



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

VTT November

There are times as a Rotarian that it dawns upon you just how greatly our efforts really can change the world for the better, in both tangible ways and ways that we may never even fully realise. One of those times occurred to me this week.

This week the Vocational Training Team (VTT) left Australia to upskill the midwives and maternity service providers in the Baucau area of Timor Leste. With the maternal and child mortality rate in Timor Leste one of the worst in the world and seeing 1 in 35 mothers die in, or as a result of, childbirth, this initiative to provide midwifery up-skilling is of critical importance and need.

Given that Maternal and Child Health is one of The Rotary Foundation Future Vision's 6 Areas of Focus, I am intensely proud to see our District along with District 9550 supporting this tremendous initiative which will make a clear difference where it counts most.

The project will involve 5 visits over the next 3 years, with 12



District Governor Keith Ryall and Gabrielle

Clubs from our District together with District 9550 helping to contribute the US\$113,630 necessary to make it happen.

The team will be led by Professor Jeremy Oats, a member of the Rotary Club of Melbourne and the Chair of the Victorian Consultative Council on Obstetric and Paediatric Mortality and Morbidity as well as the Medical Co-Director of the Northern Territory Integrated Maternity Services and Professorial Fellow at the Department of Obstetrics and Gynaecology at the University of Melbourne.

Jeremy will be joined by the following specialists:

- Professor Susan McDonald, another Rotarian from the Rotary Club of North Balwyn who works at the Mercy Hospital for Women whilst holding the position of Professor of Midwifery at La Trobe University;

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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



November is Rotary Foundation Month



Reach Within to Embrace Humanity

- Professor Caroline Homer, Director at the Centre for Midwifery, Child and Family Health at the University of Technology, Sydney;
- Doctor Fiona Cullinane, Consultant Obstetrician at the Royal Womens' Hospital, Melbourne.
- Doctor Ingrid Bucens, Paediatrician, currently in Dili, Timor Leste.

We thank the team for their time, skills and dedication to make this project a reality.

This is truly a lifesaving initiative and one that will grant many more children the gift of having a mother to care for them, thus impacting greatly on infant and child mortality rates as well as having immeasurable impacts on developmental, social, financial, educational and family outcomes for individuals and the great Timor Leste society.

I would also like to thank the dedication and hard work of PDG Ian Knight, the District 9800 Rotary Foundation Special Projects Chair (VTT) as well as Kirsty Sword Gusmao (wife of the Timor Leste Prime Minister), Daryl Mills (our Rotarian representative in Dili) and everyone else who has worked so hard behind the scenes to make a difference in the lives

Congratulations one and all on showing the true spirit of Rotary!

Yours in Rotary service,

Keith Ryall
District 9800 Governor
2011-2012



THE SUNDAY AGE
CITY2SEA
PRESENTED BY
Westpac

**MAJOR ROTARY
FUNDRAISING
OPPORTUNITY!**

WHEN: Sunday November 13, 2011

WHERE: The city to sea 14km fun run starting at the arts centre, around Albert Park Lake and finishing by the sea at St. Kilda.

WHY: The Sunday Age (Fairfax Group) have their first fun run in Melbourne on that day and need 600 volunteers and are willing to pay Rotary \$30 for every volunteer we have on course!

BE PART OF IT: Contact Sandi Fulcher via email at:
sandi_fulcher@hotmail.com



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FOR BUSINESS. FOR YOU.



Business Tips

A guide to email etiquette - the top 10 blunders you need to avoid

From using the overly-affectionate 'XO' to communicating only IN CAPS, common email blunders can taint your professional image and even affect productivity. Here is a guide to some of the biggest email mistakes you can make - are you guilty of one?

1. Misguided sarcasm

You may be a master of wit in the wider world, but sarcasm in email can be hazardous because there is no body language or vocal tone to help the recipient interpret your meaning. He or she may misinterpret your message and could think you're being rude or inappropriate. Use with caution.

2. XO? No

Avoid using 'kisses' and 'hugs' on work-related emails. They're inappropriate in the workplace and can make the recipient feel uncomfortable.

3. Writing only in caps

Receiving an email written entirely in caps can be irritating and confronting — the recipient will think they're being yelled at.

4. The mass 'CC'

There are two problems that can arise from 'CC-ing' unnecessary people into your email exchanges. The first is that it irritates them because it clogs up their inboxes and wastes their time. The second, more serious, issue is when you're involved in a one-on-one dispute and you CC others into the exchange to get your point heard by a wider audience. Be warned: this makes you look petty and could escalate the conflict.

5. Insisting on a 'read receipt'

Unless the message you're sending is genuinely high-priority, don't attach read receipt requests every time. It's just another irritating step the recipient has to go through as they're wading through dozens of emails. If you'd like to know if the message has been read, but it's not of high importance, follow it up with a quick phone call later in the day.

6. Dropping the greeting

Writing an email without even a simple 'Hi John' at the beginning is impolite and can make your message sound like a command.

7. Sending chain emails at work

Forwarded chain emails are pesky enough when received on your own time, but in the workplace they're even more distracting and time-wasting.

8. Inappropriate use of net lingo and emoticons

Internet acronyms such as LOL and ROFL, and emoticons like the smiley or sad face symbols, are the norm in social media but use them sparingly in your work email. Avoid using in communication with your boss and clients or you'll come across as unprofessional. You also need to realise that, with acronyms, many recipients won't know what you're referring to!

9. Flippant forwarding

Show respect to people by exercising judgement and caution before forwarding on their emails to others. If the message contains any personal or sensitive material, then don't do it at all. The sender intended you as the recipient and no one else. For example, if someone emails you about a work problem or conflict, they won't appreciate it if you pass it on to others without their permission.

10. Hitting 'Reply All'

We've all heard horror stories where some unfortunate soul has hit 'Reply All' on a group email, unwittingly sending a hastily-typed, incriminating message to his entire organisation. Make sure you're not left red faced by always taking the time to stop and check before hitting send.

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For further information, please click here:
http://www.vecci.org.au/news/Pages/Business_tips_A_guide_to_email_etiquette%E2%80%95the_top_10_blunders_you_need_to_avoid.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](#).

Rotaract Club of Monash University (Caulfield)

The Monash University Jazz Orchestra greeted guests at the chartering of the Rotaract Club of Monash University (Caulfield) on 24th October, attended by Rotarians and guests from as far apart as Langwarrin and Altona.

District Rotaract Representative Grant Godino spoke on the relationship between Rotaract and Rotary:

Rotaract originally began as a Rotary International youth programme in 1968 and has now grown into a major Rotary-sponsored organisation of over 8,700 clubs spread around the world and over 200,000 members. It is a service, leadership and community service organisation for young men and women between the ages 18–30. Rotaract focuses on the development of young adults as leaders in their communities and workplaces. Clubs around the world also take part in international service projects, in a global effort to bring peace and international understanding to the world.

“Rotaract” stands for “Rotary in Action”, although the name originally comes from a combination of “Rotary” and “Interact” (International + Action), the high school level programme created by Rotary International in 1962.

Most Rotaract activities take place at the club level. Rotaract clubs hold formal meetings, usually every two weeks, which feature speakers, special outings, social activities, discussions or visits to other clubs. Club members get together on designated days



The Monash University Jazz Orchestra

for service project work, social events, or professional/leadership development workshops. The purpose of Rotaract is to provide an opportunity for young men and women to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service.

To be eligible for membership, prospective members must be 18–30 years of age, show that they are committed to Rotaract, and show that they are of good standing in the community. After being approved by the



Grant Gordino placing the Chain of Office on President Pam Zhang

club, prospective members are ‘inducted’ to become members, also known as ‘Rotaractors’. President Pam Zhang and Board Members were inducted



and Charter Members received their certificates: DG Keith Ryall presented regalia to Cynthia Bae, and President Pam Zhang acknowledged the work of President Sophie Potasz and the Rotary Club of Caulfield in launching the club.

Presentations and (of course) a raffle conducted by Heather Welsh followed, before MC Naomi Uehara closed the meeting, and adjourned to the Gryph Inn for further light refreshments.



Heather Welsh looks on, as DG Keith presents certificate to Winnie Ngo



Pan Zhang with her board, Vanda Mullen, DG Keith Ryall and Grant Godino



*Left:
Heather
Welsh raffling
environmentally
friendly goods*

*Right:
Pam Zhang
and Heather
Welsh make a
presentation to
Caulfield President
Sophie Potasz*



The John Reddish Service Excellence Award

The John Reddish Service Excellence Award is presented annually, selected from 9 finalists, distilled from over 100 nominations, generated from the 25 neighbourhood retail precincts in the City of Boroondara.

THE JOHN REDDISH-
SERVICE
EXCELLENCE
AWARDS

Right: John Reddish presenting the Service Excellence Award to Paul Klooster from Ashburton Meats





World Polio Day

Rotary International News - 24 October 2011

Every 24th October, on World Polio Day, Rotarians around the globe show their support for ending the disease, which still strikes young children in Asia, Africa, and the Middle East.

For more than two decades, eradicating polio has been Rotary's No. 1 priority. Through the Global Polio Eradication Initiative, Rotary has come "this close" to its goal. The number of polio cases worldwide has dropped 99 percent since 1985, and the virus remains endemic in only four countries: Afghanistan, India, Nigeria, and Pakistan.

India has reported only one case of the virus this year, as of 12 October, compared to 39 cases during the same period in 2010.

But much work remains. The final 1 percent of cases presents the most difficult and expensive challenge. Failure would open the door to a resurgence of the disease that would put millions of children at risk of lifelong paralysis. Eradicating polio would free up billions of dollars to address other world problems.



Here are a few ways you can help:

- Learn more about Rotary's polio eradication efforts.
- Create your own "This Close" ad and make it your Facebook profile photo.
- Sign an online petition to encourage world leaders to fully fund polio eradication efforts.
- Use "This Close" resources from the Rotary Media Center.
- Begin planning for an End Polio Now lighting to celebrate Rotary's anniversary 23 February.



>> For more information

Watch Video at http://www.rotary.org/en/MediaAndNews/News/Pages/111024_news_polioday.aspx



Journalists Offered Opportunity to See how Polio Is Being Eradicated

Rotary International News - 02 November 2011



Vaccination teams mark the doors of dwellings to indicate when they've visited and whether they succeeded in finding and vaccinating children. An X means a child has been missed, either because it is away from home or because of parental objections. Teams make repeat visits to houses marked with Xs. Image by Helen Branswell. India, 2011.

Rotary's top philanthropic goal for the last 25 years has been to eradicate polio worldwide. So Rotarians across Australia applaud the Australian government's announcement to contribute \$50 million to assist in the fight to eradicate Polio from the world.

In 1985 the then world president of Rotary International, Australian Sir Clem Renouf, started a campaign to rid the world of Polio. It commenced with a successful national immunization program in the Philippines. Then the focus moved to South America ridding the countries in that vast area of the crippling disease. The program was later joined by the World Health Organisation, the Center for Disease Control, UNICEF and in recent years the Gates Foundation.

Over the years Rotarians around the globe have raised over US\$1.2 billion in funding for the Rotary "End Polio Now" campaign. Polio has now been successfully eradicated from all countries except Afghanistan, Pakistan, India and Nigeria. In 2010 Rotary funded vaccine to the value of \$80 million for a mass

immunization program across Africa.

Currently Rotary International is close to completing the aim of raising a further \$200 million, which will be matched by a grant from the Gates Foundation. These efforts are providing much needed vaccines, operational support, medical personnel, laboratory equipment and educational materials for health workers and parents.

The key to the success in eliminating Polio is the program of National Immunization Days. Millions of children are immunized in a single day. It is an incredible humanitarian and logistical achievement. It just has to be "seen to be believed".

Rotary International are therefore offering a limited number of places for Australian reporters to have the opportunity to travel and witness National Immunization Days in action.

Contact sponsorshipandmedia@rotaryaustralia.org.au to register your interest in National Immunization Days in action.

>> For more information

Visit Rotary "End Polio Now" campaign on www.rotary.org/endpolio

Youth Exchange - Can Your Club Help?

January/February each year is when our exchange students arrive from Brazil. Presently we have 4 students in Brazil waiting anxiously every day for news on whether or not they will be able to fulfil their dream of a 12 month exchange in Australia within our District. They are Marcelo Merizi, Clara Silva, Giulia Cardoso and Isabella Ferrari.

Sadly, unless we place them urgently, they will simply miss out altogether and one of the Blue Ribbon Programs of District 9800 will also suffer.

Time is our enemy. Guarantee Forms must be completed before schools close now for Christmas, so we need to find Clubs NOW.

