



Rotary Club of Kew on Yarra

ABN 97 325 138 640
Chartered 16th June 1986
R.I. District 9800

Rotary Year 2009-2010

President: Anne Brown
Vice President: David Shave
Hon Secretary: Sue Anderson
Hon Treasurer: Ken Maher
President Elect: John Brownsea



Rotary International

President
John Kenny
District Governor 9800
Colin Muir
Assistant Governor
Gabrielle Morgan

Club Avenues of Service

Club Service Director: John Brownsea
- Community Service: David Anderson
- Bulletin Editors: Bill Chow
Tony Boyd
- Internet/Web: Anthony Tung
- Programme: Peter Leonard
Vocational Service Director: John Orr
International Service Director: Derek Bond
- Foundation: Edel Conroy
New Generations Director: Isabel Armer

PLEASE REMEMBER

Apologies and guests to
Sue Anderson
by Tuesday on 0408 504 639

Postal address: P.O. Box 271
Kew East, Vic 3102, Australia
Website: <http://home.vicnet.net.au/~rckewe/>
Email: kewonyarra@rotaryd9800.org

FREEWAY

WEEKLY BULLETIN OF THE ROTARY CLUB OF KEW ON YARRA

Volume 9 Issue 4

22 July 2009



Brown's Blog

(A word from President Anne Brown)

It was with great pride that I was able to announce that the Rotary Club of Kew on Yarra along with the eight other Boroondara Rotary Clubs and the four Moira Rotary Clubs were the recipients of a Rotary International Best Cooperative Projects Award. This was for Boroondara Cares and Moira Cares and the submission was made by Rotary Club of Cobram. More about the award further in the bulletin.

There was a fabulous role up last Wednesday night with two visiting Rotarians and the guest speaker also a Rotarian in attendance. There were only three members' apologies plus Dario Brosolo. I have since found out Dario spent a night in hospital after a fall in which he ripped his Achilles tendon from the bone requiring surgery. I spoke to him this morning and he will be on crutches for approximately eight weeks and will not be able to drive for that time. I have told him to ring when he is ready to attend a meeting and I will arrange for someone to pick him up. I also spoke to Ann Leonard this morning and she is progressing well following her surgery and will be back in three weeks.

Rob Hilliar spoke to us about the four seasons of relationships in both personal and business dealings. Ed and I after over forty years of marriage and working together in business have been through many seasons and I totally agree with Rob that knowing how to communicate will get you through the winters quickly.

Sonia from Vic Roads has decided not to proceed with her application to be a GSE candidate and I have had an email from Dennis Shore extending the deadline for candidates until 14th August. If anyone knows of a suitable person please let us know ASAP.

A message from Eb of Woodend: *"Our very special Rotarian, Kai Saldaneri, who is well known to your members, is leaving us for a year to teach English at a Maritime College in Northern China. She will be leaving on August the 18th. We are holding a "Roast" for Kai at Shatzies Restaurant, Woodend on Thursday the 13th August for 7.00pm if any of your members would care to send Kai off. We encourage anecdotes - the good & the bad - give her heaps for abandoning us (for 12 months anyway). We think this is deplorable behaviour and she deserves a thorough "dressing down" before giving her our good wishes. She may even find a Chinaman and not come back!"* It would be good if some of us could go, we will discuss it on Wednesday night.

Peter tells me that we have a very interesting speaker this week on water, an everyday necessity. I may be a little late on Wednesday as I am attending a cocktail party at the invitation of the Mayor of Boroondara to celebrate the last year in Boroondara Cares at 6pm. Ed is going to pick me up at 6.30pm and we hope traffic isn't too heavy and we will be there before 7pm.

In signing off I want to mention that Rob Hilliar, a fellow Rotary Club President, mentioned that the Club had a good vibe and I hope we all feel this as well.

Anne with E

Meet Wednesdays 6.30 for 7.00 pm
At Amora Hotel Riverwalk
649 Bridge Rd, Richmond, Victoria
Telephone: 03 9246-1200

Guest Speaker 22 July 2009 – Rob Hilliar – Human Relationships



Rob Hilliar

Rob Hilliar is a Marriage Guidance Counsellor. After some 17 years, his marriage broke which made him reflect on his own profession and actions taken in his own relationship.

