

ROTARY CLUB OF RICHMOND

The Tiger Rag

Meeting 2072

28 September 2009

Speaker

D G Colin Muir
District Governor's Visit

Chair

Michael O'Sullivan

Forthcoming:

Date	Meeting	Speaker & Topic	Chair
5 October	2073	'4 STEPS FOR LIFE' - CPR Program	Melissa Carfax-Foster & Dave Jackson
12 October	2074	Joanna Stackhouse - MGC Teacher at Garma Youth Forum	Jean Marc Berthier
19 October	2075	Anne Scott - The inside story of the Australia Day Awards	TBA

Birthdays

Neale Jackson - 28th

Brian List - 28th

Kieran Moore - 30th

Michael O'Sullivan - 1st

Wedding Anniversaries

Nil

Induction Anniversaries

John Liddell - 2005

ROTARY DISTRICT 9800, R.I. & OTHER ROTARY LINKS

Richmond Rotary website:	http://www.rotaryrichmond.org.au
District 9800 Home Page:	http://www.rotarydistrict9800.org.au
District E-Zine:	http://www.rotarydistrict9800.org.au/Members/Networker
Rotary International:	http://www.rotary.org



From the President's Laptop

My Fellow Rotarians,

Tonight, I am delighted to welcome our District 9800 Governor, Colin Muir & his wife Pauline, to our Club. Colin joined the Rotary Club of Werribee in 1993 and has held many Club positions since that time including RC Werribee President in 1998-1999. Colin was recognized by the RC Werribee with a PHF then Sapphire. A number of District appointments followed, including Assistant Governor of the Westside Cluster 2005-2007. He was a member of the District Executive 2006-2008, Chairman of The District Directory Committee and District Secretary 2007-2008.

He retired in 1990 after a 25 year career with the Royal Australian Air Force. On retirement, Colin and Pauline then operated a very successful computer manufacturing company.

Colin has been involved in a variety of community organizations including Board Member of the Werribee Football Club for 8 years and as a member of Freemasons Victoria and the local Werribee Lodge. Colin & Pauline have been married for 36 years. They have 2 children & 4 grandchildren.

Colin has participated in 4 International Service Projects: Western Samoa, Solomon Islands, twice, and Goroka, PNG. Colin considers these amongst his Rotary highlights. Now, in Rotary year 2009-2010, he is our District 9800 Governor! A highlight for us!

We warmly welcome Colin and Pauline to our wonderful Rotary Club of Richmond and look forward to hearing the District Governor's message this evening.

If you are celebrating a special occasion this week, celebrate well & remember -

The Future Of Rotary Is In YOUR HANDS

Michael O'Sullivan
President 2009-2010



CONSIDER THE FUTURE OF ROTARY...



‘...There are three additional areas I would also like our District to focus on:

Youth Services, Public Image and the re-positioning of Vocational Service as our first avenue of service.

Achieving this simply requires dedicated Rotarians at club and District level; and I know we have this. It is now up to each of us to ensure our future.

I'm looking forward to visiting all clubs and seeing the great work you are doing in an environment of tremendous fellowship.’

~ Colin Muir, District Governor

RD 9800 Networker, Issue 1, 1st July 2009 – excerpt from DG's Message, Changeover

**LIFE'S LITTLE DRAMAS...
or...ALL'S WELL THAT ENDS
WELL!**

Saturday, September 19th - the Rotary Club of Balwyn's 'Fun In Retirement Expo'. The end of the first day and 'going home' time. The PA comes to life. Some car keys have been found and handed in to the enquiry desk. Janice had almost given up on finding hers. She'd checked her bags twice; same with her pockets; under the RC Richmond display table; on the display table. Chew Chan double-checked for her. Annie did the same. That PA message re 'found keys' might be the clue! Annie dashes over to the announcer. "I'm here about the car keys." He looks unphased. "Alexa?" "No." she replied, "Annie!" Janice is not far behind her, headed towards the desk attendant. She instantly recognizes them. "They're mine." She states, relieved. The keys to her Lexus and the house - found on the ground beside the car door, where they had lain since early that morning in the exhibitors' car park!

"Lucky you're amongst honest Rotarians" one Balwyn Club member states. Sure was!



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THE VISITOR

By Annie Wysham

The new DG's coming to visit!
Best Rotary behaviour please.
I felt like a kid at school
When the inspectors had to be pleased!
Email reminders sent out,
The President summoned the Board,
Reports from all of the Chairs,
Nothing to be ignored.
The Club to muster in force,
Plus prospective members and friends,
The Secretary sent the Agenda
Reminding them all to attend.

