rigorous selection process, the successful applicant for the RAM PhD Scholarship, Mr Edgar Pollard MSc. from the Solomon Islands, commenced his PhD at James Cook University on 5th November 2015. His research topic is: "Understanding mosquito flight to maximize malaria and dengue control by insecticide impregnated barriers."

Enjoy Rotary as you are...... a Gift to the World.

Ubuntu: I am, because you are.

Julie Mason

District Governor

DGE Neville Picks a Winner

By Tony Thomas, RC Central Melbourne-Sunrise

District Governor-elect Neville John made Assistant Governor David Bourke considerably richer when Neville dropped in on their club dinner on November 24.

Neville's touring clubs to get to know them.

He was sitting with David (who looks after the Calder cluster) and David won the raffle for a draw on the club's jackpot game. The fund had about \$1000. David drew a seven of hearts from one pack. Neville, as a guest, was asked to draw from a second pack. If the two cards match, half the jackpot goes to the raffle winner and half to club funds.

Neville drew a card – also a seven of hearts. Much ribaldry and booing from the meeting over the coincidence.

The highest jackpot David can remember was a few years ago - \$3500. It's a good earner for clubs, he says, because each week the packs have one fewer card. This encourages people to buy \$2 tickets. On one occasion, the packs were down to only four cards and buying plenty of raffle tickets was a good investment.

The club, with about 30 members, excludes guests from the contest as it would be a bad look for a casual guest to walk away with a year's accumulation of members' money





David Bourke with Publican Ray Dodd, while DGE Neville John (right) looks on with approval

David, who is also service director of Keilor, is delighted that the club last July found a new home for its dinners, after previously meeting in the East Keilor RSL. The club grabbed the chance to meet at a new wine bar at the Keilor Hotel, with the publican Ray Dodd offering both a choice of five meals and a weekly jackpot consolation prize of a bottle of wine. David says, "The great venue in our home suburb and an improved selection of speakers has caused a good lift in weekly attendance. We now usually get 25-30 at dinners."

The club has such a long-standing relationship with the hotel that it made Dodd a Paul Harris Fellow. The hotel, owned by the same family since 1852, has turned over its carpark and adjacent land to the club for eight annual car shows for 250 vintage/classic cars and motorbikes. These usually raise about \$16,000 for the club, half from sponsorships and the rest from the barbecue (\$3000), exhibitors (\$20 each), and \$5 public entry. "We also get a lot of in-kind sponsorships like temporary fencing and generators," David says. "Relationships with businesses are all-important to clubs."

News from Interplast

Interplast works to improve the quality of life for people who are disabled as a result of congenital or acquired medical conditions such as cleft lip and palate or burn scar contractures. They do this by sending fully qualified Australian and New Zealand volunteer plastic and reconstructive surgeons, anaesthetists, nurses and allied health professionals to the Asia Pacific region to provide free surgical treatment for patients who would otherwise not be able to afford access to such services. They focus heavily on facilitating medical training and mentoring for in-country medical personnel by supporting and building the capacity of local health services and has established a reputation for high quality service delivery.

Over the last 30 years, Interplast has performed over 32,000 consultations, provided over 21,000 procedures and delivered training to hundreds of in-country medical personnel.

In the last Rotary year Interplast has achieved:

- 1,652 patient consultations
- performed 801 procedures
- in 58 programs
- across 26 locations
- in 17 countries

The District 9800 Interplast committee is gradually expanding. Our latest recruit is Nicole Lake from the Rotary Club of Melbourne Park. The demand for Interplast's services remains high and continuing financial support is essential.

Repairing bodies. Rebuilding lives

The committee has the support Immediate Past District Governor Murray Verso who recently joined the national Rotarian Advisory Committee of Interplast and Di Gillies who is the Rotarian Coordinator for Interplast Australia & New Zealand.

We would still like to have more members on the committee to assist with the promotion of this great program. If you are interested, please contact District Chair, Leon Lewi on Ilewi@connexus.net.au Leon is happy to discuss your Club's possible financial support and arrange a guest speaker to bring your club up to date regarding the work of Interplast.