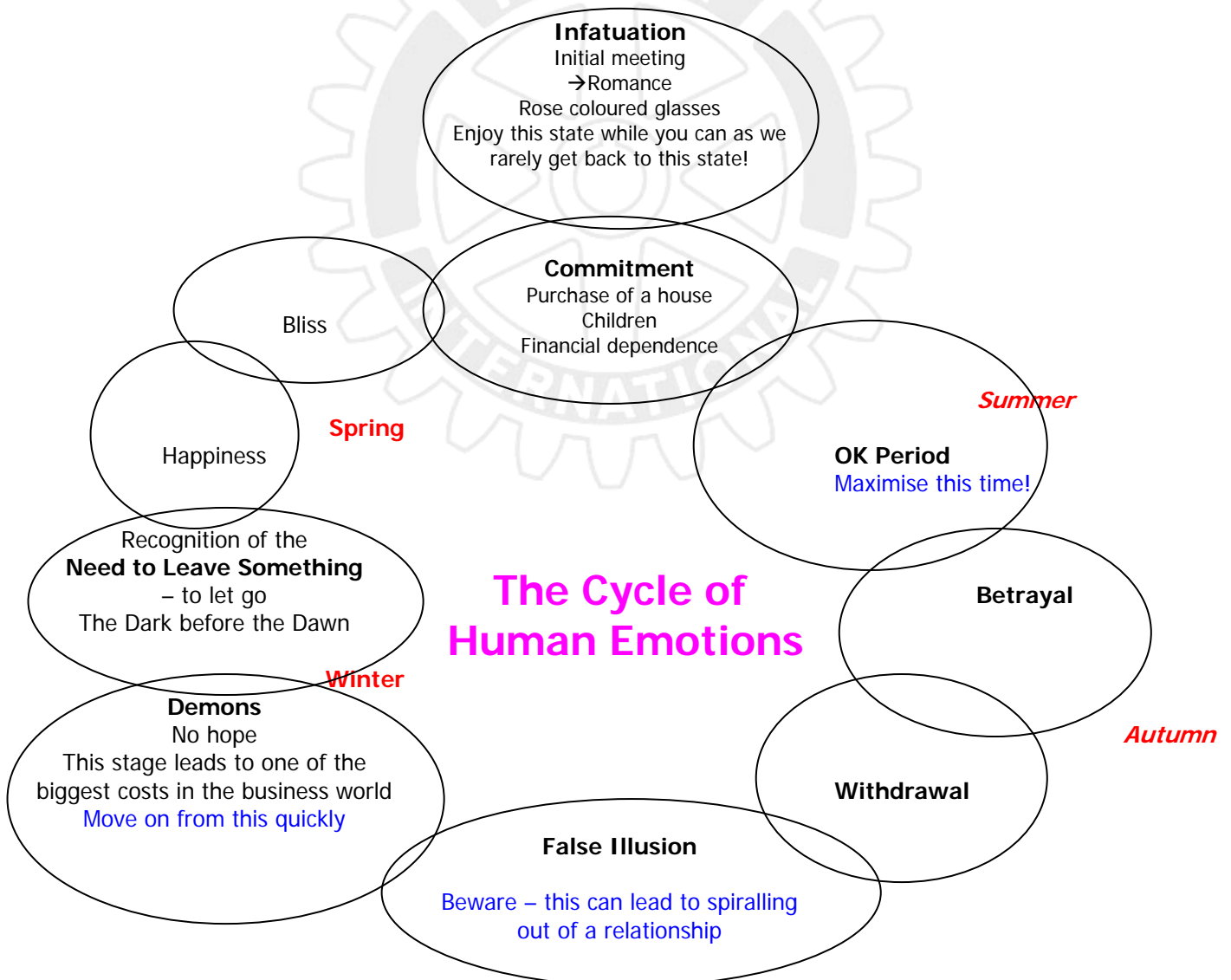
Last Wednesday Rob shared some of his experience with us by referring to a typical cycle of emotions that relationships go through which he likened to a seasonal cycle.

