



# Networker

Rotary District 9800

A publication for  
Rotarians and  
all community  
minded people

## DG Weekly Message

**Our District, our Clubs, and our Rotarians are indeed busy this time of the year!**

So far, 2011 has been an extremely busy time for us all. Starting with the devastating Floods around our country and disasters happening worldwide, so many of our Clubs and Rotarians have been working so very hard to do good in the world. They all need highlighting, but I will just be able to cover a few. Thank you for all that you are doing.

The RC of Melbourne presented a substantial cheque direct to the RC of Rochester at a club meeting on 2 March. This is a wonderful gesture from one of our clubs to another, which will mean so much and be able to do so much good in the local community. Thank you RC of Melbourne, to you and your Rotarians for helping your fellow D9800 Rotarians in this meaningful way.



Iven Mackay and Marilyn, District Governor 2010-2011

The RC of Balwyn on 1st March presented the 2011 Rotary Aboriginal & Torres Strait Islander Tertiary Scholarships (RATSIT) to 3 young awardees. This major financial contribution allows these students to attend University and follow their dreams. Well done RC of Balwyn. Guestspeaker from WA was none other than Fred Chaney. What an inspirational evening and congratulations to these indigenous students.

A welcome function for our Ambassadorial Scholars was held on 3 March in D9800. We wish them well and look forward to seeing many of them in Adelaide at our District Conference. The RC of Richmond held a lunar banquet on Saturday 5 March, even booking out an entire Chinese restaurant, which raised considerable funds for ROMAC and Australian Rotary Health. This dinner was complete with Lion



Heather Watson, President Philip Endersbee, DG Iven, President Russell Anderson & Graeme Nelson

### In this Issue



- 01 DG Weekly Message
- 03 Message from RI President
- 04 VECCI Business Tip
- 06 Paul Harris Society Dinner
- 07 Letters From Abroad
- 08 Literacy Month of March
- 08 Message from the RI President
- 10 Sewing Machine Cupboard is Bare
- 10 Notices & Events

### Contact the Editor



#### Clarice Caricare

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



Send Clarice an email at [clarice@rotarydistrict9800.org.au](mailto:clarice@rotarydistrict9800.org.au)

### March is Literacy Month



## DG Weekly Message Continued...

dancers and entertainment, what a night!

On Sunday 6 March, District 9800 participated in a multi District PETS training day at Moonee Valley Racecourse. A special dinner was held that night, with many Rotarians from within Victoria. We were very fortunate indeed to have with us in the District, from 6-8 March, RIP Ray Klinginsmith and his wife Judie.

On Monday, 7 March, I attended the official opening of the Kinglake Youth Centre, known as "Ellimatta", by RIP Ray. Our District and PP Mev Connell, have much to be proud of for their involvement with this project to help the Kinglake Community, and newly formed RC of Kinglake Ranges.

On Monday 7 March, RIP Ray Klinginsmith continued the tradition of dedicating a tree at Rotary Park in his honour. The RC of Melbourne initiated this in 1935, and the first recognised tree was planted by our founder Paul Harris, followed by Angus Mitchell. Some 22 President dedications and numerous distinguished Rotarians have taken place in Rotary Park, and I recommend you all go and have a look. Its located Anderson St, Domain Rd and Birdwood Ave area, in South Yarra.

Monday night, 7 March was the 2011 Multi District Paul Harris Society Dinner held at the MCC, for Society members and Major Donors to TRF. RIP Ray and Judie enjoyed the night and many Districts, including our own, made significant presentations.

Finally, on RIP Ray's last day with us here in D9800, the Victorian Rotary Districts held a breakfast on Tuesday 8 March to celebrate the centenary of International Women's Day, and to recognise 21 years of Women in Rotary. This was held in Moorabbin and then RIP Ray and Judie departed for the airport.

Have a great week in Rotary, as together we are BUILDING COMMUNITIES BRIDGING CONTINENTS,

DG Iven



RIP Ray at Tree Dedication, Rotary Park - 7 March, 2011, RIP Ray and AG Batman Cluster Alan Freedman at the Dinner - 6 March - Moonee Valley, Kinglake Youth Centre, RIP Ray Klinginsmith speaking at Kinglake, RC Balwyn guest speaker Fred Chaney, Our 1st Rotary Lady in D9800 - PP Joan Daniels - RC of Melbourne South.