For decades, Interplast has worked on the ground in some of the world's poorest countries to provide free surgical treatment and facilitate safer, healthier and more sustainable healthcare for communities.

- See more at:

http://www.interplast.org. au/where-we-work/neighb ours/#sthash.bDSlqOym. dpuf

What is Rotary's Greatest Attribute?

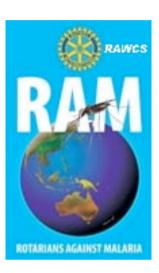
By David Dippie, RC Keilor

I would argue that it is not what we do, but what we cause to happen. We can't claim that Rotary has eliminated Polio when the great day happens. Rotary does not have the resources to accomplish some major tasks, but we can't claim to be responsible for the elimination of Polio because without our effort it would not have happened at this time. Our greatest skill is to be a catalyst, to identify solutions to problems and make things happen. Where possible we are the solution, but for major tasks our job is to take action, shine the spotlight on the activity and encourage others to get involved.

Australia commits to combatting malaria in Asia Pacific ...

Eliminating Malaria in our region has been Rotarians Against Malaria's (RAM) goal since its inception and the project has have great success in reducing the incidence in some countries. A lot has been accomplished but there is still much to be done. I think we would be stretching things to say that the Government decision is a result of Rotary's action, but it is reasonable to suggest that they are following in our footsteps and that we are committed to helping them active their goals.

With this Government commitment is our job done? NO!!! This is actually the time to redouble our effort. Government reflects the will of the people and this goal will require a lot of effort and money for many years. One of the best things every Club could do is the write to your local Member, congratulate them on their initiative and offer your support and encouragement. You can also highlight the work that RAM is doing www.ram.rawcs.com.au and your influence would be greater if you could claim that your Club was a financial supporter.



December is Rotary Area of Focus Disease Prevention and Treatment Month. A great way to celebrate is to

- Write to your local Member don't be shy tell them about RAM and the Areas of Focus
- Contact your local paper and highlight how your Club is supports the Government initiative and how
 you are supporting RAM.
- Donate to RAM it does not need a lot to make a major commitment

For more information - Local RAM Rep. billoakley1@bigpond.com



Mosquitoes are blood sucking insects that are responsible for the transmission of many diseases throughout the human and animal populations of the world. Within Australia there are more than 300 different species of mosquito but only a small number are of major concern. Several important human diseases are transmitted throughout Australia by these insects including Dengue fever, Australian encephalitis, Ross River virus disease and Barmah Forerst virus disease; malaria has been transmitted locally in Australia only rarely in recent decades. In addition to being disease vectors, mosquitoes can cause major disruptions, through their persistent biting, to occupational, recreational and social activities.

http://medent.usyd.edu.au/arbovirus/mosquit/mosafact.htm

RI President-Elect comes Down-Under

By Matthew Scott, Regional Correspondent

It's not very often that Bendigo South Rotarians get to be in the company of Rotary "royalty". However, that all changed on the evening of November 18th, when Rotarians Merlyn Quaife, Greg Noonan and I journeyed down to Etihad Stadium in Melbourne for an evening with Rotary International President-Elect John Germ.

Preparing to take over the reigns of RI from Ravi Ravindran in July 2016, Mr Germ is busily jetting around the Rotary world meeting many fellow Rotarians before taking on the big task that lies ahead.

Mr Germ is a member of the Rotary Club of Chattanooga, Tennessee, USA, where he has been a member since the late 1970s. Beginning his long and distinguished journey in Rotary, Mr Germ was encouraged to join Rotary by his employer after having spent some time in the JC's movement.

His employer at the time paid half of his membership dues, with Mr Germ responsible for paying the remaining half. The reason being that his employer wanted him to be involved in community service work for his own fulfillment, not simply because the boss wanted him to. This is a philosophy that has remained with Germ until this day, that in service, we should want to make a difference, not just because someone tells us to.



RIPE John Germ was given a warm welcome when he visited the RAWCS display.

District Governor, Julie Mason channeled her inner Jana Wendt, doing an excellent interview on stage with Mr Germ. Asking all of the hard-hitting questions, we learnt about Mr Germ's early family life, his career in drafting as well as his involvement in the United States Air Force. This involved one incident where they (the flight crew) had a lucky landing in their aircraft sometime around the Vietnam war era, where the plane they were flying in developed a crack in the cockpit windshield. - *Continued*...

