



Stories

[This week's speaker, Parsu Sharma-Luitai from Bhutan](#)

My new life in Melbourne..... Parsuram is a former refugee from Bhutan who arrived in Australia in 2002. He is the inaugural recipient of the prestigious New Australian of the Year 2014. He obtained a Master of Horticulture degree from the University of Melbourne in 2004. He is the Chair of FECCA's New and Emerging Communities Advisory Committee, Board Member of the Ethnic Communities' Council of Victoria (ECCV) and Convenor of the New and Emerging Communities Policy Committee at ECCV.

[Duty Roster, May 13, 2014](#)

Chair	Mary Voice
Sgt	Michael Bromby
Greeter	
Reporter	Kevin Love
Photographer	David Jones
Door	Stuart Ellis
Director Report - Fundraising	Greg Cuthbert

[URGENT: WRITING KITS NEEDED!](#)

DISTRICT 9800 BASIC EDUCATION AND LITERACY PROJECT

Last year District 9800 Rotarians and their friends donated over 1200 new books to the Aboriginal Literacy Foundation by participating in our first District 9800 Basic Education and Literacy Project.

This was an amazing effort that was greatly appreciated by all those children and parents who benefited from our generosity and thoughtfulness.

This year we will be conducting a District 9800 **Supporting Education Project at District Assembly on the 18th May**. You can participate by collecting new writing materials and resources including pencils, pens, textas, crayons, erasers, sharpeners, pencil cases etc. and packets of loose leaf paper, copy paper, exercise books, Sketch Pads, Scrap Books etc. and bringing them along to Tabcorp Park on Sunday the 18th. All of your donations will go directly to DIK and then onto a broad range of settings to teach "writing".

If our members and partners would like to participate in this important project please bring your donations along to our weekly meeting on MAY 6th OR MAY 13th. Marjorie Gerlinger will be co-ordinating the collection and delivery to the Assembly.

Roger Thornton
Community Service

[Urgent Appeal for Echuca Steam Rally Helpers](#)

Dear all,

In early April I appealed for any volunteers to assist the RC Echuca-Moama with their major fundraising event, the Steam Rally, on Saturday 7 June and/or Sunday 8 June 2014. Billeting with local RC members is available, however, they will require some notice. If you need further information, please email me or call on 0418 573 803.

Many thanks to those people who have responded, however, the response from members/friends, whether available or not, either verbally or in writing, has been minimal. I will need to send a response to the organisers at the RC Echuca-Moama by 23 May 2014.

Cheers,

Allan DRIVER

Rotary Club of Central Melbourne-Sunrise

Editor Comments: The Steam Rally is not a chore but a delightful weekend absorbing the enthralling atmosphere of half a thousand steam engines puffing away and the hustle and bustle of the largest steam rally in the nation. See May 6 bulletin for the full background. The RC there is full of kind, friendly and enthusiastic fellow Rotarians.

[Club Forum June 22 - 8.30am -12.30pm](#)

From incoming president Roy Garrett:

Every year we have a Club Planning Forum to allow firm directions and budgets for our club. As you would expect, a large percentage of the work and the outcome is from our executive - committee chairs / directors and it is hoped that each of these people will attend the Forum.

However, all members are welcome! If you have some special ideas for our club's direction next year or just want to know more about others' ideas, please feel free to come along.

I will be circulating more info over the coming weeks: an agenda, times and a venue for a start. The only thing known for sure so far is starting time on 22nd June, 0830 and finishing time 1230 (sharp!)

Please let me know if you plan to attend and please give me some preliminary notice if you have special matters you would like included on the day.

Regards

Roy Garrett

[Correspondence](#)

Letter from last week's speaker, Nikki Mennell. Her website has her special smoothie recipes...

Dear Doug

It was great to meet you yesterday. Thank you for the opportunity to talk to your members about stroke. It was a great morning. You wanted to know more about my business. Here is my website address for you <http://cheekychimpsmoothies.com/>

Thanks again and hope you have a wonderful week.

Wishing you lots of health, love & happiness,

Nikki Mennel

[District Team Members Wanted](#)

District 9800 is seeking Expressions of Interest from Rotarians to join the newly formed D9800 Facilitation Team.

Why do we need a Facilitation Team?

Learning/education in Rotary is crucial to the success of our clubs and District. It **keeps us informed** about changes and initiatives; it **furtheres our** managing of clubs, planning, team work and leading others; it **encourage us to problem solve and inspires us to do more**, to make a difference.

