

ROTARY CLUB OF NAROOMA INC

BEACON

VOLUME - 55

EDITION - 28

DATE
14 FEBRUARY 2013

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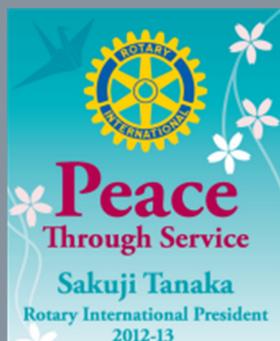
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APOLOGIES AND ADDITIONAL
GUESTS TO
JOHN RUNGEN THE TUESDAY
BEFORE THE MEETING ON
4476 5932 OR BY
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OR YOU WILL BE CHARGED
FOR YOUR MEAL.

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Tappings from Terry

Last Thursday we had our frequent visiting Rotarian Colin Holmes, and his wife Enid, our new visitor Mike Young from Broome, whom we hope will soon be one of our members, and also Brendan Wilson who will also be joining us.

Our Guest Speaker for the night was John Preston, who did a show and tell on weight lifting. We all know more about it now, and the ladies were assured that participating in the sport will not give them big muscles, but will strengthen their muscles and improve their appearance. John is enthusiastic about sharing his knowledge with others and has started a weight lifting club that meets twice a week in Bermagui, so far he has attracted 6 ladies and 2 men to receive instruction and train with him. Those who are interested in joining him can phone him on 64935887.

We had a message from the District that household items, surplus to our requirements, can be sent to Bundaberg to assist those who have lost everything in the recent floods there. The goods can be taken to Bay Removals in Batemans Bay, who have donated a container which they hope to fill and then will transport free to Bundaberg for distribution by the Salvation Army there.

A reminder that this week is a Board Meeting, all members are welcome to attend, it is your club and your input into our activities and aspirations is important, and helps us to have fun with Rotary.

Have fun in Rotary

Terry

[Procrastination is the art of keeping up with yesterday.](#)

[Don Marquis](#)

Read more at

[http://www.brainyquote.com/quotes/keywords/procrastination.html#xWEC3yvReQRXqkjB.99.](http://www.brainyquote.com/quotes/keywords/procrastination.html#xWEC3yvReQRXqkjB.99)

From Jack

MENTAL HEALTH MATTERS

This statement of the obvious is the name adopted by a not-for-profit association which provides support to carers of people suffering with mental illness. The association promotes the cause for funding and reform of the mental health system, and advocates for positive responses to the issues confronting mentally ill people.

This was brought to our attention last week by 3-minute speaker Diane Page. She would welcome expressions of support for their proposal to establish a care and recovery facility – “Our Place in the Eurobodalla” – to accommodate members of our community afflicted with mental illness.

Diane also told us about the Mental Health Forum to be conducted by Mental Health Matters in conjunction with the CWA on Saturday 23 March, 9.30am to 2.00pm, at the CWA Hall, Edward Road, Sunshine Bay. The forum aims to focus on care and recovery services and on homelessness, two areas in need of community and government intervention. Further information can be obtained from Pauline deGrave on 4474 4443.

Author and microcredit expert shares lessons in sustainability

By Arnold R. Grahl

Rotary News -- 8 February 2013

Years ago, Marilyn Fitzgerald learned valuable lessons about sustainability from an impoverished rice farmer in Indonesia.

Fitzgerald, a past-president of the Rotary Club of Traverse City, Michigan, USA, was visiting a community to which her club was sending money to enable the children to attend school. But the farmer she encountered didn't want money; he wanted a water buffalo.

The events that followed became the subject of her recently published book, "[If I Had a Water Buffalo](#)," and have shaped her thinking about sustainability, a key principle of The Rotary Foundation's [new grant model](#). Fitzgerald now shares those lessons with Rotary clubs she visits, which recently included the Rotary Club of Evanston Lighthouse, in Illinois, USA.

