December 2015 - Issue 11

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# Ho Ho Ho

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TARIANS & FRIENDS

@ WORK

**DECEMBER IS ROTARY DISEASE PREVENTION & TREATMENT MONTH** 

euvorker

rotarydistrict9800.com.au

# DG Julie Mason's Message



December is Disease Prevention and Treatment Month







"Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more...." - Dr Seuss, How the Grinch Stole Christmas!

As I sit here thinking about the onset of the festive season, I can't help but reflect on the past few months where I have experienced the very best of what Rotary stands for in the world. My visit to the clubs in our amazing District has opened my eyes to the breadth of projects that have been initiated as a response to the needs of the marginalised individuals and groups in our community, local and international. Topical issues like homelessness and family violence are high priorities for many clubs and support given to agencies that work with people affected by these issues has increased across the District. Last Saturday night I spent some time working with Rotarians, predominately from the Rotary Club of Central Melbourne Sunrise, who regularly are out from 10:30 pm to 3:30 am providing comfort and a "cuppa" to a whole range of people in need in the city. This Community Village project is truly inspiring and epitomises the message that Rotary Cares and Rotary Takes Action! It is also wonderful to see the number of clubs who support young people with scholarships so that further education is guaranteed.

### Continued -

Photos show DG Julie Mason visiting RC Central Melbourne Sunrise's Community Village



Four young people who have been selected to represent District 9800 in the Group Vocational **Exchange Team** to go to the Philippines in February 2016 have the opportunity to learn more about their profession and importantly to share ideas, good practice and develop ongoing professional relationships with others. So for Lauren maybe connections with non-government agencies will allow her to develop a deeper understanding in relation to maternal health and planned parenting, whilst Kelly will gain a perspective on the teaching of literacy in challenging circumstances. Christina may meet other entrepreneurs in the communication and business and Alec might experience project development and management in circumstances different to that in Melbourne. All four people have gifts and talents that will impress their peers in the Philippines and they will no doubt have experiences that are life changing.

The Theme of **Be a Gift to the World** is very pertinent at this time of the year and I am sure you will agree that although the gift of friendship permeates through our Rotary movement all year, it is at Christmas that we reach out to Friends of Rotary as a sign of appreciation for support given. In this troubled time peace and harmony is so important and the way that we celebrate diversity, and practise peaceful solutions to conflict, the way that we model respect and integrity can be a beacon for others around us.

So, as we spend quality time with our family and friends, and remember that our organisation cares for others in good and bad times through humble service and a spirit of collaboration and friendship, let's share this message and bring more people into the Family of Rotary.

My very best wishes to you all! You are awesome people and the world is so much richer for the service you give. Peace, happiness and goodwill to you all over the festive season.

*"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." - Dr Seuss* 

Enjoy Rotary as you are...... a Gift to the World.

Ubuntu: I am, because you are.

Julíe Mason

**District Governor** 

#### Vocational Training Teams

- Vocational Training Team: a group of professionals who travel abroad to learn more about their profession or to teach local professionals about a particular field
  - Fact sheet available on My Rotary (search Vocational Training Teams)



#ricon15



Be a gift to the world





Even if that mean old nasty Grinch really DID steal Christmas, we can surely forgive him in this season of goodwill and good cheer - Clarice

# **Vocational Exchange Team**

Details of the Group Vocational Exchange Team are gradually coming to hand. The team will travel to the Philippines following a send-off dinner on 16<sup>th</sup> February, when Rotarians will have an opportunity to learn more about the team members. The dinner will be run by Julie Avery and Brighton Beach Rotary Club at Milano's Restaurant. Their record of enjoyable District functions means you should note the date in your diary and book early. Details appear elsewhere in *"The Networker"*.

Meanwhile, here's an introduction to the team members:

#### Vocational Training Teams

- Vocational Training Team: a group of professionals who travel abroad to learn more about their profession or to teach local professionals about a particular field
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#ricon15

#### Lauren Amadei

Lauren studied International Development and German in her undergraduate and went on to study a Master of Social Policy, all at the University of Melbourne. For the past six months she has been volunteering and working at the International Planned Parenthood Federation (IPPF), a large NGO that works in the field of Sexual, Reproductive and Maternal Health. Whilst working at IPPF she conducted a large research project concerned with how to effectively address sexual, reproductive and maternal health in humanitarian crises to prevent the unnecessary injury and death of vulnerable women.