For the past five years a small number of Rotarians have been facilitating Visioning Events for clubs and the Rotary Leadership Institute. Now that the District Learning and Development Team has **promoted new Seminars to support new members and future leaders**, we need more Rotarians to help us implement the D9800 Learning and Development Curriculum. We want members of the Facilitation Team to

- bring their professional skills to help Rotarians work together and collaborate
- advocate the sharing of ideas and opinions
- engage Rotarians in discussions that challenge traditions
- be supportive and remain neutral and
- happily and co-operatively work in Mini Facilitation Teams of two or three.

**Inquiries: Phone Bronwen Scarffe, 9800 Club Service Chair on 0418 109 104.
bronwenscarffe@harboursat.com.au. . Deadline May 20th.**

[Polio Emergency - Re-infections](#)

ROTARY INTERNATIONAL DISTRICT 9800 COMMUNICATION

WHO DECLARES INTERNATIONAL POLIO EMERGENCY

Club Presidents & Foundation Directors

We would like to let you know that the World Health Organisation has just declared the situation with the fight against polio an **international public health emergency**. This reflects the dramatic increase in the number of cases of polio in the first quarter of 2014, compared to Q1 of 2013, particularly in Pakistan (up from 6 to 54 YTD).

The virus has been jumping from country to country — Pakistan to Afghanistan, Syria to Iraq, and Cameroon to Equatorial Guinea — and the WHO has recommended that travellers from these countries should carry an internationally recognised document certifying that they have been vaccinated. Dramatic increases in vaccination programs in several countries, including Pakistan, Syria and Cameroon, have also been recommended. However in the northern provinces of Pakistan some hundreds of thousands of children remain not vaccinated because of the military situations.

While the situation is very volatile, we need to remember that the number of cases in early 2013 (before the outbreak in Somalia) was extraordinarily low. Also, the systems that the GPEI has put in place to respond to emergencies have been extremely impressive. However factors such as the war in Syria and the bans on vaccination in parts of Pakistan make the situation dangerous and unpredictable.

We hope and expect that the declaration of the international public health emergency will see the application of additional resources to the vaccination programs in these areas. The situation underscores the importance of Rotary continuing our fundraising efforts and our advocacy.

Rotary has 1.2 million voices and *it would make a real difference if members in your club were to continue to use their influence in your community and highlight this new and dangerous situation.*

You can find early news stories in the international press at:

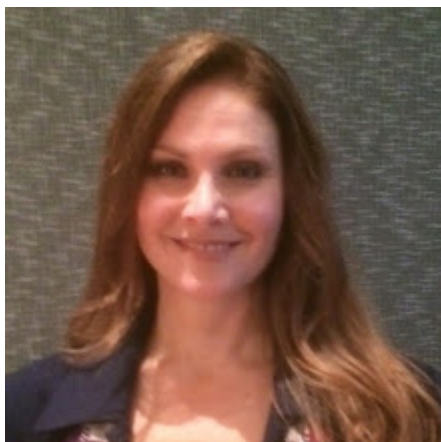
<http://www.bbc.com/news/world-27284389>

http://www.nytimes.com/2014/05/06/health/world-health-organization-polio-health-emergency.html?_r=0

<http://www.bloomberg.com/news/2014-05-05/polio-declared-emergency-as-conflicts-fuel-virus-spread.html>

Kind regards
PDG Don Jago
End Polio Now
D9800 Rotary Foundation

Meeting Report, May 6 2014



Nikki Mennel, our guest speaker

Chair: John Price

Reporter: Tom Callander

The President welcomed Rotarian Wesley Chua (left) from the Rotary Club of Likas Bay in Sabah (Rotary District 3310).



Later in the meeting Wesley presented President Doug with a banner from his Club. Ted Pitts was also welcomed as a guest .

Announcements

Julian Kavanagh: Reminded members of the vocational visit to take place on Monday 12 May 2014 commencing at 5.00pm to visit the number 1 Metropolitan Fire Brigade at East Melbourne, with an informal dinner to follow.

Roger Thornton: Noted District Assembly to be held on Sunday 18 May 2014. He reminded members to bring along stationery pens etc for the educational project.

Marjorie Gerlinger: Announced to members the changeover night to be held on Friday 27 June 2014, and distributed acceptance forms which will also be on the Club's website.

She also announced that the website address was shortly to change - email particulars soon.

Tom Callander: Announced one final opportunity for members to attend Café Internationale at International House on Saturday 10 May 2014, nine members are attending so far. He also reminded members who have not yet obtained or renewed their Working with Children check that they would shortly get notice and emails about that.

President Doug: Reminded members that the Vic Police Mentoring Graduation Breakfast would be

held at the Club's ordinary meeting on Tuesday 17 June 2014. Members should invite guests along. There will be a booking form.

