

the networker

INSIDE

Sam Owori: quiet confidence, integrity and friendship

District Conference Registrations now open

Norma Tauiliili : Royce & Jean Abbey Agricultural Scholar

Vale - Rotary International President Elect Sam Otori

The Rotary world was shocked on July 14th after hearing that RI President Elect Sam Otori had died following complications from surgery.

District Governor Elect Bronwyn Stephens spoke of her sadness and disbelief having shared some of Sam's journey at the Atlanta Convention. Bronwyn reported her impressions of Sam positively,

"that he speaks gently and quietly, but that his message is challenging and professionally designed. For Australia and New Zealand his presidency will provide an especially powerful link to the world but mediated by the perspective of someone with great experience of the developing African Rotarianism."

Sam, who had been elected to serve as president of Rotary International in 2018-19, would have been the second African Rotary member, and the first Ugandan, to hold that office. He joined Rotary in 1978 and was a member of the Rotary Club of Kampala, Uganda.

Hilda Tadria, a member of the Rotary Club of Gaba, Uganda, and a close friend of Sam and his wife, Norah said that with his engaging smile and a calming voice, Sam put everyone he talked to at ease. One of the admirable things about Sam, Tadria says, was his love and devotion to his wife. They met in primary school in Tororo, Uganda. Sam described Norah Otori as beautiful, well-educated, and full of character.

"He adored Norah and always put her first," Tadria says. "They were best friends and partners for life. It was very sweet to see them together. They never left each other's side."

Sam was highly respected in Uganda, Tadria says, for his high integrity and consistent ethical standards. Those qualities, she says, are important in a Rotary president. "He was a man everyone could trust."

She adds, "He preferred listening to speaking. It's one reason he was so well-liked."

"Optimism is what brings us to Rotary. But Rotary is not a place for those who are only dreamers. It is a place for those with the ability, the capacity, and the compassion for fruitful service."

Sam F. Otori, 1941-2017



While the outpourings of disbelief and grief have come from every Rotary District and Zone, many of the most heartfelt have been read from Africa itself. Sam would have been only the second RI President from Africa, and the first from Uganda.

"The African Continent and indeed the whole Rotary family stood still when the news of the passing on of our very own RIPE Sam filtered in. Sam was a man, too many. He gave his all for the cause of serving humanity. His, was a life that exemplified service, selflessness, patriotism and friendship. A life that inspired emulation... RIPE Sam always wore a smile that defined his personality... His demeanour was gentle and his ideas very logical! Sam's greatest passion was membership growth and retention in Rotary. Can we then as one family ensure that each of us bring in one quality person into Rotary this year and in doing this help Sam actualize his greatest passion? Yes, we can also in our very unique ways realize Sam's pronouncement in 2014 which he tagged, 'Owori Recommended Rotary Density' (ORRD) for Africa.

This simply translates to Africa targeting 0.01 %of her Population or better still 100,000 Rotarians in Africa by 2024. Indeed our thoughts are with Sam's immediate family, the Rotary family especially members of the Rotary Club of Kampala where Sam served humanity for over 38 years. We also condole with the government and People of Uganda in this moment of grief. We are consoled by the indelible footprints which Sam left as well as challenged to make a difference in our world, the ideals Sam worked for. As we mourn your demise RIPE Sam, we ask you to continue to watch over us and inspire us to give our best in serving mankind."

Our colleagues in New Zealand, expressed their thoughts in their native language, adding a poignant string to the chords singing the song of Sam.

As the District Governors Elect for Zone 7b, who would have served our Rotary community under the leadership of Sam Owori, and all other current and past District Governors and Rotarians in New Zealand, we would like to convey our heartfelt condolences to Sam's wife and family, and to the RI community, who are no doubt reeling with shock and grief at this time. We were very much looking forward to working with Sam and especially to welcoming him and his wife Norah to our Symposium in September this year. Please pass on this message to Sam's family and colleagues.

Our thoughts are best expressed in our native Maori language below (provided and also translated by DGE Jerry Norman):

Kua hinga atu te Kauri o te wao nui o Tane. (The great majestic Kauri tree of Tane has fallen). Kua hinga te Pou o to whānau. (Te pillar of the family has fallen). Kua hinga te Pou o Rotary. (The pillar of our Rotary family has fallen). Haere atu ra e Sam ki tua o te Arai ki te Ao rangimarie, ki te Ao mamae kore. (Farewell Sam to beyond the horizon of the living, rest in peace in that pain-free world). Haere ki te Ao wairua, ki te wahi I whakairohia mo te tangata. (Farewell to the spiritual realm that has been sculpted for all). Kua wahangu to reo ki te Aoturoa nei. (Your voice has been silenced in our living world). He pou herenga tangata koe ki raro i te korowai o te aroha. (You united people under the cloak of compassion for all). Rangatira o mahi mo Rotary e kore e warewaretia. (Your commitment to the ideals and values of Rotary was chiefly and immeasurable and will never be forgotten). Rite tonu ki te kotukuu rerenga tahi, kei roto koe i te Ao o maumahara. (Likewise, like the final flight of the heron, you will remain forever in the world of memory. Haere, haere, haere atu ra. (Farewell. farewell, farewell)

Ki te whānau pani. (To the bereaved family). Ta matou arohanui rawa ki a koutou. (Our sincere condolences) Mai i o roimata pouri, roimata aroha, whakanui i nga mahara mo tenei rangatira. (From your tears of sorrow and love, celebrate the life of this great chief). Ko tera te whakaaro o Rotary whanui hoki. (Rotarians from around the world will certainly celebrate Sam's contribution to humanity).