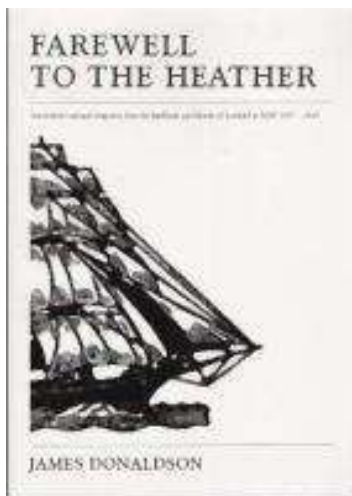
Rotary-badges all spit 'n polished,
The AG's visiting too!
Nothing is overlooked
For the 'meet 'n greet' annual review.
'What to wear' is such a worry!
Trousers? A jacket? A dress?
Casual, corporate or cocktail,
One should dress to impress!
Our diligent DG's arriving,
With Mrs DG by his side,
So warm, caring and friendly;
A couple who'll have you inspired!

They've listened to our reports.
Praised us 'n said they were proud.
'This Club is one of the best!'
(You can say that again OUT LOUD!)
'Cos we knew this all along,
We're a Rotary family who share
In fellowship and fundraising too,
In community and in care.
But the DG's visit's reminded us
Of the pride that we have in our Club.
So, like kids with an elephant stamp,
Richmond Rotary's a Club feelin' smug!

*First printed in The Bulletin, 8th September, 2008,
following
(now) PDG Jim Studebaker & Carol Studebaker's
visit to our Club on the 1st September, 2008*

LAST WEEK'S GUEST SPEAKER – Dr Jim Donaldson: 'Farewell to the Heather'

Introductory Notes by Dr Jim Donaldson – received with thanks –Sub-Editor



The Scottish Highlands, for centuries cut off both geographically and culturally from the rest of Britain, were largely disregarded and ignored by people living in other parts of the British Isles. These inhabitants were understood by those in the South as 'half savage' and a 'backward remnant' of fierce tribal clans, living in destitution and squalor and speaking a language called Gaelic, that few others could speak or understand - and most could not take the trouble to learn. Alternatively, these Highlanders were viewed by others, at a distance, through the often unrealistic and romantic perspective of moor and heather; kilt and claymore; croft and glen; where the realities of their harsh living conditions were forgotten and their way of life frequently misunderstood!

Irrespective of how they were viewed, the Highlands and their inhabitants underwent such irreversible changes of culture, economics and social lifestyle, during the Eighteenth and Nineteenth centuries, that were as severe and as destructive as encountered by any others in any other part of Britain or Europe. It left the people, and the land they inhabited, mourning a way of life that had simply disappeared for ever. In less than a hundred years, the foundations of the Gaelic-speaking peasantry who had formed the Highland clans and their traditional lifestyle, had been swept away, amid much economic distress, turmoil, social mobility and emigration. During this time the Gaelic language was suffering an acute reduction and the whole Clan system of organisation for every clan, both loyal and Jacobite, was displaced following the Highland Army defeat at the battle of Culloden in 1746. Private armies, kilts and tartans were all banned; the crofting system was inaugurated for economic reasons; the kelping gathering of seaweed had reached a peak and was in severe decline following the battle of Waterloo in 1815; new proprietors controlled the land with severe displacements of people, the introduction of sheep had been made as part of an enclosure movement; and a large explosion of population between 1780 and 1820 had taken place, with subsequent upheavals and movements of people.

The result was, that in harsh years of deprivation caused by poor weather conditions or economic crisis, the demands made upon the system by the increasing numbers of population were unable to be met by the available supply of resources. This, for example, resulted, in the years between 1836-1838, in severe destitution and poverty, which affected some 80,000 people in the northernmost counties of Highland Scotland, being faced with total ruin, starvation and death.

Representation made to the Secretary of State, Lord Glenelg, by prominent Scottish dignitaries, resulted in his personal intervention. He was assisted by the Rev Dr Dunmore Lang, a Scottish Presbyterian Minister in the Church, an Australian patriot and keen advocate of free immigration.