He also noted that each Committee Chair has agreed to attend another Club's meeting over the next few weeks and all members are invited to go along as well and speak to those Committee Chairs. They are:

- Greg Cuthbert & Herb Greenwood, Melbourne;
- George Mackey, SouthBank;
- Jillian Cavanagh, South Melbourne
- Roy Garrett, North Melbourne
- Neville Taylor, Port Melbourne

The Rotary Club of Melbourne will visit our Club on Tuesday 10 June 2014.

Neville Taylor as Chairman of Club Service Committee then spoke to the members on the topic of the membership project and in particular "how to speak to people in elevators". He gave an entertaining address describing how each member could develop talking points in a three minute elevator conversation. The aim is to generate interest in Rotary and our Club in particular. An elevator conversation requires a speaker to speak:

- clearly;
- concisely;
- informatively;
- generating further intent;

all in 30 seconds to open the conversation. The elements of an elevator conversation are:

1. Interest creating statement.
2. Some fact or statistic about Rotary.
3. A benefit attributed to the fact presented.
4. An example of what you have just described.
5. A question to prompt conversation.

The elements should be:

- provocative;
- funny;
- unexpected.

Neville was then assisted by Marjorie Gerlinger, Roger Thornton and John Price who each gave their individual elevator conversation points. These are attached.

Neville concluded with a reminder that membership is every member's responsibility and put forward the acronym MARBE (ask Neville!).

Sergeant at Arms Michael Bromby then introduced long standing (if often absent) member Richard Bowen to introduce and present the next lines of the epic poem. Richard's introduction, presented to the Club in (we think) iambic pentameter, follows:

**When asked by our Michael to help plug the gap
And bring to the Club culture, in place of more rap**

**I pondered the problem deep into the night
And decided that yes, I could make it right**

**Stick to iambic was Michael's plea
"I know 'tween us scholars I can count on thee"**

**Previous members have not understood
And therefore the poetry's not been too good**

**Iambic pentameter was Shakespeare's delight,
Of all ancient Bards, he surely was right**

**So therefore to set the poem aright
I add my two-penneth, Oh I can be trite!**

**So here come the lines to which you look forward,
Please listen in silence before you applaud.**

He then added the following lines to the epic poem:

*This brings a dilemma to President Doug
What classification to give to the thug
Biker or lover or something more nasty
These are the options Doug thinks of for Darcy* [R Bowen}

Resounding applause!

[The "Epic Poem", to this point, is set out in the "Epic Poem Schedule" to this report. Editor's note: deleted to help retain my sanity]

John Price then introduced to the Club the morning's guest speaker, **Nikki Mennel**, on her topic "**Make yourself stroke safe**".

Nikki provided a wonderful presentation as volunteer for the National Stroke Foundation and Stroke Safe Education Team. She was able to speak from the heart on this topic as she had suffered two strokes as a 39 year old two and a half years ago and is a stroke survivor.

Fortunately her strokes occurred when her husband was at home one morning when it became apparent that she had lost mobility in her hands, could not converse properly and could not communicate well. He called an ambulance immediately to get her to hospital. This early intervention saved her.

She described what stroke is. There are two sorts, haemorrhagic stroke where a blood clot in an artery stops the blood stream, and ischaemic, where an artery breaks and leaks into the brain. Often, many strokes can occur which go away so people ignore them but these can be a warning of an impending major stroke so these need attention. In a stroke, a piece of brain the size of a pea dies every 12 minutes.

She described how to recognise the signs of stroke, using the acronym F.A.S.T.:

FACE - check their face, has their mouth drooped?

ARMS - can they lift both arms?

SPEECH - is speech slurred, do they understand you?

TIME - critical.

On any of these signs call 000 now!

She then described how stroke affects a person including loss of mobility/paralysis, impact on daily activities, impact on relationships and family, emotional impacts and psychological impacts such as change of personality.

Stroke is the second biggest killer, with higher rates than breast cancer and prostate cancer.

Most strokes are preventable with many factors being within our own control. Older people have a higher risk, men are more at risk, and family history can be a risk (but stroke is not generally genetic).

Nikki then went through the risk factors. These are set out on a Stroke Safe Information Sheet handed out to each member. To reduce risk it is recommended that we should:

- Lower our blood pressure and know our blood pressure numbers.
- Avoid tobacco smoke.
- Reduce bad cholesterol.
- Control diabetes.
- Maintain a healthy weight.

- Make healthy food choices.
- Become physically active every day.
- Limit alcohol intake.
- Control any irregular heartbeat.
- Reduce salt significantly as it leads to higher blood pressure.
- Know our numbers (blood pressure) - a further handout sets out the risk factors for stroke.

Strokes are medical emergencies and there is only a small window of opportunity for treatment to avoid permanent damage. For further information on stroke contact Strokeline 1800 STROKE (1800 787 653).

President Doug closed the meeting, noting that the "Know your numbers" Rotary campaign has not been financed this year but we should be hopeful for next year.