

ROTARY CLUB OF RICHMOND

The Tiger Cub Rag



2011 - 2012



Meeting 2181

4 June 2012

CLUB STRATEGY DISCUSSION

AG John McMorrow

CHAIR

President Elect Sue Bolton

Birthdays

Kris Hosking – 11 June

Wedding Anniversaries

Nil

Induction Anniversaries

Chew Chan – 1 June 1992

John Birch – 9 June 1980

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



Meeting 21st May 2012 Scribe John Bengner

“One of the most fun clubs/meetings I have been to” was the comment of the speaker. That is a feature of RRC and it is good it is evident to others.

Another good meal from Amora and the lamb shanks were novel and tasty. The Club was awarded a number of Certificates of Appreciation by the City of Yarra and these were handed to the Chairs of the committee involved.

Almoner. John Griffith was missed and an uncalled for comment “that his infection may be HIV” was denied.

Totally uncalled for comment when Sandy Day donated her bottle of port prize back to the club as she does not like port. “As a traveller Sandy does not love port but has a love in every port!!”

Good news on those wonderful people, the parking inspectors. They are now aggressively patrolling the area around the Sunday Market so many more people now using the car park.

Speaker Jennifer Elliot. In answer to a question Jennifer said a Dietician is a formally qualified person. Whereas nearly anyone can claim to be a nutritionist provided they have done a few basic courses.

Jennifer gave a brilliant, and logical, explanation on why people eating the same food may be fat and others thin.

BURNERS. Burners have a system that allows glucose to enter the muscles. This in turn generates the energy to undertake activities and thus burn the fat.

STORERS. Storer have inhibitors that restrict access of glucose to the muscles. It goes to the liver and is then stored for later use. Less “energy” in the muscles reduces the feeling of the need to exercise so the fat is not burn up. Storing had no impact when we were “hunters and gatherers” but now we can store, but not undertake any activity, we add fat but do not take it off.

If you are a “storer” it is very difficult to break the cycle. You desire more food, this is stored and adds fat, you become more lethargic, being lethargic you exercise less , thus you burn less fat, as you get fat you eat more, as you eat more etc etc. Jennifer noted that a slim person, who had his activities restricted due to a car accident, became a storer and not a burner. Thus inactivity can change you. Jennifer then explained the way the body processes foods and the way high sugar based foods are a major problem to storers.

One of the most surprising aspects of her talk was around the myths of what is good and what is bad. For example a slice of bread, almost regardless of type, generated the equivalent of three teaspoons of sugar in the body. Sugar substitutes are almost as bad as sugar related to the impact on the body. Steak and eggs can be a better breakfast than diet foods, due to the impact in the body.

Whilst obviously donuts and cream buns are bad for storers it is vital for storers to understand the foods that generate stored fat were different to widely held beliefs.

More information in her book. Go to www.babyboomersandbellies.com

What a wonderful weekend MUNA was! Sue Bolton

How does the Model United Nations Assembly work? New Generations directors approach local secondary schools and 2 students are selected to attend MUNA. This year there were 27 teams and they represented: Australia, China, Cuba, France, Germany, India, Indonesia, Iran, Iraq, Israel, Japan, Libya, Malaysia, Myanmar, North Korea, Pakistan, Peru, Russia, South Africa, South Korea, Sudan, Syria, Timor Leste, United Arab Emirates, United Kingdom, United States of America, and Zimbabwe. For the purposes of discussing strategies to best achieve their desired result the countries were placed into blocs. The Security Council, Middle East, Asian, African and Unaligned Blocs were used.

Three weeks before MUNA students are notified of 41 resolutions that may be debated. They are also notified of the country they will represent. This gives the students some time to prepare their positions on world events and to organize a suitable costume.

Friday dawned a very wet and windy day. It did not auger well for the weekend. However, once we left Kyneton the weather took a turn for the better. At Camp Getaway, President Rob had fires roaring in the two huge fireplaces and the dorms and bedrooms were being snugly heated, hydroponically.

The students arrived in a flurry of excitement and expectation. After a hearty meal, the students were required to dress in their national costumes and the first session began. Our Giulia (YE) and her partner from MGC looked wonderful decked out in national costumes of Malaysia.

Rotarians Neville Page and Brett Lefebvre explained the rules that the assembly would operate under. These related to addressing the Assembly, debating a resolution, making amendments, raising points of order, asking leave to make a statement, in order to clarify and error, proposing motions of dissent, and moving that the motion be put, the passing of Diplomatic notes between Bloc members to assist members yet to speak, and the suspension of standing orders. A Bloc meeting was called and the students voted on the 3 resolutions to be debated the next day.

