



Networker

Rotary District 9800

A publication for
Rotarians and
all community
minded people

District Membership Rebounds

All Rotarians in District 9800 have reason to celebrate with a recovery in District membership over the past year, which was the first net increase since 2007/08. This recovery has created a strong base for further increases in the year ahead, with a number of new membership initiatives and rule changes that will foster both new membership growth and enhance our ability to retain members.

Highlights of this past year have included the addition of two new clubs with Bendigo New Generation and the Rotary E-club of Melbourne. This is the first time since 1987 that multiple clubs have chartered in our District.

The number of women in our membership rose by almost 11%. Our share of younger Rotarians continued to rise with the two new clubs and rapid expansion of the Rotary Club of Melbourne Park with membership up by 56%. There were also strong membership increases in a number of clubs that had been struggling, with membership up by 56% and 30% respectively in the Rotary Clubs of St Kilda and Port Melbourne.

Initiatives that are underway to enhance our District membership in 2013-14 and beyond include the new National Membership and Public Image Plans that roll out this year, new Rotary rules to foster the development of satellite clubs that make achieving attendance requirements easier through



recognition of time spent involved in community service. In addition the District Membership Committee has been expanded to provide specialist membership advice direct to clubs through a network of ten Cluster Membership Coordinators and the creation of a Membership Diversity Committee.

The aim this year is to increase District membership by 3% and this is achievable. The momentum and initiatives are in place for this to occur, all we need is for you to play a role in making this happen.

Yours in Rotary Membership
Chris Egger
District Membership Director



District 9800
2013-2014

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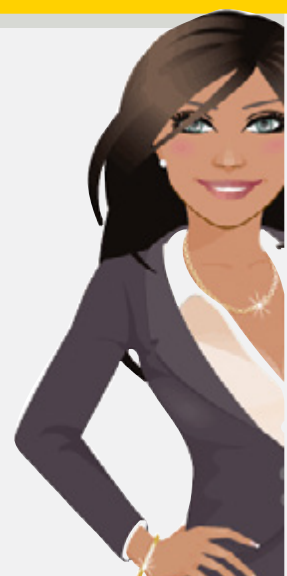
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THE HERO YOU'VE NEVER HEARD OF



Professor Finlay Macrae is working on a study investigating whether red wine reduces the risk of bowel cancer.

*Picture: Mark Stewart
Source: Herald Sun.*

Reproduced with permission.

The Rotary Clubs of Melbourne South, Albert Park, Port Melbourne and Southbank recently conducted a joint Men's Health Symposium addressing Bowel Cancer and Depression in Men.

One of the Speakers was Professor Finlay Macrae from the Royal Melbourne who is conducting a trial as to whether Red Wine helps prevent colon cancer.

This is the article that appeared on www.heraldsun.com.au and appeared in the Herald Sun.

He is looking for volunteers from Rotary for a short trial, see the note at the end of story.

IT'S time to come clean. We media people should plead guilty to tossing the "hero" label around too much.

The late Robert Hughes wrote that these days "heroism is cheap - all you need to do is pull a child out of the path of a runaway truck or try to put out a fire".

Hughes knew what a hero was: his father was one. At 22, Geoffrey Hughes flew fragile canvas-and-timber planes in dogfights over Europe's Western Front.

Youthful Capt Hughes survived a year of living dangerously in 1918, shooting down 11 enemy aircraft while facing German air aces like the crazy Lothar von Richthofen, brother of the feared "Red Baron".

After the war, Capt Hughes lived a respectable life in which he rarely spoke of the exploits that won him a Military Cross and Australian Flying Cross.

To him, his older brother, Roger, was the real hero - a doctor who died after a shell blew off his legs as he attended a wounded man on the Somme.

In the eyes of his dashing pilot brother, Roger was heroic because he put himself at risk to help others and died doing it.

Not all heroes are the ones doing

eye-catching things.

The Ned Kelly-as-hero myth, for instance, is a little warped. The man wearing armour and waving guns at Glenrowan was a murderer and armed robber caught in a criminal act. Not necessarily that different from some modern crims who stage a siege and then decide whether to "suicide by cop" or surrender.

Heroic Ned was the boy who jumped in a creek at Avenel years before to save a younger child from drowning. The touching part of the Kelly story is not the narcissistic posing of a gunman under siege but the fact he kept the sash presented to him by the Shelton family for saving their child. Somewhere inside the armour-plated horse thief and cop killer was that brave little boy, still wearing the sash that represented the better angel of his nature.

We make heroes of sportspeople - mostly for doing extra well what they are paid extra well for doing. The Whittens, the Warnes and the like aren't heroes, just famous for a set of reflexes.

Meanwhile, we ignore the quiet heroism of those who stick to a gruelling task year after year to help others.

In the newspaper business, we hear



a lot of moving stories about decent people who do great things without any fuss. Unavoidably, only a few make the headlines. That brings us to Professor Finlay Macrae, who left Melbourne yesterday on one of the many trips he makes to help bowel cancer sufferers, mostly in developing countries.

The absent-minded professor is a white knight in the battle against bowel cancer, Crohn's disease and allied problems, in Australia and around the world. He has saved hundreds of lives in his 40-year career and eased thousands more.

He is regarded so highly both as hands-on doctor and researcher he has just been awarded an international honour, yet few outside his own circle know about it.

When we searched the Herald Sun image library for a picture of him, we found one tiny headshot on file. That says much about a man who could walk down any street in Australia and not be recognised - except by his patients, who tend to worship him. And by fellow medicos, who respect him.

Finlay Macrae's story is not well known but maybe it should be. Here's why. Bowel cancer kills more Australians than any other cancer except lung cancer. As lower smoking rates take effect, it could become the number one killer.