*Ki mai ki ahau. (If you ask me). He aha te mea nui o te Ao. (What is the greatest gift in this world). Maku e ki atu. (I will reply). He tangata, he tangata, he tangata. (It is people, it is people, it is people).
Nga mihi (Greetings)*

Memorial contributions in honour of Sam can be directed to the [Sam F. Owori Memorial to Polio](#).

Rotary's 2017-18 nominating committee will select a new president-elect, in addition to the president-nominee, during its scheduled meeting in early August.

rotary.org/en/rotary-remembers-sam-owori

Mrs. Norah Agnes Owori
c/o Institute of Corporate
Governance of Uganda (ICGU)
Crusader House
Plot 3 Portal Avenue
Kampala
Uganda



Rotary



A Message of Condolence

The District Governors Elect of Australasia were deeply saddened to learn of the loss of President Elect Sam last week, and we wanted to express our condolences to you and your family.

We wanted to pass on our feelings about how he had interacted with us as our President, and to recognise all that he had achieved.

Our group has read biographies of Sam's achievements in Rotary. He was a prime mover of the membership growth in Uganda, and he led the campaign for polio eradication across Africa. His vision; his understanding of his fellow man, and the inspiration he provided to all Rotarians, was also felt in his wider community.

Some of us had the privilege of meeting Sam through the Rotary Foundation, and at meetings around the world. We recognised him as a gentle, measuredly-spoken man, with clear messages on membership, fundraising, global grants, preparation and training.

A third of our group attended the Rotary International Convention in Atlanta, where we were able to hear his thoughts for our year ahead; a year where we would continue to plan as his Governors.

We all have a sense of feeling lost, numb, shaken and sad to have lost this wonderful leader!

Below are some comments from a few of our Classmates; comments for which we all concur:

"The world will be the poorer for his passing"
Margaret Hassall District 9710

"A man who will be so missed by many and in particular his family" **Anthony Olsen District 9780**

"I was really looking forward to meeting him."
Jitendra Prasad District 9630

"We hold the thought that he will be with us in spirit as we continue the 2018/19 journey" **David Egan District 9500**

"Having received the training information and letters from Sam and Norah this week, it all seems a bit surreal"
Kim Harvey District 9520

"I didn't get the chance to meet him but feel the same; seems quite unreal" **Janne Speirs District 9820**

"Like all of you I was shocked and deeply saddened to receive this news this morning. The legacy left by Sam

will be an inspiration for all of us in our journey ahead"
Terry Brown District 9640

"I only met Sam twice, but my life is so much richer from the experience with such a humble and gentle man"
Russell Gurney District 9810

"I had a chance to have a chat with Sam in the House of Friendship at the Atlanta Convention. He was very much looking forward to his attendance at the Zone Institute in Darwin, the group class dinner on the Wednesday night and meeting his 'Down Under' DGs"
Greg Marlow District 9550

"We were all looking forward to walking with him on this journey." **Lorraine Coffey District 9650**

"We were looking forward to working with this gentle man"
Ingrid Waugh District 9920

Finally, from Bronwyn Stephens District 9800

"Sam Owori touched my heart and soul when he presented to the District Governor Nominee group, during the Rotary World Convention in Atlanta.

A humble and gently spoken Rotarian; he spoke of his 'Rotary journey'. He described chancing upon a person who was mauled by a hyena and terribly injured. She was repaired in an Australian hospital in Newcastle, and went on to be a nurse, who was trained in that hospital. She then returned to Uganda and trained many other nurses. He also shared the fact that a District Governor friend named Julie, saw opportunities in him, that he didn't see in himself.

When he was announced to the general session as the 2018-2019 World President, the 500 or so Ugandan Rotarians seated with we Australians were ecstatic! We all celebrated together, and whooped and cheered. It is so unthinkable cruel and sad that he died.

RIP my World President Sam Owori.
My thoughts and prayers are with your family."

Sadly, and respectfully,

The District Governors Elect of Australasia

2018 District Conference—Warrnambool



Revel in the stunning coastal scenery on a journey along the Great Ocean Road or come directly via the Princes Highway to this year's District 9800 Conference in Warrnambool. Or travel by train directly from the city to your destination.

Breathe in the sea air with a stroll along the foreshore, discover the region's rich maritime past at Flagstaff Hill and the ancient geological history at Tower Hill Reserve. Continue on to the charming fishing village of Port Fairy and play a round of golf at the links course rated 34 by Australian Golf magazine. Check out the Warrnambool Art Gallery and renowned restaurants, such as the Pickled Pig hatted by the Age Good Food guide.

Sample a boutique brew at the award winning Flying Horse Bar and Brewery. Taste locally made cheeses at the Warrnambool Cheese and Butter factory, first established in 1888.

At the Lighthouse Theatre high profile and inspiring speakers from diverse backgrounds will address the theme of "The Power to Make a Difference". You will have a choice of informative breakout sessions and can participate in a hands on project and select from a number of short tours.

Conference Chair Di Gillies supported by the outstanding team at the Rotary Club of Balwyn have been busy planning with Peter and Anne to ensure this conference will be an outstanding opportunity for every attendee.

The Program already highlights some of the fabulous features of the Flagstaff Coast, and on Sunday afternoon, an opportunity to participate in a Rotary in action, hands on project.

Stan Grant has already been confirmed as a Keynote Speaker, alongside Mandy Drury, well known to this year's conference attendees and those who attended the Foundation Centennial dinner..



Registrations are now open with the Early Bird rate effective until 30th November.

First time conference attendees have been offered a significant price reduction.