Divorce is often a painful and expensive process that should be avoided with most relationships.



Chairman John thanking Rob

Rob indicated that it rare for human relationships to never experience problems. Almost all go through cycles of happiness and discontent. He suggested that maybe 10% of relationships that experience difficulty were beyond redemption but the remaining 90% should open up the lines of communication to sort out issue barriers to quickly move through the dark phase of a cycle; the winter of discontent, to a happier and more blissful state. **We need to aware of where we are in "the cycle"**.



“The sooner we face our demons, the sooner the sooner we can move on and get back to happiness and a more blissful state.”

District News July is Rotary Changeover Month

Latest District Newsletter

http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2008_2009/currentNetworker.pdf

Club News

- The Club is arranging a booking to conduct a sausage sizzle at outside the Hawthorn Bunnings store on Sunday 20 December. Further details will be advised closer to the day.
- Eyes Wide Open is conducting a tour of Nepal in October this year. It would be a great opportunity to see first hand some of the magnificent work that Isabel has been involved in. How about considering going. Details of the itinerary are given on Page 6. Eyes Wide Open is a non-profit organisation that operates humanitarian travel experiences to Rotary projects in developing regions of Australasia. As part of a group of like-minded people of all different ages, you see the world and importantly, make a difference. Tours are safe, well organised and allow you to contribute to Rotary funded humanitarian projects that give hope to local communities in need. So go on, make a difference.
- As mentioned by President Anne last week, Boroondara Cares has been recognised again, this time by **Rotary International** with a "**Best Cooperative Projects Award**". The award which is signed by Rotary International President DK Lee and District 9790 Governor Richard Gilbert reads – "Rotary International Best Cooperative Projects Award presented to the Rotary Club of Cobram, Nathalia, Numurkah, Balwyn, Kew, Boroondara, Yarrowonga-Mulwala, Camberwell, Canterbury, Glenferrie, Hawthorn, Kew on Yarra, and North Balwyn for outstanding achievement in successful cooperation with other organizations to promote humanitarian service"

Upcoming Events

Event	Date & Venue	Sponsor	Contact
"Operation Cleft" Talk by The Hon Alastair Nicholson AO RFD QC	Thursday 6 August 2009 6.30pm for 7.00pm The Victoria Hotel, Woodend	RC Woodend	Charles Bender on 0409 439 046 benderfam@bigpond.com
Tree Planting Day	Sunday 9 August 2009 Meet at Glenaroura at 8.30am (Melway Map 610, 7L)	Rotary Environmental Planting Scheme	David Anderson 0419 898 034
Unity Walk to promote Parkinson's Awareness	Mon 31 August 2009 Fed Square to Birrawung Marr		http://www.unitywalk.org.au/
John Reddish Service Excellence Awards	Wednesday 23 September 2009 Amora Hotel	RC Kew on Yarra	
DG Visit to Kew on Yarra	Wednesday 30 September 2009	RC Kew on Yarra	
50th Birthday Celebration Dinner for RC Collingwood \$80.00 per person	Saturday 3 rd October 2009 7.00 for 7.30 PM Collingwood Town Hall	RC Collingwood	email collingwood@rotarydistrict9800.org Phone: John Taylor 0419 363 101 Bill Hampson 01412818215
Sausage Sizzle	Sunday 20 December 2009 Hawthorn Bunnings Store	RC Kew on Yarra	David Anderson 0419 898 034

Foundation Reflections

We will continue with our Foundation Reflections on a monthly basis. Coming feedback to the Club will be as follows:

Date	Member	Topic
tba	Alan Fisher	Partnering What other organisations can Rotary work with

Information about the **Rotary Foundation** can be found at:

<http://www.rotary.org/EN/ABOUTUS/THEROTARYFOUNDATION/Pages/ridefault.aspx>

Specific information about Rotary partnering and resources can be found at:

<http://www.rotary.org/en/Contribute/Pages/ridefault.aspx>

The Four Way Test

Remember - of the things we think, say or do:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

Some Useful Websites

RC Kew on Yarra's Web Site
<http://home.vicnet.net.au/~rckewe/>

Boroondara Cares Website
<http://www.boroondaracares.com>

RC Ubud Bali Web Site
(Sister Club RC Kew on Yarra)
<http://www.rotaryubud.org/index.asp>

RC Woodend Web Site
(Sister Club RC Kew on Yarra)
<http://www.rotarydistrict9800.org/woodend>

Rotary Downunder Web Site
<http://rotarydownunder.com.au/index.htm>

Latest District Newsletter
http://www.rotarydistrict9800.org.au/uploads/downloads/Networker/2008_2009/currentNetworker.pdf

Thought for the Day Richard Gales

"Our greatest glory is not in never falling, but in rising every time we fall" - Confucius

BIRTHDAYS

27 Jul Bill Chow

ANNIVERSARIES**PROGRAM**

29 Jul Anthony Kennedy

Water in Victoria

5 Aug Bol Diu Gok

Sudanese Community &
Youth Challenges12 Aug Ms Leigh
Mathews

Cambodia

19 Aug PDG John
Wigley

Rotary Learning Institute

26 Aug Kent Stannard
CSIROWhite Shark Research
Team**MARKET ROSTER**26 Jul Sue & David
Anderson

2 Aug Ann Leonard

9 Aug Ken Maher

16 Aug Isabel Armer

23 Aug Mark Miller

30 Aug David Shave

BOASTS**OUR LAST MEETING**

Date 22 July 2009
Present 18 Club Members
Club Apologies Ann & Peter Leonard, David Anderson, John Presutto
Make ups
Guests
Visiting Rotarians Geoff Steinike, RC North Balwyn; Lena Condos, RC of Melbourne South
Chairperson John Pocock
Sergeant John Brownsea
Speaker Rob Hillier, RC Bentleigh/Moorabbin
Door Prize Alan Fisher
Winner
Meeting Close 8:05 pm

Fine Session

Sergeant John Brownsea

Sergeant fines

- Sergeant John fined Bulletin Editor Bill Chow for last week's his Epistle which extended over 8 pages;
- Now we are into the new financial year, the Sergeant fined anyone who has not yet submitted a tax return for the last financial year; such tardiness is not becoming of Rotarians;
- The 59 year Tom Watson recently showed youngsters he can still play golf with the best by narrowly missing winning the British Open before pushing his a final put – the Sergeant fined anyone for lacking ambition if they had not considered turning "pro" and joining the senior golf circuit;
- VicRoads needs funding to pay for the Frankston Bypass – the Sergeant fined anyone who has not contributed by paying a speeding fine in the last year (has the Sergeant recently been fined for speeding?);
- With Tamiflu in high demand, anyone employed in the pharmaceutical industry was fined;
- Australia struggled in the 2nd test of the ashes series in England – anyone who is contributing to the ashes by smoking was fined;
- It was reported that Collingwood was the only ALF with a full time psychologist – Collingwood supporters were fined for not adequately motivating their players;
- Members wearing suits without ties were fined for sloppy dress code;
- In Rotary we are ask to reflect on "Is it the ttruth" – anyone who has bent the truth was fined.

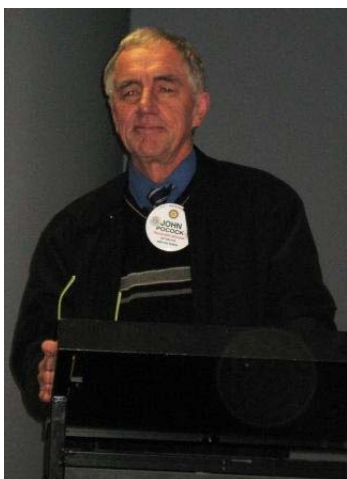
Fines from the floor:

- Derek Bond fined the Sergeant for ripping a page from the speakers notes to write up his list of fines – shame on you Sergeant John!