*Service Above Self*

**THE ROTARY INTERNATIONAL  
DISTRICTS OF VICTORIA AND TASMANIA**

*A Bushfire Recovery Project*

This plaque commemorates the support from Rotarians and friends worldwide in response to the February 2009 bushfires which enabled the construction of the Kinglake Youth Centre.

In respect to and recognition of the Original Owners of the Land, the Centre is named using the Wurundjeri word meaning "Our Home"

**ELLIMATTA**

The centre, established to benefit the Youth of Kinglake Ranges, was opened on 7 March 2011

by  
**Ray Klingensmith**

## VECCI - ROTARY DISTRICT 9800 PARTNERSHIP

VECCI and Rotary District 9800 have signed an historic 3-year Memorandum covering a range of activities of mutual benefit. As two historic, well-respected organisations with deep roots in the Victorian community, this partnership has the potential to be very powerful in terms of both mutual and broader community benefit. VECCI is Australia's leading multi-industry chamber of commerce and Victoria's peak employer group. As well as its long-time suite of economic and business priority areas, VECCI has a strong interest in corporate social responsibility issues and encourages ethical business behaviour along similar lines to the Rotary Four-Way Test. VECCI and Rotary District 9800 will share information in their respective publications and support each organisation's respective events and initiatives. For example, VECCI will sponsor the Business Boot Camp that takes place just before the Conference and Rotary's Community Service Awards. VECCI in turn will offer free and/or discounted services to interested Rotary members.



Commemorative plaque supporting Rotary's Bushfire recovery project, RIP Ray, Bob Fels and DG Iven.





## VECCI BUSINESS TIP

### How to make getting up in the morning easier



**Wouldn't you love to be one of those people who jump out of bed in the morning, ready to go to work full of energy? You can be by following these simple tips.**

Most of us struggle to get up in the morning, but there are some ways you can make it easier for yourself.

**1. Preparation:** getting up in the morning actually starts the night before. Firstly and most obviously, getting a decent night's sleep makes it much easier to wake up in the morning, so try getting to bed early.

**2. Alarms:** some people set multiple alarms in the belief it will help them slowly wake up. In fact, it often makes it harder, because it forces us to contemplate getting up over a long period of time. It is much better to get up straight away. To make this easiest, just set one alarm for the time that you need to be awake and leave on time. And try putting your alarm across the room so that your only option in the morning is to get up to switch it off.

**3. Waking up:** get up immediately after your alarm goes off and do things that help your body start up for the day. For some people, splashing water on their face in the morning helps. For others, stretching and taking deep breaths can work. Turning on the lights, and opening blinds and windows to allow natural light can kick-start your brain for the day. As long as you don't get distracted by them, turning on the television, radio or playing music can take your mind off the day and make getting started that little bit easier.

**4. Positive thinking:** focusing on the difficult things you have to do that day won't make it easier to get up. Instead, try to push aside worries and focus on one positive thing that day. Some people find this works best by writing it down the night before.

**5. Reward yourself:** positive behaviour can be reinforced with rewards. Tell yourself that you will get your favourite breakfast if you leave on time, or buy a magazine you enjoy reading every week if you succeed getting up when you need to.

© VECCI 2010

For further information, please click here:

[http://www.vecci.org.au/news/Pages/Business\\_Tips-how\\_to\\_make\\_getting\\_up\\_in\\_the\\_morning\\_easier.aspx](http://www.vecci.org.au/news/Pages/Business_Tips-how_to_make_getting_up_in_the_morning_easier.aspx)

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

*Letter  
from the  
treasurer*

Dear Rotary Presidents,

A few words of thanks to those clubs that have already submitted their 2nd half District levies and the budget shortfall payment. Within the few week of submitting club invoices, we have already collected over 30% of all club invoices issued. This is a marvellous result and is very much appreciated by your District Treasurer.



