



**DG Ed McKinnon
& Jean**

**ROTARY INTERNATIONAL
District Governor**

**District 9460
2007 - 08**

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DISTRICT GOVERNOR'S NEWSLETTER

Rotarians & Friends:

December 2007

DECEMBER IS THE FAMILY OF ROTARY MONTH

'The Family of Rotary' can mean many things to many people particularly when one considers the many activities that Rotary supports

It can mean the **children** of the world. The work of ROMAC has recently been highlighted in Perth with the successful operation on a young Vietnamese boy, Pang Ting Y Loi, to correct encephalocele (a protrusion of the brain through a hole in his skull). He will be returning home in time for Christmas a lad facing the Future with hope.

It can mean the **people** who have been saved from the ravages of Polio as a result of the Polio Plus programme of Rotary. In the New Year PDG Peter and Caroline Brown join a team in India to carry on a further eradication mission.

It can mean the **members** of your club who needed a helping hand or some advice to assist through a stressful time work or private situation.

Providing Rotarians are seen as people who provide that assistance, our movement will continue to grow.

42nd ROTARY INSTITUTE, BALLARAT

Many of us from District 9460 attended the conference in Ballarat last month. The Institute Conference is a meeting of the past, current and future officers of Rotary. It is held in association with the training programme of the Governors Nominee and Elect.

The current Governors have initiated a programme to modernise the promotion of Rotary and its projects.

Take ROMAC for example. What does it mean? The general population and indeed many Rotarians I am sure would not know. It was originally 'Reaching Overseas with Medical Aid for Children Ltd'. Now, it is 'Rotary Oceania Medical Aid for Children Ltd'. Whilst the legal name can remain, why not a simple banner – the Rotary Wheel and the words 'rotary's children'?

The Board has supported the programme and voted \$1000 to assist the initial work which will be undertaken by DG Dick Garner of District 9810 in Victoria.

WATCH THIS SPACE FOR FURTHER REPORTS

The Festive Season is upon us and Jean and I wish you and yours a happy and safe time. We are taking a bit of a break cruising in the South Pacific for a couple of weeks. See you in the New Year.

DG Ed

RESIGNATION

It is with much regret that I inform all members of District 9460 that this will be my last edition of the District Governor's Newsletter. On the 14th of January I will be having some major back surgery performed (fusion), which will take up to 9 months of rehabilitation to fully recover. As such I have asked DG Ed to find a replacement to complete the final 6 issues. I would like to take this opportunity to say thank you to everyone for all your support these last 18 months while being the Bulletin Editor and would like to wish everyone a safe and happy Christmas and New Year. *Mark Chenoweth, Bulletin Editor*



**Rotary International
President 2007 - 08
Wilfrid J. Wilkinson
and wife, Joan**



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**DEADLINE FOR
NEWSLETTER ITEMS
28th day of the prior month**

ROTARIANS GETTING RID OF EXCESS WAIST

Rotarians from more than half the clubs in District 9460 are taking part in a ground-breaking campaign that offers to improve the health of participants and enhance knowledge of how to tackle one of the most intransigent health issues facing the community.

The Rotary **Waist Disposal Challenge**, now under way in 23 clubs, is a formal health intervention project being undertaken under the approval of the Ethics Committee of Edith Cowan University. But at the same time it is a fun challenge for Rotarians to lose weight, with clubs competing against each other to achieve the greatest reduction in the body mass index of their members. BMI, measured as the individual's weight divided by his or her height squared, is widely recognised as an indicator of a person's liability to chronic lifestyle conditions.

The Rotary Waist Disposal Challenge is brought to us by a dedicated team led by Dr Samar Aoun, the public health specialist who famously had delegates to this year's District 9460 Conference passing around a hefty chunk of foam that represents their body fat. The associate professor of Community and Population Health at Edith Cowan University (and the partner of incoming D9460 Governor Zaki Dorkham), Samar says the project is about weight loss, choosing healthy foods and taking up regular exercise that will help prevent chronic diseases such as diabetes and heart disease.

