



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

Cluster Connections

When the whole is greater than the sum of the parts...

Yarra Cluster - a profile of leafy suburbs with top schools in the inner East.

During Rotary year 2012-2013, Peter Allen and Don Jago of Rotary Club of Camberwell in Eastside Cluster initiated, in conjunction with civic leaders in the City of Boroondara, a movement that quickly became 'Boroondara Cares'. Yarra Cluster clubs, namely Glenferrie, Hawthorn, Kew and Kew on Yarra, all operating from within the CBD end of City of Boroondara, were characteristically quick to join in. Boroondara Cares is now becoming a signature rallying title, prominent in Rotarians at Work Day and promising to be a focus for local community group activities. There are now plans to align the soon-to-be-raised Swinburne University Rotaract (Glenferrie) as managers of selected projects, and up to 3,000 Swinburne University occasional volunteers (coordinated by Hawthorn).

Yarra Cluster clubs integrate constantly. Each has at least one signature international and local project that other clubs support.

Glenferrie's involvement in the international (Indonesia) Sumba eye project is supported vocationally by Kew and financially by all cluster clubs. At Glenferrie's changeover Team Leader

Dr Mark Ellis AM was presented with a cheque for over \$20,000 raised at a recent Back to the 60's Dinner Dance at Genazzano FCJ College in Kew, supported by Cluster clubs. Other international projects are in North India (Hawthorn), Timor-Leste (Kew) and Nepal (Kew on Yarra).

Kew's biennial Garden DesignFest

is a unique event for the garden industry. It attracts visitors from across Victoria, and has excited interest in other States and in New Zealand. In this past Rotary year this event raised over \$95,000, shared by all the Yarra cluster clubs and charities which partnered to help conduct the event, plus leading support from the Rotary Club of Brighton North.

Other signature activities open to cluster support during this past Rotary year included the Farmers Market (Glenferrie), Kooyong Classic Parking and Christmas Lunch for Socially Isolated (Hawthorn), Life After Stroke Mentoring Program (Kew) and the co-hosting of Danish Youth Exchange student Anemone Kirk (led by Kew on Yarra) who returned home on 5th July (photo).



DG Ross Butterworth and Annette

And there is a growing connectivity with the numerous secondary and primary schools in Yarra Cluster's patch.

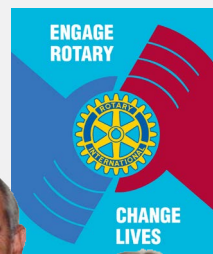
Truly a connected and connecting cluster.

The first of a series of twelve articles on the Clusters of RI D9800 was written by AG Bob Slater

In this issue:



- 01 Cluster Connections
- 02 Foundation Alumni Award
- 03 Speaker Bank Update
- 04 Notices and Events



Contact the Editor



Clarice Caricare

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

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



Foundation Alumni Award

BRITISH OPHTHALMOLOGIST RECEIVES TOP FOUNDATION ALUMNI AWARD

By Dan Nixon, Rotary News -- 10 July 2013

Dr. Harminder Singh Dua, an Indian-born ophthalmologist in Nottingham, England, received the 2012-13 Rotary Foundation Global Alumni Service to Humanity Award at the Rotary International Convention in Lisbon, Portugal, in late June. He was nominated for the award by District 3030 (Maharashtra, India).

Dua, who is chair and professor of ophthalmology at the University of Nottingham, Queen's Medical Centre, has treated patients in the United Kingdom, India, and the United States and has shared his skills with students and colleagues around the world. Renowned as an authority on corneal disorders, he performs advanced surgeries.

While living in India, Dua performed thousands of free operations on poor patients with cataracts and glaucoma at free eye clinics sponsored by Rotarians and nongovernmental organizations.

"The poverty and simple lives of the villagers and the huge difference [the] operations made to them, and to the lives of children who had to spend time away from school to guide the people around, was plain to see," he said. "There was no escaping the enormity of their need and our [medical team's] ability to fulfill some part of it."

Full story: http://www.rotary.org/en/MediaAndNews/News/Pages/130710_news_dua.aspx

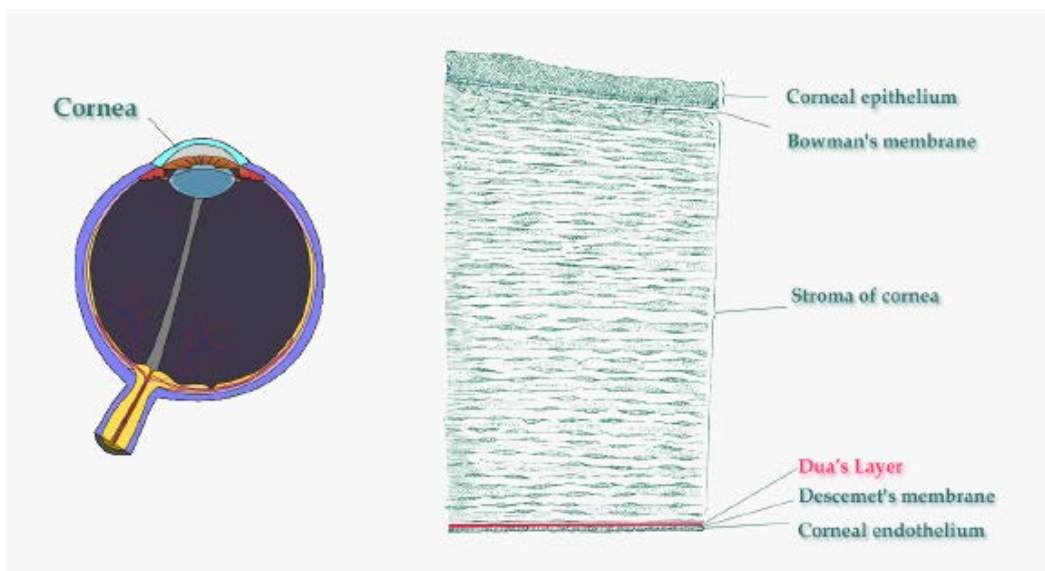


Dr. Harminder Singh Dua receives the 2012-13 Rotary Foundation Global Alumni Service to Humanity Award at the Rotary International Convention in Lisbon, Portugal. At right is 2012-13 Rotary Foundation Trustee Chair Wilfrid J. Wilkinson.