<http://www.rotaryconference.org.au/register.html>

Celebrating our Paul Harris Fellows

The Paul Harris Fellow recognition acknowledges a person who has contributed, or in whose name a contribution of \$US1000 has been made, to the Annual Programs Fund and certain other programs of The Rotary Foundation.

Recognition of a Paul Harris Fellow is an opportunity to show appreciation for a person, either Rotarian or non-Rotarian, who shares the values of the Foundation and of the work of Rotary.



It was established in 1957 to show appreciation for and encourage substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the precursor to Ambassadorial Scholarships.

The first Paul Harris Fellows include 1937-38 RI Director Allison G. Brush and long time RI Treasurer Rufus F. Chapin, both for donations made in 1946. Mrs. Adan Vargas was the first woman to receive the recognition, for a gift made in 1953. Mrs. Harry L. Jones was the second, and one of only five people recognized for contributions made in 1957.

The number of Paul Harris Fellows reached the one million mark in 2006. In 2016-2017 clubs in District 9800 awarded Paul Harris Fellow awards to:



CLUB	Recipient	Comments
Bacchus Marsh	Senior Constable Jim Ross	A wonderful story in the local newspaper. http://themooraboolnews.com.au/?p=1023
Bendigo South	Tony Plant	2 consecutive terms as President, a first for the club.
Bendigo Strathdale	Lyn Comer Llewellyn Elizabeth Richardson Lynne Cooper—sapphire Greg Penno - sapphire	
Canterbury	John Braine Gerry Cross Kate Cross Max Holland Nora Ley David Proud Alan Steven—2nd sapphire	
Central Melbourne	Steven Wells Veronica Love : non Rotarian Ian Hovey—sapphire Peter Shephard -sapphire Kevin Love—double sapphire	
Flemington	Del King Barbara Odachowski:	Rotary partner who has participated every Friday for 15 years in the club's Bread Run to the Debney Park estate.
Hoppers Crossing	Colin Styles Michael Stade	
Keilor East	Gerard Mahoney Phil O'Brien Bob McMartin Annie Webb Judith Maddocks Bruce Cameron -2 Sapphires	
Kew	Cr. Phillip Healey	
Melbourne	Hotel Windsor Jo Mavros Bob Fels—6th sapphire Ron Cullen—2nd sapphire Sharan Johnson Robin Reid Sandra Hills Peter Lake	
Melbourne Park	Aron Perenyi Rana Yawary Ben Salmon	
Melton Valley	Peter Poulson, Steve Hobbs	President of Rotary Nuku'alofa, Tonga
Richmond	Nia Holdenson Dot Brown	
Southbank	Judith Parslow Stuart McArthur Cardell Family	Lachlan, Pheobe & Janet Cardell greatly supported Stuart Cardell in his year as President last Rotary year.
Woodend	Melissa Hocking	
Wyndham	Les Porter Anita Melina Hazel Payne J ohn Selleck Eddie Szatkowski— Sapphire Steve Payne 2 Sapphires	Friend of Rotary Partner of member and Friend of Rotary

Steven Wells—Paul Harris Fellow Rotary Central Melbourne

Growing up on his parents' South Australian market garden and orange orchard, Steven developed an enduring passion for gardening, a passion which he has combined with nursing to develop, healing and restorative garden retreats in healthcare environments.

Steven graduated from the University of South Australia with a Bachelor of Nursing in 1992, which he later complemented with a Diploma of Applied Science, Horticulture from the University of Melbourne.

After a period of nursing in his home state, Steven joined the acquired brain injury unit of the Royal Talbot Rehabilitation Centre, Kew as a clinical nurse specialist, it was here with the encouragement of his unit manager that he utilised his two skills to transform with volunteers including Rotary Central Melbourne, a sterile institutional space and walkway between several buildings into a space of coloured walls, textured contrasts of grasses and broad leafed succulents, with scents of pelargoniums, curry herbs, peppermint and oregano to create an area of tranquility which would evoke conversation, trigger memories and sooth acquired brain injury, spinal cord and neurological patients during recovery and also provide areas of tranquility and reflection for staff and patients families.

Recognising his work with the sensory garden, Steven was offered the position of gardening and ground projects officer for Austin Health, a position that enabled him to develop gardening projects across the Austin Campus whilst continuing to practice as a clinical nurse specialist and transforming the Talbot campus. In his new role Steven conceived and developed the Jessie May Vasey Labyrinth at the Heidelberg Repatriation Hospital to provide a place of spiritual enrichment and personal reflection.

Steven's expertise in therapeutic gardens and gardening has seen him invited to present at horticulture and nursing conferences nationally and globally. In 2015 he was awarded a prestigious 50th Anniversary Churchill Fellowship to research the development, use and management of therapeutic gardens in healthcare settings in Singapore, United Kingdom and the United States of America. In 2012 Steven was awarded Australia's Gardener of the Year by Garden Magazine and in 2016 was recognised by horticultural colleagues with a merit award for his work at Austin Health.

Steven is an accomplished author and contributor to Garden Drum magazine.

Steven is generous in volunteering his time; he served as President and Committee Member of the Horticultural Therapeutic Association, Victoria for four years, assisted as a nurse at camp quality and canteen and given freely of his time in consulting and implementing therapeutic gardens.

Steven is pictured with President Justine Murphy and Bruce McBain.

by Marjorie Gerlinger



Rotarians make perfect mentors!

The depth of vocational and life experience represented in an average Rotary Club means that our Clubs are well equipped to offer advice, guidance and wise counsel to others in our community.

At Yarra Bend Rotary, we have aimed to utilise this wealth of experience by offering mentoring to young business entrepreneurs in our local area. We also mentored the board members of two Community Houses and our fledgling Rotaract Club at Swinburne.

