



The Camberwell Bulletin



**THE 5
AVENUES OF
SERVICE
CLUB
INTERNATIONAL
COMMUNITY
VOCATIONAL
NEW
GENERATIONS**

**Next Week
Wed 02 Nov
Fellowship Evening
"St Katherine's Restaurant"
26 Cotham Road Kew
6:30-7:00**



FUTURE MEETINGS

- Wed 09 Nov Winston Marsh "Marketing, Business, Rotary, Membership" Plus 3 minute speaker Gary Goldsmith "The Foundation SHARE program" Chair Mark Hassed
- Wed 16 Nov Sam Ginsberg "Hands on Health – Reaching out to the Disadvantaged". Plus 3 minute Speaker Patrick Docherty: Polio Eradication Chair Don Jago
- Wed 23 Nov Foodbank Visit "Foodbank Vic 4/2 Somerville Road Yarraville" Chair Fabienne Nichola
- Wed 30 Nov Andrew Leniart "Computer Tips and Traps, Do's and Don't's" Plus 3 minute speaker Katie Scott [Our GSE applicant] The Foundation GSE program Chair John DeCarro

MEETING ROSTER

November: Rotary Foundation Month

Desk	Desk	Badge	Bar
Richard Stewart	Nick Pane	Michael Blood	John De Carro

December: Family of Rotary Month

Desk	Desk	Badge	Bar
Patrick Cunniffe	Geoff Day	Marcus Falay	Nick Pane

IF UNAVAILABLE PLEASE ORGANISE YOUR REPLACEMENT

STOP PRESS

Please note new address for Aubrey McLaren aubreymclaren@gmail.com

**Club Meets
Wednesdays 6.15 for 6.30
Canterbury Centre, 2 Rochester Road
Canterbury**

**President: David Baker
Secretary: Richard Gray
Treasurer: : Loreto Resubal**

**Apologies—Bookings
Alan Lorenzini
Mobile 0411 884 032
W: 9855 1444
alan@lorenzini.com.au**

GABRIEL GATÉ COOKS UP A CULINARY STORM. MAGNIFIQUE!



Bakers Delight, 377
Whitehorse Road
Balwyn

There's nothing like listening to a doyen of culinary pursuits lay it all out on the table in plain, easy to understand French (sorry...English) in the delightful surrounds at Eastern Golf Club. Under the Trés Bon chairmanship of

Monsieur **Gordon Duxbury**, Gabriel turned up the gas and gave us a mouthwatering serve on what is 'good food' and what is 'good cooking.' So, starting with the entrée, Gabriel first gave us a glimpse of France... such as the country being 14 times smaller than Australia but, one of the largest countries in Europe. He was born in a small village in the Loire Valley where his family grew their own vegetables and made their own wine. The Loire is the longest river in France and known as the 'Garden of France.' Later he served his chef's apprenticeship under Master Chef, Albert Augereau, at the "Jeanne de Laval" restaurant in western France. Then he worked in Paris at the renowned fish restaurant, Prunier, at the Berkeley Hotel in London and under Alain Senderens at L'Archestrate, a three-star restaurant in Paris. Gabriel is also a noted author of cook books and cooking utensils branded under his name.

Gabriel talked about the notion of 'moderation and how you'll hear...' "It was so good, I nearly felt sick." So many courses, servings too large and we all know the rest. He even mentioned the simple cup of coffee and that the standard cup at many franchised outlets is huge. Gabriel also acknowledged the revolution of 'controlled cooking' over the past 20 years involving slower cooking techniques. "You know, the number-one ingredient is water. It's the controlling ingredient and is crucial to good cooking."