Monies derived from the sale of Crown waste lands in New South Wales were then applied to a scheme of Government-assisted migration to send the highland migrants to Australia. Despite the poor physical condition of these Highlanders and the suffering and hardships endured on the long sea voyages to the Colony, sixteen shiploads, comprising some 5,000 men women and children came to the Colony between 1837-1840. There in a land far from their traditional homeland, these Scottish immigrants made a new start. Their story is one of courage and fortitude coming out of their forced migration from a situation of harsh economic and altered cultural circumstances.

It provided in the later years a solid group of hard working, and in many cases, highly successful migrants who laid the foundations here for the future of their large families in a pioneering environment in this wonderful country of Australia.

FOOTNOTE: Our Chair for the night, Richmond Rotarian Rob Mactier (of the Mactier Clan), introduced James (Jim) Donaldson. OCH AYE! But sadly ladies, there were neither kilts nor sporrans nor bagpipes to be seen (or heard)! *Sigh!*

Jim was born and educated in Edinburgh, Scotland. In 1951, aged 16, he migrated to Australia, working on sheep and wheat properties in NSW for 6 years while completing Tech. courses re the industry. Later years he graduated from the University of Sydney in preparation for ordination into the Ministry of the Presbyterian Church, (now the Uniting Church). In 1969 he graduated with a BA, a post-graduate Bachelor of Divinity with First Class Honours and the University Medal award. Ministries in Canberra, Sydney and Melbourne, Senior Army Chaplain in the Army Reserve and a post as Visiting Scholar at Princeton Theological Seminary in 1993 followed. Now retired Jim is a member of the Probus Club of Melbourne. He also has a keen interest in reading and writing history, especially re Scotland and Australia, and is a published author. One of his books, 'Farewell to the Heather', tells the story of Government-assisted immigrants from the highlands and islands of Scotland to NSW 1837-1840.

\$55 inc. GST in Australia.

Annie Wysham, *Tiger Rag Sub-Editor*



Rotary District 9800: VOCATIONAL DAY, NEXT SUNDAY 4TH OCTOBER. YOUR INVITATION -

Rotary District 9800 Vocational Service Committee and District Governor Colin Muir invite you to our first annual Vocational Day. We will enjoy a day at Glen Erin at Lancefield Winery – Rochford Road, Lancefield (*Melway Ref: 609 H9*)

The day will include:

- Vocational tour of winery
- Special guest Vocational speakers
- 2 course lunch, red & white wine, plus tea & coffee
- Centrally located for city and country clubs
- Local accommodation available
- Great fellowship opportunity for your members
- Cellar door sales

Places are limited to 170 people, so please book early! We are designing the seminar to be a fun family day trip. We also urge you to bring potential members along on the day.

The programme for the Day:

- 10.30 AM Registration and light refreshments
- 11.00 AM Seminar Commences
- 12.30 PM Luncheon
- 1.30 PM Seminar – afternoon session
- 2:30 PM Dessert Tea and Coffee
- 3:00 PM Programme Concludes

Cost is only \$56.00 per person.

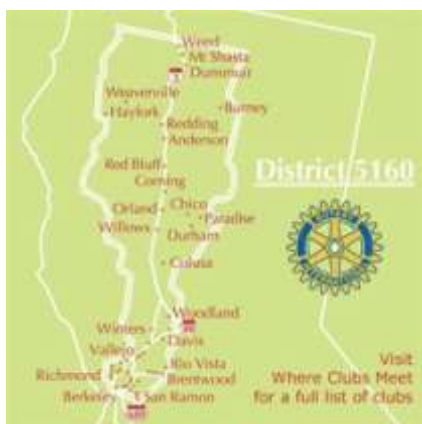
Please RSVP to: Noelle Pratt 0407 336 821, or Richard Noble 0400 609 313

The Richmond Rotary Club Vocational Service Chair is Mark Dwyer.

INTERNATIONAL CLUB RECOGNITION: ROTARY CLUB OF RICHMOND, CALIFORNIA, USA



Prepared by Annie Wysham – Sub-Editor



Since its charter in 1920, the Rotary Club of Richmond has served Richmond, California, for over 85 years with community and vocational projects, while supporting world-wide educational and humanitarian programs through The Rotary Foundation. It is a vibrant mixed-membership Club of almost 50. Club President is Glenn Daggs. The Club meets every Friday at 12.15pm at the Mira Vista Country Club, 7901 Cutting Blvd., El Cerrito, California 94530. One of the features of the Sergeant's Sessions is the 'Happy & Sad Dollars' segment. Eg: some happy dollars were donated by one member to celebrate the opening of his Atlanta office and some sad dollars were contributed by another to recognize the death of his father who was 80 years old. Another popular and successful

Club fundraiser and fellowship night - the Friday night poker game! Their weekly bulletin is called 'The Flywheel' – an E-zine edition. At their September 11th meeting, there was a moment of silence for all those who lost their lives on 9/11/01 and for 'peace, freedom, and justice on earth'.

