



DG Weekly Message

Camp Getaway - Ever visited? Heard about it? Want to help out... here's how!!

A general working bee will be held on Saturday 19th and Sunday 20th February, commencing at approx 8.30am. The Camp Site will be empty that weekend. If you can possibly help, please contact Camp Getaway Chairman Paul Kirkpatrick at paulk@accessemployment.com.au or P: (03) 5445 9801 M: 0419 368 430.

Here are some of the jobs that might be undertaken:

- Install sheet metal guard over height differential gap on the exit ramp
- Dorm 2; Hand dryers x2, and clothing hooks to be installed
- Dorm 2; Mirrors to specified height for disabled bathrooms to be installed
- Games Room - Security mesh doors may be able to be installed in front of some non-complying glass panes.
- Place gravel from stock piles to fill-in 'wash-away/potholes' in main driveway
- Weed any newly emerged weeds from garden/planted areas around new units and dorms.
- Removal of small dead trees from garden beds



**Iven Mackay and Marilyn
District Governor 2010-2011**

- Straighten the flag pole support structure and re-establish flag pole.
- Collect fallen branches around the lawn and around the toilets and the Jennings plantation
- Fallen trunks that were moved to the tennis court/car park need cutting, chainsaws required
- Bring chainsaws and cut-up large tree fallen in adjacent to stock water tank. Then take the blocked firewood to stack near tennis court and stack some near double entry doors to hall
- Basketball back boards need repaint
- Ground levelling in the NE corner, near small water tank where trees have been removed
- Ground levelling and rubbish removal alongside future games room and around tree trunk adjacent
- levelling/removal of dirt mounds behind new cabins now that concreting has been

In this Issue



01	DG Weekly Message
03	2011 International Assembly
04	Teacher Training in Nepal
05	Future Vision
05	Social Media Webinar
05	Flood Crisis
06	2011-2012 Theme
06	Citizen of the Year
08	Notices & Events

Contact the Editor



Clarice Caricare

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



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

February is World Understanding Month



DG Weekly Message Continued...

completed

- Wire fence repair alongside the mini golf cyclone wire fence on the eastern side of 'Wimbledon Courts' needs repairing.

Some more substantial jobs to be done are:

- "Lords" oval, beyond the mini golf, requires rubbish removal i.e. concrete slabs, remnants from bonfires, large tree trunk sections etc. It may require a front end loader & large rubbish skip.
- With plenty of manpower it would be a good time to install the cyclone wire to the fence poles around water tanks.
- Supply and fit steel 'heat reflector' steel plate to back of fireplace in recreation hall.

Here is a wonderful opportunity to help out. Let's see if we can get some of these jobs crossed off their list!

Clubs are getting back into the swing of things and our District Conference Committee are working harder and harder with each week, as 31 March- 2 April draws closer and we are all "Bound for fun Bound for South Australia". I hope Clubs have arranged something special for the traditional Friday night "Club Night", which is meant to be a fun night, for the Club members to go out together and have some fellowship. There is still plenty of time for the on to conference chairperson to find that special restaurant, Adelaide is full of them, but they should get on to it now. Some clubs have joined with other clubs in past years on this night, and whilst that is fine, this night is a really good opportunity to get to know your fellow club members, rather than turn it into a larger function with other clubs, which you can always do back home anytime.

Finally, welcome back DGE Keith Ryall & Gabrielle to D9800 from the International Assembly training for incoming District Governors worldwide, held in San Diego. It's good to have you back home.

Have a great week,

DG Iven

Youth Exchange Students Departure Photos

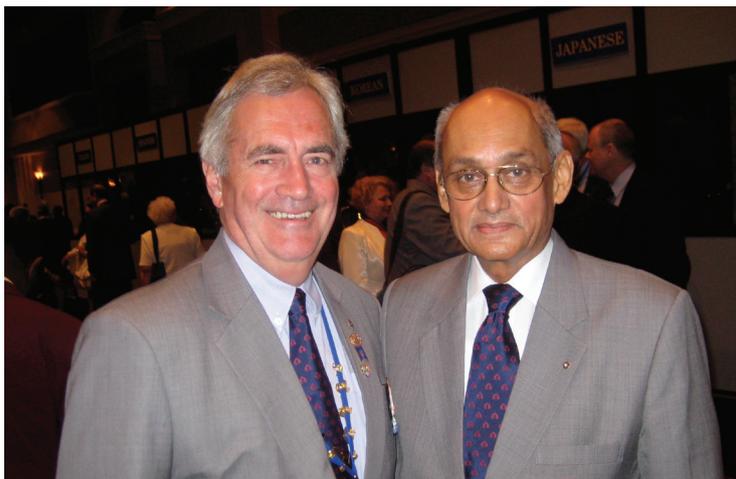


Photos of Youth Exchange Students departing from Melbourne Airport during January, some heading back home after 12 months with us in D9800 and others just starting their Youth Exchange adventure.

2011 International Assembly

District Governor Elect Keith Ryall, reporting in from San Diego

RI President Elect Kalyan Banerjee will ask Rotarians to Reach Within to Embrace Humanity during the 2011-2012 Rotary year. To quote from Kalyan's inspirational speech during the Opening Plenary Session of the International Assembly: *"I ask you to look within yourselves, to understand that all humanity has the same dreams, similar hopes, the same aspirations and similar problems. Whoever we are and wherever we live, each of us yearns for the same peace and commitment and for the same fulfillment in our daily lives. What we work to bring to others, we must first find within ourselves because what we wish for ourselves is what others wish for themselves as well."*



In other words, once Rotarians find their inner strength, they can accomplish great things in their communities and around the world. I will come back to Kalyan's theme in just a moment.

Just over a week after that opening Plenary Session on January 17, the Australian of the Year was announced and I was interested to read the headline that announced Simon McKeon's award; *"Dig Deep and Think of Others"*. Simon was suggesting that big business in particular should give more to charity and also to consider the plight of our aboriginal brothers and sisters. He was probably also thinking about the plight of those affected by the terrible floods in Queensland, WA, Northern NSW and parts of Northern Victoria, including the small towns of Rochester and Echuca who are an integral part of

our own District. So it will be our challenge during 2011-2012 to work out what our own individual Clubs should be focusing on and get the balance right between local community, national and international issues.

Kalyan Banerjee suggested we keep in mind 3 key areas as we strive to "Reach Within to Embrace Humanity."