Gabriel then elaborated on what he regards are the major elements of good cooking. *Quality and Freshness of Ingredients* was top of his list. "Frozen produce never tastes as good. Live with the moment, ingredients are everything" he added. Next on Gabriel's list was *Seasoning*. "Once it was salt and pepper. Now you have all sorts of options....lime juice, lemongrass, coriander. They can make food so exciting." Next on his list was *'Learning to cook the food to 'perfect'...as best as possible'* as he explained. Such as cooking fish. Don't cook too much. Cook...'just enough' he said. "Finally, don't be afraid to learn 'new dishes. Avoid cooking the same old dishes. Do something different, say once a month. You'll improve. You'll get better. Commit to it. There's nothing like the variety and memory of different flavours." Gabriel concluded his smorgasbord of tips with four words. **Moderation. Freshness. Variety and Exercise!!** Gabriel generously remained for some time following his excellent address to the Club. It was indeed a sumptuous meal for which we thank him. *"Bill please waiter!"*

THANK YOU ROTARY CLUB OF KEILOR AND BALWYN

Last night, **President Norm Draper** (Patricia) and his merry band of Rotarians, partners and friends (25 in total) made an inter club visit to Eastern Golf Club. Special thanks to Past President **Jeanette** (Michael) **Lynch** for making it all happen. "We loved having you Jeanette and will reciprocate." Was also nice welcoming **President Peter Frueh** (RC Balwyn) and his wife Anne.

FINALLY

The City of Boroondara is on the hunt for nominations for the 2012 Citizen, Young Citizen and Volunteer of the Year. Submissions close 18 November. Please contact me for a nomination form. Don't forget the **Business of Winning Lunch** at Crown on Friday 11th November (Peter Allen) which is progressing well. It was nice having **Susan Gray** join us last night (Birthing Kits- Vietnam project), **Craig Pitt** and **Fiona Pattern** (Bendigo Community Bank- Canterbury). Thank you Justine for inviting **David Brumby** whom we hope to see more of. Well done Sergeant **Jon Oppy** (RC Kyneton?) for a terrific fines session with thanks to **Tivoli Hi Fi, Indochine Restaurant, Box Hill** and **Nick Pane Wines** for the great raffle prizes which helped raise \$615 for the Charity Account. Margret and I Look forward to breaking bread with you (again!) next week at St Kats. Prosit! **Participate and Enjoy your Week in Rotary. David Baker** (and Margret)





DG WEEKLY MESSAGE

Ethics are at the core of Rotary's principles!

For Rotarians, ethics - and especially as they relate to vocation - are at the core of Rotary's principles. These principles are enshrined in the stated Object of Rotary. The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

To assist us in achieving these aims, apply the Four-Way Test. Created by Herbert Taylor, it has become assimilated into the genetic code of Rotary. The Four-Way Test is a moral compass based on "the might of right." It will help guide you with your decisions, actions and words in all aspects of life.

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?

Rotary District 9800 partners with the City2Sea run.

Below is a message from Assistant Governor David Pisterman regarding a very important initiative Rotary District 9800 are undertaking in partnership with The Fairfax Group, the City2Sea run.

I'd love you to give it your urgent support as nothing would help us more in developing Rotary District 9800's emerging partnership with the Fairfax Group than to show them and the public just what Rotary is capable of when it comes to mustering support in the community. This is an opportunity for us to showcase Rotary in style whilst helping a great community event, a charitable cause and raising funds for our own Clubs. Our participation is also vital in terms of developing our long term relationship with the Fairfax Group who have enormous potential to help us, particularly when it comes to upcoming events like the 2012 Rotary District 9800 Conference.

Rotary needs your urgent help!

A major community event with around 10,000 people taking part in the race itself, The City2Sea fun run is coming up on Sunday 13th November and presents our District with one of the largest public relations and fundraising opportunities of the year.

As part of our partnership with the Sunday Age (through which we have already received promotion benefitting our clubs), Assistant Governor David Pisterman has arranged to have 500 Rotary volunteers take part in helping with the event as course marshals and volunteers, with \$30 donated for every Rotarian who spares a few hours to help out.

That means if your Club can get 20 volunteers along, you will make \$600 for your Club from a few hours of interacting with the public – a perfect way to promote your Rotary Club whilst being part of a huge community event that benefits men's health, specifically prostate cancer and depression, via the Movember initiative.

This is a great way to show Rotary in action – getting behind a great cause, being part of the community, getting together to have fun and make Rotary visible in our community while raising funds for our Clubs to do further good with. If we have a full complement of 500 Rotary volunteers, that's \$15,000 going to Rotary Clubs in our District!