Since 1920, this Richmond Rotary Club has supported education, the arts, youth development and the needs of the West County community. To encourage better understanding of Rotary and its commitment to the community, Club projects are based around their local area; especially schools from Elementary to Senior High. Support is also given to the Teen Mom program, Bay Area Rescue Mission, Richmond Police Department Holiday party for Kids and the Richmond Food Pantry – a program that supplies food to families living at or below the poverty level. Through Rotary International, they go beyond West County to work with Rotarians around the world on global impact projects like Rotary Polio Plus and the Rotary World Peace Fellows. A major project is the Richmond Rotary Peace Project which is

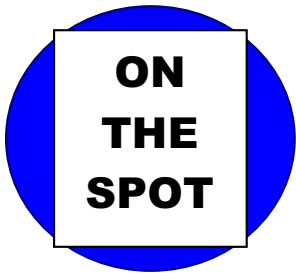


dedicated to the goal of reducing violent crime in Richmond. In 2008 and 2009 it supported 3 components: transformational workshops for young adults, computer-based learning programs conducted at the Nevin Community Center, and a pilot conflict-resolution curriculum unit for elementary schools. Richmond Rotary helps keep the doors of the Nevin Community Center open on Saturdays and 1 or 2 Rotarians help children sharpen their abilities in reading and maths using a computer-based learning program called 'AutoSkill'. In

addition to the volunteer support, Richmond Rotary funds staffing and other Saturday expenses, and purchases the software licenses for 10 computer stations. Rotary members have also donated computers to increase the centre's capacity.

Richmond Rotary is in Rotary District 95160 which is 3625 members strong and made up of 67 clubs from San Ramon, CA on the south to Weed, CA on the north. The DG is Earl Kilmer. Visitors are ALWAYS welcome! Their Rotary District 5160 Conference will be held on October 1-4 in 'Beautiful South Shore Tahoe at Harvey's Resort'. **Let's all go!**

Source: <http://www.richmondcarotary.org/index.htm> Rotary District 95160 Website: www.rotary5160.org



***Janice Kesterton (Sapphire),
Past President 2005-2006, and***

***Rotary Club of Richmond
2009-2010: Club Services Chair &
Almoner International Service***



Committee

What year and why did you join Richmond Rotary?

1990 - I wanted to do something worthwhile with my time, apart from working at the Children's Hospital, after my husband Hugh had died.

What keeps you committed to Rotary?

The belief that Rotary, and, in particular, the Richmond Rotary Club, can contribute to projects which will help people less fortunate than ourselves. I also enjoy the fellowship within this Club.

What was your first Rotary project?

The Slade Literary Award with Rotarian John Ellison initially as Chair.

What's been your favourite RCR commitment and why?

My favourite Richmond Rotary Club commitment was being our club's ROMAC Representative on the District Committee. This later led to my becoming Southern Region Medical Director, which I found very worthwhile. I also enjoyed my two years as President of our Club, and was proud of this honour; but was disappointed that we were unable to achieve any significant help for our local indigenous people during this time (or since).

What keeps you awake at night?

Nothing really, as I sleep well. However, I do worry that my younger daughter does not sleep well, due to interruptions by her young children. I also worry about my eldest daughter, Anne, and her family, trying to get their home rebuilt after the Black Saturday fire.

Our congratulations to Friend of Richmond Rotary (FoRR), Dave Jackson, who has been accepted by Ambulance Victoria to work as a Paramedic. Dave is presently working at Epworth Richmond as an RN. Ambulance Victoria is fortunate to secure Dave for their team – as he had also applied for a position with the ambulance service in Western Australia – a private service. From all your friends at the Richmond Rotary Club, best wishes with your new career move Dave!

