



Hello Bernie! This email has been generated just for you as an active member of our club. We hope you enjoy receiving this newsletter!

Stories

Breakfast Speaker for 17 September 2013: Richard Milne

Richard Milne will present on ***Improving Quality of Life and Sporting Performance Through Movement.***

In today's society we are largely sedentary, working long hours and finding it hard to fit in "me time" due to family commitments and busy schedules. We may be stressed, make poor nutritional choices and do not get enough restful sleep which can lead to health problems, weight gain, poor posture and affects our relationships, self esteem and mental state. A holistic approach towards wellness can improve your quality of life, give you a spring in your step and regain balance in your life. Improving your overall wellness will assist in better daily functioning as well as your sporting performance, i.e. your golf performance.

Richard was born overseas, has lived in five countries and holds an honours degree in Business and Sports Studies. He has worked both in the corporate market as a recruiter as well as for seven years in the wellness industry as a personal trainer, sports and conditioning coach and fitness lecturer and assessor. Richard has worked closely with high level corporate's, sports athletes, older adults and adolescents to assist them with their health and fitness goals, producing life changing tangible results and increased sporting performance.



Upcoming Events

Board Meeting

RACV City Club

Aug 21, 2013 at 06:00 PM – 07:30 PM

Board Meeting

RACV City Club

Sep 18, 2013 at 06:00 PM – 07:30 PM

Board Meeting

RACV City Club

Oct 16, 2013 at 06:00 PM – 07:30 PM

Speakers

Duty Roster for 17 September 2013

Chair	Kevin Love
Sergeant	Michael Bromby
Greeter	Barrie Tassell
Reporter	Neil Salvano
Photographer	Jillian Cavanagh
Door	Robin Stevens
Director Report (Fundraising)	Greg Cuthbert
Bulletin Editor	Kerstin Steiner

Meeting Report from 10 September 2013

by David Jones

President Doug opened the meeting and handed over to Chairman for the day, Alan Seale, who proposed the toast to Rotary International. There were no visitors or guests of members.

Announcements and Director's Report

Dining Delight at the Dragon Boat: An expression of thanks and appreciation for the excellent social evening hosted by Yanpu last Friday was confirmed by acclamation.

Alan Seale promoted the greatest fundraiser – the play “The Greatest is Love” featuring Glenda Linscott and Roland Rocchiccioli – 3.00pm, Sunday October 20th at the Melbourne Town Hall. Members are asked to contact their associates, friends and family and to use the very professional flyer and promotion material provided in an email promotion. Seating capacity is 800 – i.e. approximately 20 per member!

President Doug presented the hierarchy of objectives for the District, President and Committees. These are available in the club website.

Sergeants' Session (*We apparently had two sergeants on the day, so the apostrophe is in the correct place!*)

Sergeant Michael reported on the **Footy 2013 Time Capsule**. It's still a live competition until the finals are over but the running score at present is:

John Ilott - 8; Dick Mitchell – 8; Frank O'Brien – 8; John Wright (former member) – 10; and Kevin Walklate - 11. Also still with a chance, but not any greater than Oracle in the America's Cup, are, Alice Bowden (sergeant's daughter), Bernie Gerlinger, Marjorie Gerlinger, Neville Taylor, Suzette Taylor, Suzette Taylor, Mick

Sep 17, 2013

RICHARD MILNE

Improving Quality of Life and Sporting Performance Through Movement

Nov 05, 2013

NO MEETING THIS WEEK
(Melbourne Cup Holiday)

Nov 12, 2013

NO REGULAR MEETING TODAY
Paul Harris breakfast tomorrow

Nov 13, 2013

Chief Justice Chris Maxwell

Dec 17, 2013

CHRISTMAS PARTY

Dec 24, 2013

NO REGULAR MEETING THIS WEEK (Christmas Eve)

Dec 31, 2013

NO REGULAR MEETING THIS WEEK (New Years Eve)

Jun 17, 2014

Police Mentoring Program 2014
Graduation Breakfast

Jun 24, 2014

NO REGULAR MEETING THIS WEEK

[View entire list](#)

Bulletin Editor

Kerstin STEINER (*If you have any comments or questions, please contact the editor*)

Sponsors



Wells, Roy Garrett, Michael Bromby.

Assistant Sergeant Mary then acknowledged the recent passing of Irish Nobel Laureate Seamus Heaney and recited his poem "Postscript".

And from there we moved onto our own laureate for the day, Kevin Love, who added these lines to our epic poem;

"Is it face or form that does excite or do two souls with love unite?"

"Our man with ne're a thought for trust decides instead to opt for lust"

For the complete epic poem to date please view on the club website and go to stories – or [click here!](#)

Talk of the Day



Guest speaker of the day, Emma Lucia, Business Analyst, ClimateWorks Australia reflected on Australia's progress towards a low carbon economy. Emma commenced by explaining that ClimateWorks Australia is a not for profit, independent, research based organisation created by The Meyer Foundation and Monash University in 2008. ClimateWorks operates as a trusted, credible, fact based broker working in partnership with private, public and non profit sectors.

Emma's presentation included many statistics tracking progress toward carbon capture targets within three broad sectors of, Energy Efficiency; Land Use and Cleaner power.

Progress to date for the whole economy shows that "[o]ver the past decade there has been no growth in Australia's greenhouse gas emissions despite economic growth of 31 per cent between 2002-03 and 2011-12. This has been achieved as a result of significantly reduced deforestation and increased plantation forestry, together with some improvement in other sectors. Since 2008-09, emission reductions from Industry and Power have accelerated, led by significant increases in renewable energy, a drop in demand for grid-supplied electricity and a tripling in the rate of energy efficiency improvement in large industrial companies."

