

ROTARY CLUB OF RICHMOND

The Tiger Cub Rag



2011 - 2012



Meeting 2174

16 April 2012

SPEAKER

Angela Conquet
Dancehouse

CHAIR

Trevor Pang

Birthdays

Mark Dwyer – 19 April

Andrew Michaelides – 22 April

Andrea Michaelides – 22 April

Sue Roberts – 23 April

Wedding Anniversaries

Jenny & Peter Crofts – 24 April 1980

Induction Anniversaries

Nil

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

Richmond Rotary website:

www.rotaryrichmond.org.au

District9800 website:

www.rotarydistrict9800.org.au

District E-Zine link:

www.rotarydistrict9800.org.au/current_networker

Rotary International website:

www.rotary.org



Last Club Meeting, Monday, 2 April, 2012

Stand-In Scribe: Annie Wysham

A small attendance, but still a vibrant and convivial Club meeting nevertheless with a busy program.

Presentations/Notices:

1. Included a summary by Tim Baker (Rotary Project Coordinator) of the Mock Job Interview Program held at Melbourne Girls' College the previous Thursday for 84 keen Year 10 students. Tim mentioned the 3 teachers who organised it from the school end so effectively and also warmly thanked the volunteers who took part (Interviewers were from Richmond Rotary plus some Rotary supporters – 20 all told!). A feedback sheet was given to each student to complete at the end of their interview and Tim distributed a feedback summary sheet he'd compiled for our update and interest.

2. Yarra River Keepers Association: Annie shared a letter received from the YRKA acknowledging RCR's new membership and thanking us for our support in *'helping towards keeping a safe and healthy Yarra River system for all to enjoy'*. It included thanks for our support and participation with YRKA on Clean-Up Australia Day. The YRKA welcome us to organise a ride in the Riverkeeper boat which sounds interesting and fun. Annie will follow through with this.

3. President Rob presented Ross Telfer with a nice bottle of bubbly and congratulated him again on his recent graduation - Bachelor of Arts, majoring in Psychology. Ross shared photos of himself donned out in his Mortar Board and academic gown. Congratulations Ross – we're so proud of you and your achievements.

4. No Sergeant and no Sergeant's session, much to the initial disappointment of PE Sue. But she refused to be cheated out of the opportunity to tell a tale from the PET session held the previous weekend. Of how she shared with all her fellow PE's the meaning of the *'Embrace of Richmond Rotary'*, PP Trevor's unique speciality in his President's year. (He's now set the bar high for all our future Club Presidents.) The fine box was also passed around and out of habit we dutifully put in. Like being in church really.

Almoner's Report: Janice said that Dot Brown's not well; Barry Roberts reported that Max Wilson is 'back on top' and ready for the regular lunch date with the boys – a good sign; Ben Hosking said that Barbara Woodbury is doing well despite recent chemotherapy. We send best wishes to them all from the Club.

Just great to have as our Special Guests Jennie Purdie-Smith and Jodie Atkinson. Jennie is a former Richmond Rotarian and Jodie's mentor. Jodie took part in the RC Richmond's RYTE program – Rotary Youth Training Extension – a precursor to the present RYAP program for disadvantaged young people. Jodie shared with us how she left home at 12 because of a fractured childhood, dropped out of school and had no confidence and little to look forward to. She was eventually chosen to join the RYAP program that helped young people find jobs and themselves. Sadly it was forced to close when Government funding was withdrawn. With the support of RYTE, Jennie not only employed young Jodie in her local hairdressing salon 12 years ago as a junior to give her a start, but became a mother figure to Jodie which happily continues to this day. The wonderful difference is that Jodie is now 29 years old and opened her own salon (with 2 staff) in Northcote just 8 months ago – AKABU Hair and Beauty, and has already built up quite a strong client base, Jennie proudly informed us! Jennie made contact with the Club thru Trevor

Last Club Meeting.....continued

suggesting that we might be interested to know of Jodie's 'progression and successes'. We certainly were and have invited them both to visit again at any time. Jenny said that Jodie has turned into the most beautiful and confident young woman and 'I'm sooo proud of her you cannot imagine'. Oh yes we can – it was evident for all to see! Tim Baker as Chair stated that "You're both fantastic". Jodi is a great success story and without Jennie and RYTE it wouldn't have been possible. To have the wonderful Jodie here tonight was extra special! Jodie agreed that the Club's **OXYGen** group would interest her and her friends and that Jennie and her will keep in contact with the Club thru Trevor. Go girls, Jennie and Jodie – good stuff! Please come again...soon.