In 2007, Lauren was a Rotary exchange student in Germany and still has a passion for travelling. In 2012 she went to the Philippines and visited Manila, Baguio, Palawan and even climbed Mt Pulag.

Lauren would like to visit the Philippines with Rotary to gain a

deeper insight into the work of NGOs and perhaps even government agencies in developing countries. Whilst she has been working mainly in Maternal Health she is interested in other areas of Social Policy and would be interested in learning about all sorts of humanitarian agencies."



#### Kelly Sydenham

My name is Kelly Sydenham; I am completing a degree in Bachelor of Education at Federation University in Melbourne. I currently work at a disadvantaged school (with a high level of students with non-English speaking backgrounds) south of Melbourne as the Grade 1/2 Numeracy Aide. My job is to work with students who are below grade level and to help them reach grade level. I am 25, love to stay healthy and active, but also love the beach, food, travelling and I am especially passionate about teaching.

I wish to contribute and learn from the Philippines many things, one being to observe and hopefully participate in the teaching and learning of students, especially within the area of English and Literacy, and share new knowledge and skills learned, back in Melbourne. Another is to represent Australia's culture and teaching abilities within the Philippines community. I want to further my teaching skills; especially what is needed to teach overseas, as this is something I wish to do in the future.



#### **Christina Canters**

Christina Canters completed a degree in Planning and Design in Melbourne University and proceeded on to a Masteral in Architecture, as a registered Architect. However, with years of architectural experience, she discovered a hidden talent in public speaking. Presently, Christina is the founder of *The C Method*, a training business that helps Gen Ys communicate more effectively. She does this through group workshops, coaching and her podcast at www.thecmethod.com. Clients learn the skills to speak and present with confidence, so they can influence and inspire, to ultimately grow their business or accelerate their career. Outside her business, Christina loves to snowboard, dance and play the ukulele (just not at the same time). She also blogs at christinacanters.com. She loves meeting like-minded people, and is an active member of her Toastmasters club, CrossFit gym and cowork space. Vocationally, Christina would love to meet and see how other professionals in the training industry operate, to help her develop new business ideas. She is also keen on opportunities for workshop collaborations or speaking.

A travel and culture junkie, Christina is excited to experience everything the Philippines has to offer.

#### **Alec Gillies**

My name is Alec and I am 24 years old. I am a masters student studying social sciences and management. I have begun exploring the professional career of consulting, particularly for community, environmental and cultural projects. I would like to continue to learn more about these areas and consolidate my areas of interest by exploring a variety of different projects and gaining new insights. I wish to learn, observe and engage with experts and with projects in these same fields. In my time in the Philippines I hope to learn about what it means to be Filipino and to live in the Philippines, and share my own sentiments as an Australian. I am also a curious and highly adventurous person, and thoroughly enjoy new experiences.



# Nice photo!

Find the right picture to tell Rotary's story. RI's library contains thousands of colorful images that capture the heart of what we do locally and globally.

**Description:** Christopher Castro (center), of the Rotary Club of Brentwood, New York, USA, works with members of the community of Nan Sema on the island of La Gonave, Haiti, to secure solar panels on the roof of the local clinic. With Rotary Foundation Matching Grant 73919, Rotarians from District 7260 and Haitian Rotarians staffed a weeklong medical clinic there, installed a laptop and satellite to be used for telemedicine, and converted the community center's power source to solar energy. After the 2010 earthquake, Port-au-Prince residents fled to the island, increasing its population by 30 percent.

Filename: 20110215\_HT\_126.JPG EXIF - Date Taken: 2/15/2011 0:00:00 IPTC - Creator: Alyce Henson IPTC - Credit: © Rotary International



#### Find photos at:

http://images.rotary.org/netpub/server.np?quickfind=&catalo g=catalog&site=Rotary&template=search.np

Photos can be downloaded free, and used to enhance your club's website, publications, and public relations efforts. Please use photo credits for any image you use. For example: *Photo by Alyce Henson.* © *Rotary International.* 

# **Another Successful Paul Harris Breakfast**

By Tony Thomas, RC Central Melbourne-Sunrise

# Twenty-two Rotary clubs were represented among nearly 200 guests at the 23<sup>rd</sup> Paul Harris Breakfast at the RACV on November 24th. It's a flagship event of RC Central Melbourne-Sunrise, and raised close to \$8500 for the Rotary Foundation.