But there are some precursors to a successful mentoring program and we found it helpful to first train our members who had offered to assist in mentoring. This ensured we all had a common approach to the task and had a shared language and structure to support the mentoring activity and protect the Rotary brand.

The training program we developed has since been run at the request of a number of Rotary Clubs in our region and the program has been endorsed by D9800 leadership.

Does your club have a project that involves mentoring?

If so, the Yarra Bend training could be just what is needed to ensure good governance surrounds your program and to provide structure and consistency to the offering delivered by your members.

The training has been structured into a three-hour intensive session delivering an understanding of:

- best practice elements of mentoring
- Key Success Factors
- The benefits of simple administrative processes to protect your Club from liability and best promote the Rotary brand
- Key techniques for stimulating mentee thinking
- Common skills to assist mentors implementing your program

Mentoring can form a part of many Rotary programs and often is targeted at assisting the young or disadvantaged but can equally be targeted at specific business or professional areas. It is a key way to utilise the vast vocational capability latent in many Rotary Clubs.

If you are interested find out more by contacting us at yarrabendrotary@gmail.com

or phone Edda Williams 0408 206 909,
Matt Pollard 0417 055 789 or
David Shave 0408 511 615



Matt Pollard
Foundation Director
Yarra Bend Rotary

Sileap, Bronwyn and Cameron's Karma moment.....

In a year 12 fog, with 2 school bags in tow, Sileap left some of her precious year 12 school books opposite the train station at the bus stop in Martin Street a few weeks ago. Friday evening, and preparing all weekend for an exam on Monday.

Her face was longer than my dress length when she arrived home. Usually when she arrives home we share lots of reflections, and just a week before she had been waxing lyrical, comparing Cambodia with Australia. Corruption versus honesty. Extolling the virtues of school ground ethics at St Michaels Grammar School. Christian Ethos and Ethics. That she could leave her precious iPhone (hand me down) on the pavement and it wouldn't be so much as touched in Australia. We are all such honourable citizens.

But now her school books had been stolen. So, we returned to the bus stop and a note was taped to the wooden chair "if you left your books here call me – Cameron" (and his phone no).

He brought them to us, shook Sileap's hand, and her faith was restored. I shared Sileap's vision to study medicine in Australia, return to Cambodia a Doctor and to "help her poor people" as her dad Rithy does tirelessly, with Cameron via numerous text conversations.

He shared that he is the OfficeMax charity distributor. Oh oh! It was his unlucky day, and our lucky Karma day. He has now found his unlimited repository of donations. District Secretary Elect Jane also has a new beautiful computer and printer also.

We have stationary, medical supplies, tools, sanitary supplies and computers going to all corners of Australia via Donations in Kind warehouse rotarydik.org/ and the world through this chance encounter....or was it chance?

The Lord moves in mysterious ways my Nan used to say....and I repeat it so often.



Bronwyn Stephens
District Governor Elect 2018-2019

Cameron with Rob Moschetti, Office Max Education Director and Jane Pennington, District Secretary elect

Norma Tauiliili - Royce and Jean Abbey Agricultural Scholar

The Rotary Club of Bendigo was fortunate in being able to sponsor Norma Tauiliili from Women in Business Development Inc. (WIBDI), Samoa for a three-month training program in organic agriculture. Funding for the program was provided by The Royce and Jean Abbey Scholarship component of the Rotary Foundation.

The visit complements the association that the Club has had with the Samoan community over the past 30 years. PP Larrie Winzar, while in Samoa in November, joined with the representatives from the Rotary Club of Apia and WIBDI in the selection of Norma to undertake the training program.

Norma has gained experience on 15 properties in Bendigo and surrounding region including orchards, herb farms, free-range egg farms and vegetable production and marketing. She also visited a number of markets and retail outlets as her particular interests are in packaging and marketing of fresh and preserved organic products.



Norma also spent time at CERES Environmental Park, Brunswick and gave a guest lecture on sustainable development at Latrobe University, Bundoora. She has enrolled in the Diploma of Organic Agriculture at Bendigo TAFE and will continue this course online when she returns to Samoa.

Local Rotarians and a number of the properties that Norma visited provided home hosting during her stay.

She also attended the District 9800 Conference in Shepparton where she met and talked with Stephanie Woollard, a Rotary Peace Scholar who established the Seven Women Project In Nepal. Norma also met with Chris Ochaya, a fellow Royce and Jean Abbey Scholar from Uganda who was sponsored by the Rotary Club of Werribee.

Bob Edgar
International Service Director
Rotary Club of Bendigo

Rotaract in action at Donations in Kind

On the 15th of July 2017, Rotaractors from District 9800 came together for a working bee at the Donations in Kind warehouse in West Footscray. Members from Gateway Rotaract, Melbourne City Rotaract, and the provisional Stonnington Rotaract Club came along to roll up their sleeves. We were grateful to be joined by a bunch of fellow Rotarians including District Governor Elect Bronwyn Stephens and Assistant Governor Caroline Ord.

This year our goal is to work together and strengthen the relationship between Rotaract clubs within this district. Currently, clubs are working together to plan community projects and social events such as OurSpace held on the 12th of August 2017 at Fitzroy town hall. Donations in Kind was the first joint event for the new Rotary year, and you can expect to see us Rotaractors getting out and about even more in the future.



As soon as we arrived at Donations in Kind, we donned fluoro vests and got stuck straight into work. Taking advantage of the beautiful winter morning, we took our work outside sorting out old school desk tops in the sunshine. Once that was completed we headed back indoors to rearrange pallets before our break. Afterwards, we helped organise and collect items for Castlemaine Rotary Club's shipping container. The items will be sent to the club's hospital project in Papua New Guinea.