Prof Macrae has been researching bowel cancer almost as long as he has been treating patients - a juggling act that hasn't left him much time for anything else. One of his four adult children, Alistair Macrae, wryly recalls that weekends with Dad meant racing from school sport to various hospitals. The kids waited in the carpark while he visited patients. Prof Macrae's research shows that the Western diet or lifestyle seems to encourage bowel cancer and inflammatory diseases.

"Some other forms of cancer are more common but except for lung cancer, most of them are more treatable," he explained late on Wednesday night while packing for his latest trip.

The son of a Melbourne timber

merchant (and grandson of a Scottish clergyman) says he wanted to be a doctor since he was "seven or eight" at Scotch College, where he was school captain, captain of music and a handy wicketkeeper.

"I had no other ambition through school," he admits. "I guess it was an altruistic goal. I guess it still is."

HIS father was a former prisoner of war who did community work; his mother was a dedicated nurse. He thinks both influenced him.

Some medical graduates might shy from gastroenterology.

It's not glamorous being a "bum doctor". But the young Macrae chose it because it is linked to nearly everything in the human body. By mastering it, he thought, he could help save more lives.

His achievements are too many to list here but high among them is his constant push for genetic research to uncover the killer genes that haunt some families.

Ever wondered who's behind the mass screening for bowel cancer that will save thousands of lives? Macrae was. He just wishes the Government had done it years earlier.

No day is so long that he doesn't cram another patient into a packed schedule, which drives his staff crazy. Those close to him say he has ignored the chance to make



HERALD SUN Friday, May 17, 2013.

a fortune from lucrative private practice. At 64, he still sits at the back of the plane when he flies to Fiji, India or China to teach young doctors how to save lives.

For a fearsomely smart man, he's hopeless with emails and paperwork. When he got one from the World Gastroenterology Organisation last month announcing that he had been "selected to receive" the organisation's highest gong, the 2013 Masters Award, he thought it was spam. Luckily, an alert assistant rescued it. So in September he'll be off to China to pick up the big award. It will be a good excuse to do some teaching while he's there.

Research trial: RED WINE and Colorectal cancer risk reduction
Volunteers needed!

The benefits of drinking red wine in moderation has been observed in both clinical and scientific studies. Resveratrol, a substance notable in some Australian wines, can dampen the effects of a carcinogenic environment in the bowel.

We are conducting a formal clinical trial of Resveratrol. This trial is for people at above average risk for bowel cancer (i.e. have a strong family history of bowel cancer) or a personal history of bowel cancer or adenomas.

The trial runs for 9 weeks and involves 3 short visits to our centre. During the trial period, participants are asked to adhere to a special diet and are given either 100ml of a non-alcoholic red wine (de-alcoholised) or a placebo to drink on a daily basis.

This project is in association with the Australian Wine Research Institute, and is funded by Cancer Australia. We are seeking VOLUNTEERS. Please contact Virginia on 9342 8995 (virginia.bird@mh.org.au) or Masha on 9342 8423.



SPEAKER BANK UPDATE



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

Limited Time: Speaker In Melbourne

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

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

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

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

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

Click on the link:

<http://tinyurl.com/mzhtrr4>

DG drops into Woodend



On Thursday 25th July DG Ross Butterworth and Annette, and AG David Bourke and Carmel, visited the Rotary Club of Woodend.

Their visit was most opportune as our nominated outgoing Exchange Student, Scarlett Collett, attended the meeting with her parents. Scarlett lives in Kyneton and attends Girton College in Bendigo and is an enthusiastic horse rider in her spare time. She will be going to Germany in 2014 and is looking forward to the opportunity of experiencing a new culture, making new friends and promoting peace and understanding between the two countries.

PLEASE NOTE

The Rotary Club of Eaglehawk

Please note that due to necessary renovations at the Rotary Club of Eaglehawk's meeting rooms, at the California Gully Mechanics Institute, the venue will be unavailable for about 6 to 8 weeks.

From Wednesday 14th August 2013, the Rotary Club of Eaglehawk will meet at an alternative venue:

The Eaglehawk Soccer Club Rooms at Truscott Reserve, California Gully.

(Enter off Murdoch Street, California Gully)



NOTICES AND EVENTS

**Aug
17**

MEMBERSHIP & MARKETING SEMINAR

Saturday 17th August 2013, 9.30AM to 1.30PM

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

Cost \$20 per person (includes lunch)

Dynamic presentations & interactive workshops will give you:

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

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

Email: paul.rake@bigpond.com

Membership Director Chris Egger:

membership@rotarydistrict9800.org

Public Image Director Chris Don marketing@rotarydistrict9800.org



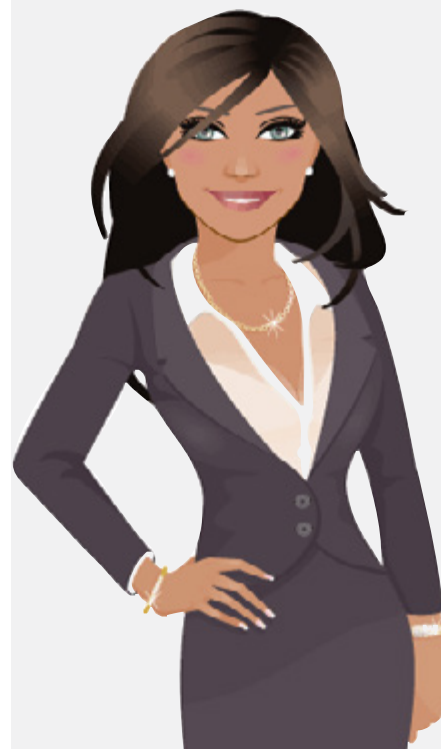
Do you have a letter for Clarice?