- The Family
- The importance of Continuity
- The need to embrace Change, where appropriate

First, on Family. *"The communities we live in are not built of individual people but of families-families living in homes together, sharing their lives and their resources and their common destinies. Good families lead to good neighborhoods, and good neighborhoods build good communities."*

The Second emphasis will be on Continuity: Continuity in Rotary's work, including Polio eradication, is also important. *"There are so many things we are indeed good at; working for clean, safe water; spreading literacy; working in so many ways with New Generations, our youth, in our newest Avenue of Service and assisting them to become the leaders of tomorrow."*

At the same time, he added... *"We also know that there are things we could be doing better and things which we should be changing. We must have the courage to see these, to identify them, and make the changes we need to make."*

And so the Third emphasis is on Change and to encourage Clubs, a special *"Changemaker Award"* is being introduced based on introducing changes in the 5 Avenues of service; these will be discussed in detail with the Presidents Elects at the PETS. Citing Mohandas Gandhi call "to be the change you wish to see in the world" Kalyan urged Rotarians to focus on change for the good.

Overall I believe we have much to look forward to in 2011-2012 as continue to "Build Communities and Bridge Continents" as we "Reach Within to Embrace Humanity."

Keith Ryall
D9800 District Governor Elect

Teacher Training in Nepal

Teachers in Nepal receive very little training. Most rely on rote teaching methods, with not a teacher's aid in sight. The Australian Himalayan Foundation has supported the development over a number of years of a Teacher Training Program to assist understanding child psychology, development and use of teaching aids, and so on.

Applied to date in the Solu Khumbu (Everest) region of Nepal, the Rotary Club of Woodend is sponsoring the extension of the program to Western Nepal (Annapurna region), where it will immediately benefit the 600 students of 40 teachers in six rural government schools.

RC Woodend has committed to raising \$5,000 for the project, which will be matched by a District 9800 contribution from the Rotary Foundation, and by further a matching input of accommodation and support by local villages.

A Cultural Dinner to raise funds for the project will be held at Gurkhas restaurant, 258 Lygon St. Carlton on 25th February. There'll be Nepali cuisine, with music and dancing provided by the Nepalese Association of Victoria. Join us and you'll learn aspects of Nepal beyond its normal trekking / mountain climbing image.

Details of the project can be found at www.rotarywoodend.org.au/teacher-training-project.php.

The Teacher Training is part of a broader Nepali Village Initiatives Project, sponsored by RC Woodend, registered with RAWCS and administered by the Nepali Village Initiatives Association – see www.nepalaid.org.au. Initiatives currently supported include:

- English medium teaching (in 3 schools, breaking new ground for Government schools in rural Nepal)
- Computers in schools and internet connection, being made available in rural Nepal by community effort, independent of government.
- Establishing a Dairy Cooperative to raise funds for Paudwar village and particularly its school.

Please call Peter Hall on 5424 8274 or email nepalaid@gmail.com if you'd like Peter to come and speak to your Club about these projects, or if you'd like to join with the Rotary Club of Woodend in supporting them.



From top to bottom: Australia funded computer science block, Cheesemaking Nepali style, Conventional rote teaching, Solar panels for internet relay.

Future Vision

Promoting World Understanding

As February is World Understanding Month it could be a good time to think of the international service provided by Rotarians, clubs, and districts in light of the Future Vision pilot.

District 9800 (Australia) has allocated an amount of its district grant funds to send a medical team to Timor-Leste to implement a training program for midwives to help reduce the mortality rate of mothers and infants during childbirth. The district has also budgeted an amount to install a solar-powered water pump for a school and neighboring community in Tanzania.

There are several similarly good projects being implemented in many places throughout the world, all leading up to Building Communities – Bridging Continents through Service Above Self.

Carl-Wilhelm Stenhammar Foundation Trustee Chair



Full story at:
http://www.rotary.org/en/MediaAndNews/News/Pages/110119_IA11_foundation.aspx

Social Media Webinar

Are you interested in attracting new members and letting the community know more about your Rotary club? Then attend Rotary International's free 60-minute webinar in February called "Using Social Media to Promote Your Club or District."



During the webinar, Rotarian panelists will offer information and ideas on effectively using social media sites such as Facebook, Twitter, and LinkedIn, and will discuss how to integrate social media into a communications plan. They will not cover how to create a social media account.

Read Rotary International News -- 27 January 2011 at: http://www.rotary.org/en/MediaAndNews/Multimedia/Announcements/Pages/11jan5_annc_socialmedia_webinar.aspx

Flood Crisis

We are again being challenged in Australia by the worst nature can throw at us with Queensland, Western Australia and New South Wales and our own backyard of rural Victoria have all been, or are as we write, under great threat to life and property with torrential rains and record floods. For the past 105 years Rotary has stood in support of Community Service, from the first months of our being Rotary has continued to be involved in local community projects.

Read Chairman Ross Buttererworth's excellent newsletter, Community News:

[> Read Newsletter Now](#)

Reach Within to Embrace Humanity

2011-2012 Theme

RI President-elect Kalyan Banerjee will ask Rotarians to Reach Within to Embrace Humanity during the 2011-12 Rotary year.

Banerjee unveiled the RI theme during the opening plenary session of the 2011 International Assembly, a training event for incoming district governors.

He urged participants to harness their inner resolve and strength to achieve success in Rotary.

“In order to achieve anything in this world, a person has to use all the resources he can draw on. And the only

place to start is with ourselves and within ourselves,” Banerjee said.

Once Rotarians find their inner strength, he continued, they can accomplish great things in their communities and around the world.

“Discover yourself, develop the strengths within you, and then unhesitatingly, unflinchingly, go forth and encircle the world, to embrace humanity” he said.

Full story: http://www.rotary.org/en/MediaAndNews/News/Pages/110117_IA11_theme.aspx



Reach Within to Embrace Humanity



Citizen of the Year

A tireless commitment to his local community has resulted in Collingwood Rotary Club President Meca Ho being named Yarra's 2011 Citizen of the Year.

Read More:

<http://site1257.myworkspace.com/Citizen%20of%20The%20Year>



Weight Management

Dr. Clyster

Dieting is surrounded by myths and gimmicks. No single food or diet can help you lose weight. Low carb, high carb, high protein or limited diets can damage your health. To reduce body fat and lose weight, you need to change the way you eat and increase your physical activity.