Saturday was a full day of debate as four sessions were held and a total of 12 resolutions discussed. The students were amazing. Their debating skills were extraordinary. How talented they were. Brilliant and skilful arguments artfully put. For the first time wi-fi was available and this certainly added to the immediacy of the debate. The role play was astonishing. Forcible arguments put, quite often in direct opposition to their real beliefs, all for the sake of upholding the values of the country represented. Night time was fun time. The karaoke machine came out and the students let their hair down. Giulia seemed to be very familiar with the karaoke machine and looked radiant as she sang and danced away to pop songs of the 90s. (I did not recognize a single one!). Another three sessions were held on Sunday. Then important decisions had to be made as prizes were to be awarded for the best costumes and best debaters.

These were hard choices to make. Costumes and debaters how did one choose? However, verdicts were made and the prizes were awarded by AG John McMorrow standing in for DG Keith Ryall. The students seemed to agree with our choices as each one was greeted with very loud cheers, and clapping.

The Assembly was closed and all too soon this wonderful weekend was over. Thanks to President Rob, Jo Cowling and Les Frampton for their wonderful help over the weekend and to Nia Holdenson and Kristen Widdop for their organisation of the Richmond Team.



What a wonderful weekend MUNA was.! PHOTOS.....





MUNA Resolutions 2012

1. That this assembly condemns France for their proposal to forbid Muslim women from wearing full faced veils in public also condemns all Muslim countries that force Muslim women to wear full faced veils in public.
2. That this assembly; calls upon the People's Republic of North Korea and the Republic of Iran to cease its nuclear research programs, sign the nuclear non proliferation treaty and admit independent observers to verify that their power generation is entirely peaceful.
3. That this assembly; calls upon the Peoples Republic of China and the Democratic People's Republic of North Korea to allow its citizens free access to the World Wide Web.
4. That this assembly; condemns the United States of America and its allies for their actions including, breaching of national sovereignty, kidnapping and assassination as tactics in their so called 'war on terrorism'.
5. That this assembly; condemns the lack of control exercised by member states in regulating their financial systems that has caused the current financial crisis and urges the creation of an international financial institution to establish and enforce minimum standards of financial probity.
6. That this assembly; condemns the Commonwealth of Australia for avoiding its treaty obligations to refugees by having a dual discriminatory refugee system and engaging in the charade of declaring parts of Australia outside its migration zone. It calls upon Australia to give all its refugees the full rights accorded to all persons living within its boundaries.
7. That this assembly requires all primary and secondary schools in member states to implement compulsory health/sex education to limit the effects of excessive population growth and the spread of sexually transmitted diseases
8. That this Assembly, being of the opinion that there is no credible evidence that the recreational use of cannabis is damaging to health, encourages the farming of hemp as a cash crop in developing nations.
9. That this assembly recognises that slavery – the trafficking of persons against their will is rife and that the UN creates an anti-slavery task force to investigate, prosecute and use force when necessary to eliminate organised slavery. It calls on the UN to impose severe sanctions on member states that are found to be directly or tacitly supporting slavery to operate within their borders.
10. That this assembly acknowledge the right of choice of each person to marry the adult person of their choice irrespective of race, religion or sex.
11. That this assembly; condemns the state of Syria for grossly violating the rights of their citizens to engage in lawful assembly, peaceful protest and freedom expression and moves that the unarmed UN observer mission be upgraded to an armed peace keeping mission.
12. That this assembly; insists that all member states enact and enforce laws that give full equality status to women.
13. That Israel should agree to a 2 state solution with Palestine to allow it to be a sovereign state and that this United Nations General Assembly then agree to upgrade their status from observer status to full membership

John Bengler

A Guest of Honour at the Timor Leste Independence Day Celebrations for his work by ROMAC



www.romac.org.au



www.rotaryrichmond.org.au

UPCOMING EVENTS				
Date	Day			Chairperson
4-Jun	Monday	Club Strategic Planning	John McMorrow	Sue Bolton
18-Jun	Monday	Geoff Sussman	Skin Care	Janice Kesterton
25-Jun	Monday	Rachael	Asylum Seekers	Ben Hosking
2-Jul	Monday	Club Changeover Night	President Rob to President Elect Sue	Trevor Pang
9-Jul	Monday	Giulia Cardosa	Rotary Youth Exchange	tba
16-Jul	Monday	RYPEN	MGC RYPEN Students	Nia Holdenson
23-Jul	Monday	East Timor	Cr Alison Clarke	tba
		* Club Meeting		

23rd AINGER PUBLIC SPEAKING AWARD FINALS

THEY JUST KEEP GETTING BETTER AND BETTER!