Photo by Monika Lozinska/Rotary International

More recently, Dua is credited with discovering a previously undetected layer of the human eye that is located at the back of the cornea -- a discovery that was reported in the journal *Ophthalmology* in May. Called

Dua's layer, it is much thinner than a human hair. Its discovery is expected to make corneal transplant surgery safer and simpler, and to contribute to knowledge about some diseases affecting that part of the eye



Left:

Schematic diagram of the human eye showing the cornea (Mikael Häggström / CCO 1.0).

Right:

vertical section of human cornea (Gray's Anatomy / Sci-News.com)



SPEAKER BANK UPDATE

Limited Time: Speaker In Melbourne

Dalice Kennedy, CEO, Soles For Souls

Dalice Kennedy is a Rotarian from Adelaide who loves shoes, 'but not in an Imelda Marcos way'.

Dalice Kennedy's passion for providing shoes was sparked in 2011 while volunteering in rural Kenya when she watched as a young girl aged around 10 years had her heels and toes cut with a razor to extract the parasites (Jiggers) that were burrowed into her feet. That same razor, in a country with a high prevalence of HIV AIDS, was used on multiple children while their feet were washed in bloody water.

After returning from Kenya and witnessing the problems which arise from not wearing shoes, and how this can impact the health and livelihoods of people, Dalice established the charity The Butterfly Movement Ltd.

Contact: Dalice Kennedy Mobile: 0451 596 386 or email Butterflymovement@live.com.au.

Read The Age article ('Sole-searching: charity steps up to provide needy with bare necessities') below.

Click on the link: <http://tinyurl.com/mzhttr4>



In The News

Chloe McCardel

Cuba to the United States swim (no shark cage!)

Whilst Chloe did not complete the swim, due to being stung by jellyfish, it was a courageous effort.

See: p.79 Speaker Bank listing (July 8 2013)

Click on the link: <http://tinyurl.com/k3hpuop>



Dr Derham Groves

Derham is a lecturer at The University of Melbourne (architecture department) and also an interesting story teller.

He has written many books and articles (Crime and Architecture, Chinese Temples in Australia, 'Mail art: the do it yourself letterbox from workshop to gatepost', 'T.V. houses television's influence on the Australian home',

'Feng—shui and Western building ceremonies', 'From Canton Club to Melbourne Cricket Club', 'Sherlockian visiting cards', 'Victims and Villains').

Discover which architect, in the early 20th Century took a kangaroo from Melbourne to Shanghai and returned with a monkey (the monkey went on to live in South Yarra).

See: p.22 Speaker Bank listing (July 8 2013)

Read about Dr Grove's latest project below: 'How hopalong rode in and lassoed Melbourne'

Melbourne researcher Derham Groves is writing a book to ensure this hysterical episode in Australia's cultural history isn't lost - and he's hoping to hear from the children, now in their 60s and 70s, who were taken to see Hopalong drive a Land Rover around Albert Park, ride a horse down Lonsdale Street, or be part of a melee in an overcrowded circus tent.



Read more: <http://www.theage.com.au/victoria/how-hopalong-rode-in-and-lassoed-melbourne-20130706-2piyj.html#ixzz2YhpB60qV>

Click on the link: <http://tinyurl.com/n3uxfsd>



NOTICES AND EVENTS

July
20

Christmas in July Trivia Night

Sat 20th July at 7pm Richmond Town Hall, 333 Bridge Rd, Richmond.

Earlybird price \$25 each, \$30 from 1st July.

RSVP: 16th July. Contact Anastasia Driver at anastasia.driver@rcmelpark.com

More information: www.rcmelpark.com or www.rcmelparktrivia2013.eventbrite.com



July
19-21

Antiques and Collectables Fair

The 21st Annual Rotary Club of Hoppers Crossing Antiques and Collectables Fair is returning to the City of Wyndham following a few years in Williamstown. Come along and see the range of antiques and collectables provided by many of our most respected dealers. They are priced to sell so visit us and see what's on offer. Enjoy a browse in relaxed surroundings. You never know what treasures you will find. We look forward to welcoming you!

The Wyndham Civic Centre, 45 Princes Highway, Werribee.

Friday 19 July 2013 from 6.00pm to 9.00pm.

Saturday 20 July 2013 from 10.00am to 5.00pm.

Sunday 21 July 2013 from 10.00am to 4.00pm.

Costs: Admission \$10.00 per head. Seniors discount will apply.

Contact details: Trevor Jago 0408 486 432

trevorjago@bigpond.com.au www.hopperscrossingrotary.org.au



Aug
17

MEMBERSHIP & MARKETING SEMINAR

Saturday 17th August 2013, 9.30AM to 1.30PM

Trinity Grammar School, Kew, Cnr Charles Street & Cotham Road.