Contact the Editor

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

Send your thoughts to her
email address at

clarice@rotarydistrict9800.org.au



**Aug
17-18**

HOBSONS BAY ART SHOW

Rotary Club of Altona

36th Annual Event

SATURDAY 17TH AND
SUNDAY 18TH AUGUST 10-4PM

Gala PreView evening

Friay, 16th August - bookings on line at
www.hobsonsbayartshow.com.au

Venue: **SeaWorks**

82 Nelson Place, Williamstown

Melref: Pg56 E9

**Aug
24**

Hawthorn Rotary Club Diamond Jubilee

Saturday 24th August, 6.30 for
7.00 pm

Cardinal Pavilion, Scotch College,

\$70 per person, all inclusive

RSVP by 16 August to Anne Scott

9817 3000 or 0407 871 098

anne.scott2@bigpond.com

PO Box 33, Hawthorn, Victoria,
3122

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

Payments to Hawthorn Rotary Club, BSB 083-166, Ac 532 545 861

ROTARY DISTRICT 9800 Events Calendar

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

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

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

clarice@rotarydistrict9800.org.au



NOTICES AND EVENTS

Aug
25

A WALK IN THE PARK

A Parkinson Victoria fundraiser proudly supported by the Rotary Club of Glenferrie.

Sunday, 25 August

FEDERATION SQUARE, MELBOURNE

Turn up at 10 am for an 11 am start.

WALK ROUTE: 4 km (with a 2 km shortcut) paved all the way. 2 km out and 2 km back to Federation Square..

Click the image to link to the website.....

ENTRY FEES: ADULT \$45, SENIOR \$35, CHILDREN 5-15 \$50, UNDER 4 FREE, DOGS (ON LEAD) \$7. FAMILY 2+2 \$126, 1+2 490.

Good fun - Good fundraising fun

Aug
30

SPORTS STAR NIGHT 2013

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

www.sportsstar.rotarylpc.org.au

or mobile 0407 846 382.

MC KEVIN HILLER

David Schwartz

Rusty and the other Guy

Peter Daicos

THE BROOK, SNEYDES ROAD, POINT COOK

STARTING: 7.30 sharp.

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

Sept
12

MILES FOR SMILES - FUND-RAISING EVENT

Thursday, 12 Sept - 7-10 pm

Level 89 Eureka Tower, 7 Riverside Quay, Southbank.

Hosted by Brian Nankervis.

COCKTAIL ATTIRE

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

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

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

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

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

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

See more at: <http://www.milesforsmiles.org.au/wp-content/uploads/2013/07/2013-MILES-FOR-SMILES-LAUNCH-EVENT.pdf>



District Conference

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

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

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

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

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

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

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

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

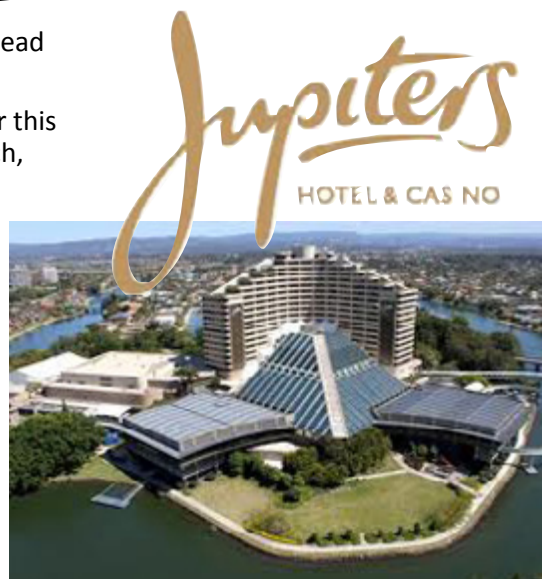
Air fares to both Brisbane and Coolangatta airports are very competitive and public transport options bring you right to the door. Many Rotarians have already booked their air travel to take advantage of the cheap flights currently available.

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

Check this out at:

www.rotary9800conference.org

Remember: Gold Coast, Famous for Fun.





“Nan McCreadie” serves as first woman president of RIBI



By Arnold R. Grahl, Rotary News, 5 July 2013

In yet another sign of Rotary’s growing diversity, Rotary International in Great Britain and Ireland (RIBI), an organization formed in the 1910s, has inaugurated its first woman president.

Nan McCreadie, a member since 1997 of the Rotary Club of Feltham, Greater London, England, was inaugurated on 6 July at an event in Twickenham Stoop Stadium.

McCreadie has served as vice president of RIBI, chair of its Constitution Committee, president’s representative, and district governor.

Coincidentally, McCreadie’s instructor when she was learning to be a training leader was Anne L. Matthews, who just became Rotary International’s first female vice president.

“I am tremendously honored to be appointed RIBI’s first female president, which I firmly believe is a reflection of how Rotary is moving with the times,” she says. “We are currently undergoing a new stage in our development with more and more women

and younger people wanting to join Rotary and help their local communities. So it is a really exciting time for me to be taking over and I am very much looking forward to my year in office.”

McCreadie joined Rotary after receiving a letter during a membership drive and then attending a few meetings. “I term myself a mail-order bride,” she quips.

McCreadie believes the organization is making great strides in terms of diversity, and needs to continue doing so.

“We need to be more flexible,” she says. “We also need to interest non Rotarians in some of our service projects, which might lead to them becoming interested in joining. Visibility is important, as well as working with other local, national, and international organizations.”

See this story and other media articles on the Rotary International website at <http://www.rotary.org/en/mediaandnews/news/Pages/ridefault.aspx>

and check out the Rotary International Convention in Sydney next year by clicking on the image below.