## Appealing to the Prospective Female Rotarian

**With International Women's Day this week, now is a good time to reflect on how female-friendly your Club is.**

It wasn't until 1989 that women were first constitutionally accepted into Rotary International, but since then, many Rotary Clubs have worked hard to make Rotary a place where both men and women feel accepted and welcomed equally.

Across Rotary International today there are 199,663 women in Rotary, the highest proportion we have ever had, but still just 16.26% of our membership. The figures for Australia are similar, with 5,700 female members across 33,500 Australian Rotary members (17%). So how can we attract more women to our Clubs and ensure that when they come, they feel comfortable and want to stay?

### Ask women in your Club or women outside your Club what they think.

Are there problems with the perception of your Club? Are there aspects to your Club that are oriented towards just one gender? Do some men exhibit archaic attitudes that would put off prospective female members?



The important thing is to find out how you are perceived, and if there are negative connotations, work to correct

these – make sure your Club is just as interesting and engaging for women as it is for men.

### Place existing female members front and centre

Rotary can at times battle a perception of being a Club predominantly for men. Nothing dispels this myth more than putting female members in front of the public's eyes, whether that be in marketing, at public events or at Club meetings. Consider the leadership qualities and benefits of having women in leadership positions within your Club – they might easily be the best person for the job, especially if a female leader will help your Club attract more membership.

### Don't make women feel "different to everyone else"

Think of being a kid on the first day of school – often you found friends after discovering they had something in common with you – no matter how small.



For some women entering predominantly male Clubs, it

may be more comfortable having other women around them – consider whether existing female members might act as a mentor or "buddy" or even introducing small groups of women to your Club at the same time. This doesn't mean treating women as only capable of conversing or enjoying the company of other females at Rotary, but providing a support network of other women may lessen any feelings of contrasting or feeling different to everyone else in Clubs where membership is predominantly male.

### Ask women to join

Almost every Rotarian is at a Club because someone asked them – there was a relationship prior to Rotary in most cases. This can have benefits and it can have downsides. The upside is that we tend to bring into our Clubs people with similar values. The downside is that we often associate with those most like us – whether it be those of a similar education, those with similar interests or those of a similar gender – and for clubs, this can mean the first people we reach for when inviting new members are those we see as "just like us".



It's important to extend your definition of who is "just like you" to be more inclusive – remember people who at first might seem quite different to you in physical characteristics are often "just like you" in terms of how interesting they are, how unique they are or how willing they are to make the community a better place. Think of what your Club lacks when you reach out for new members – if that's female members, make sure you reach out to more women to join. There's no reason you can't approach businesswomen's groups or ask members to think of prominent local businesswomen as prospective members. Don't be afraid to ask them – you won't get girl germs!

### Promote women in Rotary

Districts regularly run "Women in Rotary" dinners with fantastic female speakers – be sure to invite female friends to come along. Your Club might even consider special brochures, initiatives, or local media articles aimed at women that promote female Rotarians and their achievements.

The more we are able to promote Rotary as an attractive option to both men and women, the more our clubs will take on a contemporary, active and inclusive feel – and this is a great thing for Rotarians from every gender, age and background.



# Paul Harris Society

## Major Donors and Bequest Society Dinner

Rotary Districts 9780, 9790, 9800, 9810 and 9820 enjoyed an evening of celebration with RI President Ray Klingensmith and Judie in the Jim Stynes room at the MCG on Monday.

MC Tony Charlton entertained us with some of the history of the MCG and ensured the programme ran smoothly. RI President Ray Klingensmith gave us an interesting dissertation on his experiences as a Rotarian and World President of RI, and of the changes to the Group Study Exchange Program.

District Governors presented several awards, including a Service Above Self award to PDG Fred Hay of District 9810. Ruth Carlos-Martinez, Gary Goldsmith and David Pisterman were welcomed as new members of the Paul Harris Society. Bob Fels work for the Rotary Foundation and as a Member of the Rotary Peace Centers Committee was also recognised. The Citation is attached.



Photos top to bottom: RI President Ray Klingensmith, Bob Fels, and DG Iven Mackay, Banquet held in the Jim Stynes Room at the MCG.



Photos in order clockwise: Ruth Carlos-Martinez receiving PHS Membership Certificate, Gary Goldsmith receiving PHS Membership Certificate, David Pisterman receiving PHS Membership Certificate, DG9810 David Anderson presenting RI President Ray with a Melbourne Cricket Club tie, Marie and Bob Fels.