*(Dave, with Melissa Carfax-Foster, will be presenting Ambulance Victoria's '4 Steps For Life - CPR Program' **NEXT** Mon, 5th October, at the Richmond Rotary meeting, 6.30pm for 7.00pm, Amora Hotel, Richmond. BYO PILLOW!)*

DID YOU SEE.... the Networker, Issue 12, 14th September, 2009, Articles:

'First Graduates of the Rotary Leadership Institute' ...and the group photo with our Elissa sitting at the left in the front row, hiding her baby bump with her Certificate of Graduation? She was one of the first 16 graduates in Australia to complete the full series of the RLI Training program and all are to be congratulated for their commitment.

See Tiger Rag, 21st Sept.2009, page 10, for Elissa's excellent report.

Dear OXYGens, Rotarians, families and Friends...

You are invited to join us on **Saturday 10 October** to have fun, improve your health and give your support to the **Australian Rotary Health 'Youth Depression and Suicide Research'**

See our flyer - just click on link:

<http://www.rotaryrichmond.org.au/OXYGen%20Great%20Final%20Bike%20Day%20Flier.pdf>

A team of **OXYGens'** are going to cycle from Geelong (or some from Werribee or Altona) to join in the final leg of the ARH's *Great Australian Bike Ride (GABR)*.

The GABR is a 17,000km journey to raise funds for mental illness, click on link:

<http://www.greataustralianbikeride.org.au/>. The first group of GAB Riders departed Melbourne on March 21st and



have been cycling ever since! Can you imagine!? They are returning to Melbourne on the final leg on Saturday, 10th October. Included is Roberta Gordon (60 years) who is sponsored by Richmond Rotary and has ridden all the way!

The **OXYGens'** team will depart Geelong (7:45am), and Werribee or Altona (9-10am). If you sign up to ride, you receive an **OXYGens** t-shirt, plus you are a guest of the Mad Hatter's Tea Party and BBQ at the finishing line at Lincoln Square in Carlton.



Don't want to ride? Please sponsor the **OXYGens'** team and put \$30 to a really good cause, then make sure you bring your friends along for the Mad Hatter's Tea Party at the finishing line. There'll be the RMIT Redback acrobatic cheerleaders, balloonologists, buskers, a caricature artist, BBQ and a great, fun atmosphere! I will be presenting a cheque from the **OXYGens** team on Saturday 10 October for all the monies raised.

PLEASE REMEMBER:

ALL PROCEEDS GO TO YOUTH DEPRESSION AND SUICIDE RESEARCH.

ALL FUNDS WILL BE USED FOR THIS SPECIFIC PURPOSE.

Please respond to this email to let me know if you would like to be part of the **OXYGens** team at this event and we will organise registration. Everyone is welcome, including those who don't take their riding too seriously!

Lay out the lycra - I'll look forward to hearing from you as participants, volunteers and/or sponsors. There's a role for everyone!

Krissy O'Reilly – RC Richmond's OXYGens

Mobile: 0421 068 611



Check out Rotary District 9800's latest event listings at 'News and Events' & 'Events Calendar'. Go to:

<http://www.rotarydistrict9800.org.au/Members/NetworkerOnlineArticles#Grapes>

FIRE... 'FUN IN RETIREMENT EXPO 2009' REPORT!

Report by Janice Kesterton.

North Balwyn Rotary Club and Boroondara Council once more organized an Expo at the Boroondara Sports Centre in North Balwyn for the weekend of 19/20th September. As Richmond Rotary Club had had a stall at last year's Expo, following which we acquired one excellent new member and one potential new member, it was decided that we would have another stall this year.



Trevor Pang, Chew Chan, President Michael O'Sullivan and Sally and myself, decorated our booth on Friday afternoon with our Rotary Banners, which depicted projects that Rotary International and our own Club undertake; as well as pamphlets and DVDs to hand out. On both the Saturday and Sunday mornings, Chew set up an audio-visual display of the DVD, 'What Is Rotary' which we had running throughout the weekend. Many thanks Chew.

Other Richmond Rotarians' - Phil Mylecharane, Barry Roberts, Tim Baker, Ben Hosking, Sandy Day, Annie Wysham, John Bengier, John Griffith, John and Glenys Liddell and Jenny and Brian List, also all took part in the roster assisting me in manning our Richmond Rotary booth.

There were about 70 booths displaying many things from comfortable beds (which looked awfully tempting at times), to financial advice, to hearing, travel, exercise for the mind and the body - Annie Wysham even had an impromptu lesson in boxing, doing boxer-cise with our neighbouring exhibitors, 'Core Principles'!