THE FOUR WAY TEST

*of the things we think,
say or do...*

1. Is it the TRUTH?

**2. Is it FAIR to all
concerned?**

**3. Will it build GOOD
WILL and BETTER
FRIENDSHIPS?**

**4. Will it be
BENEFICIAL
to all
concerned?**



Centre for Physical Activity and Nutrition Research



60 – 80 YEAR OLD MALES WANTED

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

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

RESEARCH OBJECTIVES

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

PARTICIPANT ATTRIBUTES

Volunteers should be:

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

TESTING SCHEDULE

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

- Sessions
 - Familiarisation
 - Leg Press Trial
 - Walking Trial

BENEFITS

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

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

FOR FURTHER INFORMATION

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

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

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

Deakin University Cricos Provider Code: 00113B



Membership Extension Another Way to Grow

DG Ross has determined that this year it is even more vital to the long-term success of our District that we increase our membership.

One of the ways we can significantly increase our membership and membership diversity is to establish vibrant new clubs. That's not as easy as it sounds. However, to achieve that objective this year DG Ross has created the District Extension Committee (DEC).

DEC will investigate all opportunities that may be available to increase the number of clubs in the District and correspondingly grow our overall membership numbers.

This committee (DEC) will work independently of the District Membership Committee however where there are areas of common interest, opportunities to share ideas on information, lessons learned, statistics and demographic data, we believe we can work together to achieve the District Governor's overall objective of improving our membership outcomes this year.

The District Extension Committee's role is to develop and implement a plan to organise new Rotary Clubs within the District. The focus of the Committee will be on areas:

1. Where an opportunity exists for a new Rotary Club in an area with no coverage by an existing club, or
2. Where there is an opportunity to form a new club in an area where there is an existing Rotary club that does not fulfil or cater for

the needs of the potential target group, or

3. Where an existing Rotary Club seeks to form a new 'associate or satellite' club in a close geographical area, where there are insufficient new members to form a standalone club.

The first step in the developing a Membership Extension Program is to make contact with clubs and members who recognise the potential for a new or Satellite Clubs within their area.

During this Membership Development Month I ask all Club Presidents to consider Membership Extension as part of their membership strategy for this year and to identify and report to the Extension Committee any opportunities observed - we will do the rest.

In the meantime please come along to the Membership and Marketing Seminar on 17 Aug 13 to hear more on this very important and innovative new initiative for D9800.

Growing New Clubs – a great way to Engage Rotary and Change Lives.



Colin Muir
Chair District Extension Committee

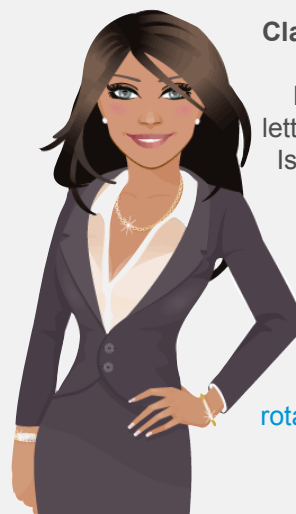
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[clarice@
rotarydistrict9800
.org.au](mailto:clarice@rotarydistrict9800.org.au)



'World of Difference'

Sileap lives in Cambodia. Her home is well appointed and very affluent by Cambodian standards. Still, although electricity is available intermittently, there is no wifi, cooking is done over an open fire, there are no benches for food preparation – it is done on a bamboo mat on the floor.

Her chores include collecting the eggs from the chook pen, feeding the food scraps to the pigs and helping her mother hand wash the clothes and prepare the food.

Her father, our Cambodian guide and project advisor, Rithy, values education more highly than any other priority for his 2 children. Sileap attends the local school where she is in a class of 65 children. Rithy also pays for a private international school supplementary education, and she also has extra tuition in English.

Sileap has expressed the desire to study medicine at university in Australia. This conversation has led to Sileap coming to Australia during her 2 month school vacation – August and September. She is attending a local high school in the same year level as she attends in Cambodia (year 10).

It has been utterly overwhelming that St Michael's Grammar School has provided the 2 month's schooling

fee free. As well as core subjects Sileap has chosen two elective subjects and will also learn the guitar. Sileap is also experiencing household life in our home.

Almost every chore is a simple as pressing a button, meals are prepared on a huge kitchen bench but still the household mother seems busier than a Cambodian woman... racing from Rotary meeting to another Rotary meeting, or banging away on the computer!

After a few preliminary appointments at the school Sileap started school today – Wednesday 7th August, only five days after she arrived from Cambodia. She left home in 40 degree Celsius temperatures so our winter climate is challenging her. She is determined though to maximize her opportunity in Australia, and today left for school wrapped up in scarf, gloves, tights, jumper and blazer. She looks incredulously at

Sileap, waiting for the school bus, is in Australia for two months as part of the 'World of Difference' program. She comes from Cambodia and would love to study medicine in Australia.



Sileap helped her mother cook spring rolls during the January 'WOD' tour by Thorva Hewison, wife of the former school principal at St Michael's, Tony Hewison - their portrait hangs at the school



the other school girls in their short uniforms and bare legs.

This opportunity for Sileap is costing our family very little in monetary terms. Her family in Cambodia (RC Phom Penh member Rithy Lay) are willing to provide a reciprocal experience via our "World of Difference" project. I hope that other Rotarians may consider this as a small Youth project. Certainly committee members from WOD are here to help, facilitate the travel, accommodation and volunteering, and Rotary insurance.

Another avenue of assistance within this project is helping explore scholarship opportunities and enrollment processes for Sileap. She will have a good idea where she sits academically within the year 10 Australian level after two months. This will give an indicator whether she will need additional school study in Australia to prepare for university enrolment.

This is only some of the challenge though. Presumably the university degree will be prohibitively expensive for her family. Ways that Rotary can help need exploring, and our committee would be very grateful if other Rotarians will help with this.