(Continued on page 4)

(Continued from page 3)



What you and your Club will get back:

- \$30 per volunteer for your Club
- A City2Sea t-shirt for every volunteer
- Muffins, a gourmet sausage (courtesy of the Rotary Club of South Melbourne) and drinks for volunteers
- An opportunity to put your Club and Rotary in front of the eyes of 10,000 participants who are interested in community-based activities
- A great day of fun!

How we can best promote Rotary on the day:

Wear your Rotary caps, badges or other identifying accessories – let them know who we are!
We will be placing information on how to be part of Rotary in every participant's goodie bag that they will receive at the end of the run
Join in the BBQ at the end of the event with the Rotary Club of Melbourne South – it's a great opportunity for fellowship and meeting your fellow Rotarians and (famished!) participants who upon completion of the race will be in a positive spirit and proud of having accomplished something – maybe they will be looking for a new positive-minded challenge??

What sort of volunteer help is needed on the day? We need:

- Course Marshals = 70
- Start/Course drinks stations x 4 = 160
- Hydration Station = 10
- Start marshals = 50 (inc. clothing pick up)
- Start baggage = 20-30
- Info booths start/direction = 15
- Volunteer t-shirts distribution @ start = 1
- Volunteer t-shirts distribution @ finish = 1
- Finish baggage = 60
- Finish drink station = 40
- Finish marshals = 30
- Medal distributors = 30



Not difficult work, and you don't need a degree, diploma or even calluses on your hands to help!

Who should you get on board to ensure your Club gets as many volunteers as possible?

- Club members
- Your family
- Your close friends
- Your Club's Friends of Rotary – those who can help out – Club Alumni, GSE & Youth Exchange Alumni, those who have offered to help out
- Your Club's community and business partners

How to get involved:

We need to know by the 31st October 2011 the names of your volunteers and their T-shirt sizes. Please complete the attached form and return to Sandi Fulcher at email sandi_fulcher@hotmail.com at your earliest convenience.

So far we have 121 volunteers from 9 Clubs – WE NEED YOU!

So please, let's get on board – we need your help today!

Yours in Rotary service, **Keith Ryall** District 9800 Governor 2011-2012 ◆

WHITE RIBBON DAY

Members will know that I am the Club's nominated mentor to take part in the Victoria Police Leadership development Program. My mentoree is Detective Acting Inspector Sussan Thomas of the Violence Against Women & Children Squad of the Crime Dept. We have been asked to support this program on White Ribbon Day by becoming Ambassadors.

White Ribbon Day is The United Nations International Day for the Elimination of Violence Against Women and falls on the 25th November every year. The White Ribbon campaign aims to prevent Violence Against Women and promote respectful relationships. It is led by men who are willing to take a stand against Violence Against Women and be positive role models to other men in the community.

Who are White Ribbon Ambassadors?

White Ribbon Ambassadors are highly respected men from a wide range of sectors who are willing to entourage men and boys in the community to participate in the global movement to eliminate Violence Against Women.

We want to recruit men from across all walks of life, from different communities, backgrounds, groups, professions, etc, to become ambassadors to stand up and say 'No 'to Violence Against Women.



Why Only Male Ambassadors?

The White Ribbon campaign is premised on change will only occur when men accept responsibility to make change, This is an opportunity for those men who care about the women in their lives to take responsibility to ensure that women live free from violence and fear.

Men have remained relatively 'silent' compared to women about ending male Violence Against Women. Until recently, it has fallen almost entirely on women to make a difference. Given that men are the primary users of violence, there is huge potential for men to be positive role models, making a stand about ending Violence Against Women and promoting respectful relationships.

What Do Ambassadors Do?

Ambassadors take an active stand to support the principles of the White Ribbon Foundation and are positive role models who convey these principles and important messages to others both inside organisations and outside in the community.