Past President Roy Garrett said that three weeks before the event, he had only 40 acceptances but by the morning, it was standing room only, in the grand Rotary tradition of last-minute-ism. The club's Paul Harris Breakfasts, and its other donations, have raised more than \$US233,000 for the Foundation over the past 29 years.

Guest speaker Professor Kate Leslie of Royal Melbourne Hospital gave an enthralling talk on patients' awareness levels during general anaesthesia. She explained that although the anaesthesia process was still not fully understood physically, it had been used billions of times with a proud safety record of people "going under and waking up without remembering much if anything".

However a very low rate of patients do have some post-op awareness, such as remembering sights and sounds and intrusions. There may also be memories of dreams and hallucinations, which is undesirable for creating stress and anxiety. Remembered dreams often involve water, such as a boat rocking on the water, and fishing. Among the dreams recounted:

- "I dreamed I was at a fairground and someone was throwing darts at my stomach"
- "I dreamed I was at a party at a public house in which there was a generous supply of gin and the anaesthetist was the landlord!"

Hallucinations were even more bizarre, such as

- He thought that there was a flock of chooks on the ward and that the nurses had possums on their heads
- He stared ahead unseeingly, crossed himself and shouted 'rank and number'
- He made amorous advances towards the nurse asserting she was his wife

Kate remarked of the latter, "What goes on in theatre stays in theatre."

She discussed many issues on which studies are so far inconclusive, such as whether anaesthesia affects dementia. One problem is knowing the level of dementia pre-op. Another is that post-op, relatives spend more time with the person and may realize more sharply that dementia is present.

She recommended that patients conform to doctors' advice about how long to rest up post-op, and don't rush back to work prematurely.

Someone asked if patients who died and were revived on the table had reported any interesting post-life experiences. She said her own father had 'died' briefly that way, and reported the classic experience of going down a dark tunnel but then emerging into the light again, with 20 people looking down at him in a very worried way.



Guest speaker Professor Kate Leslie, bead of Anaesthesia Research at The Royal Melbourne Hospital.

# Christmas Presents 24/7 By David Dippie, RC Keilor

We all know the traditional Christmas story of a rotund gentleman with rosy cheeks, who is dressed in bright clothes and works with a band of dedicated helpers in gaudy uniforms, in trying conditions. They send presents to boys and girls who have been good throughout the year.





We have our own tradition. We have several rotund gentleman with rosy cheeks dressed in bright clothes who work with a wonderful group of volunteers who gather goods and pack them as gifts that go all over the world. Elves may be the wrong description, let's settle for high-vis eccentrics who we should judge on results, not appearance. While the Donations In Kind Store is not at the North Pole, on a windy day in the middle of winter it's hard to tell the difference. OH&S restrictions and the RSPCA prevent the reindeer distribution method and one single overnight delivery. Containers are far less romantic but they come with the bonus of year round presents.

Almost every Club in our District contributes in some way to make this bit of Rotary Magic happen. On behalf of everyone who has received help we would like to thank all of the special people who make this happen and hope that they have a wonderful Christmas.

Photos: Our three favorite rotund, rosy-cheeked gentlemen. Top: Laurie Fisher. Below left: Bob Glindemann with some volunteers, and below right: David Dippie.





## The Rotary Foundation Citation for Meritorious Service

The Rotary Foundation Citation for Meritorious Service was presented by Rotary International President Elect John Germ at a dinner in Melbourne on November 18, 2015 to PDG Gordon McKern.



Rotary Foundation Meritorious Service Awardee, PDG Gordon McKern.

The recognition was given for demonstrated active service to Rotary's Foundation over a period of more than one year: in particular for community service and leadership in Bendigo and for the outstanding growth of the Paul Harris Society in District 9800.

Named after Rotary's founder, the Paul Harris Society recognizes Rotary members and friends of The Rotary Foundation who contribute \$1,000 or more each year to the Annual Fund, PolioPlus, or approved global grants. The purpose of the Paul Harris Society is to honour and thank individuals for their generosity of annual support to The Rotary Foundation.