Dr Clyster draws your attention to weight management following the Festive Season

More Australians are overweight or obese than ever before, and the numbers are steadily increasing. Around 64 per cent of men and 47 per cent of women are carrying too much body fat. This means that the incidence of obesity-related disorders, such as coronary heart disease and diabetes, is also on the rise.

Dieting has led to many unhealthy misconceptions about weight loss. There are no magical foods or ways to combine foods that melt away excess body fat. To reduce your weight, you need to make

small, achievable changes to your lifestyle. You need to change the way you eat and increase your physical activity.

Fats contain approximately double the amount of kilojoules (calories) per gram than carbohydrates or protein. They are a very concentrated form of energy. If you eat a lot of fat, you are more likely to put on weight than if you eat a lot of carbohydrate.

Excess carbohydrates or protein can also be converted into body fat. If you eat more kilojoules than you use, you will put on weight whether those kilojoules came from fats, carbohydrates or proteins.

Five food myths exposed

There are many myths about foods - which you should eat and when you should eat them.

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_weightmanagement?open&cat=Weight_management_-_Managing_weight

Stephen Mayne

Guest Speaker at the Rotary Club of Richmond

Stephen Mayne is a Walkley Award-winning journalist, self-described shareholder activist, local government councillor, Crikey.com founder, Mayne Report and political candidate. He is an interesting and entertaining speaker and this is a great chance to hear him, with an opportunity to ask questions.



Stephen will talk about the issues he is known for: shareholder activism, corporate responsibility, transparency, new media and politics, rather than specific policies or the recent state campaign.

> Read more details under News & Events

Welcome New Members

New member, Liz Bartlett and her sister, President Jo Cowling, RC Richmond .



Notices & Events

NOTICE**Rotary on the Move**

The Rotary Club of Richmond has temporarily relocated to the Glasshouse Cafe in Station Street at Caulfield Racecourse.

[> Read More](#)**NOTICE****Surplus Bushfire Equipment**

A set of alloy loading ramps donated to the D9800 Bushfire Recovery Program is now surplus to requirement and available for sale.

[> Read More](#)**NEW****Guest Speaker RC Richmond**

7 February, 2011

Stephen Mayne will talk about the issues he is known for: shareholder activism, corporate responsibility, transparency, new media and politics.

[> Read More](#)**Go the Tan**

12 February, 2011

Melbourne's official 'Tan time trials is on again. Make sure you get down to the Tan!

[> Read More](#)**NEW****Classic Car Show**

13 February, 2011

Presented in aid of HeartStart an initiative of the Rotary Club of Williamstown to promote awareness of Long QT Syndrome.

[> Read More](#)**Conviction Movie Night**

20 February, 2011

You are invited to an exclusive private viewing of a remarkable new movie, Conviction. This is an extraordinary story of how far we go to fight for our own family.

[> Read More](#)**Australia's Place in Emerging Asia**

22 February, 2011

The Rotary Club of Central Melbourne - Sunrise is organising a breakfast talk by Paulo Maia on 'Australia's Place in Emerging Asia'.

[> Read More](#)**NEW****33rd Annual Sportsman's Night**

24 February, 2011

The event includes beer, wine and an excellent 3 course meal. Jacket and Tie preferred.

[> Read More](#)**NEW****Nepal Cultural Dinner**

25 February, 2011

Sponsored by Rotary Club of Woodend, Nepalese Association of Victoria and Nepali Village Initiatives Association Inc.

[> Read More](#)**Altona City Golf Day**

25 February, 2011

Rotary Club of Altona City is hosting an annual charity golf day at Koorungal Golf Club Altona, to raise money in aid of Very Special Kids.

[> Read More](#)**Shine On Awards**

25 February, 2011

The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the community of people with disabilities.

[> Read More](#)**Exciting Sailing Experience**

27 February, 2011

D9800 is delighted to advise clubs of a new sailing program for youth to complement the highly successful Audi Victoria Week Rotary Youth Program.

[> Read More](#)

Notices & Events

Wyndham Rotary River Fun Run

6 March, 2011

WYNDHAM ROTARY RIVER FUN RUN/WALK will have a 4km, 8km and 15.2km run with a 3.6km walk.

[> 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](#)

NEW

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](#)

NEW

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](#)



Networker

Rotary District 9800

A publication for Rotarians and all community minded people

DG Weekly Message

RI President Ray Klinginsmith is coming to District 9800!

Rotary International President Ray Klinginsmith and Judie will be visiting our District next month. There are 531 Districts in over 200 countries in the Rotary world, and to have a visit from the current World President is a special event. We are lucky that in this Rotary year of 2010-2011, the Rotarian who gave all Rotarians around the World the theme **BUILDING COMMUNITIES BRIDGING CONTINENTS**, will be here in D9800 (another Rotary burgundy jacket in town!)

There are 2 functions that you are all invited to where you will have the opportunity to see and hear



Iven Mackay and Marilyn District Governor 2010-2011

first hand, our RI President Ray and Judie.

1. An Inspiring Dinner on the night of Sunday, 6 March, to be held in the Celebrity Room, Moonee Valley Racecourse, McPherson St, Moonee Ponds, at 6-30 for 7-00pm start, until 10-30pm close. The cost is \$57 pp, drinks at bar prices. This multi District event will also have Greg Champion



District Governor Iven and Marilyn with RI President Ray Klinginsmith and Judie.

In this Issue



- 01 DG Weekly Message
- 02 Flood Relief
- 03 Future Vision Pilot Project
- 04 Camp Getaway Worker Bee
- 05 Caulfield Park Community School
- 05 Australian Rotary Health
- 06 Marketing Tip
- 07 Health Tip
- 08 Notices & Events
- 10 Letters to Clarice

Contact the Editor



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February is World Understanding Month





DG Weekly Message Continued...

(as MC and entertainer) plus keynote speaker Max Walker and of course special address by RIP Ray. Bookings/cheques (made payable to RC of Strathmore) to PDG Jennifer Coburn, 3 Walbrook Drive, Vermont South, 3133, or online at www.trybooking.com/7895. Enquiries 0407 689 777 RSVP by 27 February.

- 2. A multi District breakfast (for men & women) to celebrate 21 years of Women in Rotary, to be held on the centenary of International Women's day, Tuesday 8 March, at 7-00 for 7-15am start to 9-00am finish, at \$35 pp. It will be held at Hemisphere Restaurant, 488 South Road, Moorabbin. Special guestspeaker RIP Ray plus also Dr Helen Szoke, Commissioner and Chair of the Board of the Victorian Equal Opportunity and Human Rights Commission. Register with Helen Blunden, Rotary IWD Breakfast co-ordinator, 411 Chesterville Rd, Bentleigh East, 3165. Enquiries 0438 884 730 or email Helen.blunden@yahoo.com.au RSVP Wednesday 2 March.