Cost \$20 per person (includes lunch)

Dynamic presentations & interactive workshops will give you:

- Practical ideas on how your club can recruit & retain a diverse membership
- Ideas on public relations and marketing
- Ways your club can use social media to recruit and retain
- Insights into the RC of Bendigo New Generation experience
- How to get involved in the club extension program

Registration: <http://www.rotarydistrict9800.org.au/images/MembershipMarketingSeminar2013.pdf>

Email: paul.rake@bigpond.com

Membership Director Chris Egger:

membership@rotarydistrict9800.org

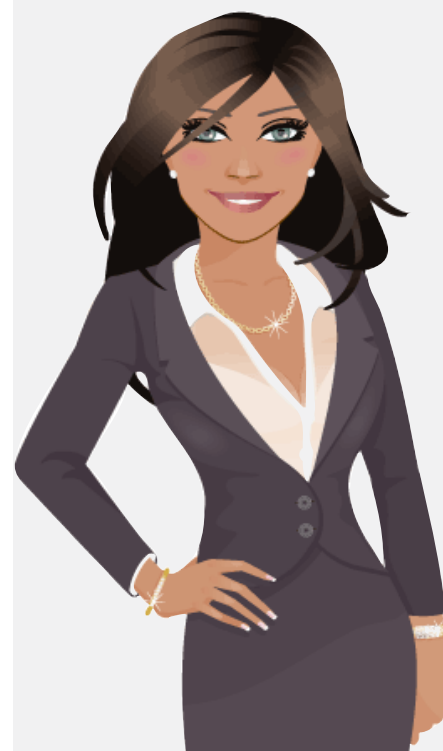
Public Image Director Chris Don marketing@rotarydistrict9800.org

**Do you have a letter for Clarice?****Contact the Editor**

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clarice@rotarydistrict9800.org.au

**ROTARY DISTRICT 9800
Events Calendar**

For a full Notices & Events calendar, visit the following link:

http://www.rotarydistrict9800.org.au/notices_and_events_future

To submit Notices & Events, please send Clarice all the details at:

clarice@rotarydistrict9800.org.au



Centre for Physical Activity and Nutrition Research



60 – 80 YEAR OLD MALES WANTED

Centre for Physical Activity and Nutrition Research, Deakin University, Burwood

RECEIVE A FREE HEALTH AND LEG-STRENGTH ASSESSMENT BY VOLUNTEERING FOR CUTTING EDGE RESEARCH

RESEARCH OBJECTIVES

This research study will investigate the acute (immediate) effects of blood flow restriction during strength exercise and walking, on the immediate responses of the human cardiovascular system, in particular, comparing those responses between the young and elderly

PARTICIPANT ATTRIBUTES

Volunteers should be:

- Healthy male adults, not highly physically active or strength trained and free from any known musculoskeletal, neurological, or vascular diseases.
- And aged:
 - between 60 and 80 years

TESTING SCHEDULE

Volunteers will attend the exercise laboratory (Burwood) on 3 occasions, each lasting approximately 1 hour:

- Sessions
 - Familiarisation
 - Leg Press Trial
 - Walking Trial

BENEFITS

Your participation throughout this study will provide valuable insight and information with regard to the benefits of Blood Flow Restriction exercise and its impact on cardiovascular function.

You will also gain free health information regarding your blood pressure, body mass index and your current maximum leg strength.

FOR FURTHER INFORMATION

Dr. Stuart Warmington
stuart.warmington@deakin.edu.au
Ph: 9251 7013
NB: Away O.S. until July 24th

Mr. Craig Staunton
casta@deakin.edu.au
Ph: 0433801191

Centre for Physical Activity and Nutrition Research (C-PAN), School of Exercise and Nutrition Sciences
Deakin University Melbourne Burwood Campus 221 Burwood Highway, Burwood Vic 3125
Tel +61 3 9244 6613 cpan@deakin.edu.au www.deakin.edu.au/health/cpan

Deakin University Cricos Provider Code: 00113B

You are all invited to attend The Rotary Club of Laverton Point Cook's annual **Sports Star Night**



Friday 30th August 2013

M/C SEN Personality Kevin Hiller will host the night

**Melbourne Great
& SEN Personality**

**David
Schwartz**

Comic Duo

**Rusty & the
other Guy,**

**Collingwood
Legend**

Peter Daicos

Venue: The Brook, Sneydes Road, Point Cook

Starting 7:30pm Sharp

Tickets

\$60 per person includes a delicious **2 course dinner**

Drinks at bar prices - Charity Auction & Raffle

**Enquiries: www.sportsstar.rotarylpc.org.au
or Mobile 0407846382**



20th Man

Proudly sponsored by



Proceeds to Les Twentyman's 20th Man
Foundation, and local Rotary Projects



SOUNDS

Live On Stage with

DONNIE SUTHERLAND OAM



**Only
350 Tickets
\$69.95**

Rotary District 9800
Supported By:
The Rotary Club of Williamstown



Keller East
Community Bank Branch
Bendigo Bank
53 Wing Street
Phone 9331 1811

In Aid Of **RoCan**
Rotary Ovarian Cancer
Research

BACK BY POPULAR DEMAND AFTER MELBOURNE & SYDNEY SELL-OUT CONCERTS!

AN INTIMATE SHOW
starring DONNIE SUTHERLAND & LEGENDS OF AUSTRALIAN MUSIC...LIVE!

SUNDAY 4th AUGUST, 2013 @ 2PM Bookings (03) 8470 8280



JOHN SWANE SWAN
Lady, What's Your Name,
If I Were a Carpenter,
& many more...



MARTY RHONE
Denim & Lace,
Mean Pair of Jeans,
& many more...



JOHN ST. PEETERS
So Many Ways,
Wonderworld,
& many more...



RAY BURGESS
Love Fever,
Gloria,
& many more...



ROBIN JOLLEY
Marshall's Portable
Music Machine,
Do You Wanna Boogie,
& many more...