During our morning tea break we were given a tour of the facility as for many it was their first visit. We walked past rows of shelving containing pre-loved and donated items such as educational materials, medical supplies, computer equipment and school furniture. We learned about how the DIK project works by saving items such as hospital beds from landfill to send overseas to communities in need.

It is an extremely cost-effective way for Rotary to sending life-changing supplies to disadvantaged communities, which adds a great deal of value to the lives of people in those communities. We were very impressed by all this and hearing the success that DIK has had, highlighted by the recent celebration of their 500th shipping container.

When we weren't hard at work, we were listening to inspirational stories from Rotarians about the work they do in the international community. During our break while enjoying coffee and doughnuts, Jama from Footscray Rotary Club spoke to us about a project in regards to shipping hospital beds to a hospital in Somaliland. He explained that this is an ongoing project which has already sent shipments of beds. It was wonderful to hear about how the project is planned and organised, and the positive impact it is providing the local community there.

Ricardo of Port Melbourne Rotary Club also shared his Rotary story with us. He told us about the Balibo Tragedy in Timor Leste more than 40 years ago which started off a long period of conflict. Ricardo explained how Rotary has assisted in rebuilding the Balibo community, with several building projects completed such as the construction of toilet blocks at a local kindergarten that provides sanitation and safety for children. Ricardo also touched on another international project run by his club in Chile.

It was a fantastic experience and we all had a blast! As always it was wonderful to see the amazing work that Rotary does and to hear about what different clubs get up to.

Thank you to everyone who came along. Many hands make light work, as they say. We managed to get so much done in just a short few hours with your help. Big shout out also to Laurie and the rest of the DIK team for the amazing work you do!

Helena Toscas
President Gateway Rotaract 2017-2018



BusyFeet: a boon for special kids

The Rotary-backed BusyFeet dance program for Melbourne kids with disabilities has gained strength and recognition since it started five years ago.

Rotary International director Noel Trevaskis at the Shepparton D9800 conference in March was greatly impressed by the program. He has now invited the children to perform at the Australasian Zone Institute in Hobart in September 2018. This will be a wonderful opportunity for the kids and the program itself, says Lin Hughes, D9800 chair of BusyFeet (www.busyfeet.org.au)



"The kids love performing and applause, and they have performed at several public functions and their end-of-year concert. The more we can fund-raise, the more kids and carers can get to Hobart," Lin says.

There are six programs running, supported by the D9800 clubs of Stonnington, Chadstone/East Malvern, Caroline Springs, Brighton North, Camberwell, Canterbury and the Altona cluster. A seventh program is being prepared by a D9810 club.

In total about 50 kids are involved, along with their carers and volunteers who take responsibility for the

sessions. The kids have conditions like Autism, Downs Syndrome, deafness and cerebral palsy. They learn at their own pace in BusyFeet. Initially they tend to be shy or reluctant but the music, rhythm and movement ignite enthusiasm and they begin racing in to take part in the weekly dance sessions. BusyFeet was District-endorsed in 2013 and fills a big gap for hard-pressed families.

Getting a BusyFeet Program established by volunteers is time-consuming but we are here to help for as long as it takes, says Lin, who coordinates quarterly brain-storming among all clubs. The benefits for the kids and carers are simply enormous, she says.

BusyFeet Melton has just received a letter of thanks from Lisa, mother of a non-verbal autistic boy.

"He didn't fit in any mainstream music or dance program although we organised many attempts," Lisa says.

"But two years ago I got him attending both the Melton and Hillside sessions every week in school term.

I just wanted to see him happy and I sure did see that happen!

"He relates to the other kids, feels safe and secure, and relishes each song and movement. He's been learning at his own pace and we have watched how his coordination and skills have grown. He loves wearing the costumes and hats, and we see him learning social etiquette when he meets new kids."

Lisa says the chance for parents and carers to network during the sessions is a big bonus: in her words, "a lifeline". The children are looked after by volunteers at the sessions, so parents can take a step back and are

free to chat and compare notes about issues.

Interested in helping with donations or your time?



Contact pp Lin Hughes 0406 795 817 Email: Info@busyfeet.org.au

By Tony Thomas

Women are Different and Special!

A man commenting on Women's issues; is there quicksand in a minefield?

Everyone deserves to have the same opportunities.

Ladies you are different and some of you are very special. The ads say "Women have periods, get over it". It appears that the biggest problem Australian Women have is choosing the most suitable products from the wide range at the chemist and supermarkets.

Every child deserves a good education but for young women in developing countries there are challenges. The standard of the toilets may be poor and in some cases non-existent. In rural areas there are no shops stocking the products and if they did the people don't have the money to buy them.

As result many young women don't attend school for some days each month and some give up completely. My club is part of a group focussed on improving education in Balibo Timor Leste and one of the problems we needed to solve was 100% attendance by all students.



For every problem there is a solution and when the Keilor Gateway Cluster Days For Girls group became aware of the our problem they provided the solution. The Balibo Project now has a new partner and the Days For Girls Group have adopted the Balibo High Schools as part of their project. I suspect that all Days For Girls Group have special women committed to helping their sisters.

The Keilor Gateway Cluster also includes some great men.

To provide equality; because women are different, some wonderful women are making a difference. It cost 50 cents/month to provide an equal educational opportunity for young women in developing countries and I think this is a great investment.