Over the last 6 months there have been a number of presentations made to interested Clubs by exchange students. Without exception, the presentations have been enthusiastic, entertaining and more importantly, positively received by Clubs. Regrettably however, the presentations have only served to whet the appetite for Club involvement in the Youth Exchange Program at a later time, beyond the current immediate need.

All Clubs face the same challenge of ageing and declining membership. Hosting a student is a way to benefit membership, rather than a reason not to host.

Ask these questions now of your own Club:

Is your Club sponsoring an Outbound student? If so, those parents are a ready target to Host one of these Brazilian students.

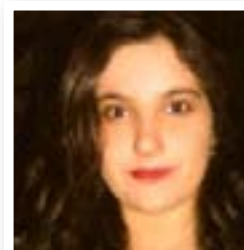
Are there members in your Club that you believe need to contribute to keep them interested? Task them now to find a suitable host family within the next week.

Who are your newest members (regardless of age)? Get them involved NOW. Ask them if they are willing to host, or find a host family.

Do any members in your Club have links to local schools? Those schools are a ready source of host families AND potential new members for your Club.

There is information available to assist your club on the dedicated D9800 Youth Exchange website at www.rotaryyouthexchangeaustralia.com.au.

If you would like to make the dreams come true of Marcelo, Clara, Giulia or Isabella, then please tell your President and New Generations Chair IMMEDIATELY and encourage your Club to become involved NOW.



Clara Silva



Giulia Cardoso



Isabella Ferrari



Marcelo Merizi

>> For more information

Contact Emanuel Tumino Co Deputy Chairman Youth Exchange Committee and Country Co-ordinator - Brazil et@meerkinafel.com.au



Embrace our Rotary Foundation to create a better World

By PDG John Davis

The Rotary Foundation is the charitable arm of Rotary international and is supported solely by volunteer contributions from Rotarians and friends of the Foundation. Through Foundation grants, Rotarians are able to advance world understanding, goodwill and peace through the improvement of health, the support of education, and the alleviation of poverty.

District 9800, our District is a pilot District in the Future Vision program. We are one out of 100 Districts to be selected to evaluate the changes to the Foundation over the period 1st July 2010 to 30th June 2013. In the Rotary world there are currently 531 Districts, after 1st July 2013 the 431 non pilot districts will adopt the terms and conditions currently being evaluated by the 100 pilot districts.

Any Rotary Foundation program can only be successful if it is embraced and actively supported by Rotary club members. It is unrealistic to expect Rotarians to participate in and financially support TRF's programs unless they understand how these programs save and change lives, and benefit them and your Rotary club in the process. This is the very important role of each Club President and Foundation Chair.

The club Foundation Chair should be the link club between club members and the District Governor and his Foundation team and the Trustees of TRF. Club Foundation Chairs and their committee work within their club to :

- Develop committee goals to achieve club financial goals for the coming year. We would hope that a contribution to TRF has already been budgeted for in the clubs annual budget.
- Educate and train club members about the Foundation and try to include something about



Villagers fish in a canal outside the Akha hill tribe village of Bala, Thailand, near the "Golden Triangle," where drug trafficking and civil unrest along the Laos-Myanmar border have caused many hill tribes to flee. They speak their own languages, and almost half lack citizenship and are unable to own land, vote, or seek legal employment. The Akha Training Centre teaches Akha children English and Thai, which allows them to be educated at Thai schools, making them less vulnerable in mainstream society. Rotarians from Australia have volunteered and provided donations, and The Rotary Foundation has supported the project with a Matching Grant.



the work of TRF in each week of the club bulletin.

- Encourage and facilitate participation in Foundation programs.

Our District has also set Foundation goals and objectives for the 2011-12 year and these are listed on page 75 of the 2011-12 District Information Directory, we would ask you to help us achieve these goals before the end of this Rotary year.

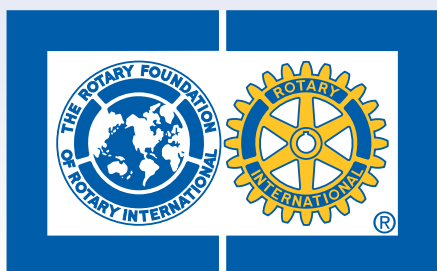
The Foundation Thought

Taking 2-3 minutes at the start of each Rotary club meeting to show how TRF saves and changes lives can be a powerful way to tell TRF's story to club Rotarians. It is important to make the Foundation Thought interesting and exciting. However if only one Rotarian tells the TRF story each week, club members may stop listening. A roster should be established so that the club membership hears TRF stories told in different ways with varying emphasis each week.. Give each person on the roster a week to research and prepare. Many clubs have a toast and grace said every week, try and make the Foundation Thought the third leg of these presentations.

There is a wealth of information on the Rotary web site <http://www.rotary.org> If you have not already done so, register under Member Access of the Rotary International web site. It is very simple and you will need this access if you wish to submit a proposal for a Global grant.

There is also a wealth of information on Future Vision which you can download at your leisure from the Rotary international web site. However if there are specific questions you would like an answer please contact the sub-chair of your interest: they are listed on pages 74 and 75 of the District information directory. Their e-mail addresses are listed in the rear of the Grant Operating Manual that was distributed to clubs at the Foundation seminar held on the 24th October. For those clubs that were not able to attend, your AG will have a copy for you when they next visit your club.

The success or otherwise of the effectiveness of The Rotary Foundation, Our Charity in our District, rests in the main with the support from the clubs in our District. We hope that every Rotarian and every club continues to embrace the values of the Foundation in the 2011-12 Rotary year.



New email scams target Rotarians

Rotary International News
24 October 2011

Rotary International has received numerous complaints of email scams targeting Rotarians.

Please be aware of the following scams:

- *An email scam targeting Rotarians and Rotaractors claims the recipient has won hundreds of thousands of euros through an international promotional program conducted by the "Euro-Millones Lottery". Attached to the e-mail is a PDF letter signed by "Luis Alberto, Vice President" with a photo of Past RI President Carl-Wilhelm Stenhammar.*
- *An email scam with the subject line "Dear Award Beneficiary!!!" has targeted Rotarians claiming the recipient has won US\$500,000 and two HP laptops from RI. The email asks for contact information and is signed by "Mrs. Sarah Olic, Programme Co-ordinator, Rotary International".*

Rotary International does not solicit funds through e-mail, nor does it ask that personal information be updated by e-mail or other electronic means. RI encourages Rotarians and Rotary clubs to avoid becoming victims of such scams by deleting any e-mail that appears suspicious.



The 7 Biggest Myths about Generation Y

By **Michael McQueen**
The Nexgen Group ©
Michael McQueen 2011

What today's youth are really like beyond the hype

In 410 BC, Socrates was famously quoted as describing the youth of his day as insolent upstarts who didn't know their place and had little regard for tradition, manners or their elders. It seems that very little has changed! In our modern day, the media describe young people in words very similar to those of Socrates!

Generation Y (*those born from the 1980s–late 1990s*) have received a fair bit of criticism in recent years in the popular media. But how much this has been fair? Are young people as different and 'bad' as the newspapers would have us believe? Having spent much of the last 7 years researching and working with over 80 000 young people around the world, I believe that much of what we have been told about today's youth is inaccurate and sensationalist.

I would argue that there are seven very common myths about Gen Y that need to be dispelled:

Myth 1: They are self-centred

Although Gen Y may be the most cool-obsessed and brand conscious generation the world has ever seen, it may surprise you that this group are not as self-centred and shallow as it would appear. On the contrary, Gen Ys show a remarkably

strong sense of civic duty and community mindedness. Indicative of this positive trend are figures released in 2006 which showed that 81% of young people aged 13–25 volunteered in the previous 12 months and 69% considered a company's social and environmental commitment when deciding where to shop. For Gen Y it has become cool to care!

Myth 2: They don't think about the future

Parents often fear that their children approach the future with a sense of unfocussed flippancy and even passive indifference. Educators and employers also describe the fact that Gen Y's focus is almost entirely on the here and now at the expense of long-term planning. While it may be true that five year plans are seemingly irrelevant for young people, this is not to say they aren't thinking about their future - rather that they view it very differently. As opposed to seeing the future as a linear set of decisions and moves that need to be carefully planned, this group see the future as a vague, exciting, uncertain and constantly changing adventure that one must

prepare for. As such, young people are more interested in preparing for their future by developing skills and contacts rather than planning for a future they know will be vastly different from the world they have grown up in.

Myth 3: They have no moral compass

For older generations, morality and ethics were firmly rooted in an external definition of what was right and wrong. Otherwise known as a modernist mindset, from such a perspective there are moral absolutes that dictate and mandate behaviour, beliefs and actions deemed right as opposed to wrong. Gen Y, have been raised in a society that has taught them that truth is not absolute but is relative; known as a post-modern mindset. For a post-modernist, the notions of truth, ethics and morality are based on an individual's perspective, experience and perceptions. As such, two conflicting world views or versions of truth can be equally valid for Gen Y because they have been taught that there are very few if any moral absolutes in life. While such a mentality can be problematic in a





corporate sense (in its purest form postmodernism can be perilously self-centred) is has resulted in young people becoming increasingly tolerant and accepting of diversity and differing points of view. The bottom line: it is not that Gen Y don't have a moral compass, but rather that their way of determining morality is very different to older generations.

Myth 4: They are disrespectful

Far from being something that is unimportant to Gen Y, respect is actually a core value. They will show respect for older people or those in positions of authority, it is just that the pathway to respect is different for this group. Unlike older generations, Gen Y won't simply show respect based on a person's title, role or the institution they represent. With this group, respect must be earned. They will show respect but on two conditions only; if it is reciprocal, and if it is based in relationship. For today's young people, respect must be earned and not assumed. For Gen Y, being worthy of being respected is similar to being a nice person... if you have to tell them you are, then perhaps you really aren't.

Myth 5: They are lazy

Many managers speak of the apparent lack of a strong work ethic in their young team members and dismiss this as laziness. While this may be true in some instances, the overwhelming majority of Gen Y are willing to work hard ... they do aspire for great things and want to get runs on the board. However, their priority order is different to older generations. Having seen the heart attacks, strokes and broken marriages of their parents' generation, this group want to get

ahead but not at any cost. They are starting their careers with a commitment to work life balance and will often place relationships with friends and family above work.

Myth 6: They only want to communicate online

Owing to the fact that Gen Y has been the group that has propagated and popularised online communication tools like Twitter, Facebook and My Space, it is often assumed that online is the only place this group wants to connect. On the contrary, I have found that worldwide there is a growing desire among many young people to engage in meaningful conversations offline too – particularly with older generations. Growing up in a digital age where families have become increasingly disconnected and dispersed, Gen Ys are desperately keen to learn about their heritage and hear the stories of older generations. This leads on to the last myth most people believe.

Myth 7: They don't want to connect with older generations

Often older generations look at the confident, brash and sometimes arrogant facade that Gen Y put up and assume that they have it all together and are not interested in connecting with them. Nothing could be further from the truth. Having worked with so many of this group, I have consistently found that behind the tough outside, Gen Ys are a group who are desperately looking for leadership, boundaries mentoring and connection with older adults. We hear it said that Gen Ys are the Fatherless Generation and this is all too often the case. Young people are looking to make meaningful connections with adults who they can genuinely trust, look up to and

respect.

While young people may be only represent 35% of our population, they do represent 100% of the future. Despite all the bad press about Gen Y, there is a lot of good news that we very rarely hear! It is so important that parents, employers and educators develop skills in bridging the generation gap and engaging with this group. Be careful not to believe the myths... this connection is what the next generation are craving most!

Michael recently spoke to RI News about bridging the gap and reaching Generation Y.

RI News: How do you define Generation Y?

McQueen: Numerically, Generation Y is between the ages of 12 and 30. But culturally, they are globally minded. Through online social interactions, many members of this generation have networks of friends around the globe who are only a click away.

RI News: How can Rotarians best reach out to Generation Y?

McQueen: Start small. Rather than approaching young people by asking them to join, engage them with short-term projects. Build relationships with them so they get a sense of Rotary's DNA. When Rotarians are asked about Rotary by younger people, often they answer with how Rotary works—the rules, traditions, and rituals. Rotarians need to explain the "why" of Rotary. Generation Y is outcome focused. Have a clear answer on why the outcome of projects is important.

RI News: What kinds of benefits can Generation Y bring to Rotary?



McQueen: The next generation represents an enormously exciting opportunity for Rotary. There are three reasons why. One, having grown up with the Internet and being so interconnected, young people are acutely aware of global issues and concerns. They believe that such a small world really can be changed. Two, they are socially engaged. Recent studies have shown that 70 percent of Generation Y actively volunteers on a weekly basis. Not only does this group feel it can make a difference, it genuinely wants to. Three, they are ambitious. Young people today are desperate to get ahead in their careers and are looking for mentors and networking opportunities.