DEBBIE NEWSOME
Recording Artist &
Star of Perfect Match



VICKY O'KEEFE
A tribute & a duet with
her late father
JOHNNY O'KEEFE



TERESA VEE
Darryl Cotton's Prodigy
with a Show-Stepping
Tribute to Darryl



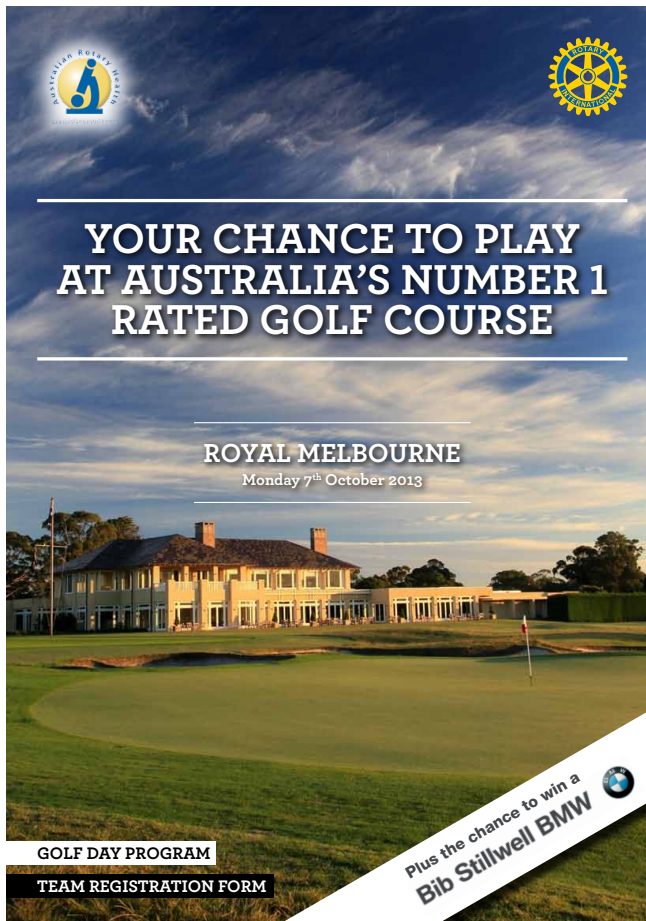
JOHN DEEKS
ch7 personality



MICHAEL YULE
New Song
FIGHT FOR LIFE for
RoCan Ovarian
Cancer Research

The Darebin Arts & Entertainment Centre
387 Bell St, Preston Victoria

Book Online: www.darebinartscentre.com.au



**YOUR CHANCE TO PLAY
AT AUSTRALIA'S NUMBER 1
RATED GOLF COURSE**

ROYAL MELBOURNE
Monday 7th October 2013

GOLF DAY PROGRAM
TEAM REGISTRATION FORM

Plus the chance to win a
Bib Stillwell BMW



Networker

Rotary District 9800

A publication for
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DG's Message

Dear Rotarians,

My first and foremost Rotary Moment was some 5 years after I joined the Rotary Club of Melton Valley. As a member of the Club I was involved in the fellowship and the odd fundraising event, but then in 1999 I was asked to chair my Club's International Committee. I recall wondering what that might mean, and as it was a young Club there was not a lot of experienced members within the Club to go and ask.

After discussing this with the President Elect I decided to go to District Assembly and see what I could learn. The rest, as they say is history. The following year the Club had secured a Partner Club in India as well as a Matching Grant, and between the parties involved raised over \$30,000.00 towards the Rotary International Cataract Surgery Program being performed in India.

Our Committee had engaged our Club, an International Partner and received back with interest what we had donated to The Rotary Foundation. Most importantly we had sponsored over 1,500 eye operations and gave sight to people we will never meet, never really know, but whose lives we really changed in many significant ways . . . the 80 year old blind villager who could see again, and see his beautiful five year old granddaughter for the first time; the girls staying home to look after those family members who had lost their sight were free to go to school and



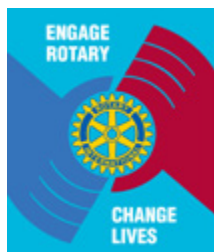
DG Ross Butterworth and Annette

study for the first time; and those villagers with their sight restored could contribute to their villages in tangible ways instead of being a burden on their families.

This is the magic of Rotary -- how we as Rotarians can participate and make a difference.

Rotary International President Ron Burton has challenged us this year to become Engaged . . . let's all accept that challenge and change lives.

Ross Butterworth
District Governor



District 9800
2013-2014

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www.rotarydistrict9800

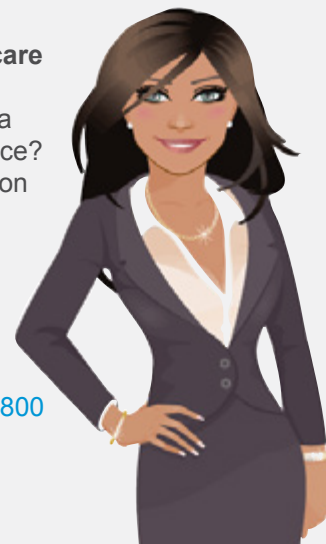
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rotarydistrict9800
.org.au](mailto:clarice@rotarydistrict9800.org.au)





District Conference

Planning for the 2014 District 9800 Gold Coast Conference is moving ahead rapidly.

District governor, Ross Butterworth has selected Jupiter's Gold Coast for this very exciting and fun conference scheduled over the weekend 7-9 March, 2014 after an interval of 16 years.

The conference committee, chaired by past president Paul Perrottet, have been very active in planning for the conference. John Blackman has again been secured as MC. There is an outstanding list of key note speakers being engaged, including Lieutenant General David Morrison, head of the Australian Army and Nigel Chamier, Chairman of the 2018 Gold Coast Commonwealth Games Committee.

