



ROTARIAN
Life

Issue 34 – September 2008

Model
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celebrating fathers
& grandfathers



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ROTARIAN Life

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Our cover: Celebrating our masculine resources on Father's (and Grandfather's) Day

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model MENTORS

With Father's Day approaching, what better time to reflect on the valuable resource we have in our worldly and infinitely knowledgeable fathers and grandfathers.

[Words] Meagan Jones

ON the 7th September, millions of fathers and grandfathers across Australia will celebrate the joys of parenthood. Sadly, on this same day, statistics tell us that no less than five Australian men will take their own lives. Of the two thousand suicides that occur each year, eighty per cent are male. For the most part, leading up to this distressing period in their lives when they unfortunately feel they

must suffer in silence, they were healthy men in the prime of their lives. Yet for some, the pressures of life outweigh the joy of living it. What issues are men dealing with that could cause such a huge imbalance in suicide statistics? Perhaps, among other factors, it's that they don't realise the infinite worth and invaluable knowledge they possess, particularly as they reach grandfatherhood.

In 2006, the 2.2 million grandparents with grandchildren under the age of 15 were major providers of care for their grandchildren. In a 12 month period, 83 per cent of these grandparents had been babysitters for their grandchildren, 39 per cent provided school holiday care and 28 per cent regularly looked after their grandchildren while the children's parents were at work.

Dr Elizabeth Celi, consulting psychologist and author of *Regular Joe vs. Mr Invincible – The Battle for the True Man*, says we must recognise the valuable asset we have in our older men and harness their wisdom for the sake of our younger generations.

"I can't emphasise enough the importance of masculine mentoring, particularly for young boys, in being able to show them a strong, stable, masculine influence.

"We have a generation of men who have such life experience and so much insight that they may not have shared along their journey. By the time men reach grandfatherhood, they've been through the process of raising their own children, been through the pressures of providing for the family and have developed their own identity through life experience. They now have the freedom, the space and the confidence to share what they've learnt, what mistakes they may have made and how they see things might be done a little more easily.

"Being able to draw on that life experience is such a blessing and unfortunately it seems that everyone is so busy and we have so many complexities in this day and age, that we might forget what a valuable asset we have in this person in their 60s, 70s or 80s."

In societies of old, the role of 'mentoring' boys into manhood was taken on by the wider community. The survival of a race or tribe was dependent on the competence of its young men. Today, as the availability of suitable 'outside' male mentors in the form of male teachers and employee/apprentice relationships continues to decline, the importance of male mentors within the family is increasingly important.

"Because of the way society has changed, that environment where children would have naturally been around other male mentors unfortunately isn't there for young boys as much," says Dr Celi.

"Mentoring used to be something that was a natural part of our community. Young



boys and young men would have a lot more men around them, their father being one in particular, but then also other men in the community where activities that families engaged in involved young men being around other men and by the process of osmosis, they learnt about healthy masculinity and healthy manhood, which is essential for young boys and men.

“So it’s important to recognise, whether it’s you as a grandfather for your own grandchildren or as an older man in your community, that you can have a positive influence on the young people around you.

“For example, if your grandchild brings a friend home from school who is part of a single mother environment, perhaps you could invite that friend to come along on a fishing trip so that he is able to hang out with the boys and older men who can guide and teach him appropriately.”

Dr Celi says that through life experience, fathers and grandfathers are in a prime position to teach the younger generation about what it means to be an authentic healthy man. As the line between traditional

gender roles continues to blur, it has never been so important for young men to recognise and understand their own masculinity.

“The authentic man has the courage to be vulnerable and the strength to defend it if he needs to. He develops the ability to understand himself and be flexible and adaptable with how the generations and society have changed. That includes things like gender role identity changes, what it means to be a man in this day and age and also understanding how *he* is as a man.

“We have to recognise that with fathers, particularly if they’re the primary provider for the family, the act of going to work and providing for the family is a vehicle of nurturance in itself. It’s obviously different to the nurturance a mother offers, but it doesn’t make it any less valuable.”

Dr Celi says that throughout the fatherhood phase of life, men are really just ‘in it’; they want to look after the family, they want to provide protection and stability and security, as well as meet their career aspirations.

“So throughout the earlier times of life, as a worker, as a provider and as a father, they’re really doing it day to day, doing the best they can and learning and growing.

“Once they get to grandfatherhood, there’s that point where they can look back and reflect on it and enjoy their grandkids as a grandfather in that primary role and really see the growing up phase, perhaps seeing how their children are now parents and being able to impart some wisdom and life experience to their own children, if not other people’s children that might seek advice from them in the mentoring role.

“It’s such a beauty to watch and it would be a shame to have that quietly disappear because everyone is too busy to remember it’s there.”

On Tuesday 11 November, Dr Celi, Max Walker and the Rotary Club of Mt Martha, Victoria will lead a panel of speakers with discussion on the True Man. It will be an entertaining evening of information surrounding men’s health, manhood and fine tuning your performance psychology. To be kept informed, register your interest with Dr. Elizabeth Celi on info@qualityliving.com.au ■



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N.S.W. & A.C.T.

Berry Art Experience

Where: Berry School of Arts, Berry, NSW

When: 3-6 October

How much: Opening night \$25.00

This annual event run by the Rotary Club of Berry-Gerrington, showcases the work of Shoalhaven artists and craftsmen. The Experience kicks off on the Friday night with a gala opening including champagne, hors d'oeuvre and a distinctly French theme. The famous Berry Markets are close by on Sunday the 4th October.

P: 02 4464 2710

E: hartwell@bigpond.com

Port Macquarie Rotary Carnival of the Pines

Where: Various venues, Port Macquarie and district, NSW

When: 5-11 October

How much: Free entry to procession and crowning

Revived by Rotary last year after a break of 15 years, the carnival has been extended to a full week for 2008, with many community events throughout Port Macquarie and district, including the procession and king and queen crowning on 5 October.

P: 0434 860 680

E: heth30@bigpond.com

Applause Street Theatre and Buskers Festival

Where: Various venues, Albury, NSW

When: 18 October

How much: Free event

The Applause Festival brings entertainment to the people. There is no other form of artistic expression that is more diverse, action orientated, spontaneous or accessible. The world may be a stage, but Dean Street Albury is their audience, drawing, rewarding, reacting and applauding. There is not cost, the entertainment is free, but you will no doubt want to show your appreciation by contributing to the buskers' hats.