RI News: Generation Y seems to be very busy, perhaps busier than previous generations. How can Rotary overcome this challenge?
McQueen: Yes, the demands on their time, energy, and attention are enormous. But when young people say they don't have time for Rotary, they are stating a priority rather than a fact. Young people simply perceive Rotary as a lot of restrictive rules and time-consuming work. Rotary's challenge is to communicate to young people the compelling reasons and benefits of joining Rotary.

RI News: How should Rotary be using technology to its advantage to attract young people?

McQueen: Use more multimedia. For instance, nobody under the age of 35 really knows what polio is. Their parents do, and they can be told how crippling this deadly disease is. But that only means young people will be intellectually pulled in, not emotionally. Use video to educate them about polio. Also, more clubs should have websites that engage young people.



Michael McQueen is recognised internationally as a leading authority in youth trends and strategies for engaging with Gen Y. As a leading authority on youth trends and strategies for bridging the generation gap, Michael features regularly on Television and Radio programs and is a much sought-after internationally as a conference keynote presenter. In addition to his work in the government and education sectors, Michael's corporate clients have included Vodafone, Pepsi and Lenovo.

Known for his upbeat and entertaining conference presentations, Michael was a plenary speaker at the 2011 Rotary International Convention in New Orleans, and will be a Keynote Speaker at District 9800 Conference in 2012. Michael is a member of the Rotary Club of Crows Nest.

Maternal Health: Vocational Training Team

PDG Ian Knight, Rotary
Foundation Special Projects
Chair reports:

Great News: Our District 9800 Rotary Foundation Vocational Training Team to D. 9550, Timor Leste recently received all the necessary Timor Leste Government approval. It has taken over 12 months to receive this since our investigatory visit, August 2010.

The team starts the first of five planned visits, over three Rotary years, on 3rd November, 2011. They will spend a few days in Dili, then to the Baucau Hospital, where they will conduct their Maternal and Child Health Midwifery refresher course for local Doctors and Midwives. Daryl Mills, our Rotary Representative in Timor Leste, has been an invaluable help in gaining this permission.



Every year, 350,000 women die in pregnancy or childbirth, almost all in Asia and sub-Saharan Africa. It is estimated that 215 million women world-wide still lack access to modern contraception. Even where it is formally available, take-

up and use are often limited by the degree of cultural acceptance, the level of female empowerment, affordability and problems with distribution. This means many people have much larger families than the global average, with some countries averaging five or six per woman. In some places, high infant mortality rates can contribute to higher birth rates because women have more pregnancies to compensate.

Contraception is only one element of a general lack of reproductive health services which mean that half a million women die each year during pregnancy and childbirth, equivalent to four full jumbo jets crashing every day.

After a number of years of reduced international support, US funding of reproductive health programmes in developing countries has resumed. However, funding overall remains below the required level. One reason is that the necessary response to the AIDS crisis has resulted in the diversion of funds previously used for family planning and maternal health programmes.

>> For more information

Read more about Millennium Development Goal 5b and the lack of reproductive health [here](#).

Welcome New Members

Rotary Club of Kew-on-Yarra

Frank Jahnke

Irene Leung

Rotary Club of Caulfield

Dora Swietycki

Listy Arianti



PP David Shave assisting with the induction of Frank Jahnke



President Ed Brown inducting Irene Leung



Caulfield RC inducted Dora Swietycki, who moves immediately into the role of Assistant Treasurer.



Listy Arianti at her induction by President Sophie Potasz into the Rotary Club of Caulfield

Notices & Upcoming Events

SAVE THE DATE!

for the next Rotary
World Peace
Symposium and Rotary
Alumni Celebration



2012 Rotary World Peace
Symposium and Rotary
Alumni Celebration
Preconvention Meeting
Bangkok, Thailand
3-5 May



Who: You. All Rotary alumni
and Rotarians are invited.

Where: Bangkok, Thailand

When: Rotary World Peace
Symposium 3-5 May 2012
Rotary Alumni Celebration
4-5 May 2012

Why: Reunite with old
friends. Meet new contacts.
Hear interesting speakers.
Learn about Rotary's peace
initiatives. Network network
network.

How: Information about
registration, travel, and
lodging can be found on
Rotary's [website](#).



November

- 02 COOPERS BREWERY
CHAIRMAN, GLENN COOPER**
Rotary Club of Bendigo South
- 05 SPRING CARNIVAL TRIVIA
NIGHT**
Rotary Club of Melbourne Park
- 06 SHOW & SHINE DAY**
Rotary Club of Rochester
- 08 REMEMBRANCE DAY DINNER**
Rotary District 9800
- 11 BUSINESS OF WINNING
LUNCHEON**
Rotary Club of Camberwell
- 13 JAPAN – AUSTRALIA DAY**
Rotary Club of Glen Eira
- 13 2011 GRAND CONCERT**
Rotary Club of Hawthorn
- 16 2011 PAUL HARRIS
BREAKFAST**
Rotary Club of Melbourne
Sunrise
- 18 ROTARACT CHARTER NIGHT**
Rotaract Club of Monash
University
- 21 THE SEEKERS STORY**
Rotary Club of Gisborne
- 21 STROKE AWARENESS**
Rotary Club of Richmond
- 27 MINI GOLF COURSE GRAND
OPENING**
Camp Getaway
- 27 RYLA CAMP**
Rotary Club of Bendigo
Strathdale

December

- 28 INTERNATIONAL RYLA**
RYLA in India

Notices

SITUATIONS VACANT

Dedicated and experienced Rotarians
are needed to assist in the manage-
ment of the District affairs for 2013-
2014.

ROTARY DISTRICT 9800 Events Calendar

For a full Notices & Events
calendar, visit the following link:
[http://www.rotarydistrict9800.org.au/
notices_and_events](http://www.rotarydistrict9800.org.au/notices_and_events)

To submit Notices & Events, please
send Clarice all the details at:
clarice@rotarydistrict9800.org.au

Readers Letters

Ask Clarice...

Dear Clarice,

Polio Eradication Campaign

THANK YOU THANK YOU THANK YOU

To all the Rotarians who sent letters to the Prime Minister and your local members, or used the electronic links to support our partners at the Global Poverty Project, a very big "thank you". As many of you will know our Australian Government did indeed take the lead at CHOGM and announced a grant of \$50m for the polio eradication campaign. This amount will make a significant dent in the "gap" funding (approximately US\$250m) for the final push to eradicate polio and was exactly what we had asked for.

I am not sure whether our letter and email campaign had a big impact or not, but it certainly helped. Feedback from some government staff indicated that our letters were noticed; and the combination of Rotarians and the younger generation impacted by the Global Poverty Program team did indicate a wide range of Australians who want polio beaten now.

This has been a fantastic result for Rotary and shows what can be done with a genuine cause and genuine commitment.

Thank you again.

Bernie Rodgers
Zone Challenge Coordinator

Dear Clarice,

Thankyou for your well expressed editorial. Regarding being in or near the presence of Royalty. I know that Robert Menzies' "I did but see her...." speech has been remembered a great deal of late, sometimes with amusement, sometimes with scorn, but few who have been close to Royalty will ever forget the time, place and circumstance of that occasion. I say this as an English born person who has a leaning to Republicanism but none the less acknowledges the immense amount of work that that elderly lady gets through.

I'm not sure that I can be quite as generous of spirit with some of the "Occupy" characters but I am sure that most of their intentions are of the best.

Keep up the good work

Regards

Eric Davey
Rotary Club of Balwyn

Do you have a letter for Clarice?

Contact the Editor

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

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





Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

Rotary Foundation

Dear District 9800 Rotarians,

I have been really impressed with all the activity around our Clubs for Foundation Month and congratulate every Club that has participated in Foundation initiatives for their great work. Last week I attended the District Foundation seminar at Graduate House in Carlton and again it was great to see so many attendees from our Clubs gathering for this terrific educational opportunity. One of the best summaries that came from the event was provided by Rotary Club of Glenferrie President Don Heath to his Club. I'd like to share an edited extract of what Don wrote as part of my message, as I think it gives a great overview of what the Foundation does and how it works.

The Mission of the Rotary

Foundation is to enable Rotarians to advance World understanding, goodwill and peace through the improvement of health, education and the alleviation of poverty. The following is a summary of the many different Foundation programs in which Rotary Clubs around the World are involved.

District Grants

These are for Humanitarian projects



District Governor Keith Ryall and Gabrielle

in Australia or Overseas. The maximum value granted by the Foundation is \$4,000 and this is matched dollar for dollar by the Club applying. The Grant is paid by the Foundation after completion of the project and appropriate reporting of the outcomes.

Global Grants

These are for larger scale International Humanitarian Aid projects. The minimum project cost is \$30,000 and maximum \$200,000 and the Club has to contribute 25% to this. The Rotary Club of Glenferrie for example has applied for a Global Grant with the Club's Sumba Eye project. The Rotary Club of Altona City was the first Club in our District to succeed with one of these – Project Uganda, which involves supplying clean water to a village about 25 km from Kampala and has just been completed. These may involve several Clubs coordinating internationally, for example, the Rotary Club of Celle (Germany) have just succeeded with a global grant partnering the Rotary Club

In this Issue



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- 04 Maternity Kits for Timor
- 05 Cold Chain
- 06 Money Spinners
- 07 Indigenous Health
- 08 One Thousand Teddies
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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



November is Rotary Foundation Month



Reach Within to Embrace Humanity

of Brighton with an Indigenous Australian project.

Rotary International Foundation Fund

There are two parts to this: The Annual Program is for today. This is the main source of Foundation Grants. The Rotary Club of Glenferrie (like many District 9800 Clubs) contributes \$100 per member per annum. Another great way the Rotary Club of Glenferrie is contributing to the Annual Program is by donating all of the Club's fines from Foundation Month in November to this program.

The Permanent Fund is for the future. This is never spent. The interest is used to fund Foundation programs such as the eradication of Polio. Rotary International plan to have \$US1 billion invested in this fund by 2025. Our Club supports this through the EREY program – Every Rotarian Every Year (this used to be called the Centurion program) where members agree to contribute \$100 per annum.

The Royce Abbey Award

Named after District 9800's own Rotary International President, the purpose of the Royce Abbey Award is to encourage members who are relatively new to Rotary to further develop and benefit from using the talents they have demonstrated in furthering the object of Rotary at Club, District and International level. The award encourages Clubs to contribute US\$1000 through the R.I. Foundation to the Royce and Jean Abbey Cultural Ambassadorial Scholarship, a program that is available to assist the training of young men and women in developing countries.

Post Graduate Scholarships

These are the old Ambassadorial Scholarships. We can nominate a student to study at a University

overseas and be looked after by a local Rotary Club. These are paid by the Rotary Foundation and are worth \$25,000 p.a. to the student.

Rotary Peace Centre Scholarships

Many people argue that this is the most important initiative by Rotary, as without world peace we can achieve nothing. Even our polio eradication program is severely restricted by war in 3 of the last 4 countries that still suffer from viral polio. Every Club should be encouraged to investigate finding a candidate to nominate for this Scholarship.

Group Study Exchange

Teams of 6-10 younger professionals travel to study how their vocation operates in another country. Our District has two teams travelling to other Districts around the world this year, one to D5230 in Southern California and one to D3030 in Nagpur, India. Clubs and Rotarians fortunate enough to have hosted our recent teams from America, Spain, Sweden or Turkey will fondly recall their visits, while we can be proud of the individuals we have sent overseas in these cultural exchange teams, a number of whom have come back to go on to join Rotary.

Group Fellowship Exchange

Teams of 6-10 Rotarians travel to another country to learn more about it. The Rotary Club of Glenferrie organised to host a visit from Canada two years ago through Norm Fary, the experience being a highly rewarding one for all involved.

There is no doubt that the money we raise to donate to our own Rotary Foundation is being put to incredibly good use and it is being done by Rotarians and their Clubs who are very similar to us – together we achieve something special.

Finally I would like to share Rotary

International's story of Arch Klumph, our ever R.I. President.

In 1917, RI President Arch C. Klumph proposed that an endowment be set up "for the purpose of doing good in the world." In 1928, when the endowment fund had grown to more than US\$5,000, it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International.