RIPE comes Down-Under - continued:

For me as a young Rotarian, it was interesting to hear from Germ how when he finished studying, he would go around to the engineering businesses in the area and interview the employers for a job. This seemed somewhat foreign to me, as I am used to being interviewed by the bosses for work, not the other way round. How many teaching jobs could I have had to date if the boot was on the other foot?

Bendigo South Rotarian, Merlyn Quaife said of hearing RIPE John Germ, that "he struck me as a man who practices tough love. He brings to his new role a wealth of experience and humanity. His comments on the need to accept changes in society and extend our thinking to encompass this as we work on making Rotary relevant to younger members was most pertinent".

In the second installment of their interview after dessert, DG Julie Mason and Germ spoke of his views on the future direction of Rotary.

"Ask, ask, ask and Do, do, do!"
This was the message I received from RI President elect John Germ, said Assistant Governor for Goldfields North, Greg Noonan.
He spoke about clubs in the 21st century being flexible in their meetings and meeting structure. He commented on clubs developing relationships with the business community for it to be involved in projects and to have representation



RIPE John Germ with PDG Michael Perkins, at Etihad Stadium.

in them. From such relationships an understanding and knowledge of the work of Rotary can be gained and hence support, both financial and human, can be contributed. John is a very inspiring, motivating and thinking person under whose leadership Rotary will advance and become stronger".

The evening in Melbourne was truly an enjoyable one, full of fellowship and fun. It was a combined event for all five Rotary districts in Victoria, and a great opportunity to network. It's amazing how many Rotarians you actually know from district and outside of Bendigo when you all meet up in the one room. I even ran into a couple from Bribie Island who I had sat next to at the dinner table when attending the recent Rotary Success conference in Canberra back in September.



Also on the night, many awards were given out, including one for meritorious service to Bendigo's own Gordon McKern. It's an excellent opportunity to attend such events when they come to our region, and to know a little more about our future world president. To have met John Germ makes the high office of Rotary International President a little bit more relevant and closer to home for those of us in District 9800.

Left - Rotary Foundation Meritorious Service Awardee, PDG Gordon McKern.

December is Disease Prevention Month

By David Dippie, RC Keilor

We are close to 100% Club Support for Disease Prevention

We believe that every Club in our District is supporter Foundation Disease Prevention Area of Focus in some way but often they don't make the connection. Which of the following is your Club involved in. These are some of the ways we are making a difference.

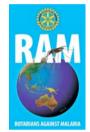




PolioPlus is our flagship Disease Prevention Project and with support from Rotary throughout the world we continue to get closer to eliminating the dreadful disease.

This is an area where Foundation Grants are particularly effective. The support that RC Keilor and Port Melbourne have received will result in the first Dental Clinic in Balibo Timor Leste that will service, 15,000 people

Rotarians Against Malaria (RAM) is dramatically reducing infection rates in neighbouring countries and highlights how effective we can be when we work together on projects. **Rotary Against Malaria - rawcs**



Our Clubs are making a major difference through **RAWCS Projects** there are 18 projects in 9 countries where our Clubs are making a difference <u>Current Projects</u> **RAWCS Volunteers** from our District are working on some brilliant projects find out more at





May Clubs are putting the material that is available for free from Donation In Kind to equip hospitals and improve patient care. Rotary Donations In Kind

Our Safe Water & Sewerage Projects dramatically reduce

the risk of infection in many places. Current Projects

If your Club is yet to support a project in this Area of Focus please consider supporting one of these projects and let's end this month with 100% support.

Bulletin Editors: December is **the Rotary Foundation Area of Focus - Disease Prevention and Treatment Month.**

Often Members forget that your projects are supporting some of the Area of Focus and this is a good opportunity to remind them. You may supporting some of the following



- Rotarians Against Malaria (RAM)
- RAWCS Projects
- RAWCS Volunteers
- Donation In Kind
- Safe Water & Sewerage Projects









Bendigo Builds a Solid Foundation

By Matthew Scott, RC Bendigo South

Over seventy Rotarians from both near and far, gathered at the Foundry Hotel in Bendigo, for the third annual Rotary Foundation dinner. Instigated by the Rotary Club of Bendigo South back in 2013, the regional Foundation dinner continues to highlight the importance of the Rotary Foundation to the Bendigo community, as well as giving inspirational examples of how people from around the globe have benefited first hand from the Foundation.