If you would like more information or have 50cents to spare contact Marianne 9390 1317
maz.potgieter@gmail.com

David Dippie
Rotary Club of Keilor

Vocational Training Team 2018

We are looking for teachers who are interested in joining Team Leader Audrey Bugeja as a member of a District 9800 Vocational Training Team.

This team, funded by a Rotary Foundation Global Grant, will deliver a training program to teachers from remote villages in Cambodia.

Please read on and send an Expression of Interest if interested.



Vocational Training Team Selection Process 2018

Criteria:

- Current Victoria Institute of Teaching registration or equivalent from other States
- Willingness to work in challenging conditions in remote village schools
- Demonstrated capacity to teach in educational settings in a developing country
- Committed to working effectively in teams and demonstrated high level communication skills
- Committed to delivering a structured and specific program for rural teachers in Cambodia
- An appreciation of the Rotary ideal of service and Rotary values

Timeline:

- Expression of Interest by Friday the 4th of August
- Selection process completed by end of August
- Meeting of successful applicants October and December
- Vocational Training Team Program January 2018

Expressions of Interest are to be sent to:
Vocational Training Team District Chair Julie Mason

Mason.Julie.M@edumail.vic.gov.au

World of Difference Humanitarian Adventure Tour

World of Difference is pleased to confirm three exciting tours to Cambodia and Laos. If you or anyone you know is looking to get involved at an International level in something exciting and different then one of World of Difference's humanitarian adventure tours to Asia could be the perfect offering.



Cambodian Humanitarian Adventure Tour ***13 Days from 5th of November 2017***

This tour is perfect for those who would like to roll up their sleeves and get involved in some humanitarian work. During this 13 day tour, you will visit Cambodia's spectacular tourist attractions including Angkor Wat and it's many temples, museums that capture the dark past of Cambodia during the cold war and get involved in humanitarian activities such as teaching at a school, building water filters or helping out at one of the legitimate orphanages.

Cambodian Humanitarian Family Adventure Tour ***16 Days from 5th of January 2018***

This Humanitarian Tour is the perfect educational life experience for families to share whether it be parents and their children or grandparents and their grandchildren. Following a similar format to our November tour, this tour will provide families with an opportunity to experience Asian culture at the grass roots, as well as enable you to change the way our children think about the world, while making a World of Difference in the lives of those less fortunate.

Laos & Cambodia ***16 Days from 20th of March 2018***

A unique opportunity to join our first WOD tour to Laos. We will be based at the world heritage Luang Prabang and attend the opening ceremony for the latest Rotary primary school project in the remote village of Ban Heuthan. This tour will not include the usual WOD hands on volunteering but rather will be an opportunity to experience the real Laos that is not often seen by tourists.

Please click on the following links to view the tour brochure or booking form for more information and prices.

https://gallery.mailchimp.com/4348a4ac76a55a07e4b20a852/files/6bc869d3-3da0-4f94-bde2-55cadf8de5ae/WOD_Upcoming_Tours_old.pdf

https://gallery.mailchimp.com/4348a4ac76a55a07e4b20a852/files/fa5ecf8d-a3ec-47df-81ef-957d9eb1b719/Tour_Booking_Form_2017_18.pdf

If you have any questions, please do not hesitate to contact Rob or Barry.

rob.hines@live.com.au [0407877550](tel:0407877550) OR barry.hickman@gmail.com [0416088851](tel:0416088851)

Cycling To Serve 2017



The Rotary Club Montegranaro is hosting the **33rd World Championship of Cycling To Serve**

in the glorious area of Montegranaro. Included are a strong program of cultural and gastro-nomic events.

For those not competing, it is a great opportunity to meet with Rotarians from other countries to foster contacts and feed initiatives and projects in favour of nearby populations affected by seismic events in Italy last year.

It is a unique and unrepeatable opportunity to show our Rotarian friends around the world the beauty of our territory wounded by seismic events and the great determination of District 2090 Rotarians to help rebuild the seriously compromised economic-social fabric.

The race is only open to active members of Rotary International or Rotaract who are members of the **Fellowship Cycling to Serve** with proceeds going to Project Fenice to support those affected by the earthquake.

For more information or to enter, contact Greci Giacomo, President of the Organising Committee by email: giacomo@greci.biz

<http://www.cyclingtoserve2017.it>



Around the Clubs

The Rotary Club of Bacchus Marsh recently celebrated **Christmas in July**. What another great night, our 2017 Christmas in July celebration. Some nearly 50 Rotarians, partners and other guests turned up to a wonderful meal accompanied by grape juice and a consequential increasing volume of laughter. Many thanks to Glenys and Peter Kay for hosting, and to Glenys for leading the charge on the home prepared meal assisted by her wonderful elves. Already looking forward to next year's.



President Phil

Rotary Eaglehawk also celebrated a winter Christmas as reported:

A great night and a wonderful opportunity to relax and simply enjoy the company of our members and their friends and families. Again, wonderful participation by our very own Santa – Shane McCloud – wonderful to have you back enjoying the evening Shane. Many thanks to Les and Liz Dingfelder for their superb organisation of the evening – a brilliant venue that suited the occasion very well. Thank you to all who attended and remember, we are now closer to next Christmas than we are to the last Christmas!



The Rotary Club of Balwyn recently inducted a new member.
Welcome to Jim Thomson, a civil engineer, and his wife Linda.

Balwyn also welcomed Exchange Student Moritz' family from Germany.
Dad Stephan, Mum Regina, sister Julia and Grandma Barbara were welcomed by all.



Many clubs are participating in tree planting on the weekend for **National Tree Day, the 20th anniversary**. We will be **Rotary At Work** doing what our RI President Ian Riseley asked us to do in his year—plant trees.