In line with recent conference feedback, we will be engaging speakers to share great Rotary themes and important Rotary achievements as well as speakers focussing on Queensland.

Conference sessions, workshops and functions, as well as the Rotary marketplace, will be located in the conference centre at Jupiter's, making everything very convenient. Hotel accommodation has been pre-booked at Jupiter's as well as several apartment complexes within walking distance.

The conference will kick off on Friday evening with the "Hawaiian Nights" cocktail party and barbecue welcome beside Jupiter's magnificent pool. The gala dinner will be held on Sunday evening in the Pavilion Ballroom. Saturday evening has been reserved for club dinners.

In 2014 we will be offering some new features and registration alternatives:

- Significant non-Rotarian partner discounts on the registration fee.
- A "first-time attendee" incentive registration fee.
- Free child minding, if required.

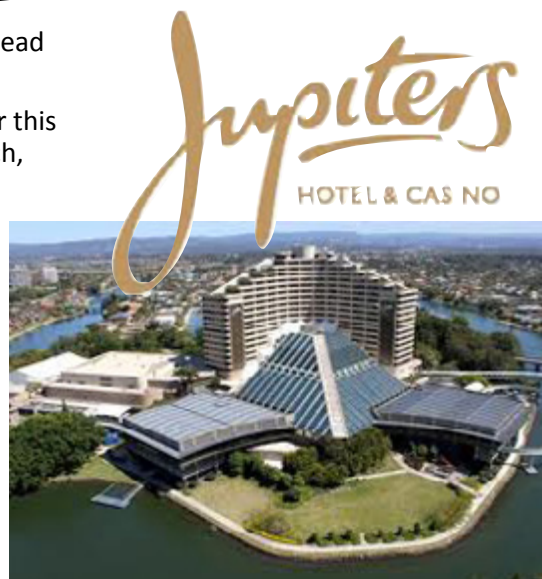
Air fares to both Brisbane and Coolangatta airports are very competitive and public transport options bring you right to the door. Many Rotarians have already booked their air travel to take advantage of the cheap flights currently available.

Early bird registrations will open on 1 September, 2013. The conference website will be continually updated with news and other announcements.

Check this out at:

www.rotary9800conference.org

Remember: Gold Coast, Famous for Fun.





DISTRICT NOMINATES 3 CANDIDATES FOR ROTARY WORLD PEACE FELLOWSHIPS

The District Peace Fellows Committee received 5 applications for Fellowships and, following interviews, nominated 3 for the world competitive selection process. All seek the 3 months certificate course at Chulalongkorn University in Bangkok and are worthy candidates.

More Clubs displayed positive interest in identifying candidates this year. Sadly, it is only a small number of Clubs which are actively thinking about the program.

Our 3 candidates are:

PROFESSOR JAMIL ALFALEET



Prof Jamil Alfareet lives in the Gaza Strip, where he is Director of International Affairs and recently appointed Director of Quality Assurance at Gaza University.

He was nominated by RC Melbourne and interviewed by skype. He is working to establish a network of universities and NGOs for a "Partnership for Peace" and dialogue in the Middle East.

Chulalongkorn will provide the exact balance of theory and applied learning necessary for his next steps as he breaks new ground in this inspiring development. Two Rotary Peace Fellows, Insp. Charlie Allen and Dr Ian McIntosh from Indiana University in the US work with him in his Pathways to Peace Program which integrates students from Gaza and Indiana.

With colleagues, he funds support activities for orphans of whom there are 55,000 in Gaza. Jamil is a good academic who puts his beliefs into practice.

INSPECTOR RUSSELL PATTEN



Inspector Russell Patten, nominated by Chadstone/East Malvern, has a broad range of experience and considerable community interaction which fitted him well for his current position at the Police Academy.

He recently assumed a leadership and mentoring role as program director for the training of junior officers, recruits and Transit Police.

He is in a position to set the culture for the newest police recruits during their foundation training as well as specialist areas and leadership development programs. Working in Greater Dandenong area, he gained considerable front line experience with the diverse refugee communities there and expects the Rotary program will enable him to improve cultural sensitivity in Vic Police.

DOMINIC BOWEN



Dominic Bowen, nominated by RC Glenferrie, worked with Australian Federal Police in Tonga followed by 8 years in humanitarian work in eight different countries throughout Asia and the Middle East with US Department of Defence, Australian Red Cross, Australian Aid International and, since 2011, RedR Australia, an international humanitarian response organization as a Manager.

He has a Master of International Security Studies from Macquarie University for which he received the Vice Chancellor's Commendation. He described his recent work in Jordan at a Syrian refugee camp.

He has had hands on experience in tough situations.

The international selection committee will announce its decisions in October.

Robert M. Fels
Chair, District Rotary Peace
Fellows Committee.



The DG's Changeover Album





NOTICES AND EVENTS

Aug
4

SOUNDS - Live on Stage

Back by popular demand after
Melbourne and Sydney sell-out concerts
.... an intimate show starring

**DONNIE SUTHERLAND AND LEGENDS
OF AUSTRALIAN MUSIC**

Sunday, August 4 at 2 pm

**THE DAREBIN ARTS AND
ENTERTAINMENT CENTRE**

387 BELL STREET, PRESTON

Click to see the poster to link to the
website.....

or book at [www.
darebinartscentre.com.au](http://www.darebinartscentre.com.au)

only 350 tickets - \$69.95

Aug
17

MEMBERSHIP & MARKETING SEMINAR

Saturday 17th August 2013, 9.30AM to 1.30PM

Trinity Grammar School, Kew, Cnr Charles Street & Cotham Road.