P: 02 6021 7776

W: www.alburycentral.com.au/applause

Canberra International Riesling Challenge – Public Tasting

Where: Hyatt Hotel, Canberra, ACT

When: 18 October

How much: \$20.00

Riesling is one of the classic white grape varieties of the world and its wine deserves its place as one of the exquisite pearls in the necklace of wines. The Canberra International Riesling Challenge is becoming one of the most important wine competitions in Australia. This is a unique opportunity to taste top Rieslings from all over the world. Check their website for full details.

P: 02 6161 4222

W: www.rieslingchallenge.com



Victoria

2008 Australian Motorcycle Grand Prix

Where: Phillip Island Grand Prix Circuit, Phillip Island

When: 3-5 October

How much: Adults from \$40.00

Phillip Island is Australia's home of motorcycle racing and host to perhaps the best round of the MotoGP World Championship each year. Located 120km southeast of Melbourne, it's been the picturesque setting of some of the hardest fought, most razor close battles seen in recent years. Complementing the on-track racing action is a host of entertainment and activities around the circuit.

W: <http://bikes.grandprix.com.au>

Melbourne International Arts Festival

Where: Various venues throughout Melbourne

When: 9-25 October

How much: Cost varies

Indulge in the cream of Australian and international cultural events. Melbourne International Arts Festival has an outstanding reputation for presenting unique international and Australian attractions in the fields of dance, theatre, music, opera, visual arts, free and outdoor events.

P: 03 9662 4242

W: www.melbournefestival.com.au

Awakenings 2008

Where: Various venues, Horsham, Western Victoria

When: 17-26 October

How much: Costs vary

Awakenings is much more than the only regional disability arts festival in Australia. This dynamic, inclusive event draws performers and participants from around Australia to the welcoming community of Horsham in Western Victoria for ten days every October. The festival welcomes and encompasses all levels of performance experience from grass roots to professional, featuring performing and visual arts that showcase the work of artists with disabilities. The event is supported by cash and in-kind sponsorship as well as volunteerism by both of the local Rotary clubs.

P: 03 5362 4058

W: www.awakeningsfestival.com.au

Wangaratta Festival of Jazz

Where: Various venues, Wangaratta

When: 30 October – 3 November

How much: From \$30.00

Groove along to high profile Australian jazz performers and international guests. The TAC Wangaratta Festival of Jazz is one of Australia's premier jazz festivals and takes place among the fine wine and food districts of sunny Wangaratta. The atmosphere is relaxed and casual and you can stroll from one venue to another.

P: 03 5722 1666

W: www.wangaratta-jazz.org.au



Queensland

Defence Force Air Show

Where: Amberley RAAF Base, Amberley

When: 4-5 October

How much: Adults \$15.00

The Air Show will be the largest military air display in Australia for the past decade. Featuring the roar and thrill of most of the ADF aircraft, warbirds and the sensational Singaporean and US Air Force fast jets, there will be ample free parking, food courts, practical displays and entertainment for the whole family throughout the day.

P: 07 5461 1835

W: www.raaf.gov.au/airshow

2008 Club Class Gliding Championships

Where: Kingaroy airport, Kingaroy

When: 5-17 October

How much: Free entry

The 2008 Club Class Gliding Championships will be held at Kingaroy airfield from 5-17 October. Visitors are welcome to view the glider launches (from around 11am – 1pm) and finishes (3.30pm – 5.30pm) each day. There is no admission fee. This year, the competition is being organised by a team of female pilots. Around 60 entries are expected from all over Australia as well as overseas. Glider flights can be arranged.

P: 07 4162 2191

W: www.kingaroygliding.com

Courier Mail/Sunday Mail Home & Design Show

Where: Brisbane Convention & Exhibition Centre, South Brisbane

When: 8-12 October

How much: Adults \$15.00

Whether you're building a new home or renovating your existing one, a visit to the Courier Mail/Sunday Mail Home & Design Show is a must. There are few places in Brisbane where you can shop for almost every item for your home in the one location. Save time, petrol and money by visiting the show and view the array of products and services on display. The exhibitors are committed, friendly, helpful and will offer you solutions and options to suit you, your home and your budget.

P: 07 3852 2600

W: www.organisersinternational.com.au

Gold Coast Indy 300

Where: Surfers Paradise, Gold Coast

When: 23-26 October

How much: Costs vary

It's a race, a party, an eye-ful and an ear-ful. The Indy Car Series will be racing on the Gold Coast, scorching through bends and screaming down the straights. The earth shaking thunder of V8 Supercars, laying it all on the line and 96 hours of on and off track entertainment in one of the world's most famous beach cities.

P: 07 5588 6800

W: www.indy.com.au



South Australia

Riverland Renaissance Festival

Where: Various locations, Murray River

When: 26 September – 19 October

How much: Costs vary

The Riverland Renaissance Festival is a celebration of the region's wine, food and the Murray River. The program offers a diverse range of activities to choose from. The majority of events are presented in spectacular locations on the Murray River, with a river cruises or a four-night trip on a paddlewheeler, plus wining and dining in five-star venues or open air events sheltered by marquees overlooking the river.

P: 08 8588 2289

W: www.riverlandwineandfood.org

Fiesta!

Where: Various venues on the Fleurieu Peninsula, McLaren Vale

When: 1-31 October

How much: Costs vary

Visitors are invited to taste their way across the four wine regions of the Fleurieu Peninsula. Region-wide events focus on new release wines, new season's extra virgin olive oil and new experiences in a host of culinary celebrations. The culinary explorer can learn how to make cheese, pickle olives and taste wines, meet the makers and growers and share trade secrets.

P: 08 8552 3013

W: www.fleurieufiesta.com.au

Lobethal Grand Carnival

Where: Lobethal, Charleston and surrounding areas, Lobethal

When: 11-12 October

How much: Free event

Racing and competition sports cars and motorcycles, predominantly of the 1938-1948 period, will once again take to Australia's greatest ever motor racing circuit – some 60 years after the last event in 1948 and a healthy 70 years after the inaugural South Australia GP in 1938. See up to 300 significant historic cars and motorcycles involved in controlled demonstrations over the entire length of the Lobethal circuit.

P: 08 8556 2560

W: www.lobethalgrandcarnival.com.au

Coonawarra Cabernet Celebrations and Barrel Series 12 Auction 2008

Where: Riddoch Highway, Coonawarra

When: 17-19 October

How much: Costs vary

The Coonawarra Vignerons celebrate Cabernet Sauvignon with over 30 events held over three days. The region is abuzz with live music, master classes, special dinners, vineyard tours and tastings and culminates in the Barrel Series Auction where the finest barrels of Cabernet Sauvignon from the previous year's vintage are auctioned.

