



# ROTARY CLUB of CLAYTON Inc.

District 9810 Victoria, Australia

## Weekly Bulletin 2010-2011

Meets every Monday from 6:30pm at L'unico Restaurant  
319 Clayton Road, Clayton (Melways 79C2)  
(No meeting on public holidays)



16<sup>th</sup> August 2010

Volume 45, Number 7

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### Upcoming Club Program

Date	Speaker	Chairperson	Desk	Visitors
16 <sup>th</sup> August	Guest Speaker - Tarlina Jayasinghe (RYLA candidate)	Dianne Sides	Ralph Zuccaro	Lesley Zuccaro
23 <sup>rd</sup> August	Guest Speaker - Janine Com from Wholly Healing	Ralph Zuccaro	Lesley Zuccaro	Ed Allchin
30 <sup>th</sup> August	Movie Night at Pinewood Cinemas.	Glenys Pattison		

### Presidents Report

Last week we held a club assembly with a comprehensive report which was given on various District initiatives being kicked off. Members may have thoughts positive and otherwise on them. All require significant efforts by members if they are to succeed. We do not have to adopt any, but the Proactive Policing initiative has potential benefits to this club as well as our community, so it merits special consideration. Have a look at the notes which were handed out and also e-mailed, put your hand up if you want to enable one or more of these projects. I understand more info will soon be on the District web site.

Glenys reported positively on the Lantern launch she attended. They support adolescent health (a current Rotary focus) and also reported on a gravely ill local young man with leukaemia who this club has offered a few days away together with his family at a Loreto sister's holiday home on the peninsular, She also explained how the Loreto sisters were founded in Ballarat in the 1880's. Michael spoke on the District 4 way speaking competition and John Barnes on Polio Plus, Centurion, grants that are available and of his passion to help rebuild schools on Laos. There was concern expressed about the plight of people from floods in Pakistan and Shelterbox's status was explained. I have forms for the home hosting of the GSE team from California next year and we should watch out for new ways that we can be involved.

It was disappointing to have so few members present, we have sickies and people away, but having a makeup in hand should not be a reason to miss a meeting. Member absence throws an increased load on others who must spend time explaining things, ringing around to fill rosters and checking on tasks for

## Rotary 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 goodwill and better friendships?
4. Will it be beneficial to all concerned?"

this Sunday 15<sup>th</sup> August at the Synchrotron. If it was not for non-member assistance, we could not do it. Please make a special effort to attend and cook and sell food as that is how we make money. We need to be seen working in the community more and as many people attending this open day are potential Rotarians, it is an excellent opportunity to display our club.

Next Monday Tarlina will be addressing our club about her RYLA experiences. She was mortified when she rang me after discovering she was a day out, so had not appeared prior! She will be worth hearing I promise.

Bill Sides

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## Last Meeting & Notes

### Last Meeting (09/08):

This week was our Club Assembly. We had a chance to hear reports from president Bill Sides and the board members who were in attendance. After the reports were presented, the remaining time was used to put together the roster and the final arrangements for the Synchrotron Open Day BBQ.

Bill Sides reported first on his attendance at the Luncheon which was held at Box Hill Institute for the D9810 Signature Projects Launch and the recently held Presidents meeting. Due to the length of this report it has been sent to all the members directly by e-mail.

The next report was presented by Glenys Pattison which is attached:-

### ***LANTERN "Shining the Light on Mental Illness"***

*I attended Lantern Launch on Friday 6<sup>th</sup> August, this was a very informative afternoon where I was able to learn more about Mental Health issues that affect everyday Australians and their families. Lantern was formerly know as Reach Out and was based in Cheltenham. It now has its Resource Centre and Day Program at Cheltenham and Head office at Moorabbin. Lantern is a non profit organisation operating in the Bayside area and provides services and support to people with mental illness and to the people who care for and about them*

*The launch commenced with a lot of Networking with everyone being given a Chinese lantern and small battery operated candle, and a lovely afternoon tea which was being served on both floors. Janet Hopkins CEO Lantern (MC) commenced the official opening by thanking the indigenous owners of the land and welcoming dignitaries and others. Tim Reid the Marketing Consultant made a small speech on how the name of Lantern was reached with their slogan "Shining Light on Mental Health" being the reasoning behind the name.*

*Lorraine Allcock a consumer spoke about the guidance and assistance she has been given with the changes she has been able to make in her personal life, her study and becoming an active member of the Lantern community. Mayor Steve Staikos was next to speak and he spoke of the support that City of Kingston was able to give to Lantern and the support Lantern was able to give in the community. The highlight after the official speeches were completed was the lighting of the lanterns, the lights being turned out and each one present holding up their lanterns, this is where "Shining Light on Mental Health" came to for this important and much needed organisation.*

*Lantern has a promise which says "we believe in your commitment to your recovery and we will do everything possible to support and facilitate your efforts to rebuild self esteem, self identity, self worth and self pride so that you*

## THE OBJECT OF ROTARY

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

can believe in yourself. We will take the time to listen to you, take the time to understand your goals, needs and priorities. Then we help you develop your plan for recovery and give you ongoing support, guidance and direct assistance you need to achieve your goals."