Ellery just loved this image from this week's Chaddy Chatter:

The Importance of a Good Night's Sleep

Investigating the Link Between Sleep and Mental Health

In today's society it's easy to underestimate the importance of a good night's sleep, particularly with life's perpetuating demands. However, getting too much or not enough sleep can not only lead to serious health problems, but can also impact mood, learning, productivity, and your ability to maintain good relationships.

The link between sleep problems and mental health in children and young adults has particularly sparked the curiosity of Swinburne University PhD candidate Ali Kodsí, who was awarded a **Lorraine & Bruce McKenzie PhD Scholarship** this year by **Australian Rotary Health**.



Current evidence suggests that young people are particularly vulnerable to the effects of poor sleep for a number of different reasons, but more complex sleep disorders are often misdiagnosed. Ali hopes his research will begin to address this issue, and become a foundation for appropriate treatments in the future.

"My growing interest in sleep and mental health research initially developed while completing my honours thesis, which investigated the relationship between mood, insomnia, and cognitive outcomes for adults," Ali said.

"The proposed [PhD] research will investigate how sleep problems are associated with negative mental health outcomes among children and young adult populations."

Ali's first study will be part of an international investigation using the Sleep Disorder Inventory for Students (SDIS) to assess sleep habits and how they affect behaviour, social-emotional functioning, and educational performance in children and adolescents aged between 5 and 17.

Swinburne University is leading the Australian-based study to examine the validity of the SDIS amongst different age groups. This will be just one piece of the puzzle, joining similar studies in the USA, Greece, Italy, Korea, South Africa, and Vietnam.

Next year Ali plans to extend the investigation further by providing the questionnaire to young adults between 18 and 25. "Evidence-based mental health research is needed, due to the fact mental disorders exhibit different patterns of prevalence and trajectories."

"More research will not only address the gaps in the literature, but could be a platform for new treatment interventions."

Ali stresses that people need to start making sleep a priority and has recommended some sleep hygiene tips for those who struggle with their circadian rhythm.

- Have a consistent bedtime schedule
- Avoid any stimulants before bed
- If you can't get sleep, get up and do something relaxing until you get tired
- Associate your bedroom with sleep
- Play some guided meditation
- Limit naps during the day

If you are concerned with your sleeping habits, consult your GP.

Australian Rotary Health News/



Rotary Club of Hawthorn



Wednesday 9th August 2017

All Welcome

**The Rotary Club of Hawthorn invites you to a special
lunch on Wednesday 9th August**

12.30 for 1pm

2pm finish

Cost \$35

Associate Professor Steve Macfarlane MBBS(Hons), MPM, FRANZCP

Breakthrough.....?

New Treatment Approaches in Alzheimer's Disease

Currently available Alzheimer's treatments are of limited benefit. With the number of cases worldwide expected to triple in the next 30 years, there is an urgent need to find treatments that treat the cause of the disease, rather than just mask the symptoms. Steve Macfarlane has been running Alzheimer's trials for almost 20 years, including a Melbourne-based study of a new drug, Anavex 2-73, in which patients have shown signs of significant benefit.

Associate Professor Stephen Macfarlane has wide experience in Aged Psychiatry, and for some time was Deputy Chief Psychiatrist for Victoria prior to being appointed as Associate Professor and Director of Aged Psychiatry at Alfred Health where he remained until formally joining Hammond Care in 2016 as Head of Clinical Governance for the Dementia Centre. He was also founder of a long running Sunday morning medical program for radio.

Bookings Essential

***Phone to book: Noel Halford 0419 018 901**

Email: noelhalford@gmail.com

****You are welcome to bring a partner, colleague or friend**
But please remember that bookings are essential**

Rotary - where people help people and achieve extraordinary things

www.hawthornrotary.org.au

Combined Gateway Cluster presents

Family Violence Seminar



Join us to participate in a seminar around Family Violence and learn to recognise, understand and support those in this situation.

WHEN: Tuesday 22nd August

WHERE: Starlight Reception Centre, Taylors Lakes Hotel,
Melton Highway Taylors Lakes

TIME: 7.15pm to approx. 9.15pm

SPEAKERS:



Jimmy Bartel – Former Geelong Footballer, Premiership Player and Brownlow Medallist and well known advocate against Family Violence



Kristy McKellar - a renowned family violence sector advocate, both in Victoria and nationally, with an academic background ingrained in Social Science and Social Work. Kristy was named in the top 100 Women of Influence in the Australian Financial Review and Westpac 2016 Awards and was a finalist in the 2016 Women's Agenda Leadership Awards as the Agenda Setter of the Year.

Snr Sgt Helen Chugg - Coordinator, Family Violence Unit,
Caroline Springs



WHY ATTEND:

- * To hear a story of family violence survival and how life can be better on the "other side" Jimmy Bartel
- * To understand and recognise signs that someone is experiencing violence in a relationship: to know what actions can be taken to help someone that you know or suspect is in a difficult relationship, and to learn about what services are available to assist people who are in difficult relationships Kristy McKellar
- * To understand the role of Victoria Police in dealing with Family Violence situations Victoria Police

FORMAT:

- * Each speaker will talk for 15-20 minutes then there will be a supper break
- * Opportunity for questions to a panel for 45minutes to an hour. Panel will include the speakers plus representatives of services to this area.
- * Entry is free and we can seat up to 300 people in the room.
- * There is no RSVP – people interested can just come along
- * There will be 3 organisations who provide assistance in this area present for people to access before during and after the event – there will be one specifically for men.