D9800 Foundation Chair, John Wigley PDG and keynote speaker, Stephanie Wollard.

On the night, Stephanie Woollard was keynote speaker, talking about how she came to be a Peace Scholar sponsored by Rotary District 9800. Since the Peace Scholar program began, D9800 has been successful in having a candidate each and every year, and Stephanie gave a truly inspiring account of how her studies lead her to commence the '7 Women' project based out of Nepal.

Having studied leadership in conflict resolution at university in Switzerland, Stephanie recounted having classmates from throughout 40 different countries. This taught her to understand and appreciate different perspectives and build a sense of tolerance. With her heart immersed in the Nepalese culture, Stephanie saw a need going unmet where disabled Nepalese women were

considered outcasts in their own society. From there Stephanie established the 'Seven Women' program where the local women could learn craft skills, establishing an income source from their products which are sold locally and internationally.

Stephanie stated that the Rotary Peace Scholarship helped her to realise that her humanitarian talents are best used on the ground in a grassroots capacity. Aspiring to follow in the footsteps of current D9800 District Governor, Julie Mason, Stephanie has declared that she'll be joining a Rotary Club in D9800 in the not to distant future.

The Foundation dinner concluded with a successful raffle in true Rotary style, as well as a presentation and banner exchange to the cluster from a visiting Rotarian undertaking a make-up from Inverness, Scotland.



supporting the Rotary Foundation.

Letters to the Editor

Dear Clarice,

Congratulations – a networker edition that I can now save on hard disk and read off line later.

Regards

Chris Rundell

Thanks Chris: we try to please . . . I know of one PDG who likes to print out "The Networker" and savour it with a glass of wine on his balcony, while others may prefer to click only on the articles they wish to read. We value your feedback. - Clarice



Erratum: We thank AG Colin Styles for pointing out an error in the October "Networker". Apparently in describing the work of the Rotary Club of West Footscray in Aboriginal Literacy, we omitted the word "West" in one instance. We apologise if any offence was caused by this omission, cop it on the chin, and move on. – Clarice.







CONNECT WITH KOREA--TOUCH THE WORLD

As a past convention attendee, you know each convention is special. I attended my first convention nearly 30 years ago in Las Vegas, and they get better and better each year. Like you, I enjoy seeing old friends, making new ones and sharing my passion for Rotary. The Seoul convention 28 May--1 June, 2016 is sure to be the best yet.

I personally invite you to join me in Seoul, to connect with new friends and new ideas, and be inspired to "Be a Gift to the World."

Remember to take advantage of early registration savings by 15 December and register today.

http://www.riconvention.org

See you in Seoul! - K.V. Ravindran

Welcome New Members





Isn't it lovely when clubs send us photos of their brilliant new members?

President Faye Kirkwood of Caulfield RC sent us a lovely photo of herself with new member Merv Ritter, and another of their recent recruit, concert pianist Alan Kogosowski.

Thanks Faye, keep up the great work you do at Caulfield RC! - Clarice

The Rotary Foundation

Children at an orphanage in Cluj-Napoca, Romania, wash up in a communal bathroom after lunch. They now enjoy protein-rich meat and dairy products because of a 3-H grant from The Rotary Foundation that is benefiting local farmers. In exchange for funding, farmers agree to give a portion of their products to children's facilities such as hospitals, orphanages, and schools.

IPTC - Creator: Alyce Henson® Rotary International





Stay informed on Rotary events:

http://www.rotarydistrict9800.org/notices_and_events_future

Notices and Events

District 9800 Conference 11th - 14th March, 2016

Remember . . .you'll never never know, if you never Bendigo . . .

In March 2016 Rotary District 9800 aims to provide a world class conference in Bendigo, the heart of our Rotary District.