I will be at both these functions and look forward to seeing many of you there. It's a wonderful opportunity to meet our RI President Ray and Judie while they are here in Melbourne.

In Building Communities Bridging Continents,

Have a great week,

DG Iven

FLOOD RELIEF

Members of the Rotary Club of Brighton Beach were so concerned with what they saw on TV of the devastation at Rochester, that they decided they should do something practical to help out. After consultation with the Rotary Club of Rochester, they sent a working party on Sunday 13th February to assist a local farmer to refurbish his fencing. Much of the fencing was buried under devastated crops. He could not use half of his property because the fencing had been damaged and his sheep would have escaped onto public roads. Working with the farmer and his wife, eight members of the Club helped to clean off several hundred metres of fencing, and to stand up one section of 100 metres that could not even be seen when we commenced work. At the end of the day, Club members left feeling very satisfied that they had made a difference.



celebrating
106 years
of service



APPROVAL OF FUTURE Vision Pilot Project

The Rotary Foundation has approved a Future Vision Pilot - Water Sanitation Project in Lubang Mindoro Philippines. This is positive news for February, being International World Understanding Month. A major contributor to the project is the Rotary Club of Melbourne, who with its International Services' team Peter Addison and Trevor Nink instigated the water project along with partner club Brighton Beach.

Assisted by D9800 Foundation Team and PD Governors Jim Studebaker and John Davis, the approval of this Future Vision Global Grant application will provide a water distribution system, powered by renewable energy wind turbine and solar panels, to a cluster of villages. The families and children of Lubang (who have a fair share of carrying the water buckets for kilometers) were overjoyed, as the system not only means good health, but time for important things as school work and vegetable production. The families will provide their contribution by way of 'sweat equity'. An excellent example of Building Communities and Bridging Continents, the host partner to the project is the Rotary Club of Lubang Island (District 3810). Other partners are the



Rotary Club of Kainan, Japan and Brighton North. The project marks another goalpost for D9800 and The Rotary Foundation, who through a major contribution is also finalising a Matching Grant comprising of Medical Vaccines, Fish and Aquaculture Livelihood and Scholarship for orphans in Sorsogon, Philippines.

When a world seems senseless and even hopeless for the villagers of Lubang and Cabra islands, who walk for kilometres to fetch water from a well, these Rotary Clubs joined together to CARE (bring hope) to AID (the job can be done) and to SHARE (bring the impossible to fruition).

CAMP GETAWAY WORKING BEE

Paul Kirkpatrick. Chair, Camp Getaway

Another successful working bee was held at Camp Getaway last weekend, with contributions from members of seven D9800 clubs.

Many outstanding items were completed and the newly donated wood-splitter (post D9800 bushfire relief), got a good workout. Unfortunately one of the large concrete tanks on site scored a hit from a huge falling eucalypt; but there is a bountiful supply of firewood to split for future camps!

Camp bookings continue at an increasing rate and already this financial year we have had income in the first 8 months equivalent to the whole 2009/10 camp-fee income.





CAULFIELD PARK COMMUNITY SCHOOL

Caulfield Park Community School is a small government secondary school - an "alternative school" providing an affirming and supportive environment for students who would rather not be part of a larger school environment or for students who have found traditional secondary schools have not been able to meet their needs.

The school is located close to Caulfield Railway station in Caulfield North, and draws students from across the southern educational region. The school aims to provide students with the necessary knowledge and skills that will be able them to change their behavior and be successful in their futures.

A joint meeting was held between Principal Simon Clarke of Caulfield Community School, and members of Caulfield and Toorak Rotary Clubs to discuss the proposed Building Plan for a Café to be built on their school ground. Costing \$40,000, this will be built in stages so as to reduce the building cost.

The aim and concept of the project is to provide students with experience, Barista training and accreditation on food



handling. This will give them the opportunity to gain their sense of worth, achievement, pride and success.

Simon walked Rotarians around the school site where the proposed café is to be built. The site chosen is close to the foot traffic area that would be perfect for people using Caulfield Park to stop by for coffee and snacks. Simon circulated the floor plan on how construction will be done.

All present gave Heather Welsh a rousing applause in appreciation of her great contribution and tireless effort in the successful approval of the school's Building Plan submission, and the work of Joe Kovacs, the pro bono architect was acknowledged.

Support is sought from other Rotary Clubs to bring this project to operational fruition. Please contact the School to discuss how your Club could assist in this most worthwhile endeavour. caulfield.park.com@edumail.vic.gov.au



DO YOU WANT TO MAKE YOUR MARK ON MEDICAL RESEARCH? AUSTRALIAN ROTARY HEALTH

The Global Financial Crisis has left its mark on health and medical research funding agencies around the world. Local disasters such as recent droughts, cyclones, floods and bushfires also have an effect.

However, thanks to the dedication of a number of Rotary Clubs and Districts around the country, Australian Rotary Health is pleased to announce that its Funding Partner program continues to grow from strength to strength, despite its supporters many competing priorities.

This year Australian Rotary Health is delighted to welcome 12 new PhD scholars into its Funding Partner program. Researching topics as diverse as epilepsy, cancer, motor neuron disease and depression, these scholars are providing vital new insights into a number of health and medical fields important to Rotarians.

Now in its ninth year, Australian Rotary Health's Funding Partner PhD program provides a tax-free stipend of \$29,000 a year to a researcher who is conducting a study into a particular area of health. The field of choice is determined by the Rotary Club who sponsors the research project, allowing Rotarians even more influence over how their donation is spent.

If there is a field of health research that your Club or District would like to support, or if you would like to find out more about our Funding Partners program, please contact Australian Rotary Health's Research Officer, Kelly-Anne Martinez, by emailing kellymartinez@australianrotaryhealth.org.au or calling 02 8837 1900.

More about Australian Rotary Health at: <http://www.australianrotaryhealth.org.au/>

Catching More Rotarians With Honey

Marketing Tip

What Rotary provides to our members is a feel good factor that money can't buy – it's a feeling of doing something positive, of making the world better, of uplifting beneficence. When it comes down to it, the reason many of us have joined Rotary is to feel good about our contribution to the world, which in turn makes us feel good about ourselves.