Please contact World of Difference Committee Chair Bronwyn Stephens for further information on the two opportunities above....ie reciprocal hosting for an Australian student in Cambodia, or assisting explore scholarships and university options for Sileap. info@WOD.org.au, or 0410 324 537.



That first ever taste of Macca's wasn't as good as the advertising would have you believe.

Research trial: RED WINE and Colorectal cancer risk reduction Volunteers needed!

The benefits of drinking red wine in moderation has been observed in both clinical and scientific studies. Resveratrol, a substance notable in some Australian wines, can dampen the effects of a carcinogenic environment in the bowel.

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THUNDERCLAP

A crowd speaking platform that blasts your message via all your supporters to all their friends over all the social media they are connected to - all at the same time.

Think about it for a minute, how many friends do you have on Facebook, and how many friends do they have.

Lets say the average number of friends is 100 and the goal for your Thunderclap is 100 supporters. That means 100x100 people receive a message via their social media at the same time about your campaign.

Maybe 10% will share that message - another 10x100.

That's 11,000 people getting your message and that's a conservative campaign target.

Rotary Connects Leaders

Lend your Facebook connections to a Rotary awareness campaign.

By inviting Rotarians to join, RI will communicate the following message on all our individual Facebook, Twitter and Tumblr feeds at the same time on 31st August (If we reach of the goal for 100 supporters).

“Rotary connects leaders to exchange ideas + take action in communities. Join leaders at a #Rotary club near you. “

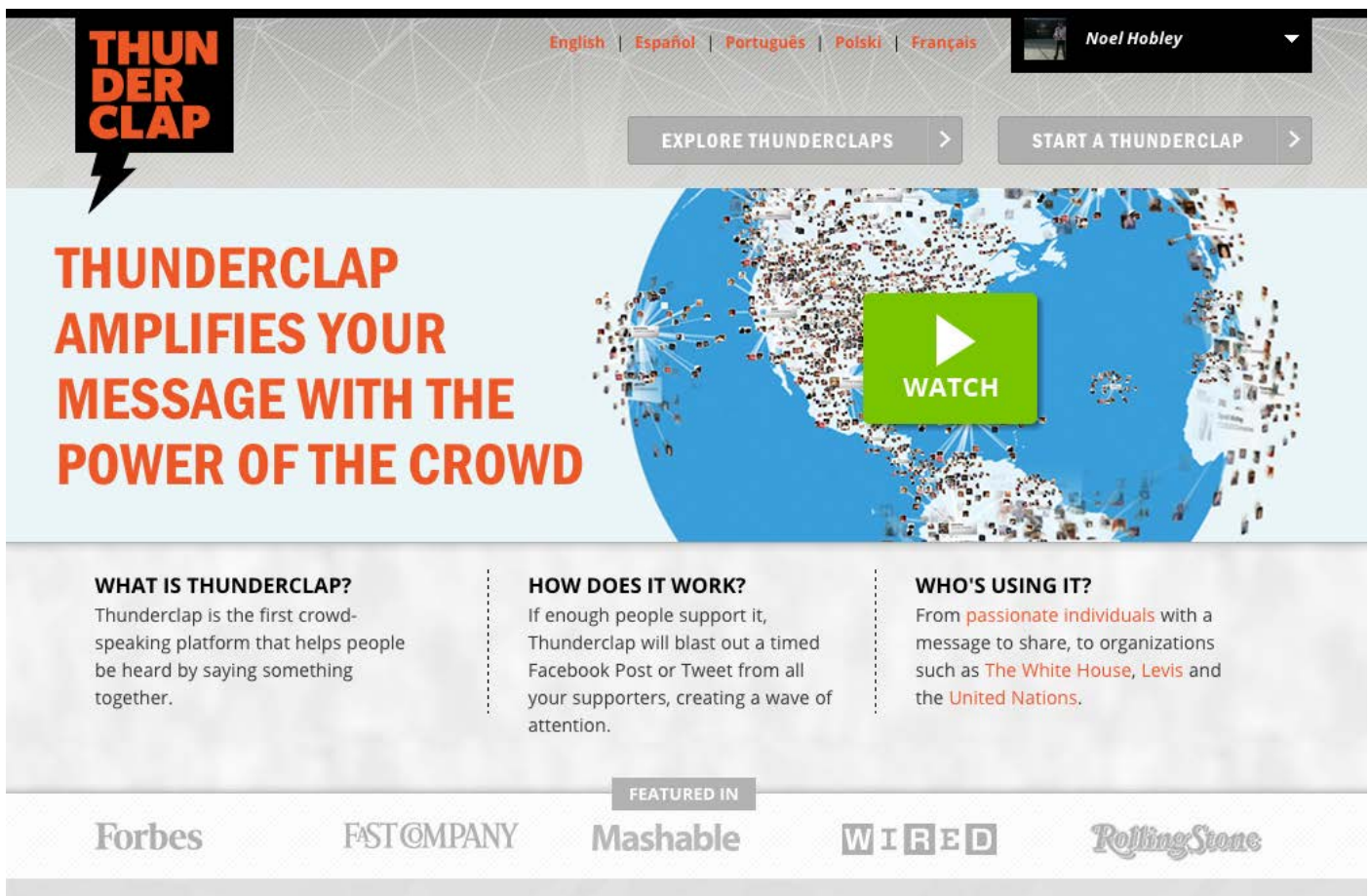
This will start a trend that will be noticed worldwide!

Currently there are still 20 days to reach the goal so now is the time to join the applause!

Let us tell the world about Rotary in one beg thunderous clap!

Check out the website below and sign up to be part of this message.