By Annie Wysham

'We're searching for your ability to communicate. Not your ability to win an argument,' stated Stephen Yolland to the 10 secondary student contestants at the start of the 2012 Ainger Award Finals held last Tuesday evening, 29th May, 2012, at the Amora Hotel Riverwalk, Richmond.

Stephen, a motivational speaker, amongst many other talents, was an adjudicator for the second year, along with Helen Gray, a retired English and foreign language teacher. They were ably supported by two members of the Rotary Club of Melbourne Park.

95 people, drawn from Rotary, school communities and the wider community were entertained, amazed, delighted, informed and moved by the presentations of the student finalists from 8 metropolitan secondary schools.

For our Assistant Governor, John Mc Morrow (who stood in for the Rotary District 9800 Governor, Keith Ryall) this was his first Ainger Award Final. Before the end of the night he'd declared 'that he'll be back next year'!

Nancye Ainger, widow of Richmond Rotarian Ern Ainger in whose memory the Ainger Award was established, once again represented the Ainger family, along with her son David. This annual competition would not be possible without the generous and loyal support of both the Ainger Family and Rotarian Nigel Peck AM. It was Nigel's 20th year of sponsorship of the heats and the award. Nigel was accompanied by his wife Patricia and his Personal Assistant at NHP, Valerie Claire.

Ben Hosking, Chair of the Rotary Club of Richmond's Ern Ainger Award Committee, and President Rob Mactier, were liberal in their praise of all their ongoing interest and commitment. It included the associated supporters; especially the members of the Rotary Club of Melbourne Park. We were delighted to have President Saxon Mitchell and his fellow Melbourne Park Rotary members attend the Finals.

Heats were also held at Melbourne Girls' College with students competing for the Richmond Schools' Ainger Trophy. The three placegetters from this section represented their school in the heats at NHP's Conference Centre in Richmond.

For the 2nd year the Rotary Club of Melbourne Park teamed with Richmond Rotary to assist with the Ainger Award heats and administration. Over 80 students from 35 schools spoke at the 4 heats held at NHP.

In the 2012 Ainger Award booklet that was distributed to all attendees on the Finals night, under the heading: 'Who Are Our Contestants?' students shared a little of themselves as way of introduction. There were some great lines and insights –

- 'Seamus is not too sure yet what he wants to do with his life but thinks he may become a mathematical-minded politician who plays his sax to earn votes'!
- *'Billie never judges a book by its cover, but always by its first line'.*
- Owen has written an adaptation of Alexander Dumas' classic literature work, *The Three Musketeers*, for the stage and is the first student in 35 years to write the school musical.'
- *'His ambition is to help those who need help, and give a voice to those who aren't heard. Ali wants to die knowing that he tried to save the world and that he tries to achieve a new goal every day'.*

Over the years well over 1,000 secondary students have now taken part. They are drawn from secondary schools across the Melbourne Metropolitan area.

We all had our favourites on the Finals night! We'd all received lessons in effective speaking by the end of the presentations! The standard was as high as could be remembered, so settling on the first prize winner and placegetters was a real challenge for the audience. As always we just had to concede that the decisions of the adjudicators' were final!

David Ainger thanked the Richmond Rotary Club and the Rotary Club of Melbourne Park on behalf of the Ainger family. He reminisced with pleasure over past Aingers'. Special mention and commendation was made for Ben Hosking and his unwavering commitment, on behalf of the Rotary Club of Richmond, to the success of the Ainger Public Speaking Award program. A quiet achiever indeed. Congratulations and 'much-admiration' from us all Ben.

David then made the presentations to the students, warmly congratulating the winners and the other finalists. He was assisted by President Rob.

FIRST PRIZE WINNER – JAMES NGUYEN, SCOTCH COLLEGE:

\$400 prize money, an inscribed Winner's Medallion and his name on the Perpetual Trophy

RUNNER-UP – ALI ALHAMDANI, MELBOURNE HIGH SCHOOL:

\$300 prize money

THIRD PLACE-GETTER – RACHEL COX, WESLEY COLLEGE:

\$200 prize money

ENCOURAGEMENT AWARD – ISOBEL HYMET, WESLEY COLLEGE:

\$125 prize money



23rd AINGER PUBLIC SPEAKING AWARD FINALS

PHOTOS

By Chew Chan



FIRST PRIZE WINNER – JAMES NGUYEN



RUNNER-UP – ALI ALHAMDANI



THIRD PLACE-GETTER – RACHEL COX



ENCOURAGEMENT AWARD – ISOBEL HYMET

Incoming Email

From: "Caroline Melbourne"
Sent: Sunday, May 20, 2012 2:56 PM
Subject: [Ainger Speaking Awards](#)

Dear Jo

I am the parent of a student who has recently competed in the Ainger Speaking Competition and I wish to both thank and congratulate the Richmond Rotary Club for a well run and most educational experience. Ben, the committee and your excellent adjudicators should be very proud of the Competition. Thanks also NHP for hosting the event at their work place. Especially convenient for me as a long time Richmond resident. Please convey my thanks to all those involved.

Regards
Caroline Melbourne

From: [John Bengner](#)
Sent: [Tuesday, May 15, 2012 10:43 AM](#)
Subject: FW: Failyne TERRY R-0701 Vanuatu Update

We met with the play therapist this morning and she determined that Failyne would not be able to lie still for the ½ hour MRI process, so she has recommended that in be done under anesthetic. We consulted with the anesthetist and the MRI technician and have been rescheduled for Monday 21st.

We also tried to do the CT scan but despite myself and then the clown doctor's showing Failyne what happens, we were unsuccessful. This will also be done during the MRI process. (She was more interested in playing the clown doctor's ukulele!)

We still have an appointment with Professor Andrew Danks next Monday afternoon.

I am currently waiting for call backs from several people regarding providing interpreting services as we will need that for the anesthesia process and it will greatly help when we see Professor. Danks.

Club members start a roster of visiting the family from tomorrow.

*Alan Samuel JP
New Generations Director
Rotary Club of Glen Eira.*

From: Barry Roberts

Hi All,

We are delighted to announce the arrival of our 5th grandchild Madeleine Suzanne Barlow at Frances Perry House yesterday at about 7pm. All fit and well .

It was a quick delivery and she is gorgeous , she weighed 3360 grams , in modern speak!



BABY PHOTOS ...Who are they??? **ANSWERS**



Brian



Jo



Melissa



Jenny L



Maureen



Trevor



Jennie P-S



Kristen



Annie



Nia



Janice



Sue

Organisations Missing Out on Connecting Via Social Media



The top reasons people use social media remain to catch up with friends and family, to share photos or videos, and to coordinate social events. However, approximately one in five are also using social media for commercial purposes to follow their favourite brands, access special offers and make purchases.

Investment in social media has also increased, with small businesses spending on average \$3,410 and medium businesses \$16,920 annually, up from \$2,050 and \$6,500 respectively a year ago.

Despite these increases, the study found that many SMBs are not actively measuring the return on investment (ROI) for this activity – with only 28 per cent of small and 24 per cent of medium businesses determining the ROI on their social media programs.

A quarter of small businesses admitted to not having any strategy in place to drive traffic to their social media sites, with the most popular method (23 per cent) cited by small businesses being a rudimentary link to social media from the business' website.

The report went on to find that many SMBs are failing to provide the sort of information consumers look for when they use social media. Consumers most commonly seek out giveaways and discounts from businesses and brands on social media, but only 34 per cent of small and 27 per cent of medium businesses offer these incentives to consumers on their social media sites.

The most common use of social media is to invite online comments, ratings or reviews - small business (55 per cent) and medium business (56 per cent).

Among Internet users, the Report says some 62 per cent use social networking sites such as Facebook, Twitter, MySpace and LinkedIn. Some 36 per cent use social networking at least every day, with one in ten using it more than five times a day.

The report says that despite the lack of current strategic direction behind many SMBs social media presence, they are continuing to invest in social media. A sizeable proportion of businesses and organisations with a social media presence expect to spend more on social media in the coming year, with 88 per cent of small businesses and 86 per cent of medium businesses set to invest the same or larger budgets in 2013.

The research indicates businesses are focused on establishing, maintaining and updating their social media presence rather than driving people to it. Social media plays a critical role in marketing and reputation management, one that is being underestimated by many brands and businesses.

Key findings include:

- 27 per cent of small, 34 per cent of medium and 79 per cent of large businesses have a social media presence
- 22 per cent of small businesses update their social media every day, while 28 per cent of them do it once a week
- 39 per cent of medium businesses update their social media every day
- 83 per cent of small businesses on social media have a Facebook page
- 27 per cent of small businesses on social media have a Twitter account
- 79 per cent of medium businesses on social media have a Facebook page
- 33 per cent of medium businesses on social media have a Twitter account