Cost \$20 per person (includes lunch)

Dynamic presentations & interactive
workshops will give you:

- Practical ideas on how your club can
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- Ideas on public relations and marketing
- Ways your club can use social media to
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- Insights into the RC of Bendigo New Generation
experience
- How to get involved in the club extension program

Registration: [http://www.rotarydistrict9800.org.au/images/
MembershipMarketingSeminar2013.pdf](http://www.rotarydistrict9800.org.au/images/MembershipMarketingSeminar2013.pdf)

Email: paul.rake@bigpond.com

Membership Director Chris Egger:
membership@rotarydistrict9800.org

Public Image Director Chris Don marketing@rotarydistrict9800.org



Aug
24

Hawthorn Rotary Club Diamond Jubilee

**Saturday 24th August, 6.30 for
7.00 pm**

Cardinal Pavilion, Scotch College,

\$70 per person, all inclusive

RSVP by 16 July to Anne Scott

9817 3000 or 0407 871 098

anne.scott2@bigpond.com

**PO Box 33, Hawthorn, Victoria,
3122**

**Please join us to celebrate sixty
years of service, with an evening of reminiscences, music and fun.**



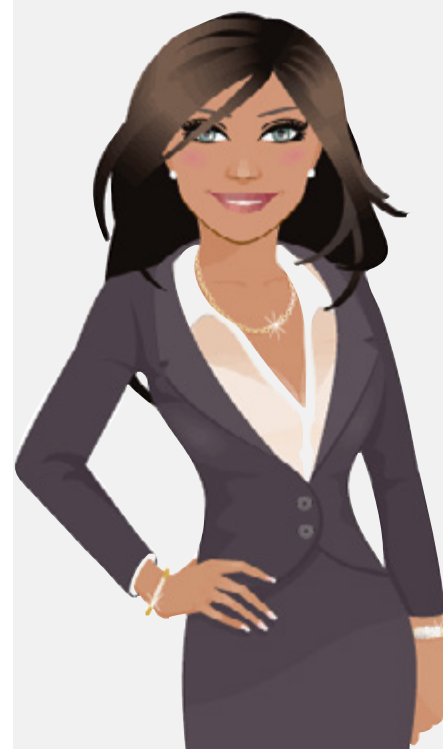
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ROTARY DISTRICT 9800 Events Calendar

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[http://www.rotarydistrict9800
.org.au/notices_and_events_
future](http://www.rotarydistrict9800.org.au/notices_and_events_future)

To submit Notices & Events,
please send Clarice all the details
at:

clarice@rotarydistrict9800.org.au



NOTICES AND EVENTS

Aug
30

SPORTS STAR NIGHT 2013

You are all invited to attend the Rotary Club of Laverton Point Cook's annual Sport Start Night

www.sportstar.rotarylpc.org.au

or mobile 0407 846 382.

MC KEVIN HILLER

David Schwartz

Rusty and the other Guy

Peter Daicos

THE BROOK, SNEYDES ROAD, POINT COOK

STARTING: 7.30 sharp.

\$60 per person includes 2 course dinner, drinks at bar prices, charity auction and raffle.

Sept
12

MILES FOR SMILES - FUND-RAISING EVENT

Thursday, 12 Sept - 7-10 pm

Level 89 Eureka Tower, 7 Riverside Quay, Southbank.

Hosted by Brian Nankervis.

COCKTAIL ATTIRE

\$75 pp early bird ticket or \$85 pp normal price.

Click to see the poster to link to the website.....

or book at www.trybooking.com.au/cetx

In February 2014, Peter Jones and Don Havelberg will embark on a 6500 mile charity ride on two Royal Enfield motorbikes through eight countries over 50 days.

This epic journey aims to raise funds and awareness of life changing surgeries performed by Interplast.

Join us for an evening of amazing views of Melbourne accompanied by delicious canapes, grazing dishes, sparkling, red & white wines, beers & soft drinks.

See more at: http://www.rotarydistrict9800.org.au/notices_and_events_future#sthash.i9AT1xQ2.dpuf

Oct
7

A ROUND AT ROYAL MELBOURNE

Your chance to play at Australia's number 1 rated golf course.

Monday, October 7

Plus the chance to win a

BIB STIWELL BMW

Click to see the poster to link to the website.....

or see... http://www.rotarydistrict9800.org.au/notices_and_events_future

This is an opportunity for you to invite Friends, Colleagues or maybe your Top Clients to participate in our Ambrose Event.

Registration at 11 am and finishes at 8 pm.

\$295 per player

EXTRA DINNER GUESTS \$75 pp.



ROTARY INTERNATIONAL

RON D. BURTON
President, 2013-14

TEL 1.847.866.3025
FAX 1.847.866.3390
ron.burton@rotary.org

30 April 2013

To the Rotarians of District 9800

Dear fellow Rotarians,

Our commitment to Rotary begins with the simple act of coming to our club meetings, putting on our name badges, and sitting down together with our fellow Rotarians. That's where it begins—but not where it ends.

Being a Rotarian is a commitment that extends into so many aspects of our lives: our work, our family, our interactions with others, and the values we hold dear. All of us came to Rotary to get involved, and to make a difference. We were invited into our clubs because Rotary knew we were capable; we chose to join because we decided to rise to that challenge.

In Rotary service, as in just about everything else in life, the more you put into it, the more you get out of it. If you only put in a token effort, you won't accomplish very much, and you won't find very much satisfaction in what you do accomplish. But when you make the decision to truly engage Rotary—to bring Rotary service and Rotary values into every day of your life—that is when you start to see the incredible impact that you can have. That's when you find the inspiration, the excitement, and the power to truly achieve.