In beautiful Bendigo the conference will focus on inspiring international, national and local speakers. The weekend will be fun, relevant and provide insights into programs and projects that through partnerships develop resilient, harmonious communities.

Rotarians will be informed, entertained and dined whilst networking and sharing ideas to improve communities at home and abroad.

WHAT'S THE CONFERENCE ALL ABOUT?

http://rotary9800conference.org.au/news/13586/conference-update/?type_fr=4

CONFERENCE TIMETABLE

Friday March 11th Saturday March 12th

Saturday March 12th Sunday March 13th

Sunday 5:30 PM Sunday night Monday March 14th 7:30pm Welcome Cocktail Party \$55

10 am Conference start

Gala Dinner or a Taste of Bendigo (included) Foundation Breakfast \$30

Conference finish **Club Dinners**

LABOUR DAY HOLIDAY

Christmas Charity Market



Sunday 6th December 10am - 3pm 77 Faderons Lane, Mandurana



The Rotary Club of Bendigo-Strathdale in partnership with Mandurang Valley Wines and other local charity groups are holding a Christmas Charity Market.

This was an annual event until 2013 established by the Red Geranium Inc. to raise funds for charities. Mandurang Valley Wines conducted the 2014 event and this year has asked the Rotary Club of Bendigo-Strathdale to assist in the organisation.

Some of the features are:

- Devonshire Tea
- BBQ with gourmet sausages from Strathfieldsaye Butcher
- Coffee Van
- Plants by Bendigo Native Plants
- · Christmas Shop by Cane & Garden
- · Second Hand Books by The Book Club
- · Relay for Life
- Preserves
- Cupcakes
- Christmas Cakes & Puddings
- Demonstration by Terry Jarvis (artist)
- Wire Sculpture by Wired for Living
- Entertainment for all



For further information contact: Jan Walklate 0439 655 118 Pamela Vine 0400 857 774 or 5439 5367

2016 Rotary International Convention, Seoul

28th May to 1st June, 2016

It's your chance to connect with Rotary members from around the world. You'll build new relationships and exchange ideas across cultures.





The Rotary Club of Chadstone-East

Malvern are busy writing the history of their club. They are interested to learn of any clubs who have written a club history.

Please contact Rosemary Johnston 0438 693 597 or

rosemary.johnston82@gmail.com



Rotary Club offers Mentor Training Package

In 2012 Yarra Bend Rotary saw a need to apply some structure and rigor to its Projects that have a mentoring aspect. This led them to develop a training course on the core skills needed for successful mentoring. This involves understanding the mentoring



process, setting SMART Goals, active listening skills, questioning techniques and of course appropriate governance arrangements.

These and many other aspects of mentoring, including "matching" mentors to mentee needs are outlined in a six hour training package usually run over two evenings. Since 2013 a number of Rotary Clubs have taken advantage of the training offered by Yarra Bend including Hawthorn, Canterbury, Carlton and Kew resulting in excess of 150 Rotarians having enhanced their mentoring skills and knowledge.

The training sessions are interactive and are offered free of charge to other Rotary Clubs except for the costs of training rooms and minor printing. If you are interested email Yarra Bend's Vocational Service Director at matt.pollard@varrabendrotary.com.au

Stay informed on Rotary events:

http://www.rotarydistrict9800.org/notices_and_events_future

Our Contributors



District Governor Julie Mason of Wyndham RC is Principal of Baden Powell College in Derrimut and Tarneit.



Our peripatetic philosopher, Tony Thomas certainly gets around. You can catch his more controversial offerings in "Quadrant".



David Dippie of Keilor RC keeps reminding us of the great work volunteers do at the Donations-in-Kind store.



Bronwyn Stephens loves Cambodia, and is the driving force behind "World of Difference".



Clarice Caricare prefers the informal job descriptor of "Girl Friday", for reasons known only to herself.



Photographs by Monika Lozinska frequently appear in Rotary publications.



Matthew Scott, our roving reporter in the deep north, is heavily into face-painting.



Dennis Shore was DG in 2012-13, and now deals with Rotary Foundation Post Graduate Global Scholarships.



Ricardo Krauskopf of RC Port Melbourne is a regular volunteer at the DIK store in West Footscray.