Five Trustees, including Klumph, were appointed to "hold, invest, manage, and administer all of its property . . . as a single trust, for the furtherance of the purposes of RI." Two years later, the Foundation made its first grant of \$500 to the International Society for Crippled Children. Fast forward to 2011 and support of the Foundation has grown tremendously. Since the first donation of \$26.50 in 1917, it has received contributions totalling more than \$1 billion. To date, more than one million individuals have been recognized as Paul Harris Fellows – people who have given \$1,000 to the Annual Programs Fund or have had that amount contributed in their name. The decision of just one man, Arch C. Klumph, to create something lasting for the betterment of the world, today stands tall as the Rotary Foundation continues its vital work for international understanding and world peace. Today, you too can help create something lasting by donating to the Foundation and seeing your money work to do good in the world in perpetuity – have a great Foundation month and keep up the great work!

Yours in Rotary,

Keith Ryall

District 9800 Governor
2011-2012

The capitalist heroes we forget

By Chris Berg

The death of Steve Jobs has offered us a symbol which is surprisingly rare: the capitalist as a hero.



Steve Jobs 1955 - 2011

The tributes to the Apple co-founder have praised his vision, entrepreneurial drive, single-mindedness, how he defied convention, and developed a business model centred on innovation.

These attributes are not unique to Jobs. He is an icon because of our relationship to the products he developed. And Apple made a point of showcasing Jobs - he launched their new products personally.

But his death reveals a peculiar cultural blindness. We don't often celebrate the achievements of capitalist entrepreneurs, in life or in death. Military leaders, political figures, religious and royal icons, yes, but not capitalists.

August this year saw the death of Keith Tantlinger, the American inventor and entrepreneur who, with his business partner Malcom McLean, developed, marketed and sold the modern shipping container beginning in the 1950s.

The standardised container sounds simple, but it was revolutionary.

Before the container, goods would be stuffed, manually and arbitrarily, into the irregular shaped holds of ships. This incurred enormous labour costs, theft and accidental losses. Armies of unionised longshoremen would load a ship by hand, unload it by hand, load the cargo onto trains and trucks by hand, and helped themselves to samples. The expense of all of this had to be factored into the price of consumer goods.

McLean and Tantlinger had to face down unions protecting their members from the threat of a standardised, secure, labour-saving container, and the automation those containers made possible. They had to face down regulators protecting the trucking industry from competition. Ports unsuited to the new containers confronted closure.



Keith Tantlinger (1919 - 2011)



Malcolm McLean (1913 - 2001)

Gone are the old ports of New York. The great ports of the world are now

in Le Havre, Busan, Felixstowe and Tanjung Pelepas.

This largely unheralded story is told in a 2006 book **The Box: How the Shipping Container Made the World Smaller and the World Economy Bigger** by Marc Levinson. It is not much exaggeration to say that we owe a great deal of the last half-century of globalisation to their big metal box. Thanks to the container, the cost of transporting goods is near zero. Markets which were local are now global. Manufacturing networks are spread across hemispheres.



It is that box which allows Apple to produce the iPhone and iPad at lowest cost in Shenzhen and Brazil. And that box which facilitates the production of the iPad's competitors.

Not to diminish Steve Jobs, but there is no person on earth who hasn't benefited from the entrepreneurial drive of Tantlinger and McLean.

>> Read the full article

Visit <http://www.ipa.org.au/news/2492/the-capitalist-heroes-we-forget>

Maternity Kits for Timor

By David Dippie, RC Keilor

Last weeks feature on the great work that Jeremy Oats and his team are embarking on to improve midwifery skills in East Timor highlights the need and the opportunities.

While the Rotary World has an understandable focus on Africa we should not forget that some of the poorest countries in the world are our Pacific Rim neighbours and the special responsibility we have to help them.

If you look at a map of Australia you will notice two large islands next to the mainland; Tasmania and Timor. Given the fickle nature of exploration and history it does not require a lot of imagination to consider that Tasmania could be an independent nation and Timor could be part of Australia.

Would we accept that 1 in 35 women Tasmania die in or as a result of childbirth? These facts are not new and due to the support our District has already given, many lives have been saved. To save lives the medical skills have to be improved and basic materials supplied. While many may be aware of the great work that Jill Forsyth from the Rotary Club of Kew has done setting up the soap factories in East Timor how many know that when they were started 6 years ago it was to produce soap for the Alola Maternity Kits. Many new mothers still lack simple things like soap to wash with after giving birth. The need for Maternity Kits is still acute and we have the chance to make a difference today.

>> For more information Visit <http://www.alola.org.au>

“NEW MOTHER WAITS 2 HOURS FOR AN AMBULANCE TO GET TO HOSPITAL” will never be a headline in an East Timor newspaper. In many places there is no ambulance, paramedic or a hospital within two hours. Again we have the opportunity to make a difference. The Bairo Pite Clinic in Dili needs 45 hospital beds, 15 wheel chairs and other medical equipment that is currently in stock at our Donations In Kind Store. All that is required is the money to ship them. It only costs \$150/bed for freight which is not beyond the means of any Club. \$200/club would ship two 40’ containers of medical equipment and supplies that would be one of the best Christmas presents that the people of East Timor could ever receive.

It does not cost a lot to make a lasting difference.

>> For more information or to assist please contact Laurie or David at dik.vic.rotary@gmail.com and **remember all donations can be tax deductible.**



MY YEAR AS RI PRESIDENT

Clem Renouf (now Sir Clem) was RI President in 1978–79. He was Australia’s second RI President and is, of course, best known as the father of Rotary’s polio eradication program.



In his own words to The 7.30 Report’s John Taylor, Sir Clem said, “And on the way back on the aircraft I picked up a magazine, the Reader’s Digest, and there I read for about the same money that’s been spent on two Australian warships I’d seen in a harbour, WHO had eradicated smallpox. So when I got back to our headquarters I telephoned Dr John Sever, who was one of my district governors, who was then the head of the infectious diseases division of the National Institutes of Health in Washington, DC. I said to him, “John, is there anything we could do similarly to that?”

Sir Clem shares his birthday with Rotary founder Paul Harris (19 April), although he is 53 years younger.

He reminisces about some controversial events during his presidential year at http://www.rotarynambour.com/index.php?option=com_content&view=category&layout=blog&id=41&Itemid=40



Vaccines reach remote locations through the cold chain

Rotary International News - 28 October 2011

When Rotary launched PolioPlus in 1985, the “plus” signaled the belief that the polio eradication effort would increase immunisations against five other diseases prevalent in children: measles, tuberculosis, diphtheria, whooping cough, and tetanus. As time went on, the list of benefits grew.

Polio immunisation campaigns created an avenue for other lifesaving health interventions, such as the distribution of vitamin A supplements. New equipment for transporting and storing vaccines made it easier to combat infectious diseases in developing areas.

The enormous network of laboratories and health clinics charged with identifying new cases of polio began to monitor the spread of other viruses as well. And the Global Polio Eradication Initiative, which Rotary helped create, rose to international prominence as a model for public-private partnerships to address world health issues.

The “plus” in PolioPlus means that Rotarians are doing more than stopping the spread of polio in the last four countries in which it is endemic; they also are building a legacy of infrastructure and partnerships that will support the fight against infectious disease long after polio is gone.



Transporting vaccines to developing areas is no easy task. From the time they leave the manufacturer until they reach recipients, vaccines must be kept between 2 and 8 degrees Celsius (though some may be frozen at -15 to -25 degrees). Variances of even a few degrees could spoil an entire shipment, leaving children without the protection they need.

The “cold chain” created to distribute polio vaccine has been used to transport other vaccines, such as measles, tetanus, and diphtheria. An estimated one-third of the cold chain capacity in sub-Saharan Africa was implemented to support polio eradication.

>> For more information Visit [Global Outlook](#)

A Real Money-Spinner

By Heather Welsh, RC Caulfield



For the second year, the Rotary Club of Caulfield co-ordinated the collection of Coles Sports Vouchers and Woolworths Earn n' Learn receipt points for two local Primary Schools. The new Rotaract Club of Monash University (Caulfield) set up a weekly stall in the University Student Union which, in addition to promoting Rotaract projects, served as a collection point for the vouchers and receipts. MONSU (Caulfield) student union service desk also served as a collection point for the University community.

The Rotary Club of Caulfield has a Money Spinner in the Foyer of Westpac Bank (Carnegie), which also operated as a collection point. These joint endeavours resulted in the collective donations of-

- 401 Coles Sports vouchers and 124 Woolworths Earn n' Learn receipt points to Carnegie Primary School; and
- 1,407 Coles Sports vouchers and 385 Woolworths Earn n' Learn receipt points to Caulfield Primary School

This simple yet very effective no-cost Community Project is recommended to other Clubs. All that is needed is a well known and regularly available collection point, the permission of the relevant School to collect on their behalf and a Club member willing to collect and collate the contributions on a weekly basis and to drop them at the relevant school.

The mirth resulting from watching contributors try to insert lengths of Coles vouchers into the Money Spinner like trails of spaghetti, was well worth undertaking the Project in addition to the benefits which it gave to the school community endeavours. Such a project also helps to forge stronger community links between the participants.



>> See Caulfield Rotary Club's Money Spinner at Murrumbeena Community Market:
<http://www.youtube.com/watch?v=MwHWYvPoXHI>

How can you help improve Indigenous health?



Even in an age where a person can receive basic medical treatment over the phone, Australia's Indigenous population remain the sub group of Australians with the highest number of health problems.

Members of the Indigenous population are nearly twice as likely to develop heart disease or die from a lifestyle related cancer. Diabetes is 3.5 times more common in Indigenous communities and those over the age of 18 are twice as likely to develop psychological distress than someone of non-Indigenous descent.

Almost a quarter of Australia's Indigenous population live in remote Australia, where access to medical services and facilities is limited. Further complicating matters is the fact that Indigenous Australians are known to seek out treatments from other members of the Indigenous community with whom they feel a spiritual understanding. The Indigenous Health Scholarship program is a collaborative project between Australian Rotary Health, participating Rotary Clubs, the State

Governments of South Australia, New South Wales and Victoria and the Australian Government.

Since 2002, Indigenous Health Scholarships have been available to encourage Indigenous students to undertake training as a health professional in areas including medicine, nursing, social work, physiotherapy, psychology and dentistry.

An Indigenous Health Scholarship valued at \$5,000 can make the world of difference to a struggling student. For a commitment of only \$2,500 per year, your Rotary club could directly help improve the health and wellbeing of Australia's Indigenous population.

If you would like to know more about this program and how you can help improve the health and education outcomes for Australia's Indigenous communities, please contact **Cheryl Deguara**, Programs Co-ordinator, on **02 8837 1900** or email cheryldegua@australianrotaryhealth.org.au.



ARH Hat Day

The official date for Hat Day 2012 is Friday the 18th of May. However your own Hat Day can be held at any day, at any time that suits you.

>> For more information
 Visit <http://www.hatday.com.au/about>

Read the newsletter [here](#)

One Thousand Teddies!

When Barbara Rafter, Past President of the Rotary Club of Brimbank Central, first learnt of the Caroline Chisholm Society, she decided to donate some hand knitted baby clothes and teddies to help out. The bears are distributed in baskets of new baby clothes and supplies that are given to new mothers. The teddies are also given to children when families first make contact for support.

Recently Barbara discovered that she had reached a milestone of donating 1000 knitted teddies and plans to continue to support the work of the CCS with her knitting donations.

The Caroline Chisholm Society is a pregnancy and family support service has offices in Moonee Ponds, Shepparton, Laverton and Caroline Springs. They provide free and confidential help to:

- expectant mothers,
- sole parents with at least one child under primary school age, and
- two parent families with at least one child under primary school age.

It is a professional agency of social and community workers, service support staff and volunteers, who offer pregnancy counselling and support, support for postnatal depression, parenting educational programs, material aid and family support. The Society provides services that respond to the needs of families and supports them to achieve and maintain a safe and nurturing environment. The Society is a non-denominational and non-political charity which was established in 1969.

Caroline Chisholm whose face appeared on the old Australian \$5 note, arrived in Sydney from England in 1838 and was shocked to find the destitute situation of immigrant girls. She set up temporary accommodation for these women and later expanded her work to the Assistance of families, especially those with young children.



Barbara Rafter with CEO Esther Thomas, holding the 1000th Teddy



>> More information about the CCS can be found at:
<http://www.carolinechisholmsociety.com.au>

Effective Rotarians can change the World through our Foundation.

In Dr Steven Covey's book *The Seven Habits of Effective People* he lists the seven attributes common to effective people.

The first three are:

- Be Proactive
- Begin with the end in mind.
- Put things first.

If we take a closer look at the next four habits.