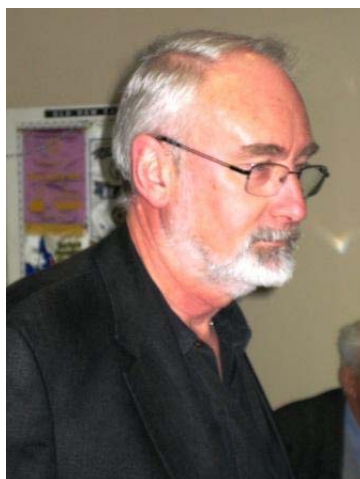
WEEKLY DUTY ROSTER

MEETINGS	29 July 09	5 August 09	12 August 09	19 August 09
Cashier	William Liew	Derek Bond	Mark Miller	John Orr
Chairman	Isabel Armer	Bill Chow	Richard Gales	Sue Anderson
Thought	Tony Boyd	Alan Fisher	John Brownsea	William Liew
Sergeant At Arms	Ed Brown	Edel Conroy	Edel Conroy	Edel Conroy
Host	David Anderson	Ken Maher	John Orr	John Presutto

Some Memories from our Club Meeting 22 July 2009



*Our esteemed Chairman
John Pocock*



A thoughtful Richard Gales



*Visiting Rotarian Geoff Steinike
Rotary Club North Balwyn*



*Visiting Rotarian Lena Condos
Rotary Club of Melbourne South*



*Derek Bond outlines his
Rotary International plans*



*President Anne congratulates
Lucky Door Prize Winner, Alan Fisher*

Smile ... Courtesy of John Presutto

Eddie McGuire flies to Baghdad to watch a young Iraqi play aussie rules and is suitably impressed and arranges for him to come over to Collingwood. He's signed to a one-year contract and the kid joins the team for the pre-season. Twelve weeks later into the season proper, the magpies are down by 6 goals to Carlton with only 10 minutes left in the game. The coach gives the young Iraqi the nod and he goes on. The kid is a sensation – he kicks 7 goals in 10 minutes and wins the game for the magpies!

The fans are thrilled, the players and coaches are delighted, and the media are in love with the new star.

When the player comes off the ground he phones his mum to tell her about his first AFL game.

'Hello mum, guess what?' he says. 'I played for 10 minutes today, we were 6 goals down, but I kicked 7 goals and we won. Everybody loves me; the fans, the media.'

'Wonderful,' says his mum, 'Let me tell you about my day. Your father got shot in the street and was robbed; your sister and I were ambushed, raped and beaten, and your brother has joined a gang of looters, and all while you were having such great time.'

The young Iraqi is very upset.

'What can I say mum, I'm so sorry!'

'Sorry? You're sorry?' says his mum, 'It's your fault we moved to Collingwood in the first place!'