Whether that's by doing something positive in local or international communities, by seeing young people develop thanks to our youth programs or simply by being around other Rotarian colleagues with a great spirit, what's in it for most Rotarians is being able to feel good about participating in Rotary, being able to feel good when they go home from Rotary and being able to feel good when talk about Rotary with others.

We all at times get down or have to deal with the harsh realities of the world. Indeed, right now there will be Rotarians who are doing it hard, whether physically, financially, emotionally or otherwise. Plenty in the community will also be dealing with similar feelings and situations.

For them, as well as for the rest of us, it is important to ensure that we each do our little bit to make our Rotary

Clubs welcoming, positive and optimistic places, where possibility isn't impeded by negativity or pessimism.

It starts with our attitude as soon as we greet our fellow Rotarians, prospective Rotarians, community partners or the public – particularly if we hold a position of representation. How we project ourselves will influence others' perceptions. Are we:

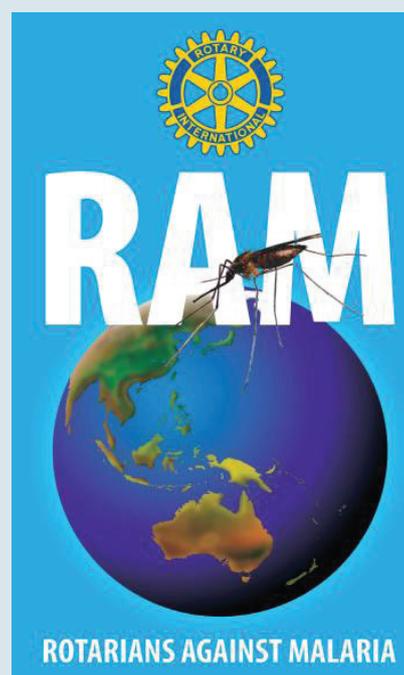
- Warm?
- Welcoming?
- Friendly and complimentary to others?
- Energetic?
- Enthusiastic?
- Optimistic?
- Positive?
- Inclusive?
- Engaging?
- Caring?

Sometimes we can't always be "up", but the more we can take a leadership position to help lift others up simply by bringing out our best selves and adding a vibrant attitude to our Club's meetings and activities, the more we make that positivity the norm within our Clubs. ...and that can't be bad!

World Malaria Day

World Malaria Day was instituted by the World Health Assembly at its 60th session in 2007. The day is commemorated every year on April 25 to create awareness about an ancient disease and the devastating impact it has on the lives of more than 3 billion people – half of humanity.

World Malaria Day is an opportunity for the global development and health communities to intensify their efforts in providing access to affordable, safe and effective anti-malarial combination treatments worldwide, as well as protective insecticide treated nets and other preventive measures.



Food Allergy & Intolerance

Health Tip

Some people are sensitive to particular foods like nuts, shellfish and cereals. The symptoms of food allergy can include breathing problems, stomach upsets and skin rashes. They are caused by an immune system response or a chemical reaction in the body. Some severe food allergies can be life threatening. Professional diagnosis is important, because other medical conditions may share the same symptoms.

Most reactions to food are actually food intolerance. About one in 20 children and one in 100 adults have food allergies.

Allergies in general are on the increase worldwide and food allergies have also become more common, particularly peanut allergy in preschool children. About 60 per cent of allergies appear during the first year of life. Cow's milk allergy is one of the most common in early childhood. Most children grow out of it before they start school.

Children who have one family member with allergic diseases (including asthma or eczema) have a 20-40 per cent higher risk of developing allergy. If there are two or more family members with allergic diseases, the risk increases to 50-80 per cent.

Allergies are an overreaction of the body's immune system to a specific part of a food, usually a protein. These proteins may be from foods, pollens, house dust, animal hair or moulds. They are called allergens. The word 'allergy' means that the immune system has responded to a harmless substance as if it were toxic.

Food intolerance is a 'chemical' reaction that some people have after eating or drinking some foods; it is not an immune response. Food intolerance has been associated with asthma, chronic fatigue syndrome and irritable bowel syndrome. Food intolerance is much more common than food allergy.

It can be difficult to tell the difference between the symptoms of food allergy and food intolerance. Usually symptoms caused by food allergy develop very soon after consuming the food but, while symptoms caused by food intolerance can be immediate, they may also take 12-24 hours to develop. Food intolerance reactions are usually related to the amount of the food consumed. They may not occur until a certain amount (threshold level) of the food is eaten, but this amount varies for each person.

The symptoms of food allergy and intolerance can also be caused by other conditions, so it's important to see your doctor for a medical diagnosis.

More information at: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Food_allergy_and_intolerance?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.

Welcome New Members

R.C. of Richmond: Elizabeth Bartlett

R.C. of Gisborne: Patti Yarwood

R.C. of Woodend: Jane Watters

R.C. of Chadstone /East Malvern: Rod Kenafacke

R.C. of Melbourne: Rev Dr John Davis

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](#)

Australian Flood Disaster Appeal Dinner

23 February, 2011

A dinner will be held at the Italian Social Club in Werribee. Professor Patrick McGorry will be a guest speaker.

[> Read More](#)

33rd Annual Sportsman's Night

24 February, 2011

The event includes beer, wine and an excellent 3 course meal. Jacket and Tie preferred.

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Sponsored by Rotary Club of Woodend, Nepalese Association of Victoria and Nepali Village Initiatives Association Inc.

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Shine On Awards

25 February, 2011

The Shine On Awards in the Rotary Southern Districts are presented annually, to celebrate the outstanding service to the community of people with disabilities.

[> Read More](#)

Exciting Sailing Experience

27 February, 2011

D9800 is delighted to advise clubs of a new sailing program for youth to complement the highly successful Audi Victoria Week Rotary Youth Program.

[> Read More](#)

Clean Up Australia Day

6 March, 2011

With the support of the City of Yarra the Rotary Club of Richmond's registered Clean Up site will be Burnley Park.

[> Read More](#)

An Inspiring Dinner

6 March, 2011

To welcome Rotary International President Ray Klinginsmith & Judie. Keynote speaker will be Max Walker.

[> Read More](#)

Wyndham Rotary River Fun Run

6 March, 2011

WYNDHAM ROTARY RIVER FUN RUN/WALK will have a 4km, 8km and 15.2km run with a 3.6km walk.

[> 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](#)

NEW

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 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](#)

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](#)

[View Membership Report](#)

Readers Letters

Ask Clarice...