More information about the Paul Harris Society is available from PDG Gordon McKern: mckernbendigo@ozemail.com.au

The Paul Harris Society of D9800 was the first to be founded in Australia, under the auspices of PDG Bernie Walshe (2006-07)

# **The Rotary Foundation**

In Sacala Las Lomas, Guatemala, children carry water from the contaminated community well to their homes. Women and children spend as much as five hours per day getting water. With the help of Behrhorst Partners for Development and funding from a Rotary Foundation global grant, community members plan to dig a five-and-a-half-mile (9 km) trench to install a gravity-fed water system that will deliver clean water to residents' homes.

EXIF - Date Taken: 5/19/2013 0:00:00 IPTC - Creator: Monika Lozinska IPTC - Credit: © Rotary International



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For example: *Photo by Alyce Henson.* © *Rotary International.* 



## Let's put birth control back on the agenda By Melinda Gates

Contraception. The topic has become controversial in recent years. But should it be? Melinda Gates believes that many of the world's social change issues depend on ensuring that women are able to control their rate of having kids. In this significant talk at **TEDxChange**, she makes the case for the world to re-examine an issue she intends to lend her voice to for the next decade.



You can watch Melinda's Ted Talk at:

http://www.ted.com/talks/melinda\_gates\_let\_s\_put\_birth\_control\_back\_on\_the\_agenda

## **Rotary In Action** By Jill Weeks, RC Hawthorn

Rotary International President Nominee for 2017 - 2018, Ian Riseley was a special guest on the 'Rotary In Action' radio program on 96.5 Inner FM.

The program has been broadcast every Tuesday from 4-5pm since July 4, 1995. In an interesting hour, Ian informed and entertained listeners with his professional and Rotary life, the role of an Rotary International President and Rotary projects.

Rotarians Jane Stott (Rotary Club of Yarra Bend) and Jill Weeks (Rotary Club of Hawthorn) represent District 9800.



## BENT SPOON TO CELEBRITY CHEF PETE EVANS Reproduced from <u>www.skeptics.com.au</u>

The celebrity chef Pete Evans was awarded the much un-coveted Australian Skeptics Bent Spoon award for 2015 at the gala dinner of the Skeptics National Convention on October 17.

In 1982, Australian Skeptics instituted an award to be presented annually at the National Convention to individuals or organisations who made the most outrageous claim of a paranormal or pseudoscientific nature in the preceding year. After conferring with leading American Skeptic and illusionist, James Randi, who had earlier instituted a Bent Spoon award. it was decided that our award would also



The Australian Skeptics Bent Spoon Award

commemorate one of the less useful, though widely acclaimed, alleged paranormal claims; the psychic ability to distort items of cutlery. So was born the Australian Bent Spoon Award. Some years later, in a masterpiece of alliteration, it was decided that the preamble to the award should read "presented to the perpetrator of the most preposterous piece of paranormal or pseudoscientific piffle".

Pete Evans is, of course, well known as a judge on the TV program *My Kitchen Rules*, and the promoter of the Paleo Diet, which eschews various products in favour of ingredients supposedly available to Stone Age man. The fact that much of what is included is a long way from what Stone Age people actually ate is beside the point.

Eran Segev, President of Australian Skeptics Inc, said "It is not so much for his diet that he is a worthy winner, even though it can apparently shrink tumours, reduce diabetes, cure autism, stop asthma and reverse chronic fatigue. There are elements of it that are probably useful, although bone broth for babies is a worry. No, he has won the award for his support of pseudomedicine, his stance against fluoridation, and his association with rabid anti-vaccinationist Joseph Mercola – "the legend" as Evans calls him.

Is Evans genuine? I don't know. Check out the lengthy disclaimer on his Facebook page to see how he protects himself from his own pronouncements. But he is certainly influential, and he has a wide following, so when he pushes something of highly dubious quality or scientific evidence, then it has to be a worry."