White Ribbon Ambassadors can be involved in many different ways depending on their availability, interests, etc: Here are some examples of the types of activities Ambassadors can be involved in: Wearing a White Ribbon or wristband throughout November in the lead up to White Ribbon Day (or all year round if you choose) whilst encouraging others in their communities, organizations, etc. to do the same;

(Continued on page 6)

(Continued from page 5)



Promoting public interest by talking with colleagues and friends about the campaign; what it means; how important it is to change community behaviours and attitudes;
Talking about their role as an Ambassador in as many situations as possible and in particular when attending public engagements;
Hosting meetings, social events, awareness raising activities, e.g. holding a breakfast, morning or afternoon tea, lunch, business meeting, BBQ, etc. to mark White Ribbon Day;

Approaching local councils, men's organizations, sports and services clubs and other interested businesses and organisations to offer themselves as guest speakers and encourage them to:

- buy, distribute and wear white ribbons
- hold or be involved in an event to mark White Ribbon Day;

Facilitating presentations in the work place, in recreational settings, etc. that address the issue surrounding Violence Against Women;

Participating in media opportunities wherever possible, e.g. direct interviews, writing articles, utilising personal media contacts to extend the White Ribbon campaign message.

How do you become a White Ribbon Ambassador?

A nomination to become a White Ribbon Ambassador means the nominee is willing to make a personal commitment to the campaign to end violence against women. The nominee signs: . An undertaking to not commit, excuse or remain silent

about Violence Against Women; and . An undertaking to not bring the White Ribbon

Campaign into disrepute.

For all information on becoming a White Ribbon Day Ambassador visit the White

Ribbon website www.whiteribbonday.org.au. We need members to support this initiative.

Please let me know so I can keep VicPol informed.

PP John Phillips ♦



NOTICE TO MEMBERS

In accordance with the Club's Articles of Association, I wish to advise members:

1. Nominations for THREE Club Director positions – for 2012-13 are now open. To be eligible, candidates must have had two years service in the Club [at the time of taking up the position – 1st July, 2012]. Successful candidates will be required to serve for TWO years.

2. Members may also nominate for any of the Club Officer positions, commencing 1st July, 2012. Members nominating for President or President-Elect must have previously served as a Club Director. Nomination Forms for Club Director or Club Officer positions are available from the Secretary [forms are also available via email – on request].

Nominations for the above positions close with the Secretary on Monday, 21 November, 2011. If FOUR or more members nominate for Director positions, a Ballot will be conducted at the Club Meeting on 23rd November, 2011. Likewise, a Ballot will be conducted on the same date if any nominations are received for Club Officers positions. Richard Gray, Secretary. ♦



HOTEL KEY CARDS – SECURITY RISK!

What is stored on a hotel key card?

After sleuthing the internet and making some enquiries, the answers were varied and have led to a conclusion that it all depends on the hotel you stay at. Every hotel will deny they keep your personal information on the card.

The most common system in place encodes your key card with an access code to your room, your name, address and phone number. Hotels which have bars dining areas can store more information on your card, such as an encrypted code that is unscrambled when swiped through their machine at the counter to reveal your credit card details on their screen to be charged to. When you check in, always ask the staff to put a "Do not charge to room or card" warning on your account in case you lose your card.



The answer to the question is, you don't know what is being stored on your hotel key card. In 2006, at a High Technology Crime Investigation Association conference in USA, a speaker asked for volunteers to provide their credit-card style room keys, the ones with the magnetic stripe. Five or six people provided their keys, and the speaker swiped them through a credit card reader. Two of the keys brought up a name and partial address, and another one brought up a name, address and credit card number. Since then, the hotel industry has put measures in place to prevent mishaps like this, but it can still happen.

What can you do to prevent your information falling into the wrong hands?

- Hold your mobile phone close to the key card and make a phone call, the signal of a mobile phone can wipe the information from a key card
- Always hand your key card in at the hotel desk on check out
- If there is no fine for taking the key card, cut up the key card into pieces before you leave ◆

VISIT TO FOOD BANK, YARRAVILLE

WED 23 NOV 2011

Bus will depart Conochie Hall at 6.15pm to arrive Food Bank by 7.00pm.

Following a tour of Food Bank an exotic dinner will be provided on large tables at the front of the warehouse by the Asylum Seeker Resource Centre. Cost is the same as a normal Rotary meeting \$25pp plus cost of bus for those using this service. BYOG. Repeat, BYOG. Bus cost per person depends on numbers using the service: 40 pay = \$11.50pp; 35 pay = \$13.00pp; 30 pay = \$15pp; 25 pay = \$18pp.