Despite considerable advertising in the Leader newspapers and on radio stations, the numbers attending this Expo were very low, even to hear Speakers such as the well-known media personality, Dr John Tickell, on the Saturday and on the Sunday when football identities were listed on the program! Many of the visitors whom we approached already belonged to volunteer groups, such as the Kiwanis and the Wesley Mission. (The previous weekend a huge Retirement Expo had been held at Caulfield Racecourse that attracted crowds.) However, we did obtain 5 names of people who may be interested to join our Rotary Club, and the Membership Committee will follow these people up shortly.



Invitation to join President Michael & Sally O'Sullivan at the Variety Club's Annual Christmas Party for Special Children with special needs.

This will be the 13th Variety Club Christmas Party where they have gladly represented the Richmond Rotary Club as volunteers! Ask them both about it – they LOVE it!

To be held at Jeff's Shed - the Melbourne Convention & Exhibition Centre - volunteers are now needed to help on **Tuesday, 1st December, with the set up, 10.00am-1.00pm** (BBQ preparation or 10.00am-4.00pm (unpacking gifts, general set-up, some heavy lifting) Lunch provided - **and/or on Wednesday, 2nd December, at the Christmas Party, 10.00am-2.00pm** (event assistance &/or area pack up) Light refreshments provided at 2.00pm.

On this Christmas Party day, volunteer induction will be at 9.00am sharp - early arrival required to register & collect a T-Shirt. **These volunteers must have a Working With Children check..**

Consider volunteering. It's a heart warming experience: Call Michael on 0417 396 432

http://www.christmasparty.com.au/Melbourne.asp?pty_id=3

SLADE LITERARY AWARD 2009: Judges' decisions are FINAL!

John Liddell, Chair, advises that the Slade Award Committee has chosen the new runner up. Congratulations from the Members and Friends of the Rotary Club of Richmond go to Sam Dimopoulos of Balwyn High School for his poem, 'Quest for Freedom' and to all the true Slade Award winners. The electronic copy of the Winners' Story Booklet (i.e. all 3 winners) has been sent to John Griffith to be put on the net. www.rotaryrichmond.org.au

The 2009 Slade Literary Awards now go to:

Winner: 'My Fantastic Day' by Carmen Wiseman, Northcote High School –
Cash Prize of \$200 & books up to a retail value of \$60

Runner-Up: 'Quest for Freedom' by Sam Dimopoulos, Balwyn High School –
Cash prize of \$150 & books up to a retail value of \$60

ESL Winner: 'The Tale of Chang of Siam' by Phakhwan Rangsikachi, Melbourne Girls' College -
Cash prize of \$150 & books up to a retail value of \$60

Quest for Freedom by Sam Dimopoulos

Balwyn High School

One man's dream can turn the world upside down
Overcome with power, the need to lead,
The promise of freedom gave him the crown
Later did we realise, he'd made us bleed
He invaded our country, homes and lives
Took many away, never to return
Murdered our loved ones with guns, bombs and knives
To leave survivors, a city to burn
Stricken with anguish, the pain of our loss
We stand together, united as one
Brought together by grief, we look across
To our nation's flag, swaying in the sun
From that day on, we reside by our choice
That all those remaining, possess one voice.



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Sunday 18th October from 11.00am-5.00pm – FoRR's 'Day On The Hill', Lake Cooper Estate Corop (near Rochester).

[See Page 13 of the Web Edition]

NEED TO NOTE –

ROTARY CHRISTMAS ITEMS FOR FUNDRAISING & FESTIVITIES:



Open your wallet, open your heart, order some goodies for a great Christmas start!

Orders due end of September.

Payment due in December.

Refer Elissa Marriott for forms/orders : Mob. 0448 304 070

Product & Order forms are on pages 14 & 15 of web edition of Tiger Rag

**October is Vocational Services Month*

*✍ Saturday 3rd October, 7.00pm for 7.30pm – 50th Birthday Celebration Dinner for RC Collingwood, Collingwood Town Hall, *\$80 pp – (collingwood@rotarydistrict9800.org)*

DAYLIGHT SAVING STARTS 4TH OCTOBER!

✍ Sunday 4th October – Rotary District 9800 VOCATIONAL DAY at Glen Erin Winery, Rochford Road, Lancefield. 2 course lunch & wines. Cost: \$56.00 pp. Limit of 170. Friends & family welcome. Vocational Tour. RSVP: 11.9.09. Contact: Noelle Pratt 0407 336 821.