Lantern services cover all aspects of recovery, such as **Day Programs**, providing a range of activities, these include, art, computer skills, personal development guided and supported by a variety of social groups and outings. **Outreach**, working to set goals and develop an action plan and building skills and connections needed to achieve. **Blossom project**, individual and group support for younger women (16-25) suffering anxiety and depression. **Employment Services**, which are specifically targeted to assist people with mental illness and/or disability seek, gain and retain fulfilling employment, they understand the problems that may be faced and are ready to provide long term support in the workplace. **Education and Personal Development**, providing nationally recognised Certificate courses such as Business and Horticulture classes are small with guidance and understanding and experienced trainers. **Talking Realities**, a peer education program supported by and supporting young mums and dads who share the realities of being a parent at a young age, it also includes TAFE accredited training. **General Wellbeing**, Lantern encourages everyone to look after their own mental health through the Wellbeing Series seminars which are held monthly, Lantern also offers courses such as Managing Stress Mindfully, they have information and guest speakers, Lantern also organise and support the annual Celebrate Mental Health Walk and festival. **Families and Carers**, group and individual support and information is available for family members and carers. Special support services are available for children who are carers for a parent with mental illness. Most services are free.

One in five adults and one in three young people will experience mental illness this year, Lantern offers hope to people with mental illness disability. Mental illness might be a once in a lifetime experience, it could be long term or it might be recurring, mental illness can make it difficult to cope with work, with personal relationships or other life needs. That is why Lantern offers hope to those affected.

The last report on the night was presented by John Barnes which is also attached:-

### **FOUNDATION/INTERNATIONAL REPORT:**

Our Giving Goal for 2010/2011 will be US\$1700 (17members @ US\$100) which will be partly funded by the proceeds of our Copper Pot and Sergeant Fines.

We have only 4 Centurion members in our Club who personally donate \$100 each year to the Annual Programs Fund and we will try and encourage further support to this EREY (every Rotarian every year) program, donations to which are tax deductible.

We have been asked to contribute US\$300 to Polio which will be matched by a further US\$300 from District Designated Funds using a \$1 for \$1 match from the Foundation. This should result in a District contribution to Polio of around US\$30000 plus the proceeds from Emerald and District's Fun Run with Thomas this year adding another \$30/40000.

We are looking at finding a suitable project to apply for a District Simplified Grant (up to \$3000 and applications close 15/10) and we are also looking into a water program at a school in Calcutta where we would join with 8 or 10 other Clubs, through a Matching Grant, and our contribution would be very small. More info is to come from DG David on this one.

## Special Announcements

**27<sup>th</sup> August – Ed  
Allchin Birthday.**

### **INTERNATIONAL:**

*We will continue our support of our 5 Indonesian children via the Salvation Army through RAWCS – a program which has received our support for 30 or more years and I would like to think we make some commitment to a donation to Interplast ANZ and also Shellterbox.*

*I have discussed with the Board the possibility of building a secondary school in Nong Naw in Laos, about 23 kilometres outside of Vientiane. For around US\$20000 we could build a 5 room building with water and sanitation to accommodate around 200 students. This is a project that we could undertake over 2 years and could be managed by WIG (Women's International Group) who are heavily involved in school construction – the Lao Government not being interested in building secondary school accommodation as only primary schooling is compulsory in Laos. It was agreed much more discussion was needed, particularly with the rest of the Club, before going out and seeking community support, particularly from the Lao community in Melbourne.*

*This is not a small undertaking but with funding assistance from outside our Club I think this is possible and it would be great to have a major international project to work on over the next couple of years and contribute significantly to the opportunities of these young people of the village.*

*John Barnes  
Chair – Foundation/International Committee*

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### **Meeting Notes:**

- Glenys Pattison advised that she is organising a Movie Night at Pinewood for the 30<sup>th</sup> August. Please let Glenys know by Friday 27<sup>th</sup> August if you are interested in attending.
- One week ago Ralph Zuccaro reported on an e-mail which was received from a Clayton Resident after referral from the Anti Cancer Council. The lady in question has a 27 year old son who has suffered from Leukaemia for the past 10 years. He recently had a transplant but this has not improved his condition and he now has a very bad prognosis, he only has a short time left to live. His mother is asking if we can find a holiday house for the weekend of 22nd August for them to use for 2 to 3 days to give her son a change of environment and give them a chance to relax with another relative who is coming to visit them before her son passes away. This week Glenys Pattison reported that a holiday home has been found and all the details & keys to the home have been passed on to Ralph & Lesley. Well Done Glenys.