P: 08 8737 2392

W: www.coonawarra.org



Western Australia

Commemorating 40 Years

Where: Meckering, Central Wheatbelt

When: 4 October

How much: Free event, train ticket fares booked through PTA

Commemorating 40 years since the earthquake (6.9 Richter scale) that demolished the town of Meckering in October 1968, enjoy complimentary morning teas, the official opening of Memorial Rose Garden, primary school children's choir, guest speakers and bus tours of the sites. Lunch and dinner can be purchased at the Sporting Club (RSVP for catering purposes by 1 September). Return to Perth that day on the train or stay the night and be entertained by local Band 3 Bob and dance the night away. Return on *Prospector* the following day.

P: 08 9625 1325

W: meckeringearthquake.net

Spring in the Valley

Where: Various wineries, Guildford

When: 11-12 October

How much: Costs vary

Spring in the Valley is a great opportunity to explore the Swan Valley and see what is on offer on Perth's doorstep. Attracting more than 50,000 people last year, Spring in the Valley is now in its 20th year and is one of Australia's largest food and wine festivals, drawing visitors from all over the country.

P: 08 9379 9400

W: www.swanvalley.co.au

York Jazz and Soul Festival

Where: Peace Park, York

When: 18-19 October

How much: Adult weekend passes \$195.00

The unmistakable atmosphere of heritage and pioneer spirit in the buildings and streets of York are completely energised with all things jazz! The air is a delightful jumble of incredible music, the smell of gourmet food and the chatter and hum of happy people. This is what York Jazz Festival was always about and in October 2008 this is the very least you can expect!

P: 08 6210 2800

W: www.yorkjazz.com.au

British Auto Classic 2008

Where: Waroona Town Oval, Waroona

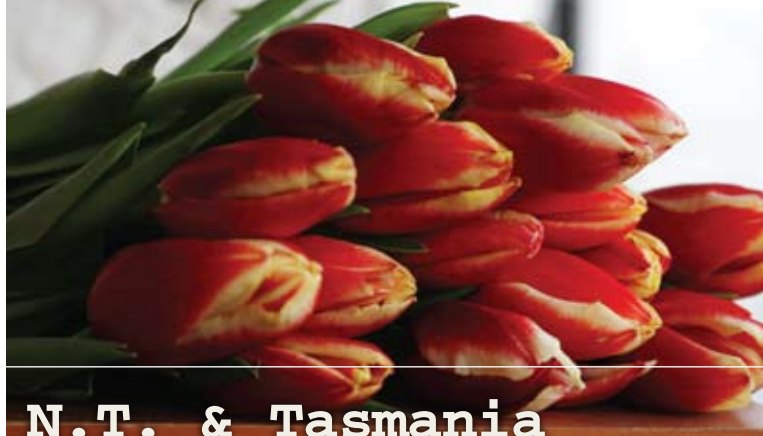
When: 26 October

How much: Free entry

With a huge display of classic vehicles (around 5,000 are expected) on show, the central feature will be a display to celebrate the 60th anniversary of the Morris Minor. Alongside all these fine examples of British motoring history, there will also be a giant craft and produce market with a wide range of products.

P: 08 9586 1010

W: www.eventassist.org.au



N.T. & Tasmania

DesArt in the Park

Where: Alice Springs Desert Park, Alice Springs, NT

When: 3 October

How much: Free entry

Enjoy a unique experience in the form of an Indigenous art market at the Alice Springs Desert Park. The event will host approximately ten art centres affiliated with DesArt, displaying and selling their works. Art and craft items for sale will be capped at \$200.00 making it an affordable night. The night will include entertainment for the whole family and sumptuous food will be available during the evening.

P: 08 8951 8788

W: www.alicespringsdesertpark.com.au

Barkly Campdraft and Rodeo

Where: Jubilee Park, Tennant Creek, NT

When: 3-5 October

How much: TBA

The Barkly Campdraft and Rodeo is a chance to see cowboys doing what they do best. Activities include bull and bronco riding, barrel racing, the stockman's challenge and an assortment of campdraft events. Full bar, catering and camping facilities are available. Dance the night away with live entertainment on Friday night.

P: 1800 500 879

W: www.barklytourism.com.au

Spring Tulip Festival

Where: Royal Tasmanian Botanical Gardens, Hobart, TAS

When: 4-5 October

How much: Adults \$10.00

Enjoy a weekend of music, dance, fun and of course tulips at Southern Tasmania's major spring celebration. The festival offers many diverse food stalls, with options including traditional Dutch treats plus Swiss, Indian, Chilean, German and Asian foods, as well as contemporary Tasmanian produce. Good coffee, local wines, healthy and tasty salads, home-made cordials, ice creams and other desserts ensure plenty of choices for festival goers.

P: 03 6236 3058

W: www.rtbg.tas.gov.au

Oatlands Spring Festival

Where: High Street & Callington Park, Oatlands, TAS

When: 19 October

How much: Free event

Dress in Period Costume from the 1820s to 1960s and enjoy a fantastic day full of entertainment and activities. Live entertainment includes maypole dancing, Rakish Paddy, Morris dancers, musical performances and market stalls along the main street. Various food vendors and outlets will offer a great selection of food including the Rotary BBQ.

P: 03 6254 1212

E: tourism@southernmidlands.tas.gov.au



New Zealand

Otago Festival of the Arts

Where: Various venues, Dunedin

When: 3-12 October

How much: Costs vary

Celebrating a decade of indulgence in international and New Zealand performing arts, the fifth Otago Festival of the Arts features the excellent and the extraordinary in its flamboyant and impressive program of music, opera, dance, theatre and literary performances. A total of 42 individual events will be on offer over ten days.

P: 03 4777 600

W: www.otagofestival.co.nz

Kaikoura Seafest

Where: Takahanga Domain, Kaikoura

When: 4 October

How much: Costs vary

Now recognised as one of New Zealand's premier festivals, Kaikoura Seafest has grown from humble beginnings to being one of the major highlights on the national and international festival circuit. Top entertainment will have you dancing the day away, complemented by divine cooking, seafood that melts in your mouth and wines that are recognised as some of the best New Zealand has to offer.

P: 03 3195 641

W: www.seafest.co.nz

The Phantom of the Opera

Where: The Civic – The Edge, Auckland

When: 14 October – 2 November

How much: Adults from \$79.90

Andrew Lloyd Webber's masterpiece has been seen by more than 80 million people. Audiences have taken it to their hearts and the production is still a truly magnificent spectacle. As the longest running musical on Broadway, *The Phantom of the Opera* recently celebrated 21 years and has won more than 50 major theatre awards including seven Tony Awards.