Water buffalo, piglets, and hens

Fitzgerald relates how she persuaded her family to give her money as a Christmas gift so she could buy the farmer a water buffalo. The result was that he was able to triple his crop yield, increase his income, and therefore send his children to school.

The next year, women in the village wanted 20 piglets to raise, breed, and sell. Then the children wanted hens so they could make and sell an egg snack popular in the area. Eventually, many community members increased their self-sufficiency.

“For less than US\$1,200, they were [able to send] their own children to school,” Fitzgerald says. By contrast, “I was up to a \$72,000 budget on the school project. I had never even asked them what they wanted.”

The most important thing any Rotarian can do to make a project sustainable, she says, is to listen. The local community has to be involved in all stages of a project, from identifying a need to coming up with a solution to implementing that solution.

“At the end of the day, they have to feel good about themselves,” Fitzgerald says. “They need to feel so good about themselves that they can go on with the effort themselves.”

She defines sustainability as the ability of a project to continue once the donations end.

“A lot of people tell me a project is sustainable because they have long-term donors or they have all these clubs involved,” she says. “But that’s not true. If the donors walk away, what happens to the project?”

Fitzgerald, a clinical psychologist, is a board member of the [Rotary Action Group for Microcredit](#) and serves as microcredit adviser and economic and community development coordinator for District 6290. She says she likes microfinance projects because a well-run program lets the beneficiaries come up with their own business plan, while Rotarians provide the capital and act as mentors.

What they really wanted was cell phones

During her Evanston appearance, Fitzgerald relayed another story, about visiting a village to pursue a sanitation project for her club, only to discover that the villagers really wanted cell phones.

“I thought, no way is my club going to go for cell phones.” But when she probed further, she discovered that the villagers wanted the phones so they could relay business decisions – such as what color fabric is really selling well – to their markets more than a day’s journey from the village.

“If we provide cell phones and [villagers] increase their income, then they can buy these other things,” says Fitzgerald. “We absolutely have to talk to our beneficiaries and ask them what they want. We need to educate them about the possibilities, then let them determine the solution that’s right for them.”

She says she used to believe that any charity was better than none, but she no longer feels that way.

“I believe we can cause great harm when we build programs that people become dependent on,” she says. “Charity robs people of choice, voice, and dignity

Some Humour

Genealogy Questions

Actual requests received by the Family History Department of the LDS Church. These are extracts from REAL letters:

- I would like to find out if I have any living relatives or dead relatives or ancestors in my family.
- He and his daughter are listed as not being born
- My Grandfather died at the age of 3

- We are sending you 5 children in a separate envelope
- The wife of #22 could not be found. Somebody suggested that she might have been stillborn – what do you think?
- I am mailing you my aunt and uncle and 3 of their children
- Enclosed please find my Grandmother. I have worked on her for 30 years without success.
- Now see what you can do. This family had 7 nephews that I am unable to find. If you know who they are, please add them to the list.
- We lost our Grandmother, will you please send us a copy?
- A 14-year-old boy wrote: “I do not want you to do my research for me. Will you please send me all of the material on the Welch line, in the US, England and Scotland countries? I will do the research.”
- Will you please send me the name of my first wife? I have forgotten her name.

Duty	7 February	14 February	21 February	28 February	7 March
Chair/Rotary History	Orit Karny-Winters	Rolf Gimmel	No	Ian Thomlinson	Laurelle Pacey
Cashier/Wheel	Chris O'Brien	George Barker	Meeting	Laurelle Pacey	John Messner
Invocation	George Barker	Rolf Gimmel		Angie Ulrchinsen	John Rungen
3 Minute Talk	Rolf Gimmel	Jack Wightman		Peter Bull	Charmaine White
Fines				Bob Aston	

If you cannot do your allocated duty please arrange a replacement then advise the editor

Date	Event
14 February	Board Meeting
20 February	Combined Meeting with RC Moruya to celebrate RI birthday. Peace theme
21 February	No Meeting
24 February	Narooma Rotary Markets – NATA Oval
28 February	Clr. Rob Pollock. Oncology Unit fundraising