Dear Clarice,

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

We've had a few cancellations for the this Sunday, so we are looking for some more registrations. Part A1 Starts Sunday 27 February 9am to 3.30pm

Anyone interested may call or Email me right away to register (or if they have any questions)

Best wishes,
PP Vicki Teschke
vicki.t@tacobill.com.au
B.9690 2077 M.0412 525 055

Do you have a
letter for Clarice?

Contact the Editor

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

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





DG Weekly Message

Rotary banners - have you seen these displayed at your Club or are they hidden away?

All Rotarians are aware of the small club banners that exist in Rotary Clubs around the world. Your club's banner may reflect a picture or symbol of your local city, town or community. These banners are small and colourful representations of our clubs identity. Some clubs display them proudly, others hide them away never to be seen again!

Rotary is indeed full of change in many areas at the moment. This year all aspects of our policies, practices and procedures are being looked at to see if they can be modernised and improved. We are bringing ourselves up to date.

Change in Rotary is happening at all levels. Rotary International does recognise that there are some things that we do that will not change and are held dear by our membership, they are indeed sacrosanct. They are our core values or put another way, our DNA. These are fellowship, service, integrity, diversity and leadership. These are the words of RI President Ray Klinginsmith and form our RI Strategic plan. RIP Ray also states that persistent progress is another prestigious part of Rotary's DNA.



**Iven Mackay and Marilyn
District Governor 2010-2011**

Now, let's get back to our club banners. When a club member goes interstate or overseas, they often take a banner or two from their own club as a symbol of friendship and goodwill, to the club in which they do a make-up. They receive a banner in return to bring back home to present to their club. When a visitor comes to your club here in D9800, there is also often a banner exchange. This is an old custom, and in many ways highlights visually, the internationality of Rotary. When these are displayed at clubs, they represent a visit/memory from one of your members to another club and also show that a Rotarian, from one of over 34,000 Rotary Clubs around the world has been to your club.

Let's display these banners in our Rotary Clubs. Let's find out where they are, dust them off, clean them up, give them an iron, and find a way of displaying these in our meetings. Let's respect the fact that one of our

In this Issue



- 01 DG Weekly Message
- 03 Bright Future
- 05 Gates' Annual Letter
- 06 Melbourne Sunrise Probus
- 07 Supporting The Rotary Foundation
- 08 Stressed Out
- 09 Notices & Events
- 11 Letters to Clarice

Contact the Editor



Clarice Caricare

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



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

February is World Understanding Month



**BUILDING COMMUNITIES
BRIDGING CONTINENTS**



DG Weekly Message Continued...



members collected these on one of their travels or that a Rotarian took the time and effort to present it to us at one of our club meetings. These colourful banners all hold a story of our organisation and of International friendship & goodwill. If your club's banner is old fashioned and looks like something from the fifties, then it's time to design a new one. You might also need to buy or build something that will nicely display these banners. Most of our club meeting venues will not welcome hooks or any other interference to their walls or fixtures. Too proudly show off these banners at our meetings is a tradition to be encouraged and will brighten up any Rotary meeting or event.

In Building Communities Bridging Continents,

Have a great week,

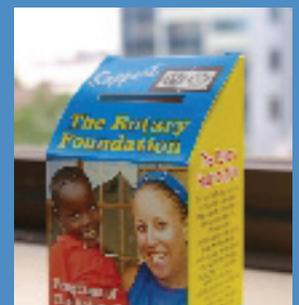
DG Iven



Money boxes pulling in the coin

There are as many reasons to support The Rotary Foundation as there are ways to do good in the world.

The Rotary Foundation moneyboxes are proving a great success in the encouragement of personal giving. Those clubs that have taken advantage of the offer to provide every club with a moneybox at no cost are all talking about the extra dollars coming in. Just \$2 a week in these little beauties will rack up enough savings for Centurion membership or a direct donation to The Foundation. Just call Michelle on 02 9635 3537 to order supplies for your club. Her email address is michelle.fulmer@rotary.org



View the RI Regional News Update





Bright Futures

A RAWCS PROJECT IN KATHMANDU, NEPAL

Bright Future Community Centre began in 2003 in a small room on the outskirts of Kathmandu, Nepal. The centre has grown since then and now money provided through RAWCS helps pay for the education of over 70 children. There are also eleven children attending university. This is a marvelous opportunity for these children, many of whom would otherwise end up on the street or working as labourers like their parents. The Centre has expanded to include dancing and music and each year there are new innovations. Part of this expansion is a direct result of Rotary's involvement and the visits by interesting people who teach the children. The RAWCS registration means personal donations are tax deductible.

Children helping themselves: Bright Future Community Centre is now run by one man, Netra Basnet, who is determined to make a success of the venture. He starts work at 6.30am and spends most of his time either at the Centre or working in Dreamland Computer School. He is a wonderful teacher and also a wonderful student, who watches tourists teaching and adapts their methods to suit his groups of students. He also has the ability to delegate and has taught small groups of girls to teach the morning homework sessions. He is in regular contact so the Rotary Club of Kew on Yarra is aware of the developments taking place. His dedication is one reason for the success of the project.

Dreamland Computer School was established in November 2006 by the Rotary Club of Kew on Yarra at a cost of \$5000, which included the room, the furniture, rent and payment for students and the computers. Courtney Patterson Honda donated a fifth computer and a parent from Trinity Grammar donated a laptop. Since then there have been donations of parts from DIK Essendon, Eyes Wide Open and Latrobe University and Teresa's trekkers. The school has survived despite the power cuts and has expanded to include a small business of scanning, printing and laminating. Therefore, through Rotary, the local children and some adults have a chance to improve their education and job opportunities.

In 2010 a small clinic was set up in the room attached to BFCC and was funded through RAWCS as part of the community centre. Initially it was run by a volunteer nurse and doctor, but now there is a permanent trainee



nurse providing simple medical help.

This year it is planned to move the clinic into a small community hospital which is being built by the community. The local Red Cross is overseeing the centre and hopes to continue working with Rotary to expand the clinic. I am hoping there will be foreign volunteers to teach some simple health units and donations of medical equipment.

The other Rotary link is the Eyes Wide Open group who visited BFCC in 2009 and 2010 and donated goods and interacted with the children. It is impossible to measure the effects of these visits, which expose the children to many new ideas. It is a wonderful opportunity to expand their knowledge of the world and to learn English. My



Bright Futures Continued...



friend, Teresa Williams, runs a trekking company and she makes sure her groups visit the Centre and interact with the children. Several of the trekkers have returned to work in BFCC as volunteers. Others have made substantial donations towards the education of the children.