P: 06 8784 583

TF: 0800 289842

W: www.thephantomoftheopera.co.nz

ASB JazzFest Queenstown

Where: Various venues, Queenstown

When: 18-27 October

How much: Costs vary

Over nine days, more than 100 musicians from all parts of the world descend on the magic resort town of Queenstown to share their love and talent for music. The Festival offers something for everyone, including free workshops from leading jazz exponents, themed events, ticketed concerts and loads of free gigs.

P: 03 4427 061

W: www.asbjazzfest.co.nz



Pacific Islands

International Orchid Spectacular

Where: Papua New Guinea

When: 4-5 October

Papua New Guinea has over 3,000 known species of orchids and countless unknown species yet to be discovered. Visitors will be dazzled by the spectacular array of orchids from all over the world. Papua New Guinea's most colourful and unique orchids will of course dominate the show. There will be everything for the avid orchid collector, researcher, gardener or anyone just out to experience the atmosphere. There will be colourful orchid displays, potting demonstrations, orchid plant sales, orchid accessories and orchid cut flowers. Orchid calendars and books will also be on sale. Visitors can visit the unique gardens with its birds and the fish pond filled with large barramundi.

P: (675) 320 0211

W: www.pngtourism.org.pg

Club Raro Cook Islands Squash Open

Where: Club Raro, Cook Islands

When: 10-16 October

Get ready for some of the hottest squash action in the South Pacific! You need to make sure you and your teams arrive by 10 October. It may be possible to arrive on the Saturday, but you would arrive and play the same day and that may not be comfortable. You will need all the time you can to truly discover this special place and to acclimatise to island pace. The courts will be open from 6.30pm for you to check the draw, have a social game and meet the locals. Entry fees must be received by 6 October to guarantee your entry.

P: 682 23026

E: events@dmck.co.ck

20th Norfolk Island Scrabble Festival

Where: Norfolk Island

When: 11-19 October

It's going to be an exciting week! Be part of the festival and spoil yourself with a holiday on beautiful Norfolk Island. Special packages are available through The Travel Centre.

P: 1800 1400 66 (Australia)

P: 0800 0088 10 (New Zealand)

E: debbie@travelcentre.nf

Hawaiki Nui Va'a 2008

Where: Leeward Islands, Tahiti

When: 29-31 October

The Hawaiki Nui Va'a is the newest edition of this very important va'a competition in Polynesia and in the world. While last year the Hawaiians tried to compete with the best Polynesians, they fell short. Maybe this is time for revenge? But nothing is less sure. With over 100 canoes at the start between Huahine, Raiatea and Bora Bora and a legendary finish line on Matira Beach, the race will be followed by over 10,000 spectators who take a full week's vacation for the occasion.

W: www.tahiti-tourisme.com



PAULINE

GROGAN A masterful storyteller, Pauline Grogan's passion and sense of inner peace are evident from the moment she answers the phone. From nun, to mum, to teacher, to celebrant, to speaker and now first-time actress, this ordinary woman with an extraordinary story takes to the stage to share her life journey and the story of the man who inspired it in the one-woman show, *500 Letters*.

[Interview] Meagan Jones

What inspired you to take to the stage for the first time at age 60?

Basically I met a man at a time when my little girl was ten and had a massive brain haemorrhage that caused a stroke. I was just bewildered to have this child who could no longer walk or speak and everything changed. Seemingly by chance, I met this man who lived for 44 years in Tauranga Hospital, totally paralysed, highly intelligent and unable to move any part of his body, and I had some sort of connection with him. I used to go and just sit beside him and sitting there, I began to see a lot of pretence and facade in my life. In the silence, because he couldn't talk very much, I began to find strength to cope with what life was throwing at me.

One day I said to him, 'I want to tell your story to the world'. He just laughed and said, 'Nooothing tooo tell!'. He died a few weeks later.

When I got to the funeral, all these people were there and I thought, 'But this guy did nothing for 44 years'. I mean he just lay in a bed. And so I put a press release in the paper asking if there was anyone out there whose life had been touched by James Lynch. Over a hundred people wrote to me. So I interviewed them all, produced a little book to tell his story and then I thought,

'Well that's it, I've told his story, he's a great inspiration'. Then one day I was speaking to a group in Christchurch and this man came up to me and said, 'Pauline this story has to be a play'. I said, 'Oh really, what sort of a play?' He said 'A one-woman theatre play'. I said, 'Oh, who would act that?' He said, 'Well you would'. I said, 'No, I've never been on the stage in my life, I don't know the first thing about acting,' and he said, 'No, only you could do it because that's authentic'.

And so began this amazing story. In some ways I felt like I had spent my whole life in the wrong profession, but now I can see that I had to live through my life in order to get onto the stage.

Where did the title *500 Letters* come from?

On Easter Sunday 2001, I was visiting James and he was very unhappy. They hospital had restructured and I don't believe they had considered that this man had been lying in the same position for 44 years. So, at 84, they moved him. I was trying to cheer him up and noticed that in the moving there was an old bag sticking out from underneath this new bed position. I said, 'Oh, are you going somewhere? What's in that old bag James?' He said, 'Ooopen iiiitt'. I opened it and there were over 500 letters in it.

I discovered that, throughout the 44 years, people would write him letters and the nurses would stick them on the wall, or rather on the curtain, because he was just in a cubical, and then when they were old, they would pop them into this old bag.

I said, 'James, do all these people confide in you? I thought I was your only friend!' How naive! So when the time came to choose a name for the play, I said well *500 Letters*, that's what I found.

The wonderful thing is that this man, whose life was so useless in the eyes of the world, is touching hundreds of hearts and empowering people today in whatever challenges they face. So it's actually everybody's story. That's what I've realised. Although it's my life, if you like, with him, it's actually a universal story of ups and downs and how we face them.

James could barely talk, what made him so inspiring?

James' story is that he was on a school field trip to Tauranga Harbour when he was 14. They all went down to this ship and he saw a door that had the label 'Gun Room' on it. He opened the door and went in and at that minute a sailor in the room picked up a live cable and began to shake because he was being electrocuted. James ran up and

grabbed him and tried to pull him away, but of course he couldn't. His nervous system was damaged forever from that moment.

Family and others looked after him, but by the time he turned 40, everybody that cared about him had died.

Nobody knew what to do with this man who was just like a block of concrete, except that he was intelligent, so they just said, 'We'll stick him in the geriatric ward and he'll die soon'. But he lay there for 44 years.

When I interviewed all these people, they all said that it was his presence. He had a presence about him that was calm and serene and when you were with him, you were the only person in the world that mattered.

When I went to see him to tell him that I was terrified of publishing my life story, because I was going to talk about sexual abuse by a priest when I was a nun, the old man just lay there and listened. I was crying and I said 'I don't know what to do, I'm scared'. He said, 'Telllll thesee truuuth'. I said, 'What? I can't tell the truth'. I was terrified about the reactions of the Catholic Church and my family. He just repeated, 'Telllll thesee truuuth'.