The fourth habit is **ThinkWin/Win**. What a perfect thought for Rotary and our relationship with the rest of the world. Our Foundation's motto is "Doing Good in the World" If we are successful with our motto, everyone wins. Our District Foundation committee and Club Foundation Chairs encourage involvement in our Foundation programs which builds bridges of understanding, builds relationships, creates better harmony and ultimately helps to bring the people of our world together. Then we can focus on the solution of problems such as polio, other diseases, hunger, literacy, economic development and who knows, ultimately, peace. By contributing funds to address these issues, donors understand that they are truly making a significant difference in people's lives and are helping to bring about a better world.

The fifth habit is **Seek to Understand, Then to be Understood**. Many of you have worked "hands on" on a Foundation project. So you already know that if you go into a community in a developing country and attempt to tell the local people what they need, your advice will fall on deaf ears. However, if you

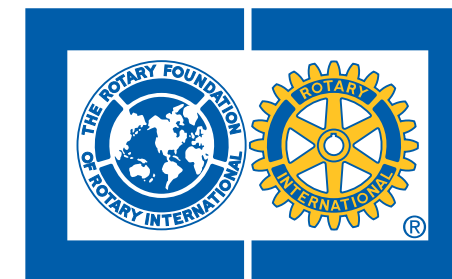
do needs analysis, and if you listen to local people's concerns, then you will not only be able to better address the specific area of need but you will also have a higher level of cooperation.

The sixth habit is **Synergise**. Dr Covey tells us that this a principle of creative cooperation and "the whole is greater than the sum of the parts" When we work together as a team, we accomplish much more than if we work by ourselves. Can a player win a game alone? No it takes the whole team. It is alright if there are differing ideas within the team-that will make every one think. If we all have a common goal bringing us together (doing good in the world), we will come up with creative solutions to get the job done.

The final habit is **Sharpen the Saw**. Essentially, this means to keep our minds sharp, stay rested, stay informed, know your program in depth, and study the information that you receive from the Rotary Foundation.

You may wish to read Dr Covey's book. It may give you not only a better insight into your role as a Rotarian, but also into your business, professional and personal life.

The above article is a modified version of an article written by RRFC moderator Donald Mebus and published in Coordinator Communiqué.



Catiana Doufi bathes in the Rio Bajabonico, which runs beside her home in La Grua, Dominican Republic. The community participated in an educational session earlier that morning taught by members of the Rotary Club of Puerto Plata Isabel de Torres, Puerto Plata, who introduced the bio-sand water filter as an in-home water treatment option. The project is part of an effort funded by Rotary Foundation Matching Grants.

Notices & Upcoming Events

November

- 11 BUSINESS OF WINNING LUNCHEON**
Rotary Club of Camberwell
- 13 JAPAN – AUSTRALIA DAY**
Rotary Club of Glen Eira
- 13 2011 GRAND CONCERT**
Rotary Club of Hawthorn
- 16 2011 PAUL HARRIS BREAKFAST**
Rotary Club of Melbourne Sunrise
- 18 ROTARACT CHARTER NIGHT**
Rotaract Club of Monash University
- 21 THE SEEKERS STORY**
Rotary Club of Gisborne
- 21 STROKE AWARENESS**
Rotary Club of Richmond
- 27 MINI GOLF COURSE GRAND OPENING**
Camp Getaway
- 27 RYLA CAMP**
Rotary Club of Bendigo Strathdale

December

- 28 INTERNATIONAL RYLA**
RYLA in India

January

- 11 GSE TEAM TO INDIA FAREWELL DINNER**
Starlight Reception Centre
Taylors Lakes

Notices

SITUATIONS VACANT

Dedicated and experienced Rotarians are needed to assist in the management of the District affairs for 2013–2014.

Collingwood Cakes, Puddings and Shortbreads

There is a \$ 3,000-00 Cash Prize for a Club that BUYS 16 Cartons of Cakes, Puddings and Shortbreads.



- >> **Download Flyer**
- >> **Download Order Form**



ROTARY DISTRICT 9800 Events Calendar

For a full Notices & Events calendar, visit the following link:
http://www.rotarydistrict9800.org.au/notices_and_events

To submit Notices & Events, please send Clarice all the details at:
clarice@rotarydistrict9800.org.au

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Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

*Celebrate the past and
commit to the future*

Dear Rotarians
and Friends of Rotary,

Last Sunday saw Rotarians from District 9800 partners, families and friends come together as volunteers working side-by-side in a team effort to support the City2Sea fun run. This event was in fact organised by The Fairfax Group in support of Movember and cancer research. But it was Rotary showcasing what we do so well in volunteering to help others in the true spirit of service above self. Together we provided 495 volunteers who acted as marshals and provided support to the runners. It was simply an awesome effort and a huge amount of fun! Well done to all the clubs who got behind this initiative and congratulations to AG David Pisterman, PP Sandi Fulcher, President Peter Shephard and all those who assisted. Given the number of Rotary events on throughout the District on Sunday, the level of participation from the clubs who were able to assist was remarkable.

Congratulations also needs to go to the Rotary Club of Central Melbourne Sunrise who put on another fantastic Annual Rotary Foundation Paul Harris breakfast.



District Governor Keith Ryall and Gabrielle

The keynote speaker, Professor Patrick McGorry, AO addressed the audience on a 21st Century approach to mental health care and there will be a summary of Professor McGorry's notes in next week's Networker.

You will all know by now that I have a catchcry – “celebrate the past and commit to the future.” Well, we're doing just that this evening in chartering the new Rotaract Club of Melbourne University, which will have as their regular meeting venue the wonderful Royce Abbey Room at International House. What a great way to celebrate the past in this room with its amazing historical records and memorabilia from our own Past RI President Royce Abbey's collection. At the same time it is a wonderful opportunity to show commitment to the future with the induction of the new Rotaract members!

Yours in Rotary,
Keith Ryall
District 9800 Governor
2011-2012

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- 04 Change the World
- 05 City2Sea Fun Run
- 06 The KIDS Foundation
- 07 World Polio Day
- 08 Rochester Flood Benefit Day
- 09 Open Day at Typo Station
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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



November is Rotary Foundation Month



Reach Within to Embrace Humanity



vecci

FOR BUSINESS. FOR YOU.



Business Tips

Five ways to deal with distractions at work

Beeping mobile phones, noisy colleagues, constant emails, hunger, boredom, an office that's too hot, an office that's too cold - there are plenty of factors that can distract you at work, affecting your productivity and increasing your stress levels when tasks start piling up. Follow these helpful hints to stay calm and constructive.

Don't be a slave to your inbox — avoid checking emails during priority tasks

The upside of email is that it's quick, easy and immediate. The downside is that it can be incredibly distracting and time-wasting, and can train you into wrongly thinking that every message needs to be answered straight away. When you really need to knuckle down, tell yourself that you won't check your email until the task is complete. If it's a long task that will take several hours, allow yourself to check your email on the hour. The same goes for text messages on your personal mobile phone.

Schedule short breaks for personal internet use

Completely cutting out personal internet use at work is unrealistic in today's increasingly online world. However, the lure of Google, Facebook, Twitter, et al, can be a major distraction, especially when your enthusiasm and energy starts to wane. Schedule short periods of time (a couple of minutes) at the start and end of each day (or during lunch) for this purpose and be strict about the time limit. Developing a routine means you'll be less likely to stray onto the web when you hit a wall.

Identify and address your personal bugbears

Different things distract different people. If you're finding it hard to concentrate because of a specific factor, such as noise or temperature, take steps to address it. For example, if you find the office climate too cold, make it a habit to bring along a jacket or cardigan. If you're getting distracted because of hunger pangs (a common problem!), then stock some healthy snacks in your desk drawer and have a quick bite to help maintain your concentration through the day.

Noisy colleagues can be a challenging problem for shy types, because the best way to address this is through a quick, polite request to keep it down. Otherwise, headphones are an option or, if you're working on a high-priority project and facilities are available, booking a quiet meeting room.

Take your break outside the office

Boredom, fatigue or frustration will drive you to distraction in no time. Combat all three by using your lunch break to go outside, go for a walk and get some fresh air. Whether you're struggling with a complex problem, overtired or fed up with a

dull, repetitive task, some exercise and time away from your desk will help renew your focus for the rest of the workday.

Try 'time blocking'

Tech writer and web developer Gina Trapani, writing for Fast Money, recommends 'time blocking' to counter office distractions. She writes that when faced with a complex project, workers should block out hour-long 'meetings' with themselves, so they can give their full attention to the task.

"During your time block, forward the phone to voicemail, shut down Microsoft Outlook, silence your Blackberry, and if you have to, leave your desk with the materials you need and focus solely on the task at hand," Trapani writes.

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For further information, please click here: <http://blog.vecci.org.au/2011/11/08/business-tips-five-ways-to-deal-with-distractions-at-work/#more-6592>

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.](#)



Seven Habits of Highly Effective Rotarians

by Dr. Jagdish Bhatt pf the Rotary Club of Bamobay Airport - Mumbai, India

ATTENDANCE

They always make it a point to attend as many Rotary meetings of their clubs and also of other clubs, as is possible. They are aware that attending Rotary meetings is a very important part of being a Rotarian. They do not miss any chance to attend such meetings. They also attend meetings of various committees of which they are members and even some others if they are invited. They are keen to attend various district functions and all projects of their club. They are proud to attend the district assembly and the district conference every year. They would try to attend the Rotary convention at least once in five years.

FELLOWSHIP

They enjoy meeting other Rotarians. They often feel that in some of the Rotary functions meeting and exchanging greetings with others is often as important as actual transactions of the meeting. They go out of their way to talk to those whom they do not know. They go by the dictum that a stranger is a friend whom you have not yet met. Even outside Rotary they enjoy meeting people and getting aquatinted with them. At large gatherings of Rotarians they try to meet members from other clubs, rather than fraternizing with members of their own club.

VOCATION

They have respect for every vocation. Vocation and classification are the basis of Rotary. They firmly believe that each vocation provides a cog in the wheel and each one has its own importance, however insignificant it

may appear by itself in comparison with others. They firmly subscribe to the view that each person should try to excel in whatever he is doing and try to help others to reach a higher level of efficiency in their work.

DISCIPLINE

They believe that no useful work can be achieved in a productive manner without discipline, both within and outside. They appreciate the value of self-discipline because they are aware that like charity, discipline begins at home. Not only do they practice discipline but will also enforce it when needed.

TIME, MONEY AND ENERGY

They know that they are in Rotary for a purpose. They fully realize that they have to earmark a certain amount of time, money and energy for Rotary as a part of being a Rotarian. They also realize that they are members of a society where all these three items are to be shared for their vocation, family and the community. They see to it that a proper balance is maintained while rationing out these commodities.

EMPATHY

They put themselves in the position of the other person, especially if the other person is in difficulty. They know that mere sympathy is never enough. They feel the pain and experience difficulties of others themselves. They also understand that what they are doing for the community is merely returning a very small part of what they have received from it. They know that it is only human to expect some kind of recognition for what they are doing but do not hanker after getting credit



for it.

IMAGE OF ROTARY

There may be moments when they feel that all is not right with Rotary. They may feel that there is 'politics' in Rotary. They know that there are some elements in Rotary who should not be there. They, however, look at the good aspects of Rotary. In public and outside Rotary, they always make it a point to project the best face of Rotary. They would not like to let the public image of Rotary get tarnished.

This article was first written for [Rotarians on the Internet](http://www.roti.org) (ROTI) and has been published in over 150 Rotary club bulletins and translated into French, Spanish, Portuguese, Italian, German and Thai languages after being on the ROTI site of internet. Dr. Jagdish is a charter member of ROTI.

>> For More Information

Visit <http://www.roti.org/index.asp>



Change the world by contributing \$2 a week

By David Dippie, RC Keilor

Through the Annual Programs Fund, which is the primary source of funding for Rotary Foundation programs, Rotarians help make the world a better place.

For the 2009-10 Rotary year, approximately 308,000 Rotarians participated in the [Every Rotarian, Every Year](#) initiative, which funds the Annual Programs Fund. About 235,000 of those contributors are [Rotary Foundation Sustaining Members](#) contributing \$100 or more a year.

As of 1 July, the start of the Rotary year, to 31 May, about \$87.8 million has been raised toward the Foundation's \$95.5 million goal.

If every one of the 1.2 million Rotarians contributed just \$2 a week, in one year the Foundation could raise almost \$125 million.

That's money that goes back to Rotarians in the form of scholarships and grants for projects that bring hope and make a difference in the lives of countless people. Rotarians have used grant money to bring sight to those blinded by cataracts, bought wheelchairs for those who could not use their legs, gave clean water to those made sick by contaminated water, and opened up new worlds by helping people learn to read.