*✍ **Booking Now! SPECIAL CLUB MEETING: Monday 5th October, 6.30pm for 7.00pm: 4 Steps For Life – CPR Program & Demonstration**, Amora Hotel – Hot/cold finger food served prior \$30pp. Family & friends welcome. Bookings essential: Melissa Carfax-Foster/Dave Jackson (Refer to flyer) **Remember - Any CPR is better than no CPR!***

*✍ Saturday 8th October, 9.00am-5.00pm & Sunday 9th October, 10.00pm-3.00pm – RC Albert Park's Popular **BOOK FAIR**, held at Albert Park Primary School, Bridport St, Albert Park. For those wishing to donate books to the Book Fair, but unable to drop them into the City of Port Phillip libraries', The Rotary Club of Albert Park is happy provide boxes and collect books from your home. For this service, call Henry on 9681-7382.*

*✍ Saturday, 10th October – **ROCK ON WORLD HEALTH DAY** by Keeping the Hat on Youth Suicide - ARH's Great Australian Bike Ride ends at Lincoln Square, Carlton. 11.30am-3.15pm - Mad Hatter's tea Party to celebrate. Wear a mad hat! Entertainment, BBQ. You are welcome to get on your bike and join the ride. Registration & ride details from Kristen O'Reilly:*

kristenoreilly@nmit.vic.edu.au Click the link to the flyer:

<http://www.rotaryrichmond.org.au/OXYGen%20Great%20Final%20Bike%20Day%20Flier.pdf>

✍ Sunday 18th October from 11.00am-5.00pm – FoRR's 'Day On The Hill', Lake Cooper Estate Corop (near Rochester). Drive/take bus from Arts Centre St Kilda Rd, Sunday or stay o/n Sat. Bookings for bus/winery: FoRR - Sue Roberts. (See advertising flyer for all details)

✍ Friday, 23rd October, Melbourne Girls College 'WORLD 350 DAY' EVENT – An International Day of Climate Action. All day event at the school & a concert from 3.00pm-7.00pm. (Governor of Victoria to officially open the event) Contact: Annie Wysham

✍ Monday 26th October, 6.30pm for 7.00pm – Mock Racing Night - Details TBA

**November is Foundation Month*

✍ Friday 13th November – Visit to the Immigration Museum – FoRR - Details TBA

**February is World Understanding Month*

✍ February 2010 – Lunar New Year Dinner (Michael O'Sullivan)





'4 STEPS FOR LIFE' PROGRAM - LEARN CPR AT A RICHMOND ROTARY CLUB MEETING!

An innovative self-learning initiative – especially suited to folk over 50!

The '4 Steps For Life' – CPR program from Ambulance Victoria promises to make learning the basics of CPR 'fun, easy & confidence inspiring' in just 4 easy steps!

It teaches actions to take BEFORE an ambulance arrives – on the premise that any CPR is better than none – valuable knowledge to have, particularly for when Rotary conducts projects/events in the public arena. For those who've learnt CPR in the past, the program is regarded as an invaluable refresher.

The '4 Steps for Life' Program is designed to deliver CPR (Cardio Pulmonary Resuscitation) awareness to the over 50's in particular (but is suited to all ages), through group education and participation. An initiative of Ambulance Victoria and supported by the Department of Human Services, it's a life-saving program available for presentation to clubs or groups, using Ambulance Victoria's 'CPR Champions'.

SOME KEY FACTS FROM AMBULANCE VICTORIA

- More than 3,500 Victorians collapse in sudden cardiac arrest every year
- Most cardiac arrests occur in the family home
- Survival depends on immediate resuscitation
- Those who receive CPR have a greater chance of surviving
- **Any CPR is better than no CPR**
- YOU can do it with four simple steps
- Learn CPR. The key to survival!

Source: Ambulance Victoria

**Ambulance Victoria's - '4 Steps For Life' Program
Learn CPR at the Richmond Rotary Club Meeting,
Amora Hotel – Riverwalk, 649 Bridge Road, Richmond**

Monday, 5th October, 2009 • 6.30pm for 7.00pm • \$30 per person

• Includes hot & cold savoury finger food, tea & coffee - served prior

BYO BED PILLOW PLEASE

**Bookings & enquiries: Melissa Carfax-Foster
Mobile: 0417 154 050 Email: c-foster@bigpond.net.au**

*Friends of Richmond Rotary
invite you to*

A DAY ON THE HILL

at

Lake Cooper Estate

1608 Midland Highway, Corop, Victoria (near Rochester)

on

Sunday, October 18th from 11am – 5pm

Music, Wine, Food, Family Entertainment, Local Produce

Entry - \$10 (Under 18 free)

(Includes a souvenir glass and tasting card)

SORRY! NO BYO WINE, FOOD OR PETS

Helicopter flights along the Range - \$75

Website: www.lakecooperestate.com.au



A Rally Call to all our Rotarians', Friends of Richmond Rotary, OXYGens', family and friends...