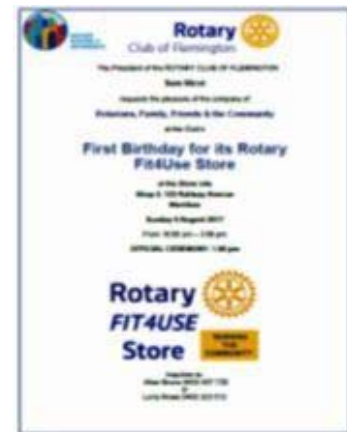


This is a free event. for further information contact David at: davidbennett47@gmail.com

Notices and Events . . rotarydistrict9800.org/events

Rotary Club of Flemington

1st Birthday of the Fit4Use Store Sunday 6th August
135 Railway Avenue, Werribee
10am to 3pm—official ceremony at 1pm
Inquiries to Allan Bruno 0438 557 720
or Lorry Rowe 0403 323512



Rotaract District 9800 Changeover

Rotaract District 9800 is pleased to invite you to OurSpace 2017 at Fitzroy Town Hall, supported by our major sponsor Yarra City Council. OurSpace will feature all four Rotaract Clubs in District 9800; Gateway Rotaract, Melbourne City Rotaract, Swinburne Rotaract and the provisional Stonnington Rotaract club..

When: Saturday 12th August 2017

Where: Fitzroy Town Hall, 201 Napier St., Fitzroy

Time: 6:30pm for a 7:00pm start till 12:30am

Dress: Cocktail **Event cost:** from \$35

Contact details: Michael Galluzzo - 0404 637 078

trybooking.com/book/event?embed&eid=294881

facebook.com/events/174716051557643



2017-18 Membership & Marketing Seminar

Date: Sunday 13th August 2017

Time: 9:30AM to 1:00PM

Location: Trinity Grammar School, 51 Charles Street, Kew

Located between Civic Drive and Cotham Road.

<http://rotarydistrict9800.org.au/event/27469>



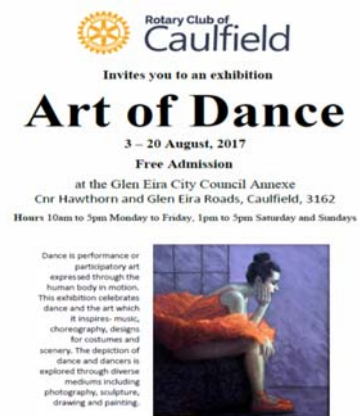
Rotary Club of Caulfield

Art of Dance—Free admission

3—20 August

Glen Eira City Council Annexe, cnr Hawthorn & Glen Eira Rds, Caulfield.

10am to 5pm M-F, 1ppm-5pm Sat—Sun



Visit the Exhibition and vote in the Popular Choice Awards for your chance to win a random voter prize.
To vote on-line in the Popular Choice Awards, search Facebook for Rotary Caulfield Exhibitions/ Photo Album for Art of Dance Exhibition 2017 and like your favorite artists.

Proudly supported by Glen Eira City Council

Rotarians Against Malaria (RAM) National Conference

Saturday 19th – Sunday 20th August 2017

(Conference runs 1 pm Sat. till 1 pm Sun)

Rowers on Cooks River (adjacent to Sydney Airport)

Sponsored by Rotary District 9675

<http://ram.rawcs.com.au/ram-national-conference/>



Rotary Club of Caroline Springs

TRIVIA NIGHT

Friday August 25th, 7pm-10.30pm at

The Club, Western Hwy, Caroline Springs



Contact Tom 0400 884 034 or Wendy 0407 360 422, or email

events@rotarycarolinesprings.org.au

Postie Bike Tours

Rotary Club of Daylesford

26-27 August.

www.postiebiketours.com

facebook.com/postiebiketours

goldfieldsrush@hotmail.com



Rotary Leadership Institute 2017-2018 dates:

Metropolitan —Sunday August 6th and Sunday September 3rd

Rural —Sunday August 20th and Sunday October 8th

There are also a number of seminars which are also offered

New Members—September 17th at The Montague School &

October 29th at Golden Square Primary School, Bendigo

Future Club Leaders—February 18th 2018 at The Montague School &

February 25th 2018 at Golden Square Primary School

Contacts

Rotary Leadership Institute

PP Vicki Teschke, District 9800 RLI Administrator:

E: vicki@teschke.id.au Ph: 9690 2077 or M: 0412 525 055

All Other District Courses

PDG Julie Mason E: julie.mason.m@edumail.vic.gov.au



rotarydistrict9800.org.au/news/1627/leadership-and-development-opportunities-including-rli

Silvie Paladino and the Victorian Welsh Choir

Sunday September 10 at the Ulumbarra Theatre, Bendigo

Bookings at gotix.com.au

OR 5434 6100



Our Contributors



Peter Frueh is the current District 9800 Governor.

He is a member of the Rotary Club of Balwyn.

He and Anne are busy visiting clubs.



Bronwyn Stephens is District 9800 District Governor Elect. She attended the Rotary International Convention in Atlanta with husband Mark. Bronwyn is also the Chair of the District Managed World of Difference, Cambodia Project. She is a member of the Rotary Club of Melbourne South.



Bob Edgar is the International Service Director at The Rotary Club of Bendigo



David Dippie of the Rotary Club of Keilor contributes on all matters pertinent to Donations in Kind.



Marjorie Gerlinger is the District 9800 Secretary and a member of Central Melbourne.



Tony Thomas frequently contributes to "The Networker", and blogs at quadrant.org.au



Helena Toscas is the current President of Gateway Rotaract.



David Bennet is Past President of Rotary Brimbank Central.

Matt Pollard is the Foundation Chair of Yarra Bend Rotary.