Rotarians, friends of Rotary, and other organisations can now choose to direct their APF contributions to any of the Foundation's six areas of focus. Building on the ongoing support directed to APF-World Fund and APF-



A village in Bolivia now has access to clean water as the result of a project supported by The Rotary Foundation's Clean Water for Coffee Growing Countries Donor Advised Fund.

SHARE, these additional giving opportunities reinforce the Foundation's strategic priorities.

The areas of focus are:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

APF contributions directed to any of the six areas of focus are included toward a club's annual giving goal and per capita calculations.

Be a part of changing the world and help The Rotary Foundation exceed its goals.

City2Surf Fun Run

By David Pisterman, Rotary Club of Hawthorn

The fact that they call a 14k run, a fun run may sound like an oxymoron, but for around 430 Rotarians and an extra 70 volunteers, family, business associates and just plain old volunteers who just want to help, we had a ball.

As we were allocated the baggage collection area, at the finish, we had colleagues from Bacchus Marsh, Balwyn, Yarraville, Collingwood and Hawthorn RCs, plus volunteers from Bendigo Bank assisting in the sorting and the distribution of the bags left for collection at the start of the run and then transferred to the Cantani Gardens for collection after the participants had run walked or even skate boarded to the finish, What with the winner arriving at the finishing line in 43 minutes some 5 minutes after we had the delivery of the Red bags, numbered 1 – 5000.! It was a great team effort to have the bags sorted and ready for collection on time.

There were 3 groupings Red, Green and Yellow, (this matched the runners groupings) and we estimated that there were approx a total of between 5,000 and 5,500 bags for collection, and we had a ball being the first to collect and hand the bags back to the jubilant runners who made it to the finishing line. I eventually went home and left "Luke" (Fairfax staff member) in charge of the final five bags that hadn't been collected by 1:00pm.

What I can say is the 50 + volunteers that helped in the baggage collection area were sensational, as we had a



This sort of organisation doesn't just happen and the kudos for making this event so successful go to Sandi Fulcher, Peter Sheppard and Philip Archer who pushed, prodded and hassled all clubs to participate, to ensure we achieved the numbers of volunteers required. To you all a huge, "Thank You" for making it happen.

To Katie Jervois from the Fairfax Organising committee, we give you our thanks and look forward to doing it again with you next Year.

President Russel Barnes of the Melbourne South RC was behind the hugely successful BBQ in the Rotary branded Marques, which again showed Rotary's involvement to all participants, and all volunteers were entitled to a free gourmet sausage and onions on the day sponsored by the organisers. The length of the queues showed the success that they had on the day!

We all look forward to helping again, when we do it next year. See you all then.....

great time in showing the public that nobody does it better than Rotary in supporting events of this sort.

The Kids Foundation



In 1993, while working as a primary teacher, Susie O'Neill had cause to visit an aged care facility and found a 12 year old boy sharing a room with three men in their nineties. This child had suffered horrific injuries in an accident and required intense rehabilitation, but unfortunately there were no child-friendly facilities in which he could be treated. It was heart breaking to see a child being rehabilitated in such a way and encouraged her to set up a charity, the KIDS Foundation, which could raise funds to help young people in recovery.

Seventeen years later, the KIDS Foundation, (which takes its acronym from Kids In Dangerous

Situations), is an organisation dedicated to childhood injury prevention and injury recovery.

Research indicates that more than 5,000 Australia children are injured in accidents every day, and of those injured, more than 100 require hospitalisation with preventable accidents remaining the single largest cause of childhood death.

The KIDS Foundation is a dynamic and not-for-profit, health promotion charity that also supports children and their families who have endured trauma, horrific burns and other injuries that have changed their lives. Injury prevention programs and services deliver quality school

and community-based safety education programs that reduce preventable child injury and death.

They are active nationally, delivering highly commended, interactive education programs and resources to 7,500 schools.

>> For More Information

You can read more about the KIDS Foundation's Aims, Injury Prevention and Recovery Programs at:
<http://www.kidsfoundation.org.au/>

To arrange a speaker, contact CEO Gerrie Carr-MacFie at: 1300 734 733 or send an email to:
administration@kidsfoundation.org.au

Rotary celebrates, takes action on World Polio Day

By Dan Nixon - Rotary International News



After the Commonwealth Heads of Government Meeting in Perth, the governments of Australia, Canada, and Nigeria, along with the Gates Foundation, made a combined pledge of more than US\$100 million in new funds for polio eradication. Standing with Canadian Rotarian and polio survivor Ramesh Ferris (center) are Nigerian President Goodluck Jonathan, Canadian Prime Minister Stephen Harper, British Prime Minister David Cameron, Pakistani Prime Minister Yousaf Raza Gilani, and Australian Prime Minister Julia Gillard. Photo by Petina Dixon-Jenkins

“In honor of World Polio Day, 24 October, we are asking for your help to tell the world about Rotary’s achievements and to finish the job,” stated Rotary Foundation Trustee Chair Bill Boyd, in announcing to club presidents a special online initiative in support of Rotary’s US\$200 Million Challenge for polio eradication.

Rotarians responded generously during the 24-28 October initiative, in which the Foundation offered double Paul Harris Fellow recognition points for online contributions of \$100 or more. Contributions are being tallied and the total will be announced soon.

Throughout the week, Rotarians took up the call to end polio in variety of

ways. In Australia, Rotarians and the Global Poverty Project carried out a petition drive to persuade world leaders to fully fund the critical work of the Global Polio Eradication Initiative. Almost 25,000 supporters signed the petition, resulting in a \$20,000 contribution to Rotary’s challenge by the Rotary Club of Crawley, Western Australia, which had offered to donate A\$1 (about US\$1) for each signature.

In Perth, the Global Poverty Project’s End of Polio Concert on 28 October raised additional funds. The concert coincided with the Commonwealth Heads of Government Meeting in Perth; Rotarians had teamed up with the group to encourage government leaders to put polio eradication on

the agenda. Following the meeting, the governments of Australia, Canada, and Nigeria, along with the Bill & Melinda Gates Foundation, announced a combined pledge of more than US\$100 million to support polio eradication efforts.

“I also want to acknowledge the efforts of Rotary in what has been a long-standing global initiative for change, and I’d like to remind everyone that change is possible,” said Australian Prime Minister Julia Gillard. “When the Queen first visited Perth in 1954, it was in the grips of a polio epidemic. Of course, circumstances have changed in our country.”

Rochester Flood Benefit Day

By Bryan Griffiths, Rotary Club of Rochester

Sunday 6th November saw members of the Rotary Club of Rochester continue to conduct and support events in the Rochester community as part of flood recovery efforts, along with long-term commitment to the ongoing survival of country towns.

Supported by members of Big Boar Riders Shepparton, Boundary Riders Bendigo, and local Harley Davidson Motor Cycle Clubs, a flood benefit day was conducted in Rochester at the local Recreation Reserve.

For the admittance fee of a gold coin, attendees were treated to an impressive display of motorcycles, cars, (courtesy of Echuca Car Club), a static display of working small engines and original condition Fergy tractors and implements.

Along with the opportunity to enjoy fellowship with fellow members of the community, Sunday lunch was served at country prices with country quality and quantity to enjoy, albeit Rotary Barbecue.

A highlight of the day involved the auction of a large variety of goods donated by businesses in the surrounding District, namely Bendigo, Shepparton, Echuca, Rochester, totalling in value over \$4000.

Keen astute bidders snapped up items ranging from accommodation vouchers, first-aid kits, barbecue, outdoor settings, toys, tools, car service discounts, wheel alignment and car cleaning kits.

A big thank to all involved for their ongoing commitment to projects such as this, to help continue the work of assisting the people of the community, as we continue into the coming years post Jan 15th flooding.

The future of small towns is vital to the survival of country Victoria.





Open Day at Typo Station



Typo Station is a former cattle property in the King Valley, right in the foothills of the Alpine National Park. The Station runs on the principles of simple living, with wood-heated hot water, drop toilets and pioneer forge & joinery workshops.

It is owned by Evolve, a not-for-profit organization, working to help at-risk kids choose a better life for themselves. An important part of their very successful approach to avoiding homelessness, juvenile detention, substance abuse, poverty and violence is spending time in the natural environment – a place where they can be challenged with minimal intervention and where they can learn a

Gavin Lewis and Mary Zindilis in the Crosscut Saw Challenge.



lot for themselves and about themselves.

Typo Station was established nearly 20 years ago with the help of Rotary Clubs, and today enjoys the support of many clubs across the State.

At the recent Open Day, North Melbourne Rotarians Gavin Lewis

and Mary Zindilis represented the Club in the Community Challenge Crosscut Saw competition: they took out the trophy for the second year running!

The Rotary Club of Brighton made a generous contribution to complete a new machinery shed (The Brighton Box) and this facility was opened by local Councillor, Ron Webb, and Evolve chairman, Kevin Lynch.

Other Rotary Clubs that are part of the Evolve family are Hoppers Crossing, Melton Valley, Albert Park, Brunswick, Carlton, Castlemaine, Collingwood, Essendon North, Footscray, Gisborne, Moonee Valley, Sunshine and Yarraville.

>> For More Information

See more about Evolve at: www.evolve.org.au or contact Desiree Pettit Desiree@evolve.org.au
P: 03 9416 2322 M: 0457 821 166



Councillor Ron Webb and Evolve chairman Kevin Lynch, opening the Brighton Box.



Welcome New Members



RC Albert Park has inducted several new members: Henry Blatman and Neil Cole, seen here with DG Keith Ryall pinning the badge on Henry.

Donna Cooper and Richard Chater have also joined the Club.



The Rotary Club of Gisborne has inducted LORELLY HARMAN, shown here with President Robert Botwood. Lorelly has a classification of MORTGAGE LENDING and will be joining the New Generations Committee.



Speakers Bank Update

Thanks to Vanda Mullen of the Rotary Club of Keilor and Leigh Daly, President of the Rotary Club of Moonee Valley, for letting us know about Paralympic swimming Gold Medallist Sam Bramham OAM.

'Sam is an enthusiastic, dedicated and motivated young man and this comes through in his presentation. He is friendly, engaging and funny, all the attributes you need in a good speaker. To hear someone as young as Sam talk about his life and his achievements is inspiring and reassuring that there is still lots of good in our world. I highly recommend Sam as a speaker at any function'.

Thanks to Kevin Harris of the Rotary Club of Melton for suggesting Julie Rennie, Best selling author of "The Metabolic Clock: How To Motivate Your Mind And Fire-Up Your Metabolism".

Kevin said Julie's talk was 'excellent': Julie passionately lives her life according to her personal philosophy, 'It doesn't matter what is happening in your life, it's what you think about it that creates your experience of it. So, what you are thinking will be either the fuel or the extinguisher of your motivation. The good news is that the choice is always yours.'

>> For More Information

These and many other interesting speakers are listed in the District 9800 Speakers Bank. Log in at: http://www.rotarydistrict9800.org.au/rotary_membership_and_login

If you have corrections or additions, updates or feedback regarding speakers, please let us know. Contact: Jill Weeks at jill.weeks@lifestylematters.com.au

Notices & Upcoming Events

November

- 11 BUSINESS OF WINNING LUNCHEON**
Rotary Club of Camberwell
- 13 JAPAN – AUSTRALIA DAY**
Rotary Club of Glen Eira
- 13 2011 GRAND CONCERT**
Rotary Club of Hawthorn
- 16 2011 PAUL HARRIS BREAKFAST**
Rotary Club of Melbourne Sunrise
- 18 ROTARACT CHARTER NIGHT**
Rotaract Club of Monash University
- 21 THE SEEKERS STORY**
Rotary Club of Gisborne
- 21 STROKE AWARENESS**
Rotary Club of Richmond
- 27 MINI GOLF COURSE GRAND OPENING**
Camp Getaway
- 27 RYLA CAMP**
Rotary Club of Bendigo Strathdale
- 27 HAT DAY FOR MENTAL HEALTH**
Australian Rotary Health

December

- 03 MURRUMBEENA FESTIVE SEASON COMMUNITY MARKET**
Rotary Club of Caulfield
- 28 INTERNATIONAL RYLA**
RYLA in India

January

- 11 GSE TEAM TO INDIA FAREWELL DINNER**
Starlight Reception Centre
Taylors Lakes

Notices

SITUATIONS VACANT

Dedicated and experienced Rotarians are needed to assist in the management of the District affairs for 2013–2014.