In the 2013-2014 Rotary year, our theme, and my challenge to you, is ***Engage Rotary, Change Lives.***

You've chosen to wear a Rotary pin. The rest is up to you.

Sincerely,



Ron D. Burton



One Rotary Center
1560 Sherman Avenue
Evanston, Illinois
60201-3698 USA
PH 847.866.3000
FAX 847.328.8554
www.rotary.org



Centre for Physical Activity and Nutrition Research



60 – 80 YEAR OLD MALES WANTED

Centre for Physical Activity and Nutrition Research, Deakin University, Burwood

RECEIVE A FREE HEALTH AND LEG-STRENGTH ASSESSMENT BY VOLUNTEERING FOR CUTTING EDGE RESEARCH

RESEARCH OBJECTIVES

This research study will investigate the acute (immediate) effects of blood flow restriction during strength exercise and walking, on the immediate responses of the human cardiovascular system, in particular, comparing those responses between the young and elderly

PARTICIPANT ATTRIBUTES

Volunteers should be:

- Healthy male adults, not highly physically active or strength trained and free from any known musculoskeletal, neurological, or vascular diseases.
- And aged:
 - between 60 and 80 years

TESTING SCHEDULE

Volunteers will attend the exercise laboratory (Burwood) on 3 occasions, each lasting approximately 1 hour:

- *Sessions*
 - Familiarisation
 - Leg Press Trial
 - Walking Trial

BENEFITS

Your participation throughout this study will provide valuable insight and information with regard to the benefits of Blood Flow Restriction exercise and its impact on cardiovascular function.

You will also gain free health information regarding your blood pressure, body mass index and your current maximum leg strength.

FOR FURTHER INFORMATION

Dr. Stuart Warmington
stuart.warmington@deakin.edu.au
Ph: 9251 7013
NB: Away O.S. until July 24th

Mr. Craig Staunton
casta@deakin.edu.au
Ph: 0433801191

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Deakin University Cricos Provider Code: 00113B

District 9800 attendance and membership - June 2013

2012/2013		ATTENDANCE JUNE-13		MEMBERSHIP				
CLUB	CLUSTER	MTGS	MONTH %	AT JULY 1	JUNE START	JUNE END	GAIN /LOSS	% CHANGE
Melbourne Park	Heritage			18		28	10	55.6%
St Kilda	Stonnington	3	62%	9	13	14	5	55.6%
Port Melbourne	Batman			10		13	3	30.0%
Echuca-Moama	Goldfields	4	81%	15	18	18	3	20.0%
Glenferrie	Yarra	4	63%	43	49	51	8	18.6%
Brimbank Central	Gateway	4	80%	27	31	32	5	18.5%
Southbank	Batman			23		27	4	17.4%
Bacchus Marsh	Westside	3	65%	33	39	38	5	15.2%
Bendigo Sandhurst	Goldfields	4	71%	50	56	57	7	14.0%
Chadstone / East Malvern	Stonnington	4	72%	43	49	49	6	14.0%
Fitzroy	Heritage	3	45%	22	25	25	3	13.6%
Gisborne	Calder	4	82%	24	24	27	3	12.5%
Melton	Westside	4	71%	26	28	29	3	11.5%
Caulfield	Beachside	4	89%	10	11	11	1	10.0%
Yarraville	Hobsons Bay	4	65%	20	22	22	2	10.0%
Brighton Beach	Beachside	4	69%	21	23	23	2	9.5%
Flemington	Hobsons Bay	4	71%	24	25	26	2	8.3%
Canterbury	Eastside	3	70%	39	42	42	3	7.7%
North Melbourne	Heritage	4	60%	26	28	28	2	7.7%
Brunswick	Heritage	4	46%	27	29	29	2	7.4%
Essendon	Gateway	4	54%	68	70	73	5	7.4%
Daylesford	Calder	4	71%	29	32	31	2	6.9%
Melton Valley	Westside	4	85%	16	18	17	1	6.3%
Kew-on-Yarra	Yarra	4	92%	17	18	18	1	5.9%
Kew	Yarra	4	73%	35	39	37	2	5.7%
Sunshine	Westside	4	51%	18	19	19	1	5.6%
Tullamarine	Gateway	4	46%	18	20	19	1	5.6%
North Balwyn	Eastside	4	88%	74	77	78	4	5.4%
Altona	Port Phillip	4	62%	24	25	25	1	4.2%
Wyndham	Port Phillip	4	79%	26	26	27	1	3.8%
Richmond	Heritage	3	55%	37	38	38	1	2.7%
Werribee	Port Phillip	4	75%	37	38	38	1	2.7%
Brighton North	Beachside	4	67%	51	52	52	1	2.0%
Melbourne	Batman	4	60%	230	235	233	3	1.3%
Altona City	Port Phillip	3	64%	23	23	23	0	0.0%
Bendigo Strathdale	Goldfields	4	68%	26	29	26	0	0.0%
Boroondara	Eastside	4	67%	15	16	15	0	0.0%
Camberwell	Eastside	4	75%	77	80	77	0	0.0%
Collingwood	Heritage			20		20	0	0.0%