Guest Speaker, Susan Francis, General Manager of the Bennelong Foundation was introduced by Tim. He said that the Bennelong Group have worked closely with both the Rotary Clubs of Richmond and Balwyn. They are major sponsors of the Rotary Next Step Program 2011-2012. Established in 2002 by the Bennelong Group, a private family company, the Bennelong Foundation aims to 'enhance community wellbeing and provide opportunities for positive and lasting change in our community'. Susan said that the Foundation also aims to provide opportunities for people within the Bennelong Group to personally get involved in the activities of the organisations it supports.

The Foundation also has a Youth Committee who specifically considers smaller grants, with a particular focus on youth issues. The activities of the Foundation are overseen by an independent Board of which Susan is the only paid member. A short informative video ably demonstrated how the Foundation is caring and sharing and giving back to the community. Susan stated that there are so many fantastic organisations and rewarding projects and the Rotary Next Step program is certainly one of these. Tim made the application to the Bennelong Foundation and they were very impressed. Susan concluded: *'If you depend on Government funding for your projects you have a problem. They are unreliable and withdraw money easily.'*



Next Week's Speaker



Jennifer North

Executive Officer Ronald McDonald House Monash

Ronald McDonald House Monash opened on 24th April 1993. The House is a home away from home for families of seriously ill children. Their facilities include 13 bedrooms, 2 self contained units, 24 hour access, a large communal kitchen, 2 laundries, 4 lounge rooms, a children's play area, outdoor courtyard and off street parking.

Since opening over 3000 families have stayed at Ronald McDonald House Monash with many returning with their child to undergoing subsequent treatment. Each year over 500 families utilise the House which accommodates over 6,000 individuals per annum with a bed to sleep close to their child's treating hospital.

"Nursing a child through serious illness or disability is the most traumatic experience any family can endure. We know because our families tell us this. We also know what a difference we make, to ease the burden during the most difficult period of their lives. The families staying at the House draw the warmth, laughter and inspiration from each other where there is a friend to talk to, a shoulder to cry on, a smile to share with someone walking the same difficult path in life".

Bob May Chairman, Board of Management



Mock Job Interview Program Feedback Summary 2012

Thank you for helping the Year 10 students experience an interview more akin to the real world than any interviews they may have experienced before.

After the interview Erin and Anna arranged for the 84 young people to complete a feedback sheet. I have read them and attempted to summarise the key points for you below using the students' responses.

1. What did they think about the way they were interviewed?

- They were really nice and awesome.
- I believe they were perfect interviewers they made me feel comfortable and in the end their feedback was great. I will take their advice into the future.
- They were nice and perfect I loved the conversation with them.
- I thought they had both difficult and easy questions for me to answer.
- They had lots of good advice.
- They were very well prepared.
- They were amazing! They helped me so much and were really nice.
- I liked my interviewers so much! Having relaxed interviewers makes you relax.

2. What did they learn from participating in the program?

- I learned how to write a professional cover letter and resume.
- Interviews are not that hard and not to be nervous.
- How an interview works.
- What questions to ask and what to wear.
- What not and what to say.
- Research the company.
- How to speak my self up that sets me aside from other people.
- To give examples of why your strengths are your strengths.
- How to present myself and make my resume better.
- Thoroughly research the role of the job and speak much louder.

3. If you were to attend another interview what would you do differently next time?

- I will speak more slowly.
- Present myself differently and ask more questions.
- Ask more questions about the business.
- Talk positively about the organization and incorporate what the job needs when I talk about myself.
- I would relate everything about myself back to the job. Do research about the company.
- Speak louder, project my voice and be confident in what I am saying.
- Practice what I am going to say.

Mock Job Interview Program Feedbackcontinued

- Have better eye contact and ask lots of questions.
- Be more prepared.
- Dress appropriately.
- Think through my questions and answers. Try not to say “Um”
- Show certificates and achievements.
- Sell myself.
- Stop flicking my hair.
- Research the company thoroughly.

4. If you were to write another letter of application/resume what would you do differently next time.

- Be clear about whom I am writing to.
- Put more information about my skills.
- Include more detail.
- Check for grammar mistakes.
- Get someone else to proof read it.
- Talk about my skills and add more work experience.
- Express more interest towards the job.
- Insert more information related to the job.
- Sell myself in the letter and write an individual one for each job I apply for.
- Relate it to the resume.
- Make it more professional and spend more time writing it.
- Set it out properly.
- Elaborate on my skills more.
- Engage the reader in the first line.
- Look at what you need to do in the job see what I have done and tie it in.
- I learned how to structure my resume and cover letter properly.
- Add more information about myself and my personality into the resume.
- I will make NO GRAMMAR MISTAKES and add more skills.