ROTARY DISTRICT 9800 Events Calendar

For a full Notices & Events calendar, visit the following link:
http://www.rotarydistrict9800.org.au/notices_and_events

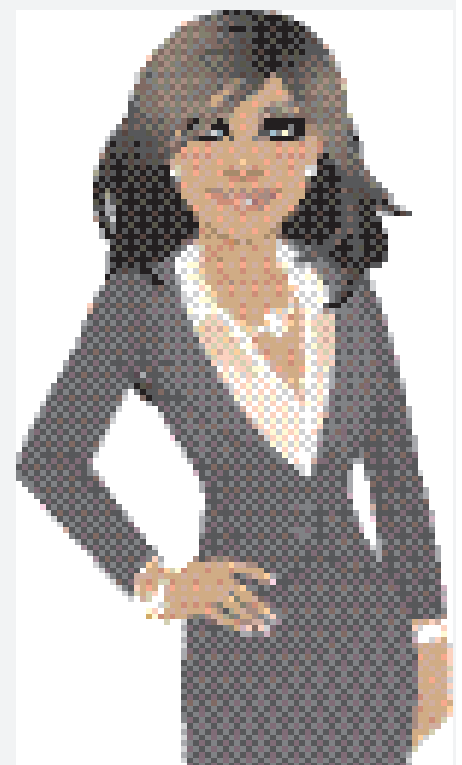
To submit Notices & Events, please send Clarice all the details at:
clarice@rotarydistrict9800.org.au

Do you have a letter for Clarice?

Contact the Editor

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

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





Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

DG Weekly Message

I've this week been in Brisbane at the Rotary Institute joining other Rotary leaders as we learn more about how Rotary can play a leadership role in our communities. Part of this learning opportunity has been a visit to the Lockyer Valley in Queensland to survey the recovery from the disastrous floods that left the region awash. To hear from those that have worked hard to help these communities, including our Friend of Rotary, former Australian of the Year and 2012 Melbourne Conference speaker, Professor Patrick McGorry, who has been working to help locals rebuild, is truly inspiring.

What is so particularly heartening about seeing this recovery is witnessing the first-hand difference that Rotary has made in helping communities affected by floods. It has really impressed me to see the way Rotarians from across the nation came together to help communities in need when they needed a helping hand. Along with the on-the-ground support provided by so many Districts, the contributions individual Rotary Districts have each made reflect a sense of generosity, care, mateship and "service above self" of which we should be proud. Our District's substantial contributions were joined by districts like Tasmania's District 9830, who donated \$900,000, including \$150,000 contributed by the Tasmanian State Government.

The contributions Rotarians like you and me have made to help flood



District Governor Keith Ryall and Gabrielle

victims are helping to construct a new community centre in the township of Murphy's Creek (about 10km East of Toowoomba) that was not there beforehand – a solid foundation and focal point of community engagement, support and solidarity much needed as the locals work to restore and their sense of community with a sense of togetherness and mutual support.

We should be proud that not just in the worst hit areas of Queensland, but also in our own District in Rochester, the power of Rotary has made a huge difference in local towns, helping to alleviate the burden that so many would have otherwise faced without such support.

This is truly humanity in motion and to each who contributed, I pass on the thanks of grateful communities for doing what we do as Rotarians – giving what we can to help those in need.

Well done.

Yours in Rotary,
Keith Ryall
District 9800 Governor
2011-2012

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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



November is Rotary Foundation Month



Reach Within to Embrace Humanity



vecci

FOR BUSINESS. FOR YOU.



Business Tips

How to boost your work/life balance

Striking the right balance between work and play is tough, especially in these modern times where many of us are never really 'away' from work thanks to smart phones. But a lopsided life can harm your health, relationships and – despite all that work effort and stress— your job performance and productivity.

Here are some strategies to help get the balancing act back on track.

Explore your options

If your current work arrangements just aren't working for you, then be bold and think outside the square. Don't get stuck in the old, outdated rut of thinking 'this is just the way things are — there's nothing I can do'.

Many savvy employers, releasing that flexibility is one of the keys to retaining staff and fostering commitment and loyalty, now offer options such as working from home, job sharing and hours suited to their workers' needs. Why not open the discussion and see if these options are available to you? You won't know unless you ask.

If you own your own business and are spending too much time at the office, step back and assess your work day. Could you make changes that would allow you to work from home more often?

Schedule your leave

According to Roy Morgan research cited in The Age, one in four full-time Australian workers stockpile their leave, with the availability of funds blamed as the biggest barrier to taking a holiday. In light of this, it's important to note that a break doesn't have to be expensive — for many, taking a week of annual leave and staying at home would be the best way to recharge their batteries.

Working for months — or years — with no break puts you at risk of burning out.

At the start of the year, look at your work calendar and assess the 'peak' and 'low' seasons. Then consider when you could take a few breaks, and schedule the leave early. You'll also have something to look forward to during the toughest work days.

Assess your work style

Do you complete the simpler jobs first thing in the day and leave the tougher tasks to the late afternoon when you're lagging and less effective? Are you so tied-up with telephone calls and emails that your priority tasks get interrupted? Maybe you're determined to do every job yourself, to the point where you can't delegate or turn down offers of help?

Take the time to stop and really analyse your work style and what strategies you could put in place to get jobs done quicker, reduce your overtime hours and get you out of the office sooner. If you tend to procrastinate, think about distractions you could eliminate. If you suffer from '3:30-itis' tackle the tough jobs as soon as you start the day.

If time management is your problem, schedule your work tasks and be vigilant about meeting your personal



deadlines. When your motivation is waning, think about what you could be doing with that extra hour at the end of the day.

Take your break outside the office

Unless part of your job is to be on call, turn off your work mobile or laptop at the end of the work day. Walk away and don't feel guilty about it. An important part of achieving work/life balance is being clear about separating your 'work' and 'home' time. Obviously this is a big challenge for many of us, but it's important to work at.

A Galaxy poll of more than 800 Australian workers, commissioned by CareerOne, reveals that 65 per cent carry out work tasks or answer work-related calls when they're supposed to be on holiday! Life coach and career management expert Fiona Wainrit, writing for CareerOne, says a big hurdle for many people when it comes to switching off is the idea of "doing nothing".

"Too many people struggle with being able to come home from work and just chill out because they believe they should be doing something more 'productive'," she writes. Wainrit recommends "an organised form of 'nothing'", such as yoga or walking, for those struggling to let go.

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For further information, please click here:
<http://blog.vecci.org.au/2011/11/21/business-tips-how-to-boost-your-worklife-balance/>

This article is sourced from VECCI's weekly RADAR newsletter, which circulates to approximately 40,000 unique email addresses.



Rotary Club of Essendon Gala Auction Supports Donations In Kind

By Stephen Roe, Rotary Club of Essendon

The Rotary Club of Essendon held an auction night in July to support the wonderful work conducted by District 9800 Donations In Kind and its dedicated band of volunteers.

David Dippie and Laurie Fisher from DIK attended the event and were overwhelmed by the support shown by a crowd of 180 keen bidders. 'We are very fortunate that several Clubs in our District, including Essendon, look beyond their own projects to support our efforts at DIK', David said. 'Their assistance with rental has guaranteed the viability of the project, the services of which are available to all District Clubs. We would like to thank Essendon and the other Clubs for their ongoing support without which we could not continue to operate'.

The surprise entertainer was Dame Edna impersonator, Mick O'Neill, who had the room in stitches adding a lot of fun to the business end of the night. District Governor Keith Ryall and Gabrielle also attended and were among the happy purchasers of some of the quality goods on offer.

Expressing his delight with the result of the auction, President Stephen Roe said it provided a great opportunity for club members to



District 9800 First Lady, Gabrielle Butler with "Dame Edna"

contribute early in the new Rotary year while demonstrating to guests what Rotarians can and regularly do achieve. 'I knew it was important to start the year in a positive way. More than two thirds of our members were involved in some way and much of the money raised came from non-members who now know a lot more about Rotary and the projects we conduct'.

The net profit of over \$22,000 exceeded all expectations and will help provide a much needed boost to this vital District program.

RCE Community Chair and valued assistant, Maria Kouppas





Rotary Foundation Paul Harris Breakfast

By David Dippie, RC Keilor



Over 280 Rotarians and guests, the majority of whom were Paul Harris fellows, enjoyed RC Central Melbourne-Sunrise's Paul Harris Breakfast at the RACV City Club.

District Foundation Director PDG John Davis addressed the meeting about the Rotary Foundation and the recognition of contributors and recipients. In seeking support for the Rotary Foundation, he noted the danger of the Rotary Foundation message being lost in the plethora of other charities. He welcomed Ambassadorial Scholars, GST team members and Rotary Health representatives.

Guest Speaker Professor Patrick McGorry AO. was then introduced by PP Kevin Love.

Professor McGorry paid tribute to the Australian Rotary Health Foundation and its assistance over a decade to research and mental health.

He described how the World Economic Forum report shows mental health is a major threat to developing countries, and that Mental Health reform is economically achievable, but must be led from the top.



Past President Kevin Love, President Kevin Walklate and Professor McGorry AO

"Mental health strikes at the most productive years of life, with mental health issues affecting the young up to age twenty-five. It is a massive economic threat to human happiness" said Professor McGorry. "Social change, early intervention and equity of access are needed to create an environment for improvement."

He summed up that more research and development is required, and that we need to move from 19th to 21st century concepts and thinking.

Professor McGorry was thanked and presented with a Paul Harris recognition.



Rotary Foundation News

Rotary Foundation Newsletter

District Foundation Chair, PDG John Davis tells us that in the latest edition of Foundation News you will find:

1. Request for applications from clubs for a District Grant from The Rotary Foundation for humanitarian club projects, for implementation in the 2012-13 Rotary year. Don't miss out on this opportunity.
2. Information on how to register for the farewell to our outbound Group Study team to D3030 in India on the 11th January. Why not make this the first meeting of your club in 2012? The cost is very reasonable, particularly if you register prior to the 21st of December 2011.
3. Find out the details of our new Rotary Post Graduate Scholarship to the value of US\$60,000. Applications close on 30th June 2012, and the selected scholar would commence their studies in the first half of the Rotary year 2013-14. Now is the time to be seeking out potential applicants. The scholarship will be the first Global Post graduate scholarship to be awarded in Australia.
4. What do we mean by Sustainability? When we are applying for a Global Grant, read what our Grant Chairman PDG Jim Studebaker has to say on this matter.
5. Our Vocational Training Team has just return from Timor Leste. Read a preliminary report on their work in Timor Leste.
6. Read about the connection between our District and Black Caviar



A child works on his studies thanks to books donated through a Rotary project. By contributing to the Foundation, you support basic education and literacy.

Foundation Trustees approve Thailand Fund

Rotary Foundation News

In response to the recent flooding in Thailand, The Rotary Foundation has established the [Rotary Thailand Disaster Relief and Recovery Fund](#), which will support relief and recovery projects in the affected areas.

Thailand has been inundated with its worst flood in half a century, affecting at least 63 of the country's 77 provinces. The significant flooding has already claimed more than 500 lives after tropical storm Nock-ten hit Southeast Asia in late July. An estimated 3.1 million people have been affected and 4 million acres of farmland have been damaged.



