



## WHAT'S IN THIS BULLETIN

**22nd October 2019**

- **Next Meeting - Guest Speaker**
- **Purple Pinky Day**
- **Lift the Lid on Polio**
- **26th October Social**
- **Paul Harris Breakfast**
- **Sausage Sizzling Returns**
- **Meeting report 15th October**
- **Gallery**

## NEXT MEETING - GUEST SPEAKER

Posted by Bruce HERON



### **Dr Gihan Jayaweera**

#### **Pilot Program - Health Ninja Licence**

Gihan's dream is to create a "Health Ninja Licence". Similar to the "Pen Licence", he hopes that this concept can also be integrated into the Australian school curriculum. Based on the idea that healthy kids become healthy adults, through the Health Ninja Licence, his aim is to create an Australia where all primary school kids leave school with internalised healthy habits that will serve them for the rest of their lives.

Over the last 2 years, Gihan has given multiple presentations to the 880 "Health Ninjas" at Glen Waverley Primary School (his old primary school).

These presentations are centred around the 5 most important pillars of health in Gihan's eyes.

Pillar 1: Reduce Added Sugar

Pillar 2: Reduce Processed Foods

Pillar 3: Eat More Fruits and Vegetables

Pillar 4: More Play, Less Screen

Pillar 5: Happiness

In keeping with the theme of promoting healthy lifestyle habits, Gihan was a spokesperson for Cancer Council Victoria's "13 types of cancer" campaign. This campaign aimed to raise public awareness about the evidence that being above a healthy weight, which can be attributed at least partly to added sugar intake through sugary drinks, can increase the risk of developing 13 types of cancer. He has also been a spokesperson for the "LiveLighter" campaign which involved encouraging General Practitioners to develop the skills needed to talk more frequently to their patients about weight loss and weight management. He has also worked with Diabetes Victoria to help emphasise the role that General Practitioners play in improving health literacy amongst patients with diabetes.

#### **Purple Pinky Day**

## **Meeting Responsibilities**

*Chair*

ILOTT, John

*Greeter*

FIELDEN, Malcolm

*Reporter*

BENJAMIN, Des

*Photographer*

THORNTON, Roger

*Door*

SEALE, Alan

*Bulletin Editor*

CLIFT, Nick

*Social Media*

LIM, Daniel

## **Upcoming Events**

[District 9800 End Polio Train Ride](#)

Oct 24, 2019

[Pub Campari BAR 23 - 25 Hardware Lane catch up - city rooftop bar 6 o'clock](#)

Oct 25, 2019 6:00 PM

[Luncheon with new members - everyone welcome](#)

Oct 26, 2019

12:00 PM - 3:30 PM

[Regular meeting](#)

Oct 29, 2019 7:20 AM

[BBQ - Port Melbourne](#)

Nov 01, 2019 8:30 AM

[Annual General Meeting](#)

Nov 12, 2019 7:40 AM

[Board meeting - zoom](#)

Nov 13, 2019 7:30 PM

[27th Rotary Foundation Paul Harris Breakfast](#)

RACV CLUB

Nov 21, 2019

7:30 AM - 9:00 AM

[TBC-shine on award nominations](#)

Dec 01, 2019

[Tree of joy/TA L](#)

Dec 01, 2019

[View entire list](#)



## What is Purple Pinkie Day

Purple Pinkie Day (PPD) is a Rotary polio eradication fund and awareness raising day held on World Polio Day, 24 October, each year.

## Why 'Purple Pinkie'?

In countries where the threat of polio remains, children still receive their polio vaccine by mouth, unlike other countries where the vaccine is injected. When vaccinating millions of children in a short period of time it is impossible to document so, every child when vaccinated has the little finger (pinkie) nail of their left hand painted with an indelible purple marker. This mark turns brown and lasts for about one month. This is important because the vaccine should not be re-administered within one month. Vaccinators check a child's finger before vaccinating to check if they need the vaccine. Hence, Purple Pinkie.

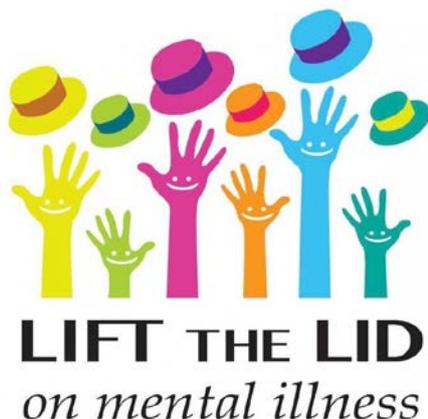
Members are invited to have their pinky painted purple for \$5, or they can decline but at a cost of \$7. All the money raised goes to the End Polio Now Campaign. So Support our campaign to End Polio NOW!