A dishonourable mention in the Bent Spoon award went to Queensland-based Stephanie Messenger. Messenger is the author of Melanie's Marvellous Measles, "surely one of the most dangerous children's books that's ever been self-published", according to Segev. "Her efforts to bring anti-vaccination campaigner Sherri Tenpenny to Australia failed, but she was a close contender in our books."



http://www.skeptics.com.au/2015/10/19/bent-spoon-to-celebrity-chef-pete-evans/

# **Clarice's Comments**

#### Melbourne's Rotary Park

Several readers have commented on our "this close" photo of RIPE John Germ and DG Julie Mason in our previous "Networker". Several have asked where the granite seat is located: few Rotarians seem to know about Melbourne's Rotary Park. Our jogging group know the seat well: we are always ready for a "breather" after the infamous Anderson Street hill, as we struggle around the Tan Track. The Park was inaugurated in March 1935 when Paul Harris, founder of Rotary, planted a Brush Box (*Lophostemon confertus*) that is today a fine specimen of this species. Our photo shows RI President 2005/2006 Carl-Wilhelm



Stenhammer on the granite seat. You can read about Melbourne's Rotary Park at: <u>http://www.rotaryclubofmelbourne.org.au/html/s02\_article/article\_view.asp?view=print&id=605&nav\_cat\_id=306&nav\_top\_id=62</u>

The site relates that "the park has become a much loved and used venue for walking, jogging, reading and sylvan contemplation." Our jogging group certainly appreciate the red granite seat, (which was erected as a memorial to the work of Paul Harris and Angus Mitchell), but must admit we're too puffed out for much sylvan contemplation.

#### Thanks, Sis!

"Would you like Clarrie to help out in the office over the Xmas break?" asked my dear sister. Clarrie, of course, is my favourite nephew – no, he's more than that: he's my ONLY nephew. Always keen to help, a lovely lad, but unfortunately saddled with a teenage male brain. This means that the most innocent remark can be misinterpreted and accompanied with rolling eyes and a knowing look. I have to stay on my toes, like when Darlene dropped into the office, for instance. I admit Darlene has packed on a bit of weight recently, and the low-cut dress didn't help, but Clarrie's comment of "You don't get many of these to the pound!" had all the males giggling and grinning. Fortunately Darlene missed the point, but I was REALLY ANGRY with Clarrie. I've arranged to get back at him by asking Louisa to slip some Senna tablets in his pasta next time we lunch at "Farci". That should give him a good run for his money!



Clarrie

Besides, it's always easier to eat out with Clarrie: last week he made his own sandwiches for lunch: mashed banana, with honey and peanut butter - yuk! He actually got most of it in his mouth, but the rest was spread on his T-shirt, desk and work-station. It took me ages to clean it up. While I enjoy having Clarrie around to help, I DO look forward to the school term starting next year!

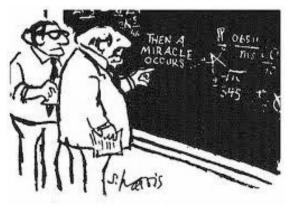
#### Some free Philosophy for you

Julie Vecht of RC Bendigo-Strathdale kindly sends me a copy of "The Broadcaster" each week, usually accompanied by a pithy quote.

Julie's latest quote got me scratching my brains: "The purpose of human life is to serve, and to show compassion and the will to help others." - Albert Schweitzer. I can accept that service, compassion and helping others are laudable, (like "motherhood") but Albert's conclusion reminds me of this cartoon:

Have a lovely Chrissie! - Clarice.





I think you should be more explicit here in step two."

# **Notices and Events**

## **Group Vocational Exchange Farewell Dinner**

Milanos Hotel, The Esplanade, Brighton Beach. Tuesday, 16<sup>th</sup> February, 6.30pm for 7.00pm Cost: \$40/head Further details Julie Avery 9591 9591 or 0418364191 Julie@brightontravel.com.au



## Yarraville Carols in the Gardens

Yarraville Gardens (Cnr Hyde Street & Somerville Road) will once again be filled with Christmas spirit for the 22nd annual "Carols in the Gardens" free event taking place on Saturday 19th December from 7pm. This year's carols will be hosted by much-loved Australian stage, television and film actor, Kevin Harrington,

and will be a fun-filled evening for young and old.

The evening will begin with the traditional community hour, featuring performances from a number of local guest artists before the main performance.