# LETTERS FROM ABROAD

## Rotary Youth Exchange

Rotary's Youth Exchange program has been running successfully in District 9800 for a very long time now. This is a wonderful opportunity for secondary school age students to travel to another country, another culture, in what seems like another world, and further their life's education in a completely different and new way.

We have seen the impact of Youth Exchange, over and over again, every year. The students leave their hometown and return as young citizens of the world, just 12 months later. Youth Exchange does not just impact on the students; it touches families, Rotary Clubs, schools, friends and all who come into contact with this program. This bond lasts way beyond the 12 month exchange away, it lasts forever. Students leave as ambassadors for Rotary, Australia, their School and their family. They embrace new ways of life, no better no worse, just different. This is a once in a lifetime opportunity and a life changing opportunity.

We must thank the mums, dads, brothers and sisters that take the big step of sending their loved one away and realising that they will not be part of the family for a whole year. In fact when they return, they will have many new families overseas, and they will always have a special affinity for the new friends they have made.

- DG Iven Mackay

*Letters From Abroad* has been compiled to provide an overview of the joys, hopes and experience available to young people through the Rotary Youth Exchange Program.



[VIEW THE LETTERS](#)



Photos right to left: DG Iven with outgoing Youth Exchange Students, DG Iven pins a badge on outgoing exchange student Samantha Hellessey.



# LITERACY MONTH OF MARCH



According to the World Bank, 75 million children, 41 million of them girls, lack access to basic education. More than one in four adults, two-thirds of them women, cannot read or write. Access to education, particularly completion of primary schooling, increases child survival rates, reduces the spread of preventable disease, and increases people's ability to improve their economic well-being.

March is Rotary Literacy Month. This is an excellent opportunity for clubs to focus their efforts on basic education and literacy, one of Rotary's six areas of focus. There are many types of projects clubs can undertake to increase literacy.

Rotarians can make a difference: see the District Literacy Pamphlet:

> **District Literacy Pamphlet**

---

## KEEP IT SIMPLE

by RI President, Ray Klinginsmith

When I first joined Rotary in 1961, I often heard Rotary leaders say "Keep Rotary Simple." In fact, that phrase was part of the RI theme in 1956-57! However, as Rotary has grown in both the number of members and the number of programs during the last 50 years, simplicity has become more difficult.

The revised RI Strategic Plan for 2010-13 is a refreshingly simple approach to keeping Rotary strong and vibrant in the future.

The three priorities of the plan are clear and brief statements calling us to:

1. support and strengthen our clubs,
2. focus and increase our humanitarian service, and
3. enhance our public image and awareness.

Rotary is now on the world stage due to PolioPlus. But we are still a grassroots organization, and our strength is dependent on the health of our clubs. The three priorities of the strategic plan remind us that the success of Rotary is based on a simple formula of strong clubs, significant service projects, and a favorable public image. Thanks to Paul Harris and other Rotary pioneers, it is a simple formula that produces extraordinary results – and a better world!

Read RI President Ray Klinginsmith's March message at:

<http://www.rotary.org/en/AboutUs/RotaryLeadership/RIPresident/Pages/Messages1103.aspx>



# Exercise for Over Fifties

## Health Tip

Various studies show that it is never too late to get fit. The human body responds to exercise, no matter what its age, and there are many health benefits. If you are over 40 years, obese, suffer from a chronic illness or have been sedentary for some time, it is a good idea to check with your doctor before embarking on any new exercise routine.

About half of the physical decline associated with ageing may be due to a lack of physical activity. Without regular exercise, people over the age of 50 years can experience a range of health problems including:

- Reduced muscle mass, strength and physical endurance
- Reduced coordination and balance
- Reduced joint flexibility and mobility
- Reduced cardiovascular and respiratory function
- Reduced bone strength
- Increased body fat levels
- Increased blood pressure
- Increased susceptibility to mood disorders, such as anxiety and depression
- Increased risk of various diseases including cardiovascular disease and stroke.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

## COMMON MYTHS

Many older people believe that exercise is no longer appropriate. Some of the common misconceptions that prompt older people to abandon physical activity include:

- Older people are frail and physically weak.
- The human body doesn't need as much physical activity as it ages.
- Exercising is hazardous for older people because they may injure themselves.
- Only vigorous and sustained exercise is of any use.