The future outlook indicates that "[w]ithout any actions to reduce emissions, economic growth between 2010-11 and 2019-20 would drive a 29 per cent per cent increase in emissions, led by increased industrial energy use and fugitive emissions, as well as harvesting (and not replanting) of plantation forests. However, if recent levels of emissions reduction activity are sustained, emissions would be

A red rectangular graphic with the text "BRANDPRINT" in large white letters at the top. Below it is a circular logo with a stylized 'B' and 'P' in red and white. To the right of the logo, it says "Short Run Print Specialist" in white. At the bottom, it says "Contact us for all your printing needs on 9824 2207 or print@brandprint.com.au" in white.

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reduced by 80 MtCO_{2e} to be 645 MtCO_{2e} in 2019-20. This would get Australia over 40 per cent of the way towards the minimum 5 per cent emissions reduction target by 2019-20 through domestic action alone.

Around 73 per cent of the opportunity identified in the Low Carbon Growth Plan for Australia would remain un-captured, and the remaining years from now to 2019-20 provide time to identify increased incentives that could help capture these opportunities for local action, which could deliver a 25 per cent reduction in our national emissions (compared to 2000 levels). There also remains time to explore the role of international offsets in achieving our national target, and to consider increasing the current minimum 5 per cent target. Whether recent trends can be sustained or increased is dependent on a range of factors including future electricity and fuel prices (particularly gas prices), technological improvements, sustaining current levels of regulatory support and incentives, and resolution of regulatory barriers and policy uncertainties.”

Further detailed information and publications are on the web site, <http://www.climateworksaustralia.org/>

[Previously Missing Bits and Pieces of the Meeting from 3 September 2013](#)

Talk of the Day

Paul Kaan was introduced by the Chairman of the day Kay Stevens. The theme of Paul’s presentation was the way in which the digital age is transforming our world, with a thoughtful link between Twitter and his experiences in making wine in Moldova, Burgundy & Champagne in the 1990’s.

When he initially moved to Europe to study viticulture, Paul travelled to the Bordeaux region of France, working in a Cooperative and running a winery ad interim. His biggest challenge was the language and communications.

He then traveled to Moldova, a very poor and undeveloped country where the contrast with the wealth and resources available in France was stark. The Moldovians used old wooden vats, large but inefficient and antiquated pumps, primitive technology. He often found wild dogs wandering around the winery that would occasionally become the main meal. Paul was confronted with having to learn Romanian, Turkish and Russian.

On returning to France, he worked in the Burgundy region at a chateau where he learned the language of wine in French. Again his biggest challenge was learning the language and communications, eventually becoming quite proficient.

Since his return to Australia, Paul has been working as a wine consultant to independent wine retailers, Slow Food Victoria and Melbourne Food & Wine. By contrasting his experiences in the

1990s with those now Paul endeavoured to open members' eyes to the possibilities that will come from embracing the digital age. He explored three themes: the impact on language and communications; markets and exchange of knowledge; and imagination and disruption. He explained how Twitter was helping to create new market places, both for ideas, and products & services. These market places crossed all boundaries, enabling innovations and changing the way business is done. Despite such networks being considered less personal, it takes time to develop them, building goodwill over periods of time for mutual benefit.

To understand the power of these new tools, Paul gave the example of the Scottish schoolgirl Martha Payne. In April 2012, Martha, a 9 years old, began a blog called Neverseconds as part of a school writing project. Much like a restaurant review it features daily entries on the £2 school meal, her thoughts on the food and its quality, a count of the number of hairs, a health rating, a picture, and marks out of a score of 10. Her blog hit local and then national headlines after gaining support from Jamie Oliver. By 15th June 2012 it had gained 3 million hits, attracting considerable media interest and the opportunity to generate revenue from the publishing rights. The consequential revenue generated was donated to the charity "Marys Meals" with an original target of £7,000, by late November 2012 she had already raised £123,000.

Paul described how such sites are less about advertising and more about community, a point which was taken up in question time concerning the risks of obsessions with viral networks and the loss of personal communication skills. Paul agreed and finished by advising us to learn how to use the technology for the advantage of the Club's activities. He recommended investing time using and developing the right community networks and sharing information of value, adding that if it does not add value to our lives, do not do it.

"THE GREATEST IS LOVE" - NEW RCCMS-SPONSORED PLAY!





New play probes love and separation

Two of Melbourne's celebrated actors, Glenda Linscott (the bikie chick from Prisoner) and entertainer/broadcaster, Roland Rocchiccioli, will star in his new play 'The Greatest is Love' on Sunday, October 20.

The play, at the Melbourne Town Hall at 3pm, is a sweeping but simple love story. It starts in war-torn England in 1941, takes in the fall of Singapore, and ends in Perth WA in 1997.

The play follows one couple, Rupert and Diana, through poignant love letters probing the pain of separation during the war and the heart-wrenching struggle to return to normality afterwards. The letters tell a story of unfolding romance, and later, breathtaking honesty as the man and woman confront their human weaknesses.

Rocchiccioli says, "This is a story which proves – above all else – The Greatest is Love."

This is the first Australian performance of the play, following its launch at Brighton, UK, to critical acclaim. Leading UK theatre director Sean Mathias says, *"I turned every page of the script with excitement and fascination. I wanted to know every move, every thought, every detail about these two people. By the time I reached the end I would have fought off any other director who tried to take the play over from me."*

The play is presented by the Rotary Club of Central Melbourne-Sunrise with the support of the City of Melbourne. Proceeds support Melbourne charities.

Tickets: A Reserve \$60 : B Reserve \$48.

**Play starts at 3.00pm doors open
2.30pm
SUNDAY 20TH OCTOBER 2013**

Buy tickets online: [CLICK HERE](#)