This sample of the responses and the comments is consistent with all of the feedback sheets. We set out to make this an effective learning experience that will help the young people when the real job applications and interviews are experienced. **Congratulations you have done a great job.**

Thank you Erin Edgley, Anna Crosswhite and Duncan Pitt from Melbourne Girls' College for organizing the whole event so effectively.

Thank you Interviewing team of Rotarians or Rotary Supporters

Ann Baker, Sue Bolton, Dot Brown, Katherine Chan (MGC), Melissa Carfax-Foster, Jo Cowling, Jenny Crofts, Di Dale (Leaseplan), Sandy Day, Darren Donnelly (Classified Ad –Ventures), Michele Henderson (Victoria Police), Ben Hosking, Colin Looker, Margaret Looker, Rob Mactier, John McMorro (ADG), Kate Norton (Formero), Trevor Pang and Frank Wheatland.

Incoming Email Mock Job Interviews

-----Original Message-----

From: Tim Baker

Sent: Saturday, 31 March 2012 10:58 AM

To: John McMorrow

Subject: Feedback from the students you interviewed on Thursday 29th March

Hi fellow Rotarians,

Thank you again for giving your time to interview the 84 Year 10 students who were lucky enough to get an interview last Thursday. They completed a feedback sheet immediately they finished their interview with you. I have read them and included a summary of their comments for you.

This is a measure of the collective impact you have had on their ability to apply for a job. As you can see you together with our guest interviewers did a great job. The school is very pleased with the impact. As usual there are areas we can improve the process of preparing for the interviews from the very beginning in the tutorials. Erin and Anna and I will review what we did and how to improve it. You can be well pleased that you in some way improved the chances of these young women gaining employment or entry into an education program through the improvement in their application and interviewing skills.

Kind regards

Tim

Hi Tim,

Thank you for the feedback and also the opportunity to participate in another great initiative for the RC of Richmond. The few hours spent at MGC was an investment in the future for these young women, and for us the opportunity to see them develop additional skills that may provide more possibility and opportunity for them in the future. Their smiling faces and positive energy was a great respite from the busy lives we lead. Thank you also for your continuing drive and passion for the youth of today and leaders of tomorrow.

Best Regards

John

John McMorrow

Rotary International D9800

Assistant Governor - Heritage Cluster

Happy to be Home *the Marriotts*

From: Jo Cowling
Sent: Tuesday, 3 April 2012 6:47 AM
To: Marriott, Simon
Subject: Thank you

Dear Simon

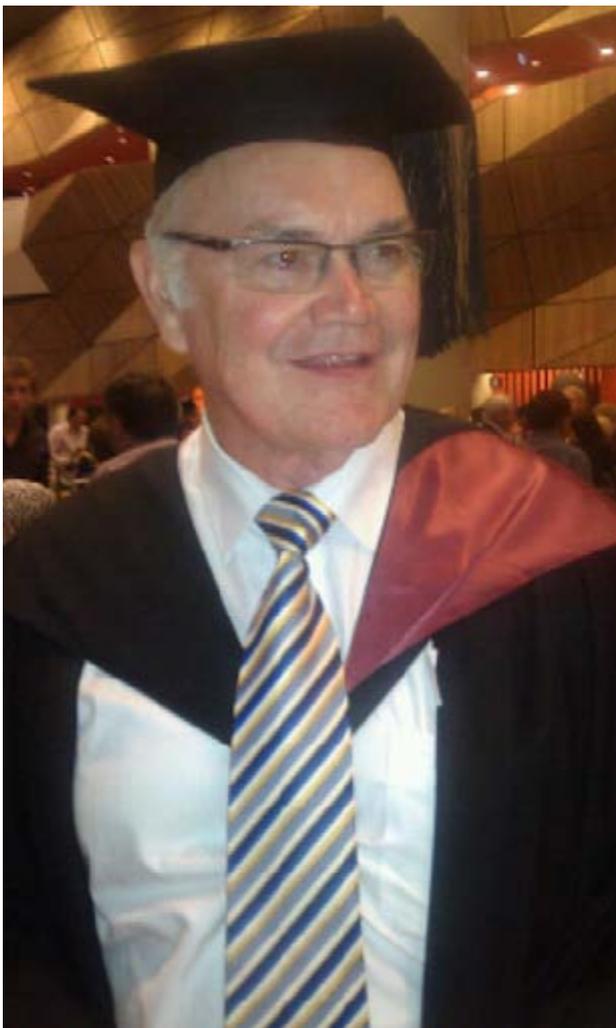
Thank you for your assistance at the Convent recently - it was a record breaking takings!! We decided at the meeting last night it must have been such a wonderful team - we could put you all on each month!! (just joking)

Hope all well in the Marriott household we do miss seeing you and Elissa and the children too!! Having said that I also understand the pressures of a young family and your family is twice the size of mine and a lot younger (although I do remember)

Have a Happy Easter break and say hi to Elissa.