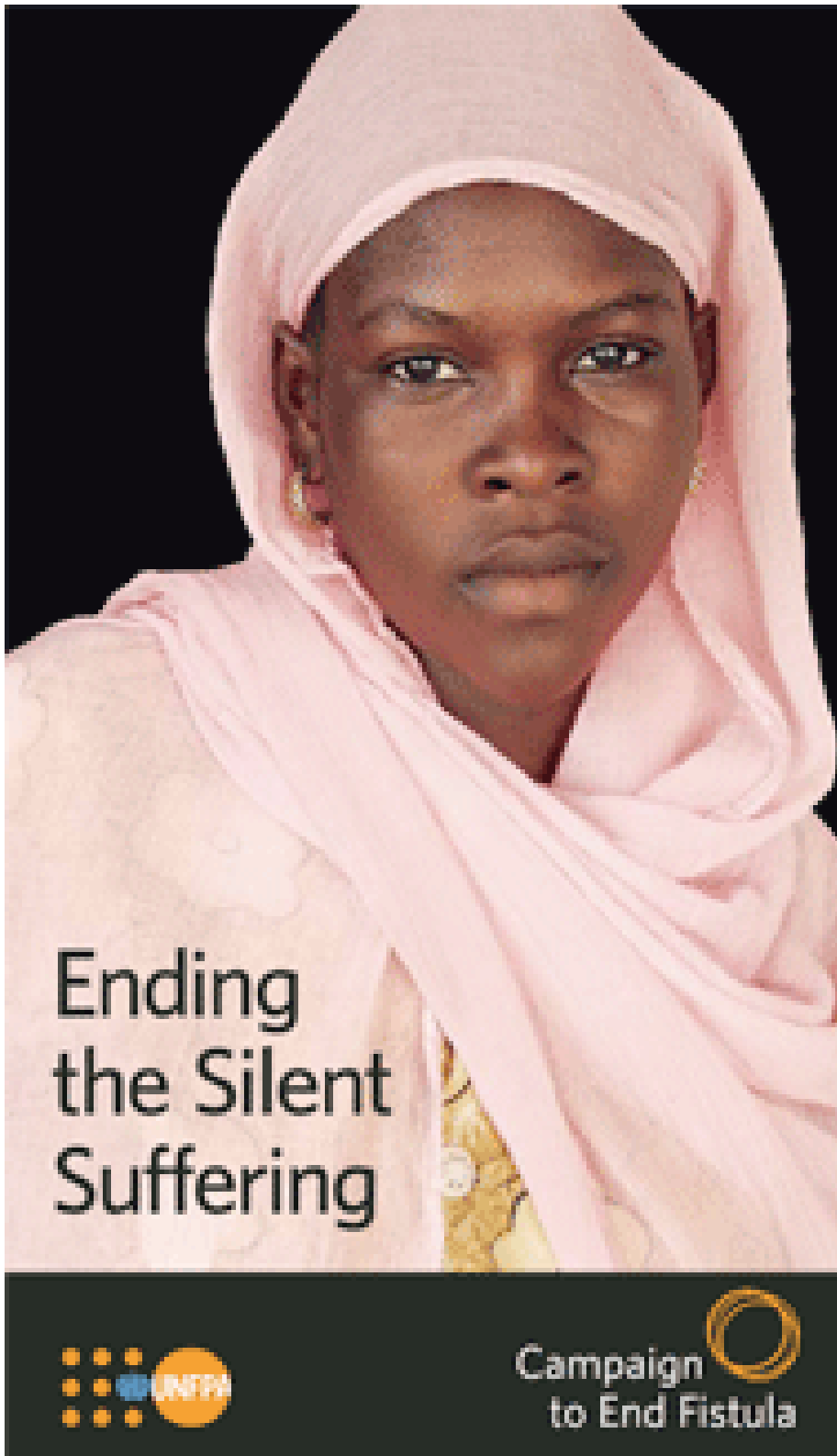
Flood victims from the floods in Thailand.

Details and ways to donate at:

http://www.rotary.org/en/ServiceAndFellowship/collaborate/Announcements/Pages/111111_annc_thailand_flood.aspx



>> Download
Foundation News



Obstetric fistula is a heartbreaking injury of childbearing. It occurs when a woman endures obstructed labour—often for several days—without appropriate medical intervention. The consequences are life shattering: The baby usually dies, and the woman is left with chronic incontinence. This tragedy occurs because the sustained pressure of the baby's head on the mother's bladder or rectum damages soft tissues, creating a hole—or fistula—that leaves the woman unable to control her flow of urine, or faeces, or both.

The smell often drives husbands and loving family members away. Without treatment, their prospects for work and family life are greatly diminished.

One of the tragedies of fistula is that it frequently affects adolescent girls. They are at greater risk of complications during childbirth and tend to have less access to health services. Young girls who thought they had full lives ahead of them suddenly find themselves marginalized and alone.

It doesn't have to be this way. Fistula can be prevented, and it can be cured.

In 2003, UNFPA and its partners launched the first-ever global Campaign to End Fistula. This includes interventions to:

- Prevent fistula from occurring.
- Treat women who are affected.
- Support women after surgery.

The Campaign to End Fistula has received substantial financial support from governments, foundations, corporations and individuals, helping thousands of women receive the care they need. It currently covers over 30 countries in sub-Saharan Africa, South Asia and the Arab States.

In each country, the Campaign moves through three phases:

- First, the extent of the problem and the resources available to treat fistula are studied.
- Second, each country plans its national strategy and builds partnerships to address the problem.
- Third, activities to prevent and treat fistula begin, along with efforts to reintegrate women into their communities once they are healed.

>> For More Information
visit www.endfistula.org



The Haggis Hunt

"In honor of World Polio Day, 24 October, we are asking for your help to tell the world about Rotary's achievements and to finish the job," stated Rotary Foundation Trustee Chair Bill Boyd, in announcing to club presidents a special online initiative in support of Rotary's US\$200 Million Challenge for polio eradication.

Rotarians responded generously during the 24-28 October initiative, in which the Foundation offered double Paul Harris Fellow recognition points for online contributions of \$100 or more. Contributions are being tallied and the total will be announced soon.

Throughout the week, Rotarians took up the call to end polio in variety of

ways. In Australia, Rotarians and the Global Poverty Project carried out a petition drive to persuade world leaders to fully fund the critical work of the Global Polio Eradication Initiative. Almost 25,000 supporters signed the petition, resulting in a \$20,000 contribution to Rotary's challenge by the Rotary Club of Crawley, Western Australia, which had offered to donate A\$1 (about US\$1) for each signature.

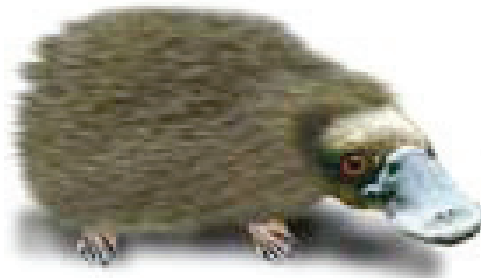
In Perth, the Global Poverty Project's End of Polio Concert on 28 October raised additional funds. The concert coincided with the Commonwealth Heads of Government Meeting in Perth; Rotarians had teamed up with the group to encourage government leaders to put polio eradication on

the agenda. Following the meeting, the governments of Australia, Canada, and Nigeria, along with the Bill & Melinda Gates Foundation, announced a combined pledge of more than US\$100 million to support polio eradication efforts.

"I also want to acknowledge the efforts of Rotary in what has been a long-standing global initiative for change, and I'd like to remind everyone that change is possible," said Australian Prime Minister Julia Gillard. "When the Queen first visited Perth in 1954, it was in the grips of a polio epidemic. Of course, circumstances have changed in our country."

THE COMMON HAGGIS

This little fella could be described as the 'Common' Haggis though as every Scot knows, they are not a common sight. Their coat is the colour of dry mountain heather and thus can be found mainly in the uplands of Scotland. This specimen is a male, we can deduce this from the animal's slightly smaller head and long sharp claws. They can grow to anything between 12 - 35cm (4 - 14 inches).



The 2010-2011 haggis hunting season has some fantastic prizes:

Grand prize: One night's stay in the luxury accommodation of the Kingdom of Fife Suite at Fairmont St Andrews, including dinner.

Read all about other prizes for The Haggis Hunt, Haggis Myths, and Recipes at:
<http://haggishunt.scotsman.com/>

Supporting Young Minds

Australian Rotary Health



Most people look back on their youth with pleasant memories. For some, however, the teenage years can be a very challenging time of life. Studies have revealed that within a 12 month period, 7% of Australians aged between 0-17 years and 26% aged between 16-24 years were experiencing mental health problems. Other studies have found that only one quarter of these young people had received professional health care for their illness.

Australian Rotary Health has this year commissioned seven new projects that will be funded in the year 2012, all of which will centre on Australian Rotary Health's new focus; the mental health of young Australians.

The studies vary in focus from an in-depth look at the social costs of young Australians with mental illness and self based self-help intervention for young people experiencing suicidal thoughts, to a look at intervention strategies for young people witnessing a parent

undergo cancer treatment.

The studies will also look at known associations between mental ill health and drug and alcohol abuse and new treatment therapies for first episode psychosis patients who subsequently develop post traumatic stress disorder.

Mental illness is the leading cause of disability in young people worldwide.

The success of these studies will help relieve the burden placed on young Australians by mental illness.

>> For More Information

about these new projects or to find out how your club can be involved in funding a research project, contact Australian Rotary Health on (02) 8837 1900, or visit: www.australianrotaryhealth.org.au.





Argument

Everyone argues and gets angry from time to time, but how much do you know about the best ways to resolve your differences?

1. Is it normal for members of a family to argue?

- A. No, because a loving family doesn't need to fight about anything.
- B. Yes, occasional conflict is part of family life.
- C. Yes, constant arguing is a sign of healthy vigorous communication.

2. What causes most arguments?

- A. Different points of view, misunderstandings or when what one person wants conflicts with someone else's needs or desires.
- B. Hormone levels, inherited genes or blood calcium levels.
- C. Weather patterns, clashing astrological signs or bad karma.

3. Should physical violence be used to resolve an argument?

- A. Never - violence never helps sort out our problems.
- B. Always - the fastest way to end an argument is with your fist.
- C. It depends - for example, it is okay if a parent hits their child.

4. What is anger?

- A. A healthy emotion that should be released and expressed immediately in whichever way feels natural, such as yelling at a person who annoyed you.
- B. A bad and dangerous emotion that should be bottled up inside and never expressed in case it causes pain or unhappiness.
- C. A normal emotion that needs to be expressed in safe ways until you cool off and can talk calmly.

5. What are some safe ways to express anger?

- A. Punch a pillow, do some vigorous exercise, calm down by taking a bath or listening to music, or talk to someone you trust.
- B. Eat chocolate, bite your fingernails or yell at the cat.
- C. Drink alcohol, shut yourself in your room or break things.

6. What is the best way to resolve an argument?

- A. By winning - shout at the other person until they admit they are wrong.
- B. By giving in - allow the other person to think they've won. It's the best way to keep the peace.
- C. By negotiating - calm down first. Then each person takes turns to talk while the other person listens and both give and take until a win-win solution emerges.

7. Unresolved arguments can lead to:

- A. Stress, violence or family breakdown.
- B. Food allergies.
- C. Increased unemployment, interstate travel or higher income tax.

8. If the same person or situation keeps making you angry, which professional should you talk to?

- A. Doctor, social worker or counsellor.
- B. Psychologist or psychiatrist.
- C. Any of the above.

>> For More Information

Most answers should be pretty obvious, but if you need confirmation, go to:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Arguments_quiz?open

You may recall The Argument Sketch from Monty Python's Flying Circus, featuring Michael Palin and John Cleese. You'll feel better after watching it at: <http://www.youtube.com/watch?v=teMlv3ripSM>



Welcome New Members

Welcome! As a new member, you'll get a chance to become more involved in your community and to provide aid to other parts of the world through the opportunities that your Rotary club and Rotary International offer. Learn more about Rotary by reading the [New Member Bulletin](#).

R.C. of West Footscray

Greg Ollett

R.C. of Prahran

Ryan Jansz, Sandra Thomas

R.C. of Werribee

Robert Fava

R.C. of Albert Park

Michael Tarant, Richard Chater, Henry Blatman, Peryn Slighting, Neil Cole

R.C. of Camberwell

Kerryn Dickinson-Rowe

R.C. of Kyneton

John Damrow

R.C. of Moonee Valley

Rachael Hankinson

R.C. of Melbourne

Marion Macleod, Branko Panich

R.C. of Williamstown

Ray Chapman

R.C. of Kew on Yarra

Frank Jahnke. Irene Leung

R.C. of Footscray

Graeme Thompson, Gregory Ferrington

R.C. of Caulfield

Listy Arianti, Duncan Welsh, Dora Swiettycki

R.C. of Laverton Point Cook

Craig Dowling



The success of these studies will help relieve the burden placed on young Australians by mental illness.

Notices & Upcoming Events

November

- 27 MINI GOLF COURSE GRAND OPENING**
Camp Getaway

- 27 RYLA CAMP**
Rotary Club of Bendigo
Strathdale

- 27 HAT DAY FOR MENTAL HEALTH**
Australian Rotary Health



ROTARY DISTRICT 9800 Events Calendar

For a full Notices & Events calendar, visit the following link:
http://www.rotarydistrict9800.org.au/notices_and_events

To submit Notices & Events, please send Clarice all the details at:
clarice@rotarydistrict9800.org.au

December

- 03 MURRUMBEENA FESTIVE SEASON COMMUNITY MARKET**
Rotary Club of Caulfield

- 13 NOEL TENNISON**
Rotary Club Gisborne

- 28 INTERNATIONAL RYLA**
RYLA in India

MEMBERSHIP REPORT

For October's Membership report:
http://www.rotarydistrict9800.com.au/site/1164/2011_October_Membership.pdf

January

- 11 GSE TEAM TO INDIA FAREWELL DINNER**
Starlight Reception Centre
Taylors Lakes

Notices

SITUATIONS VACANT

Dedicated and experienced Rotarians are needed to assist in the management of the District affairs for 2013-2014.

Do you have a letter for Clarice?

Contact the Editor

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

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