<https://www.thunderclap.it/projects/3379-connecting-leaders-to-do-good>



THUNDERCLAP

English | Español | Português | Polski | Français

Noel Hobley

EXPLORE THUNDERCLAPS > START A THUNDERCLAP >

THUNDERCLAP AMPLIFIES YOUR MESSAGE WITH THE POWER OF THE CROWD

WATCH

WHAT IS THUNDERCLAP?
Thunderclap is the first crowd-speaking platform that helps people be heard by saying something together.

HOW DOES IT WORK?
If enough people support it, Thunderclap will blast out a timed Facebook Post or Tweet from all your supporters, creating a wave of attention.

WHO'S USING IT?
From **passionate individuals** with a message to share, to organizations such as **The White House, Levis** and the **United Nations**.

FEATURED IN

Forbes FAST COMPANY Mashable WIRED Rolling Stone

An Evening with Dr Rob Moodie

Dr Rob Moodie was the guest speaker at a joint meeting of the Rotary Club of Bendigo Strathdale and the Rotary Club of Bendigo on Tuesday, August 9.

[Wikipedia: Rob Moodie](#)

As I sat through a conversation, I'll call it that because his delivery was much more aligned to having a conversation with us than delivering a presentation to us, I couldn't help but appreciate just how much experiences, outside of our own world, or our communities, or our comfort zone even, can contribute to us - as an individual and as a community.

Here's a guy who studied medicine right here in Melbourne and with his, obvious, intellect could have settled nicely into a professional life that would have milked millions of dollars of personal wealth over his working life and seen him live comfortably ever after. Here he is spending time with a regional Rotary club sharing his experiences, from medical sojourns all over the world, and talking to us like he was our local GP walking us through a regular checkup.

Only you listened and you understood, that what he was saying came from a place so entrenched in his lifetime of experiences that he probably didn't appreciate its power nearly as much as we did. "Did you know, you probably do, but did you know that women live an average of five years longer than men," he professed. It's interesting, fascinating really, but more interesting is the next lesson that explains that where there is more respect, more equality, less conflict and more support for women, by men, these men live longer (than other men).

You may have heard the first

quote but when you hear the extended conversation you begin to understand where he is coming from. Why family, community, compassion and shared responsibility for each other all contribute to a bigger, better, picture that we take for granted and don't necessarily pass on to our children and our grand children. Or even our nephews and nieces.

You know when you experience it, the conversation that just drips with integrity and commitment, the first hand witnessing of a person that speaks so freely from the heart that you just can't help but admire. I have had the pleasure, many times, of talking with Rob Hunt of the Bendigo Bank and David Pugh of St Lukes in both private and professional situations and the conversation, tonight, with Rob Moodie was borne of the same perception, the same sense of possibility for us as a community, the same commitment that we can be better, we can be more than we think of ourselves, as individuals and as a community. I don't think Rob was even meaning to leave that impression tonight, as he was here to talk about Men's Health, but that's what I took away from tonight's 'conversation'.

He started by telling us to get off the couch and exercise and went on to teaching us that people who have love, who have community, who have self worth and who support each other, live a more fulfilling, healthier life. He even shared with us that he doesn't mind paying his taxes because he has been in parts of the world where there was no footpath to walk on, no public transport, no paved roads, no hospitals or health system. "If you don't pay your taxes you can't expect services. I don't mind paying," he said. Because he can appreciate what we have and how lucky we are.



To have infrastructure that supports our way of life is a given in our world, but imagine what it would be like without it. Our strong health system, our education and transport infrastructure, our freedom of speech and freedom from persecution are all things that are so entrenched in our daily lives that we don't even think about them until someone stands up in front of you and leaves you wondering, 'What if'.

What if we could do something, what if we could change things, what if we weren't so lucky. And then it struck me, we do, we are Rotarians and we make a difference. We have these meetings, we are exposed to these people and we are part of something so big it is on the verge of eradicating Polio. A world wide program that started with one Rotarian and has raised hundreds of millions of dollars to support the inoculation of millions of children around the world. Only one of the richest men in the world could even come close to doing what we have done and then only with our help.

There's a message in there. Be proud, be appreciative, be mindful but most of all be supportive and be compassionate because you are lucky and your children, nephews and nieces and your grandchildren are lucky. Share it down the line.

Noel Hobley
Bulletin Editor, RC Bendigo.



Digital Cameras for India

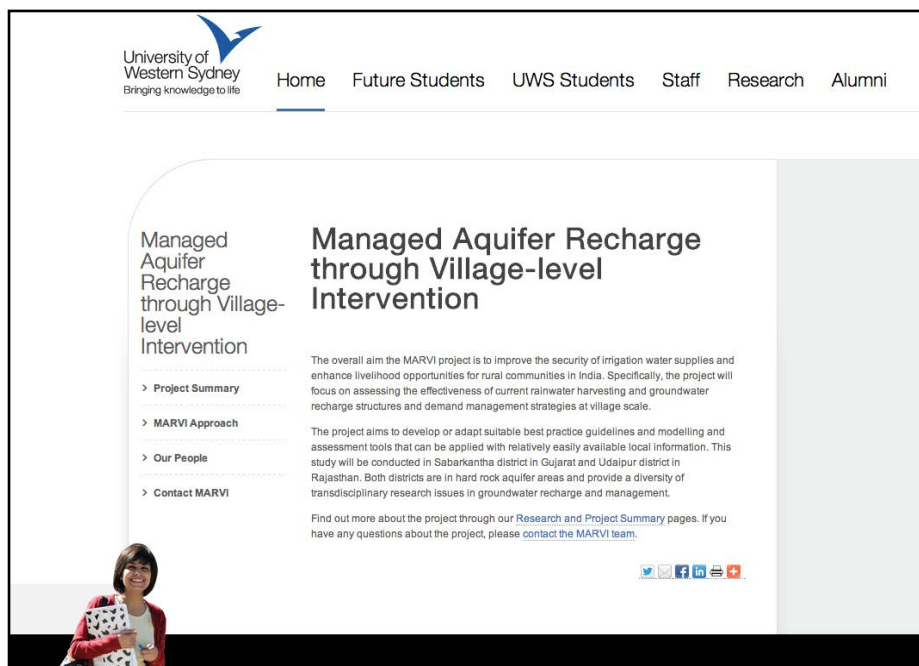
Hello, my name is Michael Chew and I am the new international service director of the Brunswick Rotary Club who will be visiting India in September to run a small community engagement project.