Cheers

Jo



Happy, Handsome & INTELLIGENT *Ross Telfer*

DISTRICT 9800 ROTARY FOUNDATION FUTURE VISION VOCATIONAL TRAINING TEAM (VTT) to TIMOR LESTE, DISTRICT 9550

APRIL REPORT

Following the success last November of our Rotary Foundation Vocational Training Team to the Baucau Hospital, Timor Leste. We are currently finalising arrangements for the next Team visit. It is planned they will leave on 4th May. We have already received the names of the participants of 2 groups of 12, a total of 24 from the hospital and midwives from the surrounding villages.

As mentioned in the last newsletter, these refresher courses are to up skill midwives and medical staff, and assist in reducing the mortality rate of 1 in 35 mothers who die in, or as a result of, childbirth.

This Team will be lead by Professor Susan McDonald, Professor of Midwifery, LaTrobe University, a member of the Rotary Club of North Balwyn.

Team members – Professor Caroline Homer, Director, Centre for Midwifery, Child and Family Health, University of Technology Sydney (UTS). Dr. Fiona Cullinane, Consultant Obstetrician, Royal Womens' Hospital. Dr. Neil Roy, Neo Natal Consultant to the Victorian Maternity and New Born Clinical Network.

At our recent District Conference, Professor Susan McDonald gave a most informative presentation telling of the teams first visit to Baucau. Her address was illustrated with a video showing the difficult road access to Baucau, and slides of the training team at work, and talked of the needs and success of this Maternal and Child Health up skilling refresher course for the midwives at the Baucau Hospital.

We again thank our volunteer Team for giving their time and skills for this very important training.

This project is funded by a Rotary Foundation Global Grant, our District, 12 of our Rotary clubs and District 9550. This major Rotary Foundation Future Vision project is 1 of the 6 Areas of Focus – Maternal and Child Health. Total cost including equipment to fund our Volunteer Team is US\$113,630.

Our District has been recognised by Rotary International President Kaylan Banerjee for this pioneering Rotary Foundation Future Vision Maternal and Child Health Vocational Training Team project to D.9550, Timor Leste, by me being invited to serve as a panellist at the R.I. Convention, Bangkok, for a session called *“Using Vocational Training Teams to Support Vocational Service”*.

Again, our special thanks to our Rotary representative in Timor Leste, Daryl Mills, who has organised all the vital invitations and arrangements in Timor Leste. Congratulations to Daryl, who in the last Australia Day Honours received an OAM in recognition of his Service to the International Community through Humanitarian Roles and Rotary International.

Through these VTT visits our District is continuing to provide training with a sustainable outcome, and will **“Reach Within to Embrace Humanity”**.

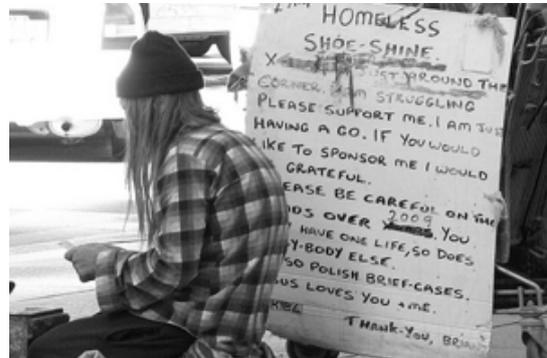
PDG Ian Knight, D.9800 Rotary Foundation Special Projects (VTT) Chair.

HOMELESSNESS.. Part 2

Half of Australia's Homeless are Under 25

Half of Australians seeking help for homelessness are under 25 and almost twenty per cent are under 10, according to new research by the Australian Institute of Health and Welfare.

The report, [Specialist Homelessness Services Collection: first results](#), also reveals that over 90,000 people were assisted by specialist homelessness agencies in the July to September quarter last year. Of those, 59 per cent were female and 41 per cent were male.



Flickr image: [Some rights reserved](#)
by KLW NFC

Domestic and family violence is the most common reason for seeking assistance overall, and the most common reason for seeking assistance among females, according to the report.

Among males the most common reason for seeking assistance was 'housing crisis'.

The AIHW says that the survey aims to provide a clearer picture of homelessness based on people's experiences, rather than the number of services provided, and for the first time counts children as individual clients. "Of these clients, 18 per cent were aged under 10 and 50 per cent were aged under 25," AIHW spokesperson Geoff Neideck said.

