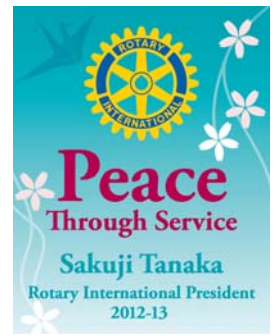


Rotary Club of Mitcham

Inc ABN 19809964017

Lunch Meeting Tuesday 27th November



Welcome to Guest Speaker Hannah Landray

WESLEY DO CARE

Wesley Do Care is a support service for socially isolated older people and adults with a disability who live independently within the community. Volunteers provide social support to enable people to remain engaged with or reconnect with their personal interests within their community.

Hannah Landray is the Wesley Area Co-ordinator for Wesley Do Care East for the Whitehorse area, looking after approximately 50 volunteers and 50 clients. Clients are interviewed and assessed, considering demographics, interests, personalities, availability, whether the client prefers home visits, or would prefer to go out. Whether they would prefer a 1:1 match, or would prefer a group outing, or have monthly lunch or film/coffee groups.

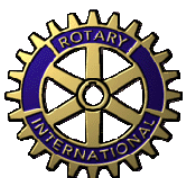
Volunteers are recruited and trained, given a police check, and reference checks, trained and supported, with regular contact to ensure visits are occurring and everything is OK.

Hannah has worked for Wesley for fourteen months. Prior to that she ran Planned Activity Groups for a number of years, and in between taught English as a second language overseas and locally in community centres.

Wesley Do Care East receives Home And Community Care (HACC) funding for the coordination of volunteers and National Respite for Carers funding (NRCP) to support the community carers.

This program matches volunteers with isolated elderly people who are then visited by the volunteers. A match is based on the client's needs and can be based on factors such as language and interests.

Personal care services are not part of this program.



Post Office Box 6 Mitcham, Victoria 3132 Australia
Meets at the RSL Club 26 McDowall Street Mitcham 3132 Victoria
12:30 pm each Tuesday Visitors Welcome

www.rotarymitcham.com



November 2012



**Colin Spencer
19th**

Dave Murray Inducted 9/11/82



**Wedding
Anniversaries**

Rotary Grace

For good food, good fellowship and the opportunity of service through Rotary, we give thanks.

The Rotary Club of Mitcham needs you!

Helping Hands

The Rotary Club is looking for volunteer shop attendants to help assist in the continued running of our local op-shop.

Why not come and spend a few hours in our fun and happy environment and help support our community and have fun too!



Please call John Atkinson on **9873 3322** for more details!



PAUL HARRIS FELLOWS

Presented by the Rotary Club of Mitcham

1979 Geoffrey Prior	1999 John Varley
1980 Dr John Munro	2000 John Cook
1983 Bruce McLaughlin	2000 Jean & Ray † Rose
1986 Maxwell Bloom †	2000 Brian Bergin†
1988 William Wood†	2001 Christine Ryan
1988 Alan Fraser	2001 Bill Mudford
1989 Tony Gibson	2001 John Atkinson
1989 David Gawler	2002 Wayne Lucas
1991 Dr Peter Brown	2002 Denis Bunn †
1991 Robert McDowell	2002 Michael Edney†
1991 Bruce Wainwright	2002 Peter McPhee
1993 Ronald Slattery	2003 Dawn & Graham Whiteside
1994 Vic Dye	2003 Keith Nunn
1995 Fr Kevin Dillon	2004 Brendan Tunstall
1995 Kenneth Rose	2004 Colin Spencer
1997 David Murray	2005 Fred Wiffrie
1998 Ian Young	2006 Les Marton
1998 Ron Frederick	2009 Eva Anderson
1999 Chris & Ian McColl	2009 Sharon Partridge
	2010 Jack Butler