Each year Latrobe University sends a small group of students to experience the culture of Nepal, trek in the Annapurna region, and volunteer in local projects. They work in BFCC and some of the local schools. One student helped a lady who is working with the street dogs. The students each make a donation to a charity and many help BFCC.

Sewing School: We discovered one of our students was attending school during the morning shift from 6 – 10am

and then working eight hours in a carpet factory. A small sewing school has now been established to teach a skill which can rescue the girls and women from factory work and the building sites.

Volunteers needed: There are plenty of opportunities for anyone who wants to volunteer to help with this project. Everyone can make a difference. The opportunity to practise speaking English is important and we can all help with that activity – even the younger members of a family. The accommodation which includes a hotel and homestays is cheap and relatively comfortable.

<http://www.kapanhomestay.com/>

Read the Newsletter



How you can help?

You could visit Nepal with EWO <http://www.eyeswideopen.org.au>. If you would prefer to trek and still visit some projects check out <http://www.slowlrekking.com>. If you are travelling to Nepal independently, I would love to have you carry something to the project. We are very keen to get some medical materials to Nepal so we can conduct a check for diabetes in the local population. We are working with one of the monastery clinics with this program.

Please contact me if you have any questions: Isabel.armer@gmail.com

GATES LETTER PRAISES ROTARY'S WORK TOWARD POLIO ERADICATION

In a letter posted on the Bill & Melinda Gates Foundation website today, Bill Gates praises Rotary International for its central role in the fight to eradicate polio, and refers to Rotary as a "key partner" in the global effort to rid the world of the crippling disease.



"Everywhere I go to learn about polio, I see Rotary members helping out with the hard work,"

- Bill Gates

The annual letter from Gates, co-chair of the Gates Foundation, focuses on education and polio, and notes that the eradication effort has benefited immensely from Rotary's support. Rotary launched PolioPlus - a program to immunize the world's children against polio - in 1985 and became a spearheading partner in the Global Polio Eradication Initiative three years later, along with the World Health Organization, the U.S. Centers for Disease Control and Prevention, and UNICEF.

"Everywhere I go to learn about polio, I see Rotary members helping out with the hard work," Gates says in the letter. "I feel sure that with continued support, we will be able to show significant progress."

Gates also mentions that he will be taking three trips focused on polio this year, including additional trips to India and Nigeria.

The Gates Foundation has awarded US\$355 million in challenge grants to Rotary for use in the global effort to eradicate polio. Rotary has responded with Rotary's US\$200 Million Challenge. As of January, Rotary clubs have raised \$160 million.

Gates has also recently joined Rotary's "This Close" campaign, aimed at increasing awareness of and support for polio eradication. More than 20 international and regional luminaries have appeared on billboards, print ads, and in television and radio public service announcements.

Our Focus for 2011

This year we're focusing on vaccines, particularly the polio vaccine. Learn more about our work in this area, as well as HIV/AIDS, malaria, agriculture, and education.

Annual Letter from Bill Gates

[Download](#)

Melbourne Sunrise Probus

Melbourne Sunrise Probus Club has leapt to 62 members only two months after its foundation on December 2.

The Club was handed over on February 3 by President Anne King of sponsoring Rotary Club of Central Melbourne Sunrise.

She presented the Club's Interim President Harold Fraser with his collar of office and the other office bearers with their official badges.

The Club thanked her warmly for the financial and moral support of RCCMS and Rotary, without which the Club would not have been possible. The Probus Club was the only Probus Club started by D9800 last year, and one of three clubs launched in Victoria.

The theatre seating for the first monthly meeting at The Hub, Docklands, was packed. And no wonder since 12 new members joined on the spot.

New members continue to arrive. When the club started, the possibility of having to put a ceiling of 80 or 100 on members was raised but the committee viewed it as far too hypothetical to worry about. It has now become a live question.

In Melbourne's mid to outer suburbs, Probus clubs with 100+ members are common. But it had been expected a CBD club would be relatively small.

There is a good influx of males into the membership, which is pleasing as Probus dual-sex clubs are often heavily weighted to females. It is a relatively young club with members typically in the 60-70 year bracket.

Fees are \$40 pa and despite splashing out on ClubRunner web software and a small netbook computer for logging in attendance etc, the club's finances remain healthy. Sponsorships came in quickly and total \$820. The club is organising a 'sponsor kit' that should bring in plenty more sponsor funds.

A large number of social events are now listed on the website, the most ambitious being a multi-day getaway to Bright in October, coinciding with Bright's annual festival. A big bus will collect members in the city and take them there and back.

The club is liaising closely with Melbourne City Council and is now using the council's 12-seater people mover (self-drive) to help with longer trips such as to the Murdoch's

Cruden Farm and dinner at Werribee Mansion.

The club's unsolved problem is finding a central venue that is large enough and cheap enough. Ideally it would be nearly free with the owner enjoying the revenue from a lunch service. Meanwhile The Hub community centre is used as a fall-back.

The club is working towards incorporation. The continuing value of the Rotary connection is shown in the good offices of Rotary District 9800 Probus Chair Graeme Newton in assisting with incorporation issues

Visit their website: www.clubrunner.ca/mspc



Top photo: Probus Interim President Harold Fraser received from RCCMS President Anne King the club's ratification certificate. He is wearing the collar and bar Anne has just presented. **Bottom photo:** The foundation members are inducted en masse. Seated: Rotary Club of Central Melbourne Sunrise President Anne King.



Top five reasons to support The Rotary Foundation

There are as many reasons to support The Rotary Foundation as there are ways to do good in the world.

By contributing to the Foundation, you help support the Foundation's six areas of focus, which help to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. By giving US\$100 a year through the Every Rotarian, Every Year initiative, you become a Rotary Foundation Sustaining Member. These contributions are the primary source of funding for Foundation programs.

Here are a few ways your contributions are making change possible.

5. Fighting hunger

In Romania, orphans and sick children have eggs, milk, and meat because of a Foundation grant that benefits local farmers. The farmers are able to buy everything from animal feed to packaging materials. There is one stipulation: They must donate a portion of their products to children's hospitals, schools, and orphanages.

In Alaska, USA, the Rotary Club of Anchorage East is also fighting hunger by distributing food to low-income families through a mobile food pantry.