When the book was published, nothing could have prepared me for the condemnation and criticism, because I was the first person to ever openly speak about sexual abuse to a nun by a priest in New Zealand. And of course, 12 years ago, nobody would believe me. I was condemned in newspapers, on the radio, television, everywhere. But then people began to contact me and say, 'Pauline everything you wrote in your book happened to me'.

The man in my particular case was an Australian priest, a most wonderful, wonderful, highly respected, intelligent man with tremendous charisma and highly sought after, so nobody would believe it. James became like my still point and I would just go into his cubical and sit there and hold his hand and cry and I always felt totally loved and accepted and believed.

What was the greatest lesson that James taught you?

To thine own self be true. To stop being worried about what other people think, to stop trying to please other people, to stop wanting to be liked and to say, 'Pauline

what do you believe? What is your life about? What do you want to do in your life? Should you be staying in this marriage that you're in? Should you be mixing with these people who are always so negative? Should you be teaching all the time, you've been teaching for 30 years, why don't you go and do something else? Find your own inner strength and be true to yourself'.

And so I did. I went off and became a marriage and funeral celebrant and then I decided I wanted to be a speaker and just tell true stories that showed how I wasn't true to myself.

The publication of my book, *Beyond the Veil*, was a huge catalyst. The whole of society was condemning me and I had to stand up and say, 'This is the truth and I will stand alone'. James gave me the space to be in the silence of his cubical and gain the courage to do that. And now when I speak, people just weep, because it's their story. They laugh and they cry and it's just magic because we're all the same, we're all trying to find out how to be true to ourselves.

Do you still retain your faith in the church after the abuse you suffered?

I don't put labels on myself such as I am a Catholic or I am not a Catholic. I have a very strong sense of spirituality and nature and life. I no longer believe we can judge other people, because we don't know what's happened in other peoples' lives. Judging and condemning and screaming and shouting and trying to get retribution; I don't believe that's the answer. I think it's about loving, even though you've been so hurt and I don't think that's easy. In fact I know it's not.

What is your peace now and how did you find it?

My peace now is an inner serenity and a calm that I never had before. It's almost like I'm observing my own life and things that unfold each day as opposed to reacting. I honestly feel now that for 56 years I reacted. It was all drama and reactive stuff. Now when things happen, and they do, it's like, 'this has happened, it's shattering, it's tragic, I'm heartbroken, but it's happened'. In order for me to cope with it I need to go and sit in nature somewhere, go to the seaside, sit among the trees, listen to my favourite music, be still. Of course I still get

reactive at times and I get upset, but more and more I'm becoming an observer of my own reactions.

Is that stillness something James taught you?

Definitely. Absolutely definitely. Stillness and being gentle with myself and being happy with who I am right now. I think that is a huge thing for all of us. We are constantly comparing. There's a wonderful quote that is attributed to Buddha; 'What we are today comes from our thoughts of yesterday, our present thoughts build our life of tomorrow, your life is the creation of your mind'. In other words, if I'm all uptight and agitated today, I will take that into tomorrow, where as if I'm calm and serene and say, 'Pauline, this is who you are; not only are you a 63 year old who walks with a limp and has gone grey and who is noticing age, but you are this type of person and just accept who you are' ... don't try to be what you're not, which I did for years.

I recently saw *The Diving Bell and the Butterfly*, James' story sounds quite similar, have you seen it?

Yes, when James was still alive I came across that book when it first came out and it moved me deeply because I was so distraught about my little girl being paralysed and having no speech. When I read that, it gave me a whole new dimension. So I used that a lot in my early talks, again about looking beyond what you see, looking beyond how James looked so awful, looking beyond how Bauby looked so awful in *The Diving Bell and the Butterfly* and seeing what was underneath. So it's been a huge inspiration to me. About three weeks ago, my daughter and I went to see it together and it was a very special moment for both of us.

Now, because of her own journey, she's the most extraordinary young woman. She's a respected and sort after clinical psychologist and cycles every day. She's just an amazing young woman who's overcome all those obstacles.

'500 Letters' is touring the North Island of New Zealand from 13 September to 23 November. For more information visit www.paulinegrogan.co.nz ■

The Woman Next to the Man

Getting to Know Young Ja, wife of Rotary International President 'DK' Lee

[Words] Philip Archer and Barbara Adams

GLOBAL travel, high level meetings, speech preparation and delivery, entertaining, diplomatic engagements, Rotary leadership, business management, family time – these have been constants in Rotary International President 'DK' Lee's life for many years and will be even more so as his year at the helm of Rotary International begins. Quietly yet efficiently supporting his hectic schedule is Young Ja, a genteel, highly intelligent woman devoted to her family.

Young, as she prefers to be called, met 'DK' as a student and soon after completing her Applied Fine Arts degree; they married in 1968. Putting aside her own career, Young immersed herself in supporting 'DK' while he managed the family's textile business.

Living in a large home in the centre of Seoul, Young became actively involved in managing the household affairs. With 'DK's' grandmother, mother, father and extended family sharing the same home and with the birth of her own children (two sons, two daughters and now five grandchildren), Young was certainly never idle.

At the same time, the family textile business was flourishing. Their own fashion label was launched and international contacts were developed through sourcing machinery from Italy. Such was 'DK's' success in business, he was appointed Honorary Counsel for Italy.

As 'DK' continued to develop his business, government and diplomatic relationships ('DK' has a particularly close relationship with Ban Ki-Moon, the UN Secretary-General), he became increasingly involved with Rotary International. This meant Young had the opportunity to support not only his business interests, but also 'DK's' humanitarian efforts.

As 'DK's' presence on the world stage gathered momentum, he recognised the need to improve his English to ensure his message would be well understood. He still spends two hours everyday studying the language and recording his presentations to improve his pronunciation in the strong belief that mastering the nuances of the English language will ensure the clarity and meaning of his messages. Young has been his 'sounding board' during these sessions and has also been able to develop her language skills; English being her second language and Japanese her third.

With Rotary becoming a greater part of their lives, Young has been taken with the plight of children in the world, especially learning that research has revealed that up to 30,000 children die every day around the globe from preventable causes. The time she and 'DK' have spent in India and Africa, particularly, has touched her deeply and highlighted the contrasts between those who have and those who have not. Staying at a six star hotel where nearby children were living on the streets and having to beg brought this



into stark focus for both Young and 'DK' – the result being Rotary International's theme for this year; 'Make Dreams Real.'