The challenge was launched in April 2007 with dieticians and physical activity specialists visiting each of the 23 clubs (nine city clubs and 14 in the country) to talk about nutrition, exercise and other healthy lifestyle habits. At the same time, each of the clubs appointed two champions who are responsible for monthly weigh-ins by members. The weigh-ins will continue until February 2008 and the results will be announced at the D9460 district conference in Bunbury in March, when the club recording the highest reduction in average BMI will be awarded the ECU Waist Disposal Trophy.

All together, 411 Rotarians are participating in the weigh-ins and statistics from the first few months of the challenge starkly illustrate the scale of the weight problem in the community. Altogether, 88% of the participants are overweight or obese. While some of the clubs have recorded improvements in their overall averages, and just over a third of the Rotarians taking part have lowered their BMI readings, a lot more needs to be done.

A number of clubs have now moved into a third stage of the project, where Rotarians with readings in the high overweight range heading towards obesity are offered a telephone lifestyle coaching service. Over the next 12 months, they will have the advantage of a tailored weight loss program and personal lifestyle advice by trained health professionals.

Samar says the hoped-for outcome is Rotarians who have reduced their weight, improved their eating habits and level of physical activity and lowered their cholesterol, blood pressure and glucose levels leading to a better quality of life and general health. As the Rotary Waist Disposal Challenge slogan puts it, *"If you don't have enough time for good health, one day you might not have enough health for a good time"*.

The clubs taking part in the challenge are Albany East, Albany Port, Bunbury, Bunbury Central, Bunbury Leschenault, South Bunbury, Busselton Geographe Bay, Collie, Esperance,

PROSTATE CANCER TAKE ACTION NOW !

**A recommended Guest Speaker;
Have a health awareness week.**

PDG Ian Murray is one of the Prostate Cancer Awareness Ambassadors working for the Prostate Cancer Foundation of Australia.

He is available to come to talk to your Rotary Club about the **cancer** that kills more men than Breast Cancer kills women. He is talking about early detection to save lives. **The talk is suitable for Men and Women** and is a **MUST** for all of those men who believe that "everything will be alright" and are safe from this "silent" killer.

So far he has been informed of about **15 Rotarians from the Rotary Clubs that he has visited**, that have been tested, found positive and been given treatment that **will save their lives**.

Every day a man dies from Prostate Cancer in WA. Do you want to prevent yourself from being included in the total?

Club Presidents please contact Ian Murray on 9276 7977 or 0414 927 679 iwmurray@iprimus.com.au



Popular Margaret River Rotarian Lloyd Shepherdson shows off his awesome abs to Samar Aoun at the end of a pilot study of the Waist Disposal Challenge in the south-west last year.

Esperance Bay, Harvey, Margaret River, Mount Barker, Katanning, Applecross, Attadale, Cockburn, Fremantle City, Mandurah, Mandurah Districts, Melville, Palm Beach, Rockingham.

The project is sponsored by the Australian Rotary Health Research Fund, the Rotary clubs of Melville and South Bunbury, Edith Cowan University, Telstra and the WA Country Health Services.

Other Rotary clubs and districts interested in finding out more about the Rotary Waist Disposal Challenge can contact Associate Professor Samar Aoun on 0419 911 940, by fax on (08) 9273 8428 or by email to s.aoun@ecu.edu.au.

SINGING UP A STORM

Two exceptionally talented young Australians are on the road to success and fame thanks to a unique nationwide talent quest. Nelson Gardner, from Bendigo, and West Australian Daniel Enright shared the honours in the national final of Storm the Stage, held recently at the Burswood Theatre in Perth. Both received a cash prize of \$5,000 and an invaluable boost to their fledgling entertainment careers.

Storm the Stage is organised by the Rotary Club of Cannington in District 9470 in Western Australia and sponsored by one of Australia's most successful stage and movie stars, Hugh Jackman. In a welcome message recorded on the set of the Baz Luhrmann movie Australia, Jackman said there was nothing more important than encouraging and supporting our young performers.

The competition is open to performers aged 16 to 19 in drama and musical theatre categories. Now in its fourth year, the competition has grown rapidly from its WA origins and this year attracted scores of talented young Australians in five states. Twenty outstanding young talents made it through district and state elimination rounds to take the stage for the national final.

Unlike the gimmicky commercial television "talent" shows, Storm the Stage is judged by theatre professionals on their performance, characterisation and audience appeal in five minute solo performances.