Drought-affected Rochester, Corop & District folk need our support!

Please check your diaries, and if possible, set aside Sunday, 18th October

**Bus trip available – board at front of the Arts Centre, St Kilda Road
Leaves: 8.40am • Returns: 5.00pm - Arriving Melb: 7.30pm approx.
COST - RETURN - \$20 pp**

**Otherwise drive up and/or perhaps stay o/night at the Rochester Motel
(Make own bookings/arrangements please)**

**Book for BUS and/or WINERY with FoRR, Sue Roberts -
Tel: 9802 3757 Email: bandsroberts@optusnet.com.au**



Rotary Club of Richmond - Christmas Fundraising 2009 Product List

Rotary Club of Collingwood Christmas Cakes & Puddings (The Original)

Traditional 1kg Plum Pudding	\$15.50ea
Traditional 1kg Whisky Cake	\$15.50ea
NEW Shortbread Biscuits 400g	\$15.50ea

George & Simpson (Sold here to you at discount prices to store prices)

Brandied Premium Plum Puddings, cloth wrapped, 800g	\$20.00 ea
Brandied Premium Fruit Cakes, boxed, 900g	\$20.00 ea
Miniature Traditional Dundee Cakes 185g boxed	\$ 5.95 ea
Miniature Cranberry & Port Cake 185g boxed	\$ 5.95 ea
Brandy Butter 100g	\$ 9.95 ea
Cranberry & Orange Relish 220g	\$11.95 ea
Fruit Mince Pies 6 pack 340g	\$12.95 ppack

Polio Challenge 1.2kg Rich Fruit Cakes \$20.00
Supports 'Polio Challenge' & passed the Pangs' taste-test!

Australian Rotary Health Christmas Card Pack (10)	\$12.00 ppack
Timor Leste Kindy Boxes \$50 Voucher	\$50.00 each
Timor Leste Kindy Boxes \$100 Voucher	\$100.00 each

Gift Packs

Option 1

Boxed, tissue paper, cellophane wrapped with Rotary coloured ribbon
Contains

George & Simpson Premium plum pudding 400g
George & Simpson Chocolate Cherry Cake 185g
George & Simpson Brandy Butter 42g
Flowers Vacola Fruit Mince Pie Twin Pack 110g

\$40.00



Option 2

Boxed, tissue paper, cellophane wrapped with Rotary coloured ribbon
Contains

George & Simpson 800g Premium plum pudding OR G&S 900g Fruit cake OR Polio Challenge 1.2kg Fruit Cake
G&S Brandied Butter 100g
G&S Fruit Mince Pies 6 pk, 340g

\$55.00

Rotary Club of Richmond
Christmas Fundraising 2009
Order Form

Item	Wt	Cost/Item	Quantity	Total Item Cost \$
Traditional Rotary Plum Pudding	1kg	\$15.50		
Traditional Rotary Whisky Cake	1kg	\$15.50		
Shortbread Biscuits	400g	\$15.50		
George & Simpson				
Brandied Premium Plum Puddings	800g	\$20.00		
Brandied Premium Fruit Cakes	900g	\$20.00		
Miniature Traditional Dundee Cakes	185g	\$5.95		
Miniature Cranberry & Port Cake	185g	\$5.95		
Brandy Butter	100g	\$9.95		
Cranberry & Orange Relish	220g	\$11.95		
Fruit Mince Pies 6 pk	340g	\$12.95		
Polio Challenge Rich Fruit Cakes	1.2kg	\$20.00		
ARH Card Pack	10	\$12.00		
Timor Leste Kindy Box \$50 Voucher		\$50.00		
Timor Leste Kindy Box \$100 Voucher		\$100.00		
Gift Pack Option 1		\$40.00		
Gift Pack Option 2 (select option)				
G&S Plum Pudding		\$55.00		
G&S Fruit Cake		\$55.00		
Polio Cake		\$55.00		
TOTAL				