Projects such as these help address the areas of focus of maternal and child health as well as economic and community development.

4. Reducing child mortality

The Rotary clubs of Jaela-Kandana, Western Province, Sri Lanka, and Madras Northwest, Tamil Nadu, India, are helping to reduce child mortality by providing improved sanitation facilities for 15 families in a small community in Sri Lanka. With a [Rotary Foundation Matching Grant](#), the clubs have built 14 toilets, helping to prevent diarrhea and other diseases related to poor sanitation.

According to the World Health Organization, 1.8 million children die of diarrhea every year, making it the second leading cause of death among children under five. Proper sanitation can reduce the rate of child mortality in many communities by up to a third. Water and sanitation is the

third area of focus.

3. Promoting peace and conflict resolution

Watching civil war tear apart his homeland of Côte d'Ivoire instilled in Rotary Peace Fellow Kouame Remi Oussou a passion to resolve conflict.

He is now working for the [United Nations Development Programme](#) in the Central African Republic, a country that weathered periodic internal fighting before a comprehensive peace accord took effect in 2007. [Read more about Oussou.](#)



Rotary Peace Fellows are leaders in promoting national and international cooperation, peace, and conflict resolution. Help support the Rotary Peace Centers. Peace and conflict prevention/resolution is the first area of focus. Read about four Rotary Peace Fellows and their visions for peace.

2. Basic education and literacy

Education helps rebuild lives, whether it's in small rural towns or in war-torn countries. For example, a literacy project sponsored by U.S. Rotarians in conjunction with the International Reading Association (IRA) is helping Sudanese refugees rebuild their communities by equipping them to teach future generations.

The Southern Sudan Teacher Training Initiative provides refugees of the country's decades-long civil war, who are known as the Lost Boys and Girls of Sudan, with teacher training materials, guidance, and support to help them teach students in kindergarten through eighth grade. "People returning from refugee camps to rebuild their lives in Duk County are hungry for books and school supplies," says John Dau, a Lost Boy, humanitarian, and founder of the John Dau Foundation. [Read more about the project.](#)

1. Eradicating polio

Around the world, Rotarians are taking millions of steps in walkathons, diving into icy ocean waters, and participating in other fundraisers to help Rotary fulfill its promise to rid the world of polio. Si Burgher, of the Rotary Club of Bloomfield, Indiana, USA, raised almost \$1,600 by having his shaggy eyebrows shaved.

Rotary launched its [PolioPlus program](#) in 1985. Since then, eradicating polio has been the organization's top priority. [End Polio Now](#) and help fulfill its promise.

Stressed Out

Stress is a process, not a diagnosis. Stress is experienced when there is an imbalance between the demands being made on us and our resources to cope with those demands. The level and extent of stress a person may feel depends a great deal on their attitude to a particular situation. An event which may be extremely stressful for one person can be a mere hiccup in another person's life.

Stress is not always a bad thing. Some people thrive on stress and even need it to get things done. When the term 'stress' is used in a clinical sense, it refers to a situation that causes discomfort and distress for a person and can lead on to other mental health problems, such as anxiety and depression.

Stress occurs when the demands made on a person exceed (or they feel they exceed) their ability to cope. A variety of factors can contribute to a person feeling 'stressed'. This may include: Environment, Lifestyle and Emotional issues.

An individual's attitude, personality and approach to life will influence how they respond to stress. The following factors all play a part:

- How a person thinks about a problem
- The different ways a person copes with difficult situations
- Life experiences and life history
- A person's self-esteem
- Whether they have people around who can provide support.

Stress in the workplace is common and is caused by many different factors and issues, including excessive hours, conflicts with others and feelings of isolation. Many problems may never be fully resolved. The amount of stress a person experiences is often determined by whether or not they can accept that some things in life will simply never be sorted out to their satisfaction. For example, a person may feel stressed by the way they are treated by their employer or by the behaviour of a work colleague.

Sometimes this stress can be resolved by dealing with the particular behaviour. In many organisations there are processes that can be followed to deal with workplace problems like harassment, victimization and unfair treatment etc. In many cases, the problem can be resolved if the behaviour is changed.

Hints on how to manage stress at http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Stress_in_everyday_life?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.

Multi District Presidents Elect Training

Join District Governors Elect: Keith Ryall, David Anderson, and Juliet Riseley

Sharing their vision for 2011/2012 with the District 9800, 9790 and 9810 Leaders. Special guest will be RI President Ray Klinginsmith.



Reach Within to Embrace Humanity

View the invitation



An Inspiring Dinner with Ray Klinginsmith

Welcome Rotary International President Ray Klinginsmith & Judie.

Together with our keynote speaker Max Walker, who will entertain and enthral. The dinner will be held at the Moonee Valley Racecourse in the Celebrity Room.



The cost of the dinner is \$57 per person and drinks will be available at the bar.

Book Now or View the Flyer



Notices & Events

NOTICE**Change of Venue**

The Rotary Club of Hawthorn will now meet at Kooyong Lawn Tennis Club on Tuesdays at 12:30 for 1:00pm.

[> Read More](#)**Go the Tan**

12 February, 2011

Melbourne's official 'Tan time trials' is on again. Make sure you get down to the Tan!

[> Read More](#)**Conviction Movie Night**

20 February, 2011

You are invited to an exclusive private viewing of a remarkable new movie, Conviction. This is an extraordinary story of how far we go to fight for our own family.

Australia's Place in Emerging Asia

22 February, 2011

The Rotary Club of Central Melbourne - Sunrise is organising a breakfast talk by Paulo Maia on 'Australia's Place in Emerging Asia'.

[> Read More](#)**NEW Australian Flood Disaster Appeal Dinner**

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Readers Letters

Ask Clarice...

Dear Clarice,

A media conference is planned for Friday 11th at Monash Hospital to prepare a news item for the three commercial channels that night on Rotary/ROMAC patient Abigail Morris.

Pity the "beautiful" Clarice can not be seen!

Hopefully Rotary will feature prominently?

Abigail's details: She is 1 year old. Abigail has a cyst in her head which has grown to occupy 50% of her head. A less complex operation is a shunt that drains the cyst and stays in place. However shunts are subject to blockage and infection and if this happened in Fiji it could present problems if hospital facilities are not available. We did organise access to a Fiji hospital but after looking at MRI's etc the surgeon has decided on a more permanent solution and will connect the cyst area to a drainage area in her head that is working.

Regards,
John Benger

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letter for Clarice?

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