## Read more about the benefits of exercise:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Healthy\\_ageing\\_stay\\_physically\\_active?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Healthy_ageing_stay_physically_active?open)

*Disclaimer: Dr Clyster is a friend and neighbour of Clarice. He recommends that you should always consult a real medical practitioner for health advice.*

# SEWING MACHINE CUPBOARD IS BARE

## Donations In Kind

Lee Ewing is the Donations In Kind equivalent of "Old Mother Hubbard".

NOTE: This is not to suggest in any way that Lee Ewing is old or in any way resembles Mother Hubbard, but her sewing machine cupboard is bare. Sewing machines are a valuable commodity in developing countries and are always in high demand. Do you or your friends have one you no longer require?

How about a simple club project: approach your local sewing machine shops and ask if they have any trade-ins they want to dispose of. Most will be helpful with donations to help people in need, others are happy to save tip fees. With donations we know that some will be junk, but Lee is a talented mechanic and has restored many machines.

If you can help please deliver goods to the Donation In Kind Store or contact David Dippie at: [dik.vic.rotary@gmail.com](mailto:dik.vic.rotary@gmail.com)



## Notices & Events

### NOTICE

#### Rotary Leadership Institute

The Rotary Leadership Institute (RLI) is a series of fast paced, interactive courses offered to refine a Rotarian's leadership skills and increase their base of Rotary knowledge.

[> Read More](#)

### NEW

#### Barwon Water Sustainable Home and Garden Expo

12-13 March, 2011

Members of the Rotary Club of Caulfield will be at stall 28 for the Bawon Water Sustainable Home and Garden Expo.

[> Read More](#)

### GSE Welcome Dinner

March 15, 2011

A dinner held for our visiting Rotarians from San Antonio, Texas in the United States.

[> Read More](#)

#### Crackerjack Bowls Evening

15 March, 2011

A great social bowls & fun opportunity with all profits to the Rotary Club of Keilor's, Victorian flood relief support activity.

[> Read More](#)

#### Rotary Presents Andrew Morello

15 March, 2011

Andrew Morello is a larger than life character. At only 23 years old he has taken Australia by storm by winning the Australian version of the Apprentice.

[> Read More](#)

#### Heritage Cluster Bowls Night

16 March, 2011

Includes BBQ meal with salad and vegetarian option; bowls hire, rink hire, 2 hour bowling experience, a raffle ticket and a donation to a Rotary Community Health cause.

[> Read More](#)





# Notices & Events

## Women in Rotary Task Force

19 March, 2011

Women In Rotary Can Make a World of Difference Around the world, Rotary membership is in decline.

[> Read More](#)

## Bendigo Olive Fiesta

20 March, 2011

A Mediterranean atmosphere comes to the historic Bendigo Pottery again with the fourth annual Bendigo Olive Fiesta.

[> Read More](#)

## Werribee Golf Day

22 March, 2011

There will be a BBQ Lunch before tee off, dinner and presentation of trophies. All monies raised are put back into the local communities.

[> Read More](#)

## 2011 District Conference

March 31 to April 2, 2011

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

[> Read More](#)

## NEW Murrumbeena Community Market

16 April, 2011

Meet the stallholders, selling an amazing array of gourmet treats, eco-aware clothing or pencils made from tightly rolled recycled newspaper.

[> Read More](#)

## Rotary Club of Footscray Annual Golf Day

18 April, 2011

Join us for a day of fun and friendship at Medway Golf Club.

[> Read More](#)

## NEW Improving Men's Mental Health: Carlton Rotary Special Event

30 April, 2011

Professor Patrick McGorry will be speaking about the topic at The Melbourne Savage Club. Drinks are included in the cost.

[> Read More](#)

## Preventing Kid's Cancer

6 May, 2011

Major Fundraising Dinner at the Brighton North Rotary Club. Live music and great food in support of kid's living with cancer.

[> Read More](#)