And Don't forget Polio Train Ride Thursday 24 October – This event will be leaving from Train stations across our district (Bendigo, Brighton, Werribee and Caulfield) with the aim to meet at Fed Square Melbourne at 2.30 pm. I have invited the other 4 Victorian Rotary Districts to join us in this adventure. If hundreds attend think of the impact we will make. Meet us at the stations on the way or Join us on the train for the trip to Fed Square.

The goal is to receive club and individual Donations prior to or on the day. Make donations at the Stations. Our motto is **'Its the end of the line for Polio'**. With your continued support we know it will happen soon.

### Lift The Lid



Just a reminder team, that Lift The Lid has been postponed until next month, so make sure you have found a funny hat to celebrate the day and have fun with a great cause. Nick

### 26th October Social Lunch

## Speakers

Oct 22, 2019

[Dr Gihan Jayaweera](#)

Pilot Program - Health Ninja Licence

Oct 29, 2019

[Maryann Liethof](#)

Representing Polio Survivors throughout Australia

Nov 05, 2019

[NO REGULAR MEETING TODAY](#)

MELBOURNE CUP HOLIDAY

Nov 12, 2019

[Jessica Trijsburg, Peace Scholar D9800](#)

Rotary Peace Scholarship and Beyond

Nov 19, 2019

[NO REGULAR MEETING TODAY](#)

PAUL HARRIS BREAKFAST ON THURSDAY 21st NOVEMBER - see full details on home page

Nov 21, 2019

[Dr Andrew Browning](#)

Maternal health care in Africa- an Australian intervention

Nov 26, 2019

[Dr Murray Verso - District Director Foundation](#)

Dec 10, 2019

[Gabe Denmark – Community Ambassador for NBN](#)

NBN Progress Update – what it means for you

[View entire list](#)



**Date: Saturday 26 October for lunch**

Time: From midday

**Place: 3 Outlook Drive, Eaglemont (Rebecca and Neville's home)**

If you are travelling from the West, head along the Eastern Freeway and take the Burke Road exit. Head left along Burke Road North and at the main roundabout, keep going straight (it becomes Maltravers Road) and in 200 metres turn right into Outlook Drive. Number 3 is third house on the left from the corner.

Cost: It's a social gathering so no cost.

Meat and bread will be provided but BYO refreshments.

What else can you bring? - bring a salad; dessert or whatever else to share or talk to Neville if you have other ideas.

**RSVP Neville John by 4th October on email**

nrjohn@iprimus.com.au, or mobile 0417 387216

If you are coming, please let Neville know what food you to plan bring so that we don't all end up eating dessert for lunch. Also advise any dietary restrictions.

**27th Rotary Foundation Paul Harris Breakfast****27th Rotary Foundation Paul Harris Breakfast****GUEST SPEAKER**

Dr Andrew Browning

Maternal health care in Africa- an Australian intervention

Dr Andrew Browning spent 17 years living with his family in Ethiopia and Tanzania amongst some of the poorest people in the world.

He specialises in treating a devastating birth injury called obstetric fistula. This results from women giving birth at home, without medical help. In labour for four or five days they deliver a stillborn child and the tissues in their pelvis are destroyed, leaving them with large holes (fistula) to their bladder and bowel. Leaking continually they are shunned, depressed and suicidal.

Andrew is one of only a handful of surgeons in the world who have dedicated their lives to helping treat and prevent this. His charity has now built three maternity hospitals in Africa and aims to build many more.

All funds raised will be used to support Rotary Foundation projects that make lives better in your community and around the world

- The Rotary Foundation of Rotary International has received 12 consecutive 4-star ratings, the top rating, from Charity Navigator as at January 2019.
- Charity Navigator also rates The Rotary Foundation as Number One in their list of the 10 of the Best Charities Everyone's Heard Of.
- It also received an A+ from Charity Watch its highest rating in 2017 (the most recent rating).
- The Association of American Fundraising Professionals named The Rotary Foundation as the outstanding Foundation for 2016.

We look forward to welcoming all Rotarians, partners, friends and colleagues to this special event

BOOKINGS: [www.trybooking.com/BEYTZ](http://www.trybooking.com/BEYTZ)

FOR FURTHER INFORMATION PLEASE CONTACT: Marjorie Gerlinger

Email: marbern@bigpond.net.au • 0419 302 109

**IMPORTANT INFORMATION**

When

Thursday, 21st November 2019

Where

The RACV City Club  
Level 17, 501 Bourke Street  
Melbourne

Tickets

\$70.00 per head

or

\$650 for a table of ten  
(incl. GST)

RSVP  
7th November 2019

Time  
7.15 for 7.30 till 9.00am

[Download flyer](#)

## **SAUSAGE SIZZLING RETURNS**

Posted by Peter DURAS



A new Rotary year and suddenly **the first Bunnings sausage sizzle at Port Melbourne** was successfully completed on Friday 12th July.