PAUL HARRIS FELLOW SAPPHIRE AWARD

2002 Bruce Wainwright

2004 Tony Gibson

2004 John Atkinson

2007 Brian Bergin (Dec)

2007 Bill Mudford

2007 Colin Spencer

FOUR AVENUES OF SERVICE AWARD

2000 John Atkinson

AUSTRALIAN ROTARY HEALTH RESEARCH FUND COMPANIONS

1994 Roy Knudson † 1996 Dr Peter Brown 1999 David Murray

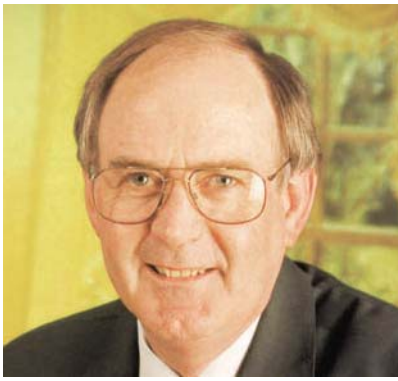
Officers for 2012/13

BOARD

President:	Colin Spencer
Past Pres:	Philip Daw
Pres. Elect:	TBA
Vice Pres :	TBA
Secretary:	John Atkinson
Treasurer:	Wayne Lucas
Membership:	Colin Spencer
Membership Retention PR & Marketing	Colin Spencer
Community & International:	Ron Frederick
New Generations:	David Murray

OTHER PORTFOLIOS

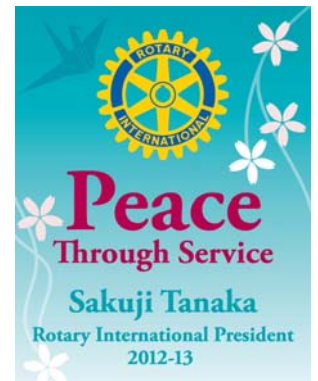
On to Conference:	Philip Daw
Fellowship Vocational:	Joseph O'Loughlin
Attendance:	John Atkinson
Foundation & International:	Ron Frederick
Bulletin:	Colin Spencer
Program:	Philip daw / members
Sergeant:	David Murray
Public Officer:	Ron Frederick
Internet / Website:	Colin Spencer
Op Shop:	John Atkinson



President: 2012 - 2013

Colin Spencer

Greetings all,



Wasn't last week's guest speaker amazing? Joyce Brown held the floor with her amazing story. You could have heard a pin drop, at any time.

There are people all around our sleepy little undeveloped suburb who are great leaders in their own right. When you meet one of them you learn so much in such a short time. I must be getting old, but some people are truly outstanding.

During last week, we received an email from Joanna Parsons, the young physiotherapist who spoke to our club just before leaving for three months up on the Thai Burmese border to teach physiotherapy in local hospitals and clinics. I hope everyone had time to click on the blog link that I forwarded and to read of her story for the first two months

Colin

District Conference 2013: Wangaratta

The District 9810 Conference for 2013 will be held from Friday 15 to Sunday 17 March 2013 at the Wangaratta Performing Arts Centre, 33 Ford Street, Wangaratta, Victoria.

Full details of conference arrangements including registration, accommodation options, program, conference tours and related activities will be available and updated on the dedicated conference website:

Click here for further information: <http://2013conference.9810rotary.org.au/>

Advance Australia Fair

*Australians all let us rejoice, for we are young and free
We've golden soil and wealth for toil, our home is girt by sea
Our land abounds in nature's gifts, of beauty rich and rare
In history's page let every stage, advance Australia fair
In joyful strains, then let us sing
Advance Australia fair*

The Year 2012 - 2013

**President: Colin Spencer
Secretary: John Atkinson
Treasurer: Wayne Lucas
Desk : Colin Spencer**

APOLOGIES: Would all members please ring or email another member if they are not able to attend a regular meeting of the club, if they find they have another engagement?

Guest Speaker Tuesday 27th November - Hanna Landray

WESLEY DO CARE

Wesley Do Care is a support service for socially isolated older people and adults with a disability who live independently within the community. Volunteers provide social support to enable people to remain engaged with or reconnect with their personal interests within their community.

Volunteer Opportunities

- Companionship and social support (one-to-one or group basis)
-
- Facilitate group outings and activities with people, including older people from a diverse cultural and linguistic background
-
- Participate in specialised groups such as gardening, computer skills training (available in some regions)
-
- Assist with administration, training and recruitment of volunteers
-
- Wesley Telelink – facilitating a special interest group over the phone
-
- Pet Pals - matches volunteers with their pets to visit for companionship (available in some regions)

Southern and Eastern Regions only

Carer Respite Program - respite time for the carer of an older person

8706 1700 or hannah.landray@wesley.org.au Hanna Landray Strathdon Forest Hill

<http://www.whitehoserotary.org.au/>

To browse through our Rotary Downunder magazine online click on the following link: <http://flipflashpages.uniflip.com/2/26587/49598/pub/>