Water is a key issue in the arid areas of Rajasthan, and the project explores villagers relationship with groundwater through photography. I will be running photography workshops to teach villagers how to use cameras so they can take photographs that show their views and future hopes for water access, in order to raise their voice over this key issue. This project forms a small component of a larger University of Western Sydney/CSIRO project called MARVI.

<http://www.uws.edu.au/marvi>

Funding has been secured to cover travel costs, however I am seeking digital cameras to be donated for use in the project.

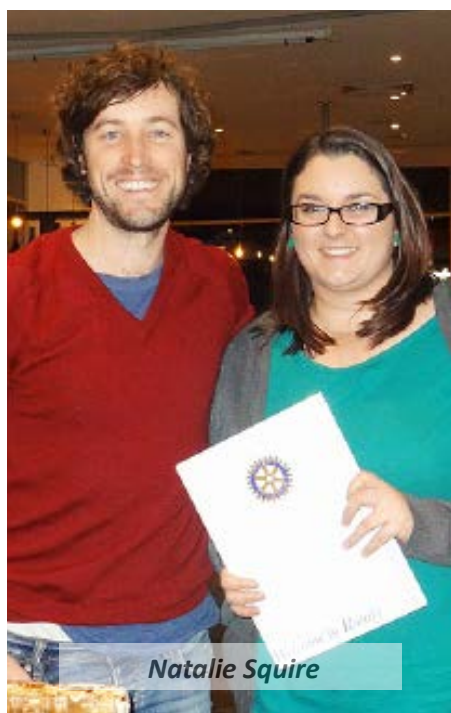
Digital camera requirements: - Good



working condition, with batteries/ charger and preferably memory cards - Recent (4MP+) and relatively compact preferred - Cameras need to be received on or before Tuesday 27th August.

If you would like to donate a camera, or seek more information please contact: Michael Chew 0468 477 874 entropygravity@gmail.com Cameras can be posted/ dropped off to: 66 Davies St, Brunswick 3056.

New inductees at the Rotary Club of Bendigo Next



Natalie Squire



Tim Connors



Josh Maude



NOTICES AND EVENTS

Aug
17

MEMBERSHIP & MARKETING SEMINAR

This Saturday 17th August

9.30AM to 1.30PM Trinity Grammar School

Kew, Cnr Charles Street & Cotham Road.

Cost \$20 per person (includes lunch)

Aug
17-18

HOBSONS BAY ART SHOW

Rotary Club of Altona

36th Annual Event

SATURDAY 17TH AND
SUNDAY 18TH AUGUST 10-4PM

Gala PreView evening

Friay, 16th August - bookings on line at
www.hobsonsbayartshow.com.au

Venue: **SeaWorks**

82 Nelson Place, Williamstown

Melref: Pg56 E9

Aug
21

Rotary Club of Essendon North
presents

KEN LAY

Victorian Poice Chief
Commissioner

WEDNESDAY, AUGUST 21

Fredericks Restaurant

6.30 for 7 pm Start

980 Mt Alexander Road, Essendon.

\$35pp includes 2 course meal, drinks at bar prices.

Numbers are limited, RSVP 16th Aug.

Email: enquiries@fredricksrestaurant.com.au

Phone 9374 1255 or Barry Coleman: 0427 852 062.



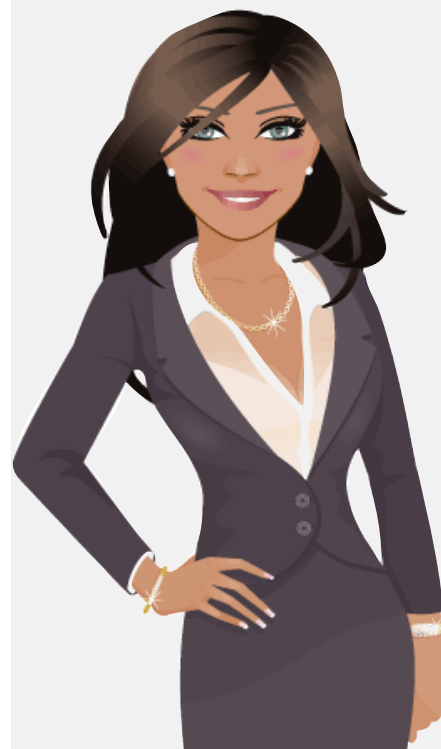
Do you have a letter for Clarice?

Contact the Editor

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

Send your thoughts to her
email address at

clarice@rotarydistrict9800.org.au



Aug
24

Hawthorn Rotary Club Diamond Jubilee

Saturday 24th August, 6.30 for
7.00 pm

Cardinal Pavilion, Scotch College,

\$70 per person, all inclusive

RSVP by 16 August to Anne Scott

9817 3000 or 0407 871 098

anne.scott2@bigpond.com

PO Box 33, Hawthorn, Victoria,
3122

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

Payments to Hawthorn Rotary Club, BSB 083-166, Ac 532 545 861

ROTARY DISTRICT 9800 Events Calendar

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

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

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

clarice@rotarydistrict9800.org.au



NOTICES AND EVENTS

Aug
22-24

The Bayside Art Show

This year's show will be a high profile event in Bayside's newest venue, the Sandringham Yacht Club overlooking Port Philip Bay. For the first time in the show's history the opening night will be a spectacular black tie evening.