Nelson wowed the judges and enthusiastic audience with his exceptional performance of Be Our Guest, a song from the Disney musical Beauty and the Beast. "I had to think of something in which I could incorporate acting, singing and dancing to be as visually appealing and overall entertaining as possible," he said. Anne Peace, of Rotary District 9800, said Nelson had found out about Storm the Stage on the closing day for applications and entered with money loaned by a mate (and paid back the same day). "We are extremely excited and proud of Nelson, who is an exceptional performer and he has quite a story," Anne said. "He is using his winners cheque to travel to London to audition for the Royal Academy of Dramatic Arts. "Until such time as he leaves, he is furthering his dance and vocal studies so he is quite committed to giving himself every chance of pursuing his dream."

Daniel's dramatic monologue about a teenaged boy facing emotional turmoil over his father's excessive drinking impressed the judges in a very even competition. "I chose Daddy Drinks Too Much because of the challenging context and emotional message it sends to its audience and which is relevant to many families in today's society," he said. "By performing this piece, I hope to be able to help at least one young person who is going through the same struggles."

Funds raised through the Storm the Stage final concert will support Rotary's centenary gift to the people of WA, the Cord Blood Bank.



Storm the Stage 2007 winners Nelson Gardner (left) and Daniel Enright on stage in the national final.



DISTRICT 9460

ORGANISATION 2007 - 08

District Board:

District Governor:

DG Ed McKinnon

District Governor Elect:

DGE Zaki Dorkham

District Governor Nominee:

DGN Keith Hopkins

Secretary: Rtn Ednamay Foston

Treasurer: PDG David Barton

Administration:

DGE Zaki Dorkham

Foundation: PDG Peter Brown

Membership: PP Bruce Lynch

Public Relations:

Rtn Gary Brennan

Projects: PP Marilyn Barton

(Projects Sub-Committee)

International: PP Frank Wheel

Vocational: PP Alan Lush

Community:

PP Graham Wheeler

New Generations:

PP Malcolm Wills

Youth Exchange:

PDG John Simmons

District Officers:

District Attendance Officer:

PP David Donaldson

Ph: 9310 1582

Fax: 9310 8420

District Insurance Officer:

PDG Jim Trotter

Ph: 9332 7823

District Protection Officer:

PP Keith Quayle

Ph: 9332 8450

NEW HOME FOR KWINANA

The Rotary Club of Kwinana has a new home. The Toc H movement had the hall as their headquarters for the last 50+ years and because of the age and in some cases the poor health of their members they decided to call it a day providing an opportunity for the club to utilize the hall and make it their 'club rooms'. A great deal of work has been done by members, painting the inside, repairing and sprucing up the grounds and outbuildings so that they now have a very presentable venue in which to hold their meetings.



The property is owned by the Town of Kwinana and they have secured a long term lease. They can now display banners and memorabilia permanently and to use the facility for social events etc. Much of the work has been done by members under the guidance and encouragement of PP Harry Tebbutt, there is still a lot to be done but they are well on the way. Their new venue address: Rotary Toc H Hall, Brownell Crescent, Medina, WA 6167