<http://www.9810rotary.org.au/>

Club News and Views

值得中國人 & 西方人三讀

一首在全球華人圈子引起哄動的英文詩。詩相傳 是出於紐約州立大學水牛城分校榮譽退休物理學教授 Duo-Liang Lin 的手筆；這位學者表達的是整個中華民族的憤慨 ... 以前國弱受欺凌，好不容易開始崛起又受敵視，中國人做甚麼都似乎不對，你們西方人究竟想我們怎樣生存？這首詩近期在網上熱傳，原因是它反映了華人的心態，抒發了華人長期以來的集體壓抑。詩以英文撰寫，又在華盛頓郵報刊登，是受到雙重標準困擾的海外華人向西方偏見射出的一箭。西方某些人對中國的敵意與偏見，原因複雜，有中國人自己的缺失，也有種族歧視、有色眼鏡、利益衝突、以至害怕中國崛起等因素。互聯網是中西交往的重要橋樑，在這種情勢之下，如何促進溝通？這首詩實在值得中國人三讀，值得西方人三讀。〔中文本在後

To find out what the above poem is about, just find a Mandarin speaking person to explain it to you. This is all about getting people to understand , respect and befriend Chinese people. Try it and you will be impressed. More people speak Mandarin than any other language So it will not take you long to find a friend to translate the poem.

Don't look for faults as you pass through life,
And even if your find them,
'Tis wise and kind, to be somewhat blind,
And to look for the virtue behind them.



... of the things we think, say or do.

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

The Objects of Rotary

To encourage and foster the idea of service as a basis of worthy enterprise and in particular:

- first** The development of acquaintance as an opportunity for service.
- second** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying by each Rotarian of this occupation as an opportunity to serve society.
- third** The application of the ideal of service by every Rotarian's personal, business and community life.
- fourth** The advancement of international understanding, goodwill and peace, through the world fellowship of business and professional men and women united in the ideal of service.



OVERWORKITIS

KNOW THE WARNING SIGNS



6.8 MILLION

Australians have their personal time interrupted by mobile phones and work emails.



2.2 MILLION

Australians don't know what time they will finish work as they head out the door in the morning.



4.2 MILLION

Australians don't have time to exercise regularly, get enough sleep or go to the doctor when they are sick because of long work hours.



4.8 MILLION

Australians find it hard to take their annual leave at a time that suits them.



AUSTRALIANS WORK SOME OF THE LONGEST AVERAGE HOURS IN THE DEVELOPED WORLD



AUSTRALIANS DONATE AROUND \$72 BILLION WORTH OF UNPAID OVERTIME TO THEIR EMPLOYERS



ONLY 14 PERCENT OF WORKERS SAY THAT UNPAID OVERTIME IS DISCOURAGED IN THEIR WORKPLACE



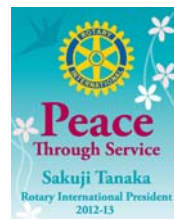
IF SYMPTOMS PERSIST:
TAKE A DOSE OF
'GO HOME ON TIME DAY'



Diary Dates



ROTARY CLUB OF MITCHAM
Meets at Mitcham RSL Club,
26 McDowall St. Mitcham
12:30 for 1:00pm for lunch



Coming events:

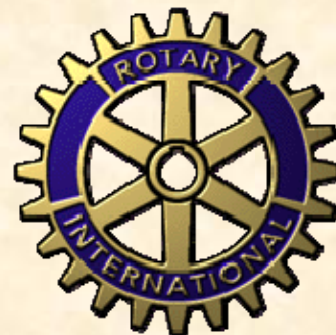
November 27th -Hanna Landray - Wesley Do Care East

December 4th - Board Meeting. 12 noon.

December 9th - Whitehorse Farmer's Market.

December 18th - Christmas Breakfast Meeting. Our last meeting for 1012.
 Venue to be decided soon.

All funds applied to Rotary Community Projects in Whitehorse



After another successful event, make sure you join us at
 the next market on the second Sunday, 9th December 2012
 8.00 am to 1.00 pm at:
 The Whitehorse Civic Centre 279 Whitehorse Rd
 Nunawading. Enquiries 0425222550

www.rotarymitcham.com