Location: **Sandringham Yacht Club, Jetty Road, Sandringham**

Opening Times:

Wednesday (Opening Night) August 21st 6:30pm - 10pm

Thursday - Saturday 22 - 24th August 10am - 6pm

Sunday 25th August 10am - 4pm

[CLICK HERE TO BOOKE FOR THE BLACK TIE OPENING NIGHT](#)

[CLICK HERE TO GO TO THE ART SHOW WEBSITE](#)

The Bayside Art Show will this year attract well over 2000 visitors during its four days, in addition to the many invited guests at our opening night.

The Rotary Club of Brighton has been supporting the Art Show since 1974

Aug
25

A WALK IN THE PARK

A Parkinson Victoria fundraiser proudly supported by the Rotary Club of Glenferrie.

Sunday, 25 August

FEDERATION SQUARE, MELBOURNE

Turn up at 10 am for an 11 am start.

WALK ROUTE: 4 km (with a 2 km shortcut) paved all the way. 2 km out and 2 km back to Federation Square..

Click the image to link to the website.....

ENTRY FEES: ADULT \$45, SENIOR \$35, CHILDREN 5-15 \$50, UNDER 4 FREE, DOGS (ON LEAD) \$7. FAMILY 2+2 \$126, 1+2 90.

Good fun - Good fundraising fun

Aug
29

JOHN IIHAN TRIBUTE LUNCH

2013The Rotary Club of Brighton and the Ilhan Food Allergy Foundation are proud to announce that **Ricky Ponting AO** will be this year's keynote speaker at the 2013 John Ilhan Tribute Lunch to be held on:

Thursday 29 August

in the MCG Members Dining Room.

Pre-lunch drinks will be served at noon for a 12-30 start.

*Entertainment provided by **Vince Sorrenti**, one of Australia's best known and leading comic entertainers and **Ch 9's Tony Jones as MC** as well as a host of other fundraising activities.*

PLATINUM SPONSOR - \$5000

CORPORATE TABLE - \$2,250

INDIVIDUAL TICKETS ARE AVAILABLE FOR \$175 EACH

FOR FURTHER INFORMATION OR TO BOOK PLEASE CONTACT:

Geoff Cunningham on 9188 2289 or at geoffrey.cunningham@mssb.com or

*Graeme Watson on 0419 717 171 or at gwatson@burgessrawson.com.au***Ricky**





Aug
30

SPORTS STAR NIGHT 2013

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

www.sportsstar.rotarylpc.org.au

or mobile 0407 846 382.

MC KEVIN HILLER

David Schwartz

Rusty and the other Guy

Peter Daicos

THE BROOK, SNEYDES ROAD, POINT COOK

STARTING: 7.30 sharp.

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

Sept
10

Yarraville Rotary Celebrates 10th Anniversary

Your are cordially invited to come celebrate our 10th Anniversary

With DAVE O'NEIL, Booze Bounty,
Raffle and Silent Auction.

Tuesday, September 10

YARRAVILLE CLUB, 6.30-9.00 PM

\$40 per ticket includes meal.

Book a table (Max. 10 people) by Friday, Sept. 3

Call Carol to book: 0412 455 061

yarravilleis10@gmail.com

Sept
12

MILES FOR SMILES - FUND-RAISING EVENT

Thursday, 12 Sept - 7-10 pm

Level 89 Eureka Tower, 7 Riverside Quay, Southbank.

Hosted by Brian Nankervis.

COCKTAIL ATTIRE

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

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

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

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

This epic journey aims to raise funds and awareness of life changing surgeries performed by Interplast. Join us for an evening of amazing views of Melbourne accompanied by delicious canapes, grazing dishes, sparkling, red & white wines, beers & soft drinks.

See more at: <http://www.milesforsmiles.org.au/wp-content/uploads/2013/07/2013-MILES-FOR-SMILES-LAUNCH-EVENT.pdf>



Rotary in the news

Rotary in the news

Read a major front-page story in the [New York Times](#) about the polio eradication effort in Pakistan, highlighting Rotary's leadership role.

Read an article in [Forbes](#) about Nigerian business leader and Rotarian Sir Emeka Ofori and his US\$1 million gift to PolioPlus.

Read two stories in Brazil's celebrity magazine [Caras Brasil](#) about polio eradication efforts, the World's Biggest Commercial, and model Isabeli Fontana, a new Rotary polio ambassador.

Read how [Time Out Shanghai](#) encouraged readers to participate in the World's Biggest Commercial and reported on the work of Chinese Rotarians to support the digital effort.

See a photo gallery in Argentinian news outlet [Perfil.com](#) featuring 11 Rotary polio ambassadors, including Isabeli Fontana. Read an accompanying article on polio eradication.

What's ahead

["How You Can Help Eradicate Polio"](#) webinar, 12 September. Get an update on the status of polio eradication, suggestions for celebrating World Polio Day (24 October), and ideas to support the new End Polio Now — Make History Today partnership extension between Rotary International and the Bill & Melinda Gates Foundation.

World Polio Day, 24 October.

Watch for information on upcoming events at www.endpolionow.org.

Resource guide

Find out more about the new [End Polio Now — Make History Today](#) partnership extension between Rotary International and the Bill & Melinda Gates Foundation.

Check out [Global Outlook: A Rotarian's Guide to Advocacy for Polio Eradication](#).

Participate in the [World's Biggest Commercial](#) to publicize Rotary's polio eradication efforts. It's just one of many [Rotary resources](#) available.