Young is looking forward to the busy year ahead with Rotary. She enjoyed her recent trip to Australia to attend the Membership Conference in Canberra and functions in Melbourne, remarking how free Australians are to go about their everyday lives without the high level of security so visible in other countries. She is in awe of our wide open spaces, our bird and animal life and our wonderful works of art in the National Gallery of Australia, giving enthusiastic mention to Tom Roberts' *In a corner on the Macintyre* painted in 1895. She also made mention of our low level of pollution. Coming from a city of twelve million people where pollution means cleaning the house everyday, she could not help but think how truly lucky we are in Australia. Young was also deeply moved when visiting the War Memorial – the poignancy of the statue of the *Unknown Soldier* made her reflect heavily on the sacrifice Australians made while serving in Korea.

It is obvious when talking to Young that she is very proud of her family and devoted to 'DK' and his work. She is a remarkable mother and nurturer who has tirelessly supported the needs and interests of a very large family, putting aside her own career.

When asked about time for herself, she says she loves to play golf – but it would seem this is more for the opportunity of experiencing the serenity that comes with walking the magnificent mountainous courses of South Korea where Young has time to appreciate the beauty of the botanical garden settings and, more importantly, the peace it brings her. ■



THERE are fears Santa may not be coming to town this year unless more Santa-like characters sign up in the next few weeks to help spread some silly season cheer.

Every year, thousands of children visit local shopping centres and department stores to share their wish list with Santa Claus, but official Santa recruitment specialists Westaff say more Santas are needed now if they're to fill all the Christmas orders.

"For many children, Christmas wouldn't be the same without a visit to Santa in-store, so it's vital we find and train more Santas in time for the Christmas rush," says Westaff National Promotions Manager, Sari Hegarty.

"We've made a list and checked it twice, we've got approximately 500 Santas on our books nationally, but we always need more. The last thing we want is disappointed children at Christmas time."

Renowned as the jolliest job in the world, Westaff is appealing to people of all backgrounds to don a Santa suit this Christmas.

"Santas are required to work in shopping centres or department stores from mid-November to Christmas Eve, with training in October, which also involves police checks," says Ms Hegarty.

"The Santa gig is a great opportunity to earn some extra Christmas cash, particularly for retirees as the earnings

can be in addition to the Centrelink Age Pension*."

Westaff have been placing Santas in retailers such as Myer, David Jones and the majority of shopping centres since 1964 and want to ensure there are enough jolly ol' fellows in time for this Christmas.

Westaff provide quality costumes and accessories to ensure Santas are comfortable during summer and offer pay rates well above award as well as a lucrative bonus scheme.

For more information Call Westaff on 1800 753 390.

*The affect on the Centrelink Age Pension may be dependent on individual annual income. ■

What is involved with being a Santa

- Make Children HAPPY
- Play the role at shopping centres in your local area
- Minimum pay of \$22.00 per hour
- Full training in October
- All applicants are required to undergo police and working with children checks

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D-ficient

Has 'Slip, Slop, Slap' caused a 'Slump' in vitamin D levels among Kiwis and Aussies?

[Words] Dr David Bird MBChB, Dip Clinical Nutrition, FRACGP, FACNEM. Lifestyle Consultant at Highwood Health Retreat.

WE get Vitamin D from the exposure of our skin to sunshine. We do not get significant levels from food unless we are including cod-liver oil as a food item.

It appears that Vitamin D levels have slumped in Australia and New Zealand. Both countries have been very active in promoting the 'don't burn in the sun' message, which is good, but in some cases, this campaign may have been at the expense of healthy levels of sun exposure.

Many people are aware that vitamin D is important for the absorption of calcium and that deficiency can lead to thin bones (osteoporosis) or soft bones (rickets). Low vitamin D also leads to muscle weakness and an associated increase in the risk of falling over. Recent research has highlighted the fact that low vitamin D levels can also impact on other areas of our health. It appears to increase the risk of cancer of the stomach, colon, liver, pancreas, lung, breast, prostate, bladder and kidney and appears to increase the risk of heart disease, high blood pressure, auto-immune diseases and type II diabetes.

So what can we do to get enough vitamin D? Our options are really limited to three things: sunshine, special saunas that use ultraviolet B radiation and oral supplements of D3.

If you live in a cold place, it is not really wise to try sunbathing in wintertime as it is easy to catch a chill. You could head to a more tropical zone or you could buy an expensive sauna, but the most economical method for most of us is a supplement. I take 25mcg (1000iu) of vitamin D at bedtime. I would recommend this dose for most adults during non-daylight saving time. By the way, if you have trouble sleeping, Vitamin D might be the answer. It improves sleep in most people when taken last thing at night.

Visit www.naturalhealthretreat.com.au ■

A Booming Gap

Workplace crisis as Baby Boomers begin to retire

[Words] Eva Bennett, author of *So What do We Do Now?*



RECENT media articles have drawn attention to the demographic shifts that will have a huge impact on the workplace as more and more Baby Boomers retire over the next 15 years. Because the true impact of this process is not being felt yet, many businesses are complacent about the shortage of skilled workers in the years to come. What is adding to this crisis is the fact that there are fewer younger people ready to fill the shoes of the retiring Baby Boomers.

Some companies are already implementing flexible strategies to keep Baby Boomers in the workforce so they don't lose their experience and knowledge. However, there are companies that still have the view that once an employee reaches 55, they have reached their use-by date, and should take their payout and resign. Recent surveys show that less than 20 per cent of organisations have a strategy in place to manage the mature-age workforce.

Baby Boomers have a longer life expectancy, which means they can spend 30 years in retirement compared to five or six years a couple of generations ago. They will be working longer to build up their income to live longer. The ideal way to ease into retirement, stay healthy and enjoy retirement, is to have the option to keep working with a more flexible structure. A study in the US found that 76 per cent of mature workers said flexible work was essential if they were to be retained longer.

This way you can start doing other things you have wanted to do. Becoming a consultant is a wonderful way to keep feeling valued for your expertise. This becomes a win-win situation for everyone involved:

- The company is not losing expertise that would be costly to replace
- The soon-to-retire employee still feels valued.
- Productivity is successfully maintained

Companies who are interested in finding out more about my corporate 'life planning seminars' for pre-retirees can email ebennett@ebec.com.au Details about my book, 'So What Do We Do Now? The Baby Boomers' Guide to Enjoying Retirement' can be found at www.ebec.com.au ■

A Base to Rally From?

[Words] Market comment by Michael Heffernan

DESPITE continued wild volatility in the Australian and offshore stock markets, including another sell off in bank shares, it appears we are trying to form a base from which the market will either stage a rally or be sold off further if more negative news emerges from the US, Europe, Asia or Australia.