Citylink cost for round trip = \$12.34 Meal will be delivered 7.30pm. Camberwell Rotary will supply plates, cutlery, paper cups & tea/coffee. Food Bank will provide use of its oven and coffee making facilities. Bus will depart Food Bank at 8.45pm for arrival at Conochie Hall by 9.20pm approx.

Please advise attendance or apology to Jim O'Hara (04) 1980-9855 9889-6058 as soon as possible so that bus and catering arrangements can be finalised. ◆



Rotary Club of Camberwell
Inc

PO Box 178
Canterbury 3126
www.camberwellrotary.org.a

President
David Baker
0418 104 272
david@bakerdgb.com

Secretary
Richard Gray
0412 389 889
rh_gray@optusnet.com.au

Treasurer
Loreto Resubal
0425-751-281
info@jrj.com.au

Bulletin Editor:
Bern Connell
98855270
0418 129 347
berna84@bigpond.net.au

District Governor:
Keith Ryall
0418 589 144
dg@rotarydistrict9800.org

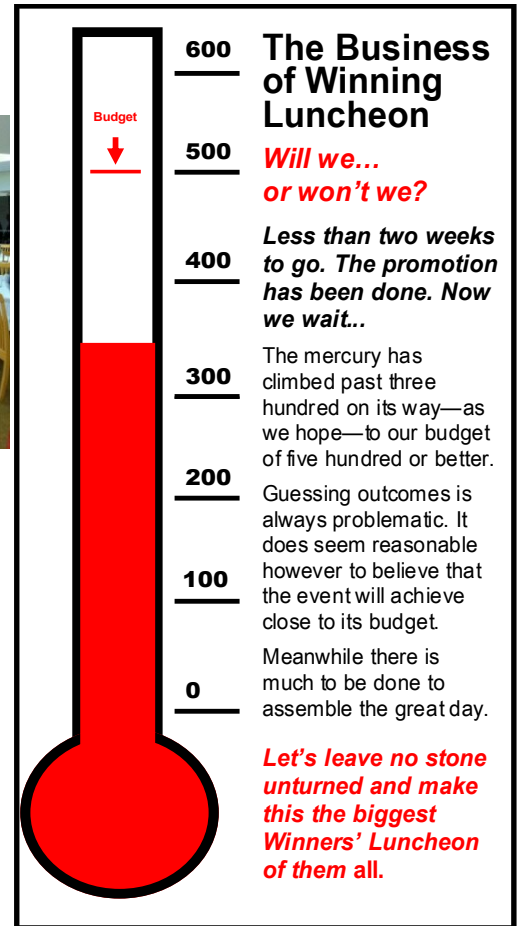
Assistant Governor
Eastside Cluster
Kevin Love 0409 008 931
Kevinlove.rccms@gmail.com



LAST MEETING DETAILS



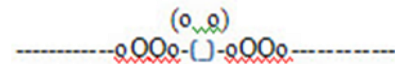
Dinner at Eastern Golf Club
with Legendary Chef
Gabriel Gate
and visiting Rotarians from
Keilor and Balwyn Clubs



QUOTE OF THE WEEK

"A good cook is like a sorceress who dispenses happiness."

[E. Schiaparelli]



This weeks puzzle

Stands

-----What does this represent?
0_2345

Last Weeks Puzzle

Name three consecutive days without using the words Wednesday, Friday, or Sunday.

Answer

Yesterday Today Tomorrow

If you Google you are out of game!!!

End Polio Now Christmas Cakes & Puddings \$20 each

Place your orders with Don Jago now to be sure of supply for delivery October Meetings

Birthdays

Justine Paragreen Oct 27
Margaret Hookey Oct 27
Audrey Steven Oct 31
Sue Loftus Nov 2

Club Anniversaries

Gerry Lavender Oct 30 26 years
Joseph Orlando Oct 30 9 years
Leslie Brown Nov 2 55 years

Wedding Anniversaries

Gordon & Margaret Duxbury Oct 28
Geoffrey & Heather Heath Oct 28
Leslie & Yvonne Brown Oct 29