"At least one-third of people presenting to specialist homelessness agencies were with children or were children themselves, while the remaining two-thirds presented alone."

Aboriginal and Torres Strait Islander people were significantly over-represented, with 19 per cent of those seeking homelessness assistance of Indigenous origin.

Homelessness Australia's policy and research officer, Travis Gilbert, said that the high number of young people supported by homelessness agencies in such a short space of time was "disturbing".

"The results of the research confirm that youth homelessness is a significant issue in Australia," Gilbert said.

The Federal Government says it has committed to halving the rate of homelessness by 2020 investing \$20 billion in housing and homelessness programs.

Addressing the ACOSS conference in Sydney last week, the Minister for Housing and Homelessness, Brendan O'Connor, said: "We know that there is much more work to be done by all levels of government to make the housing market more efficient and responsive".

Geoff Neideck said that some "modest improvements" in the housing situations of Australians were observed over the last quarter.

"For those support periods that were closed over the quarter, there was a 3 per cent drop in the number of clients who had no dwelling, were living in a car or in an improvised dwelling," Neideck said.

"There was also an increase in the proportion of clients renting in social housing from 14 per cent at the beginning of support to 17 per cent at the end of support."

Risks: More Red Meat, More Mortality

By NICHOLAS BAKALAR March 12, 2012

Eating red meat is associated with a sharply increased risk of death from [cancer](#) and heart disease, according to a new study, and the more of it you eat, the greater the risk.

The analysis, published online Monday in Archives of Internal Medicine, used data from two studies that involved 121,342 men and women who filled out questionnaires about health and diet from 1980 through 2006. There were 23,926 deaths in the group, including 5,910 from cardiovascular disease and 9,464 from cancer.

People who ate more red meat were less physically active and more likely to smoke and had a higher body mass index, researchers found. Still, after controlling for those and other variables, they found that each daily increase of three ounces of red meat was associated with a 12 percent greater risk of dying over all, including a 16 percent greater risk of cardiovascular death and a 10 percent greater risk of cancer death.

The increased risks linked to processed meat, like bacon, were even greater: 20 percent over all, 21 percent for cardiovascular disease and 16 percent for cancer.

If people in the study had eaten half as much meat, the researchers estimated, deaths in the group would have declined 9.3 percent in men and 7.6 percent in women.

Previous studies have linked red meat consumption and mortality, but the new results suggest a surprisingly strong link.

A version of this article appeared in print on March 13, 2012, on page D6 of the New York edition with the headline:

Risks: More Red Meat, More Mortality.

AVOID the above by coming to Rotary to have CHICKEN!

Nanci Thurston from Epworth HeartSmart speaks to us about Cardiac Rehabilitation on Monday 7 May 2012

UPCOMING EVENTS				
Date	Day			Chairperson
23-Apr	Monday	Jennifer North	<i>Ronald McDonald House at Monash</i>	John Benger
30-Apr	Monday	Noel Lythgo	<i>Vietnam PCAST Project</i>	Trevor Pang
7-May	Monday	Nanci Thurston	<i>HeartSmart at Epworth</i>	Melissa Carfax-Foster
14-May	Monday	Australian Rotary Health	<i>Hat Day</i>	Annie Wysham
21-May	Monday	Jennifer Elliot	<i>Baby Boomers Bellies & Blood Sugars</i>	Dot Brown
29-May	Tuesday	Ainger Awards	<i>Public Speaking Awards</i>	Ben Hosking
18-Jun	Monday	Geoff Sussman	<i>tba</i>	tba
2-Jul	Monday	Club Changeover Night	<i>President Rob to President Elect Sue</i>	tba
		* Club Meeting		



Rotary Club of Rochester

Incorporated No. A0021076T



is having an evening of fellowship at the

**Rochester Fire Station
Mackay Street, Rochester**

President Graeme Nelson and members
invite

**Rotary Club President and partner,
members and partners**

to join them in fellowship
at the

PIE AND PORT NIGHT

Saturday 5th May 2012

at

6:30pm for 7:00pm

\$27 per person

RSVP Monday 30th April (for catering purposes, thank you)

Past President Heather Watson (Pie & Port)

80 Pascoe Street

Rochester 3561

ph: 5484 1147

email: ghwatson1@bigpond.com

You always said you'd come

Why not this year

Cut here:

Rotary Club of

Number of persons attending at \$27 per person

Names:
.....
.....
.....

Please find cheque enclosed for total of \$.....

Please indicate any specific dietary requirements