August and September are important as they are the months most companies report profits and comment on trading conditions. The longer the S&P ASX 200 (the market) can consolidate around the 5,000 level, the more certain a recovery can occur, but there are a few hurdles still to be cleared, particularly the poor state of offshore economies such as the US and in Europe.

And while it is early days yet, as July ran into August we saw a return of investors after a three-month absence from the market. This follows a rally in US markets in response to the introduction of measures to shore up banks, insurance companies and mortgage lenders, including putting restrictions on short selling in the major banks and financiers, coupled with some positive news from some non-financial companies. This does not mean analysts are confident the worst is over, for the US economy is in a fragile state.

While our market will continue to react to good or bad news from offshore markets, investors have been attracted to our major companies, given that they are generally in good financial



shape, well managed and selling on value investment fundamentals. Many of our companies must be considered targets and there is a belief takeover activity will increase significantly if the Federal Government decides it will allow BHP to bid for RIO, Westpac to merge with St George and BG to buy Origin. The 1974 bear market saw a frenzy of takeover activity which helped to turn the market around.

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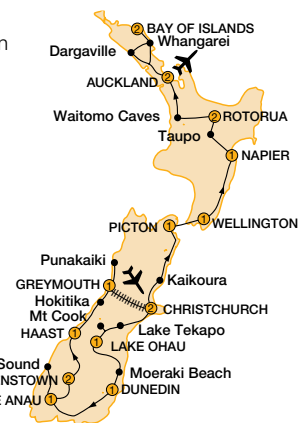
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Asparagus

ASPARAGUS has been used from very early times as a vegetable and medicine owing to its delicate flavour and diuretic properties. There is a recipe for cooking asparagus in the oldest surviving book of recipes, Apicius's third century AD *De re coquinaria*, Book III. It was cultivated by the ancient Egyptians, Greeks and Romans, who ate it fresh when in season and dried the vegetable for use in winter.



The spears we buy are actually the shoots from an underground crown. It takes up to three years for crowns to develop enough to begin producing shoots, but once they do, they can produce for up to 20 years.

A member of the lily family, asparagus is one of the few vegetables in Australia with a distinct season – August to January. The most popular asparagus crop is green, with small supplies of purple and white asparagus available around October.

Good bits: Just one cup of asparagus supplies 263mcg of folate, which is more than half the daily requirement for pregnant women. Asparagus is a very good source of potassium (288mg per cup) and quite low in sodium (19.8mg per cup), making it good for your heart. Asparagus also contains a special carbohydrate called inulin that we don't digest, but the health-promoting friendly bacteria in our large intestine do. When our diet contains good amounts of inulin, the growth and activity of this friendly bacteria increases. Also fibre, vitamin C, vitamin A, B vitamins and manganese. 100kg per 100gm.

Buying tips: Look for brightly coloured, straight spears with tightly closed tips and thorns. The diameter of the spear bears no relationship to tenderness. Spears should be at least two thirds green.

Storage tricks: Trim 1cm off the base, stand in a container filled with 1cm of water, cover with a plastic bag and refrigerate. Use within 4-5 days.

Loves: Breadcrumbs, chicken, garlic, ham, lemon, mayonnaise, mustard, parsley, pasta, pepper, prawns, parmesan, risotto, smoked fish and veal. ■

savour it

Salmon & Asparagus Pasta

- 1 bunch asparagus, trimmed and cut into 1 inch pieces
- 225g spaghetti or linguini
- 1½ tbsp butter
- ½ cup heavy cream
- 2 tbsp parmesan cheese, grated
- ¼ tsp lemon pepper
- baked garlic salmon, broken into small pieces
- sea salt & freshly cracked black pepper

Bring a large pot of water to the boil. Add cut asparagus and cook until tender but firm, 1-3 minutes. Scoop out the asparagus and put in an ice bath to stop the cooking process. Add pasta to pot of boiling water and cook until al dente. Drain.

Meanwhile, melt butter in a heavy based frypan, add asparagus and toss just to coat.

Add heavy cream and lemon pepper. Heat until cream begins to

thicken. Add pasta, salmon, parmesan cheese, sea salt and freshly cracked black pepper to taste. Toss and serve hot.

Baked Garlic Salmon

- 300g salmon fillet
- 2 medium cloves garlic, minced
- ½ tsp parsley
- sea salt & freshly cracked black pepper

Preheat oven to 220 degrees. Line a baking tray with baking paper, spray with olive oil spray and place salmon skin side down. Season salmon liberally with salt and black pepper. Add parsley and minced garlic. Bake 10-12 minutes or until flaky. ■





Also in September

Fruit

- Apples (granny smith, pink lady)
- Avocados
- Grapefruit
- Oranges (blood, navel)
- Pawpaw
- Papaya
- Pineapples
- Rockmelons
- Strawberries

Vegetables

- Beans (broad, green, Italian flat, wing)
- Beetroot
- Bok Choy
- Broccoli
- Chillies
- Choy Sum
- Fennel
- Onions (green, spring)
- Peas (green, snow, sugar snap)
- Silverbeet
- Spinach
- Sweet Potatoes
- Zucchini



WE had a party recently and omitted to invite a couple of friends. Just one of those things where you think you have everything covered, but don't. Then, after an arduous trip to the supermarket, I realised I'd omitted the yoghurt for the evening's curry, a crime punishable by death by stoning-ware. Then, when furnishing my tax return I 'accidentally' omitted income from a big cash job and my secret account in Liechtenstein, but if it's okay for a shopping centre magnate, why should I be disadvantaged?

So do I fear the backlash of friends, family and the ATO inquisition? No way. Not now that we have Omissions Trading. This is where, if you omit something, you simply pay an omissions trader and they will do something nice to offset your inconsiderate behaviour. Best thing this government has done since removing the previous one, who themselves omitted quite a lot of things!

Of course it's not going to stop people omitting stuff, indeed it will probably make matters worse, especially with Serial Omitter Permits. So it's a trifle unfair and the worst omitters get off scot-free, but the rest of us can assuage our omissions guilt just by paying someone to offset it.