**Apologies** = Heather Norling, Lesley Zuccaro, Ralph Zuccaro, Richard Simmons, Jim Cochrane, Jean Cochrane, John Goldspink, Ed Allchin, Tom Portelli & Warren Fricke.

**Make Ups** = John Barnes (DGE Sydney) & Glenys Pattison (Lantern Launch).

**Leave of Absence** = Heather Norling.

**Visitors** = Georges Ah-Tye.

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## **Important Club Dates**

**Wednesday 18/08/10** – Board meeting at the home of Bill & Dianne Sides starting at 6:30 pm.

**Monday 30/08/10** – Movie Night at Pinewood (See flyer attached to this bulletin).

**Monday 20/09/10** – District Governors Club Visit.

**Sunday 10/10/10** – Social morning and picnic lunch with some tree planting along with friends of Heatherton Park and Kingston Council at Heatherton Park. Time is 10:30 am to 12:30 pm. For more details contact Bill Sides.

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## District 9810 News

### ROTARY COMMUNITY SUPPORT REQUESTED!!!

**There is still a lot of work to do in Bushfire Recovery and the support of Rotary Clubs in District 9810 would be welcome.**

**This is an ongoing volunteer opportunity.** It would be appreciated if you would highlight this request in your club Bulletin and encourage fellow Rotarians, their families and friends to support this important work. This partnership is promoted by VBRA.(Victorian Bushfire Recovery Authority), The Salvation Army and Samaritan's Purse to support country people in their time of need. Many people in the city are under the impression that things have returned to normal since the bushfires of 2009; however, as time goes by, fire-effected people are becoming more desperate and the practical on-the-ground assistance offered by Rotarians is greatly appreciated in lifting morale.

Some of the tasks available are:

- pulling down burnt and damaged fencing
- erecting new fences.
- working on a property where clearing prior to mowing is urgent
- Splitting logs

Each group will be supervised and OH&S instructions will be given before the day begins. All equipment will be provided and there is no cost to Rotary Clubs. Its hands on participation that is needed. You need to be reasonably well and able to cope with normal home gardening. Some groups are organising a catered lunch locally (this adds much needed funds back into the community) or Rotarians can bring their own lunch and drinks. Each volunteer **MUST** wear solid footwear or hiking boots, **soft footwear is not acceptable.** Volunteers will need warm clothing and a beanie and if it's raining, wet weather gear. Volunteers may like to bring their own gardening gloves otherwise gloves, safety glasses, and ear plugs will be provided as appropriate. Volunteers will be working in areas around Kinglake, Strathewen, St. Andrews, Marysville or Gippsland. Most areas are about 90 minutes' drive from the city aiming for the preferred 9.30am start, finishing at 3.30pm. There is an ability to cope with large groups given sufficient notice; however, groups from 5 to 6 are also welcome. It is helpful if clubs can nominate a day that is suitable for their group and this will be confirmed along with suitable tasks and a location for the day. It is difficult to give you an exact location earlier as this will be depend on the size of the group attending. It would be great if clubs could give two weeks' advance notice. Whether as a Club or an individual, if you are able to assist in this very worthwhile project, please contact coordinator, Wil Cornelissen, District Chair, Rotary Community Support

Network on:

Mobile 0419 301 472

Email [sueandwil@hotmail.com](mailto:sueandwil@hotmail.com)



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## Rotaract Club of Monash

### Club Meeting Details:

The Club meets on the 1st and 3rd Wednesday of the Month at 7:30pm  
Mulgrave Neighbourhood House  
36 - 42 Mackie Road, Mulgrave  
(Melways 80C3)

### Upcoming Events:

### Rotaract Roster:

Date	Rotarian to Visit
18 <sup>th</sup> August	Reddy Kandadi
1 <sup>st</sup> September	Dianne Sides

*If you cannot attend on the night you are rostered, please organise a replacement to take your place.*

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## Upcoming Events in Monash

### 2010 Winter Concert Series

#### Waverley Music Eisteddfod Showcase Concert

**12 September, 2:00-4:00pm**

An annual favourite, the Waverley Music Eisteddfod features the highlights of the Eisteddfod. Listen to a variety of instrumental and vocal performances to delight all audience members.

#### **Monash Civic Centre - Atrium**

293 Springvale Road, Glen Waverley

Bookings Essential, 6 September - 10 September  
Phone 9518 3636 (9am - 5pm or until booked out)

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## Upcoming Events in Kingston

### Wellbeing Series

**Tuesday, 7 September 2010**

**7:00 PM - 9:00 PM**

Resilience, Happiness and Optimism: everyday applications of Positive Psychology - Greg Donahue, presenter, educator and consultant Happiness Institute to register please call 9585 5677

**LOCATION:** Southern Community Church of Christ, 2-12 Chesterville Road, Cheltenham Entry via Pine Street (left hand side). Melways Ref 86 J1

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## Where other Clubs Meet

A Rotarian can attend the weekly meeting of any Rotary club around the world. This is a "make-up" and counts as attendance credit when you are not able to attend a meeting of your own club.