ATTENDANCE FIGURES

NOTICES

Club	Mtg	Members		Month	Mthly	Prog	Prog
		#	+ / -	%	Rank	%	Rank
Albany East	5	34	-1	71.00	26	70.16	30
Albany Port	5	28	-1	88.00	2	86.13	4
Applecross	5	39		74.70	22	76.61	15
Attadale	4	33		81.10	10	81.20	7
Booragoon	5	22		78.80	14	82.31	6
Bridgetown	N/R	14	2	0.00	35	67.67	34
Bunbury	4	40		79.00	13	76.12	18
Bunbury Cent	4	40		78.00	17	59.70	37
Bunbury Lesch	5	40		71.80	25	77.44	12
Busselton	5	13		73.70	24	76.61	14
Busselton G'bay	N/R	X	1	0.00	35	69.98	31
Cockburn	4	27		65.80	31	69.36	32
Collie	4	30		77.91	18	76.47	17
Esperance	3	44		97.20	1	78.60	11
Esperance Bay	4	37		77.00	16	74.41	20
Fremantle	5	29	1	62.34	32	63.64	36
Fremantle City	4	26	-2	48.21	34	48.22	38
Fremantle Port	4	8		75.00	21	70.75	25
Gnowangerup	4	12		66.00	29	64.44	35
Harvey	4	29		78.50	16	80.25	9
Katanning	4	26	-1	74.17	23	76.58	16
Kojonup	4	38	2	85.00	7	72.98	22
Kwinana	4	26		78.75	15	80.40	8
Mandurah	4	44		82.20	9	70.79	26
Mandurah City	5	24		70.14	27	79.12	10
Mandurah Distr	5	20	1	80.00	11	76.85	13
Manjimup	4	39		77.20	19	70.95	24
Margaret River	4	32		68.75	28	67.93	33
Melville	4	41	1	79.99	12	86.37	2
Mosman Park	4	26		88.00	2	86.13	3
Mt Barker	3	14	-1	88.00	2	89.50	1
Narrogin	4	18		85.38	6	75.57	19
Palm Beach	5	31		88.00	2	70.44	27
Pinjarra	N/R	36		0.00	35	70.38	29
Rockingham	4	35	1	59.40	33	72.94	23
South Bunbury	5	55	2	84.55	8	73.67	21
Wagin	4	16		66.00	29	70.43	28

Total Members: 1,066 Month of October 2007



PDG John Iriks was recognised by the Rotary Club of Kwinana with a Paul Harris Fellow (Sapphire) pin for his dedication to The Cord Blood Project. In photo: John Iriks, Ted Haines and Kwinana President Matthew White.

PROBUS

A 25 Year Service Certificate was awarded to PP Winston Marsh of the Rotary Club of Attadale in recognition of his dedication and loyal service in the promotion of Probus over the past 25 Years.

In 1982, as the inaugural community service director of the newly formed Rotary Club of Attadale, Winston was responsible for the formation of the first Probus club in the Attadale area and the seventh in the State. The first Probus club in the State, Thornlie, was founded earlier in the same year.

In subsequent years Winston was directly involved in the formation of three more clubs through the Attadale Rotary club. In his capacity as Probus Chairman for Rotary District 9460, a position which he has held for the last four years, he has been able to promote the true spirit of Probus – “fun, fellowship and friendship” to the 43 Probus clubs in the District.

In summing up the Award, the Chairman of Probus Centre – South Pacific, Chris Norwood OAM stated that the growth and strength of the Probus movement was a testament to Rotary and Rotarians such as Winston.



President Llew Withers, Past President Winston Marsh, centre and Past President Max Anderson who made the presentation of the 25Year Service Certificate to Winston on behalf of the Chairman Chris Norwood OAM of Probus Centre – South Pacific Inc.

MEMBERSHIP NEWS

SHARE THE GIFT OF ROTARY!

Let us closely consider the point made by International President Wilf Wilkinson Rotary: “All of us know that when we ask someone to join Rotary, we are not imposing a burden. We are giving a gift. We are sharing with another person the wonderful, amazing force that is Rotary, just as Rotary Shares with us.” President’s Message Page 4, Rotary Down Under, August 2007 *Share the gift of Rotary.*

How true this is! However, others are not to know and may not understand that we are giving a gift to that person, one that is of unknown value. When we have a person in mind for membership we need to keep President Wilf’s remarks uppermost in our mind and impart a clear message that Rotary has much to offer them personally. As Rotarians we know that membership of a club and therefore the Rotary organisation has something for everyone. The challenge for us is to find a way to package the gift and make it so attractive that it is too good to refuse. How about taking the view that **we** are the packaging, the gift wrap, and that each Rotarian with whom the potential member has contact is yet another layer of gift wrap? The initial personal interaction and the impression formed about our activities and meetings are all further wraps that will be the deciding factor as to whether or not the potential member will choose to share in our meetings and engage in service with us. So make sure your gift is valuable, irresistibly wrapped and ready to be shared! **RRIMC Sylvia Byers**

KEY EVENTS & TRAINING DATES

President Elect Training Seminar, Bunbury	14 March 2008
District Conference, Bunbury	14-16 March 2008
District Assembly, Collie	4 May 2008
International Convention, Las Angeles, USA	15-18 June 2008
District Change Over Dinner	30 June 2008

A full list of events can be found in the District Directory.

LAST WORD

Merry Christmas