For instance, this was to be a column on the first wines of 2008, but I omitted to put it in my diary and now the year is half over, consequently relegating the topic to the 'so what' bin. Thank goodness for omissions trading. Here are a few offerings to offset my omission:

Tulloch Semillon Sauvignon Blanc 2008 [\$18.00]

The first SSB of the new season was splendid with just the right amount of fruit, frown and fun for an after-work tippie. **8.5/10**

Mistletoe Verdelho 2008 [\$18.00]

The frizz and fizz of fresh wine abounds! And with all the good things and none of the bad of Sav Blanc, could this be the shape of a new trend? **8.8/10**

Tidswell Heathfield Ridge Sauvignon Blanc 2008 [\$19.50]

Heathfield, Heathfield, it's me, Kathy, come home and pour me a Sav Blanc. **8.1/10**

O'Leary Walker Adelaide Hills Sauvignon Blanc 2008 [\$18.50]

It can be hard sometimes to drink Sav Blanc during winter, but not often. **8.3/10**

Angove's Nine Vines Pinot Grigio 2008 [\$14.00]

Fast out of the blocks and surprisingly spiffy at that. **8/10**

Cargo Road Sauvignon Blanc 2008 [\$22.00]

Judging by the label, this is aimed at people with Rolls Royces who like to picnic, or anyone who likes such a concept. **8.4/10** ■

Red Hot Summer

As the temperature heats up, so does the garden.

IN 1492, Christopher Columbus was trying to find a faster route to India to collect black peppercorns (which grow on a tropical vine) when, miscalculating the circumference of the Earth, he landed in America. Here he came across an equally hot spice – the chilli.

By the seventeenth century, chillies had spread right around the globe and these days it's hard to envisage many iconic regional dishes without chillies to add an integral part of their flavour.

Of course the best way to have fresh chillies on hand is to grow your own. A few pots will usually be sufficient for the average family.

Chillies are in the same family as tomatoes and grow in identical conditions. Like tomatoes, chilli seeds can be sown into outdoor pots or garden beds as soon as the weather is consistently warm or, in cold areas, can be germinated in punnets on a bright windowsill.

Yates has two chilli varieties in its seed range. Long Red Cayenne has finger-shaped fruit that change from green to red and become hotter as they mature. Burke's Backyard Thai Chilli has slightly shorter fruit that change in colour from green to cream, purple and red as they age. While specifically bred for Asian cookery, there's no reason why they can't be used in dishes from any part of the world.

After germination, when the weather's warm and the chilli seedlings are big enough to transplant, move them into pots filled with good quality potting mix. Yates Professional mix would be ideal for this purpose. It comes complete with plenty of fertiliser and has added water crystals to help prevent the plants from drying out. Water gently while the young plants are establishing and make sure excess moisture can drain freely.

Feed every couple of weeks with Thrive Soluble Plant Food. Because this is applied in a liquid form, it gets straight into the plants and helps them grow as quickly as possible. Keep the pot in a sunny spot but make sure it doesn't 'cook'. As summer heats up it can be a good idea to move the pot into a spot that's lightly shaded through the middle of the day.

Happy chilli plants will last for more than one season. Move the pots into a protected spot for winter and trim them back in spring. Repot into fresh potting mix or at the very least sprinkle some long-lasting Acticote plant food onto the mix.

Information supplied by Yates ■

THE DIVING BELL AND THE BUTTERFLY

Now available on DVD

The Diving Bell and the Butterfly is the remarkable true story of Jean-Dominique Bauby, a successful and charismatic editor-in-chief of French *Elle*, who believes he is living his life to its absolute fullest when a sudden stroke leaves him in a life-altered state. While the physical challenges of Bauby's fate leave him with little hope for the future, he begins to discover how his life's passions, his rich memories and his newfound imagination can help him achieve a life without boundaries.



WIN

Icon Film is offering ten copies of *The Diving Bell and the Butterfly* to *Rotarian Life* readers. For your chance to win, email editor@rotarianlife.com or write to Editor, *Rotarian Life*, 2/3 Fleay Court, Burleigh Heads, Qld, 4220 with your answer to the following question. 'What publication was Bauby editor-in-chief?' Please include *The Diving Bell and the Butterfly* giveaway in the subject line and postal address details in the body of the email (or within the letter).



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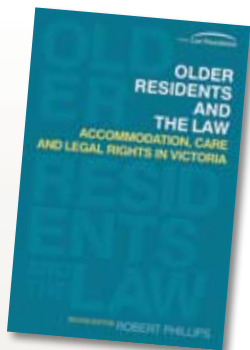
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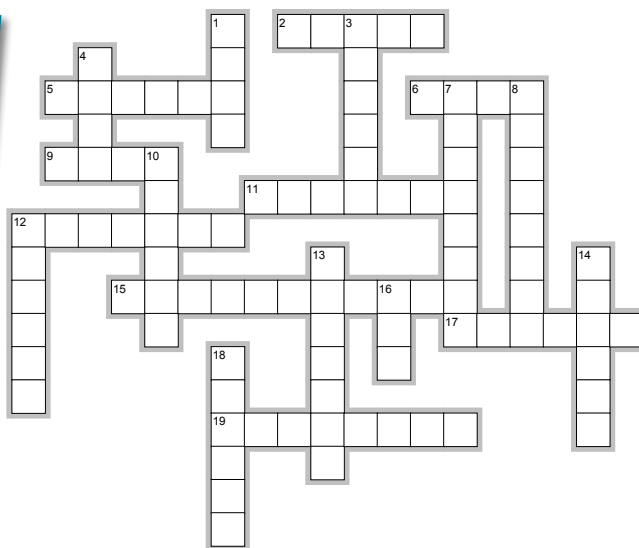
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The second edition of *Older Residents and the Law* updates and revises its 1996 predecessor in response to wide-ranging legislative changes in the intervening years. *Older Residents* deals with common legal and financial issues affecting older people and older residents' legal rights in relation to a range of care and accommodation alternatives. It addresses an important information, material and knowledge shortfall identified by key agencies as an area of concern. *Older Residents* may be loosely divided into two key information sections. The first includes chapters dealing with a range of legal and financial issues as they relate to the lives and experiences of older people. Matters raised in these chapters include elder abuse, legal capacity, key information on powers of attorney and guardianship and administration. The second broad section deals with older residents' legal rights in relation to a range of care and accommodation alternatives, including residential aged care, supported residential services, retirement villages, home and community aged care and other accommodation options. It also includes a final chapter on enforcing legal rights, the range of available mechanisms for enforcement and available options for obtaining assistance and information.



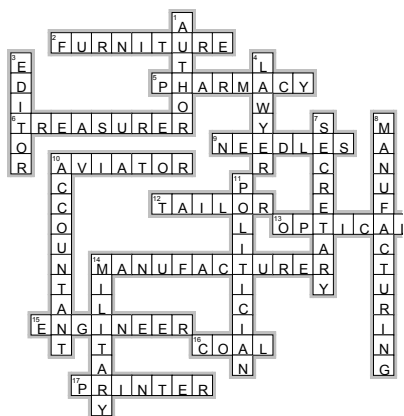
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- 5 The Four Way Test (6)
- 6 Second RI World President 1912-13 (4)
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