More Info: <http://www.eyeswideopen.org.au>
Or contact Isabel Armer on 9429 5117

Itinerary

- Day 1**
1 Oct Arrive in Nepal and check into our accommodation—the Shambhala Village Resort. In the late afternoon, we visit a Rotary sponsored Community Centre in the Kathmandu Valley called Bright Future Community Centre. There we'll meet the Centre's children and conduct some activities before heading off for a group dinner and briefing. • • D
- Day 2**
2 Oct Today we will visit the ancient Swayambhunath Temple, one of the most sacred Buddhist sites in Nepal. We'll then head into bustling Thamel before visiting the Porter Protection Society. We then go to Bright Future Community Centre in the afternoon where we will conduct reading and conversation classes. In the evening we will join crowds walking around the historic stupa at Bhouda, a world heritage site. We will eat traditional Nepalese food at a local restaurant. B L D
- Day 3**
3 Oct Experience Nepalese style Buddhism this morning by participating in a meditation led by a lama at the White Monastery. The afternoon will be dedicated to undertaking humanitarian work in conjunction with a Rotary funded Women's Refuge and a prosthetic limb project. We will stay in Patan tonight, a city known for its arts, crafts, feasts and cultural heritage. B L D
- Day 4**
4 Oct Today we venture to Nagakot, a Nepalese town known for its breathtaking views of the Himalayan mountain ranges and magnificent sunsets and sunrises. We'll spend some time at the Rotary supported Nagakot Community Health Centre to conduct some dental and health classes for local residents. B L D
- Day 5** An early rise to see the sun come up over the Himalayan ranges and then we venture to Bhaktapur, the third largest city in the Kathmandu Valley, also known for its rich culture, temples and artworks in wood, metal and stone. We will then get involved in a humanitarian project of the Bhaktapur Rotary Club and enjoy an evening meal and show in the 'city of culture'. B L D
- Day 6**
6 Oct The morning is yours to explore this ancient city bursting with heritage and cultural attractions. In the afternoon we will be working with patients of the Bhaktapur Cancer Hospital supported by numerous local and international Rotary Clubs. The group will make a donation of medical equipment as requested by the hospital. B L D
- Day 7**
7 Oct After breakfast, we'll drive back to Kopan. We'll visit the Kopan Monastery for lunch and pay a visit to a rehabilitation centre for people suffering from leprosy where we will make a small donation of goods as requested by the Centre. In the afternoon, we'll do some maintenance & humanitarian work at the Bright Future Community Centre. B L D
- Day 8**
8 Oct This morning we depart for Pokhara in a private bus. Pokhara is a bustling village situated on the beautiful Lake Phewa and surrounded by the snow-capped mountains of the Annapurna range. It is where thousands of tourists and trekkers gather before undertaking recreational and adventure activities in the region. After we arrive, we'll explore this colourful town and enjoy a group meal. B • D
- Day 9**
9 Oct Today is a recreational day in Pokhara. You have the day free to row across Lake Phewa, visit the ancient island temple, explore Devis's Fall, barter with local traders or simply enjoy the panoramic scenery. B • D
- Day 10**
10 Oct This is our last day before undertaking a four day trek of the foothills of the Annapurna range. We will spend most of the day working on a development project with the Pokhara Rotary Club. The evening is yours to immerse yourself in village culture and nightlife, if you dare. B L •
- Day 11**
11 Oct Today we drive to Nayapul where we commence our trek. Each trekker will have a personal Porter and the route is considered 'easy'. We'll walk to Birethanti. On the way, we'll trek through a couple of local villages and enjoy spectacular views of the surrounding mountain ranges. Part of the trek includes a leisurely riverside walk. We stay at a guest house in Birethanti and finish the evening with a group meal. B L D
- Day 12**
12 Oct The next stage of the trek is the longest. We'll head north up the Modi Valley to Ghandruk, with spectacular views of the Annapurna mountain range. We'll be about 2000m above sea level. There are plenty of tea houses along the way to rest and a pleasant lodge to spend the night in. B L D
- Day 13**
13 Oct Today we descend from Ghandruk through a valley and towards a town called Kimche. We then briefly trek uphill to the east to a village called Majgaun where we reach a small lodge to enjoy a group meal and spend the night. You will be rewarded with amazing views and great hospitality. B L D
- Day 14**
14 Oct Our final leg of our Nepal trekking experience! We trek eastwards to Dhampus and then descend down to the valley floor to Phedi to end the tour. We bus back to Pokhara for a cool shower and a group meal in the buzzing town centre. B L D
- Day 15**
15 Oct Free-time to recover from our trek. You will have time to relax and unwind. You may choose to undertake some more sightseeing, shopping or simply enjoy the beauty of the beautiful surroundings. B • D
- Day 16**
16 Oct Today we depart from Pokhara and head back to the Kathmandu Valley. This is a long drive, so the evening will be spent relaxing at our guest house set amongst the monasteries of Bhouda. B • D
- Day 17**
17 Oct The morning is yours to do some last minute shopping and explore more of the villages of the Kathmandu Valley. There is an option to walk to the Hindu temple at Gorkhana and back to Bhouda. In the late afternoon, we'll head to the Bright Future Community Centre to enjoy a 'dance party' and games with the children and their families to say farewell. B • D
- Day 18**
18 Oct Our flight departs around lunchtime. B • •