Details for all District 9810 clubs can be obtained in the district directory or website [www.rotary9810.org](http://www.rotary9810.org). Details for clubs around the world are available in the RI Directory (held by the club secretary) and on the RI website ([www.rotary.org](http://www.rotary.org))

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## Reminders

Please ensure that the club is aware if you will be missing a meeting. Contact **Ralph Zuccaro** on **0408 991 741 by 4 pm** on the **day of the meeting**, if you are not going to be present.

Contributions for inclusion into the Bulletin should be passed to [michaele@netspace.net.au](mailto:michaele@netspace.net.au) by Thursday evening of each week.

**Club membership fees are now due and should be paid as soon as possible to Warren Fricke.**

**Please remember if you cannot perform your rostered job, it is your duty to find a replacement to take your place.**

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## Joke of the Week

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on the M3. Please be careful."

"Hell", said Herman, "It's not just one car. It's hundreds of 'em!"

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## Rotary International News

### Windmills increase income for salt harvesters

By Peter Schmidtke  
Rotary International News -- 4 August 2010

Five families who harvest salt from the desert in western India have Rotarians to thank for windmills that will double their income.

The Rotary Club of Wadhwan City, India, and the Rotary E-Club of the Southwest, Arizona, USA, received a Rotary Foundation Matching Grant and used club and District 5510 (Arizona) contributions to purchase 10 windmills. The windmills pump underground, salt-laden water into shallow ponds, where the salt can be separated through evaporation.



Rotarians Vimal Hemani, Deepak Agrawal, Shrinand Palshikar, Kiran Dave, and Rajesh Bhatt with one of five windmills installed in western India to improve the lives of migrant salt workers. *Photo courtesy of the Rotary Club of Wadhwan City*

The families -- who are among the 10,000 families who migrate annually to the Little Rann of Kutch salt marsh in Gujarat to collect up to 800 tons of salt apiece -- previously relied on diesel engines to draw water to the desert's surface.

Five windmills were installed by the manufacturer in February with the help of Rotarians and the recipients. Club members expect the other five to be in use by October, the start of the six-month salt-harvesting season.

Deepak Agrawal, governor-elect of District 3060, visited the families in March and says they each saved about \$100 in fuel and engine repair costs over a monthlong period.

"The project allowed them to buy basic amenities -- a glass to drink water from, books for their children, a light bulb," Agrawal says. "With the time they saved from engine maintenance, one of the fathers brought his child to school, and a mother read with her children."

A windmill-powered generator also produced electricity for one of the families.

In early April, the salt workers partially disassembled the 20-foot-tall steel and reinforced-plastic windmills and used trucks and tractors to move them to surrounding villages before the annual monsoon rains, which cover the desert in several feet of water.

Shrinand Palshikar, a Wadhwan City club member, proposed the project after his club surveyed the salt workers in 2008 and noted that fuel costs outweighed their profits. The next year, the club purchased one windmill to test and worked with the [Gujarat Grassroots Innovations Augmentation Network](#), using the technical expertise of club members to modify the windmill to operate in desert conditions.

The e-club learned of the effort through one of its members, Vimal Hemani, who lives near Wadhwan City.

"Our e-club is international, and that helped facilitate this project," says past club president Larry Levenson. "Hemani was able to personally participate in the project and work with our Indian partners."

"This windmill requires no major maintenance once the design is fully established," says Palshikar. "It's already two seasons that it has been under testing, and our confidence is very high."

Palshikar says that families who operate two windmills can reduce their fuel use by up to 80 percent, resulting in an even higher increase in income and decreased air pollution.

Agrawal says his district plans to help provide 100 windmills during the 2011-12 Rotary year, and he has talked to an area nonprofit and bank about making microcredit loans available to families so they can purchase windmills.

"We would be interested in expanding the project to serve many more families if the results are positive after the first full season," Levenson says.





**THE ROTARY CLUB OF CLAYTON  
PRESENTS  
A NIGHT AT THE MOVIES  
WHERE: PINEWOOD CINEMA  
BLACKBURN ROAD  
MOUNT WAVERLEY  
WHEN: MONDAY 30<sup>th</sup> AUGUST  
TIME: BE THERE AT 6.30 PM  
PRICE: \$10 PER HEAD (GREAT VALUE!!)  
SUPPER PROVIDED AFTER THE MOVIE  
RSVP: BY FRIDAY 27<sup>th</sup> AUGUST  
GLENYS 0402 620 069**