2012/2013		ATTENDANCE JUNE-13		MEMBERSHIP				
CLUB	CLUSTER	MTGS	MONTH %	AT JULY 1	JUNE START	JUNE END	GAIN /LOSS	% CHANGE
Essendon North	Gateway	4	77%	26	25	26	0	0.0%
Footscray	Hobsons Bay	4	56%	54	54	54	0	0.0%
Keilor	Gateway	4	69%	39	39	39	0	0.0%
Keilor East	Gateway	3	73%	40	42	40	0	0.0%
Kyneton	Calder	3	74%	41	41	41	0	0.0%
Melbourne South	Batman	4	76%	27	27	27	0	0.0%
Moonee Valley	Gateway	4	48%	13	13	13	0	0.0%
Rochester	Goldfields	4	100%	8	8	8	0	0.0%
Brighton	Beachside	4	46%	110	109	108	-2	-1.8%
Bendigo	Goldfields			72		70	-2	-2.8%
Malvern	Stonnington	4	55%	35	35	34	-1	-2.9%
Bendigo South	Goldfields	4	66%	32	33	31	-1	-3.1%
E-Club of Melbourne	Batman	4	34%		25	24	-1	-4.0%
Woodend	Calder	5	83%	25	25	24	-1	-4.0%
West Footscray	Hobsons Bay	4	64%	24	22	23	-1	-4.2%
Prahran	Stonnington	4	74%	23	23	22	-1	-4.3%
Carlton	Heritage	3	88%	41	39	38	-3	-7.3%
Eaglehawk	Goldfields	4	84%	40	38	37	-3	-7.5%
Kangaroo Flat	Goldfields	3	65%	26	24	24	-2	-7.7%
Hoppers Crossing	Port Phillip	4	81%	23	21	21	-2	-8.7%
Point Gellibrand	Hobsons Bay	4	75%	34	34	31	-3	-8.8%
Balwyn	Eastside	4	60%	76	72	69	-7	-9.2%
Albert Park	Batman	4	60%	62	57	56	-6	-9.7%
Toorak	Stonnington	3	75%	28	25	25	-3	-10.7%
Glen Eira	Beachside	4	90%	18	17	16	-2	-11.1%
Castlemaine	Calder			37		32	-5	-13.5%
Central Melb. Sunrise	Batman	4	73%	57	53	47	-10	-17.5%
Hawthorn	Yarra	3	74%	57	50	47	-10	-17.5%
Laverton Point Cook	Port Phillip	4	72%	34	30	28	-6	-17.6%
Williamstown	Hobsons Bay	3	52%	36	32	27	-9	-25.0%
Docklands	Batman	4	75%	9	6	4	-5	-55.6%
Bendigo Next Generation	Goldfields			0		0		
No. of Clubs Reporting			64		64			
No. of Members				2498		2541	18	0.7%
% Average of Those Reported			68.9%					
% of Clubs Reporting Attendance			90%					
% of Clubs Reporting Membership						90%		



SPEAKER BANK UPDATE



**Dalice Kennedy, CEO,
Soles For Souls**

Limited Time: Speaker In Melbourne

Dalice Kennedy is a Rotarian from Adelaide who loves shoes, 'but not in an Imelda Marcos way'.

Dalice Kennedy's passion for providing shoes was sparked in 2011 while volunteering in rural Kenya when she watched as a young girl aged around 10 years had her heels and toes cut with a razor to extract the parasites (jiggers) that were burrowed into her feet. That same razor, in a country with a high prevalence of HIV AIDS, was used on multiple children while their feet were washed in bloody water.

After returning from Kenya and witnessing the problems which arise from not wearing shoes, and how this can impact the health and livelihoods of people, Dalice established the charity The Butterfly Movement Ltd.

Contact: Dalice Kennedy Mobile: 0451 596 386 or email Butterflymovement@live.com.au.

Read The Age article ('Sole-searching: charity steps up to provide needy with bare necessities') below.

Click on the link:

<http://tinyurl.com/mzhtrr4>

New Members May-June 2013

MONTH	CLUB	NAME
May-13	Bendigo Sandhurst	Leah Sartori
Jun-13	Bendigo Sandhurst	Nick Christian
Jun-13	Bendigo Sandhurst	Glen Moloney
Jun-13	Bendigo Sandhurst	Adrian Schoo
Jun-13	Brighton	Michael Kuzilny
Jun-13	Brimbank Central	Melissa Mom
Jun-13	Canterbury	Sue Clifford
Jun-13	Chadstone East Malvern	Frank Warner
Jun-13	Chadstone East Malvern	Martine McKee
Jun-13	Essendon	Daryl Lee
Jun-13	Essendon	Grant Stephenson
Jun-13	Essendon	Glenda Shaw
Jun-13	Essendon North	Rosa Pereira
Jun-13	Gisborne	Graham Marshall
Jun-13	Gisborne	Cynthia Tunbridge
Jun-13	Gisborne	John Turner
Jun-13	Gisborne	Samantha Turner
Jun-13	Glenferrie	Thelma Hutchison
Jun-13	Glenferrie	Rod Angood
Jun-13	Melbourne	John Camuglia
Jun-13	Melbourne	Peter Lake
Jun-13	Melton	Mick Fletcher
Jun-13	North Balwyn	Brian Lacy
Jun-13	St Kilda	Sankar Nadeson
Jun-13	St Kilda	Emma Davis
Jun-13	West Footscray	Roger Climie
Jun-13	Woodend	Daniel Rigoni
Jun-13	Woodend	Gene Roberts
Jun-13	Wyndham	Kenneth (aka John) Selleck

PLEASE NOTE

The Rotary Club of Caulfield now meets

Venue - at Bendigo Bank (Murrumbidgee's) The Meeting Hub at 438 Neerim Road, Murrumbidgee

Day and Time - Thursdays
12.30pm

Cost - \$2 donation (pays for gifts and meals for the Speakers)

Refreshments - BYO brown bag lunch or buy takeout from one of the excellent local eateries. (The local Bakery is recommended for fresh, packaged salads, sandwiches and other bakery items including the most delicious quiches imaginable!).

Free tea and coffee provided at the venue. Visitors welcome, but please advise of your visit to: rotarycaulfield@gmail.com or phone 9568-7190.