The main performance will include a mass choir (comprising choristers from The School of Hard Knocks Absolutely Everybody Choir: Footscray Sings; THECHO!R; Willin Wimmin; and The Divine Divas of Sunbury); Footscray-Yarraville City Band, Hyde Street Youth Band & Western Brass; Adam Przewlocki (pianist), Danielle Matthews, Belinda Sofra, Nicholas Coghlan and Adrian McEniery, who have performed regularly with Opera Australia, Victoria Opera, and Melbourne Opera; and internationally acclaimed local Soprano, Margaret Haggart. Santa will make a special appearance during the evening, which will conclude with a spectacular fireworks display from 10pm. Enquiries: David Palmer 0416 497 398



## Party time?

**Description:** During a reunion, the earliest members of the first Rotary club share a meal at Mickelberry's Restaurant near Paul Harris's home in Chicago, Illinois, USA. From left: Silvester Schiele, Montague "Monty" Bear, Harry L. Ruggles, Paul Harris, Bernard E. "Barney" Arntzen, Rufus F. "Rough-House" Chapin, and Robert Fletcher.

IPTC - Creator: The Rotarian Staff

IPTC - Credit: © Rotary International



# **Notices and Events**

## **Doing Good Schools Video Competition**

You can make your Rotary Club look amazing by simply telling the stories your Club already has. Our aim is for every Rotary Club in our District to produce a short video of less than one minute. All video entries will feature on our YouTube and Facebook pages, with each short video shown at our Bendigo Conference in March 2016 for the Cluster Presentations.

We recognise that not every club has the technical expertise to do this, so we have created a competition for local schools - as the students do have this expertise(!) - for our "Doing Good" Schools Video Competition. You just need to contact your local schools to invite them to be part of it. Entries open August 2015 and close 20th November 2015.

Application Forms will be available on this website. At this stage, please liaise with the schools to start the process.

Tell the Story of your Local Rotary Club

The story could be about an interview with a member, your life-changing international service projects, or a local fundraising effort.

School students will be amazed about what stories Rotary has to tell.

For more information

Visit our District Facebook Page or e-mail **publicimage@rotarydistrict9800.org.au**. Where do I start?

**Download flyer** to post at schools, sporting clubs and shopping centres.

Print off and fill in your Club's own contact details so that schools contact you directly to find out your great Rotary stories!

Share your videos

Clubs can use the videos for their own use, including at Club Meetings, on their website or Facebook or YouTube sites.

- See more at: http://www.rotarydistrict9800.org/news/14229#sthash.zYrVJaF6.dpuf



# 2016 Rotary International Convention, Seoul

#### 28th May to 1st June, 2016

It's your chance to connect with Rotary members from around the world. You'll build new relationships and exchange ideas across cultures. http://www.riconvention.org



## The Rotary Club of Chadstone-East

**Malvern** are busy writing the history of their club. They are interested to learn of any clubs who have written a club history.

Please contact Rosemary Johnston 0438 693 597 or

rosemary.johnston82@gmail.com



In 2012 Yarra Bend Rotary saw a need to apply some structure and rigor to its Projects that have a mentoring aspect. This led them to develop a training course on the core skills needed for successful mentoring. This involves understanding the mentoring



process, setting SMART Goals, active listening skills, questioning techniques and of course appropriate governance arrangements.

These and many other aspects of mentoring, including "matching" mentors to mentee needs are outlined in a six hour training package usually run over two evenings. Since 2013 a number of Rotary Clubs have taken advantage of the training offered by Yarra Bend including Hawthorn, Canterbury, Carlton and Kew resulting in excess of 150 Rotarians having enhanced their mentoring skills and knowledge.

The training sessions are interactive and are offered free of charge to other Rotary Clubs except for the costs of training rooms and minor printing. If you are interested email Yarra Bend's Vocational Service Director at <u>matt.pollard@yarrabendrotary.com.au</u>

## **Stay informed on Rotary events:**

http://www.rotarydistrict9800.org/notices\_and\_events\_future

## **Our Contributors**

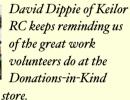


District Governor Julie Mason of Wyndham RC is Principal of Baden Powell College in Derrimut and Tarneit.



Our peripatetic philosopher, Tony Thomas certainly gets around. You can catch his controversial offerings at quadrant.org.au







Bronwyn Stephens loves Cambodia, and is the driving force behind "World of Difference".



Clarice Caricare prefers the informal job descriptor of "Girl Friday", for reasons known only to herself.



Photographs by Monika Lozinska frequently appear in Rotary publications.



Matthew Scott, our roving reporter in the deep north, is heavily into face-painting.



Melinda French Gates is an American businesswoman and philanthropist. She is the wife of Microsoft co-founder Bill Gates.



Ricardo Krauskopf of RC Port Melbourne is a regular volunteer at the DIK store in West Footscray.