If you are able to help on any of the future dates listed below, could you please email me at [peter.duras@bigpond.com](mailto:peter.duras@bigpond.com) indicating your preference for morning, lunchtime or afternoon? We'll run from shortly after 8am to 4.

Remaining dates for Port Melbourne this calendar year are:

**Friday 30th August**

**Friday 1st November**

**Friday 15th November**

**Sunday 22nd December**

## **MEETING REPORT 15th October**

Posted by Neville JOHN

ROTARY CENTRAL MELBOURNE – MEETING REPORT 15 October 2019

Posted by Neville John

Chair Start Ellis AM opened the meeting with a toast to Rotary International.

President Warwick Cavell welcomed guests, Shanaka Fernando (Guest Speaker), Charith Senanayke and Francesco Fedele. Warwick encouraged members to purchase tickets in the Social Enterprise draw and be a lucky winner.

Announcements

- Gerard Hogan advised that there is a social gathering at Campari's in Hardware lane at 6 pm on Friday 25 October.
- Peter Duras advised that Caprice had made another very generous donation of children's footwear. As there will be more than sufficient to provide our usual recipients, Peter invited members to let him know if there are other organisations that they know working with children who they believe might benefit from receiving some items.
- Kevin Love reminded members of the opportunity to donate items for sale at the Camberwell Market.
- Alan Seale advised that Hat Day will be deferred from next Tuesday until a date to be advised in November. Alan also advised that D9800 Vocational Chair, Mary Barry has approached State Emergency Services with an offer to manage a mentoring program similar to Victoria Police and Ambulance Victoria.
- Alison Chan reminded members that next Tuesday is the 'Paint Your Pinkie Purple' morning where purple nail polish (removable) will be painted on the little finger to promote the Rotary End Polio campaign. This activity replicates how polio volunteers in the field recognise whether children have been immunised – they apply nail polish to their little finger.
- Roy Garrett confirmed that there are 13 people travelling to Sri Lanka next April and there is room for another couple. If interested please let Roy know as soon as possible.

President Warwick's Announcements – included:

- Marjorie and Bernie Gerlinger's birthdays and wedding anniversary.

Guest Speaker:

Shanaka Fernando – Founder of Lentil As Anything; Pay What You Can (Restaurant chain) and a social challenger.

Shanaka was born in Sri Lanka to an Irish mother and Sri Lankan father during the time of civil war. He witnessed human inequality and trauma where he was taught to believe that people were equal, but from what he could see, there were not treated that way. He gave examples of how the trauma of war can become desensitising and he wanted to do something about that and social injustice.

In 1968, at age 31 Shanaka migrated to Australia, a place where he found the people welcoming, friendly and humble.

He began his search for ways in which we could teach and learn together, which started a very interesting period of his life. He studied Law and Melbourne University and did not complete it as he felt it was not what he was looking for. He became a Buddhist monk in Western Australia and that also was not a long-term proposition. He travelled the world living in indigenous communities, where he discovered a deep sense of civility in what could be described as an uncivilised environment. He saw that food was a large part of social connection where the tribes would come together to eat and communicate.

Returning to Australia, Shanaka established the Lentil As Anything restaurant chain, and introduced the concept of 'pay what you can'. Lentil As Anything restaurants and grocery store have no set prices. Everyone is welcome to come for a meal and contribute in any way they can. Some people volunteer their time in the kitchen or on the floor, others leave a financial donation in one of the contribution boxes. All leave with the feeling that they are part of an inclusive community. Shanaka sees LAA as a proposition to society to think more deeply about what is important.

He believes that money cannot replace social connection and that life is about effort, not convenience, so he started up an 'Inconvenience Store'. In closing Shanaka left us with the challenge of practising the values of kindness and connection and to dig deep, be ourselves, be vital and make the most of our lives.

President Warwick closed the meeting wishing everyone a good week and reminding us to take whatever opportunity we can to embrace this year's theme - 'Rotary Connects The World'.

## GALLERY

Posted by Roger THORNTON

### **Breakfast Meeting Photos**



Chair Stuart Ellis



Guest Speaker Shanaka Fernando



Meeting in the Tarrant Room



Charithe Senanayake, Shanaka Fernando & Stuart Ellis drawing the raffle

[Read more...](#)

