

# Rotary

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+  
**Rotary  
District  
9650**  
SERVICE  
FROM  
COUNTRY  
TO COAST

**Rotary  
District  
9670**

**Building  
resilient  
communities**



# EMERGENCY UKRAINE APPEAL

**INNOCENT CIVILIANS  
HAVE LOST THEIR LIVES  
AND FAMILIES ARE  
BEING SEPARATED.**

**SHELTERBOX IS WORKING  
INSIDE UKRAINE AND  
IN NEIGHBOURING  
COUNTRIES TO DELIVER  
EMERGENCY SHELTER  
AND AID ITEMS.**

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**COVER IMAGE: Rotarians Pam Dean-Jones, Barry Knowles and Gary Appleby with Clown Doctors' representative Tricia Fortier prepare for the Lake Macquarie Autumn Fair. (Photo: Peter Stoop Photography/Newcastle Weekly)**

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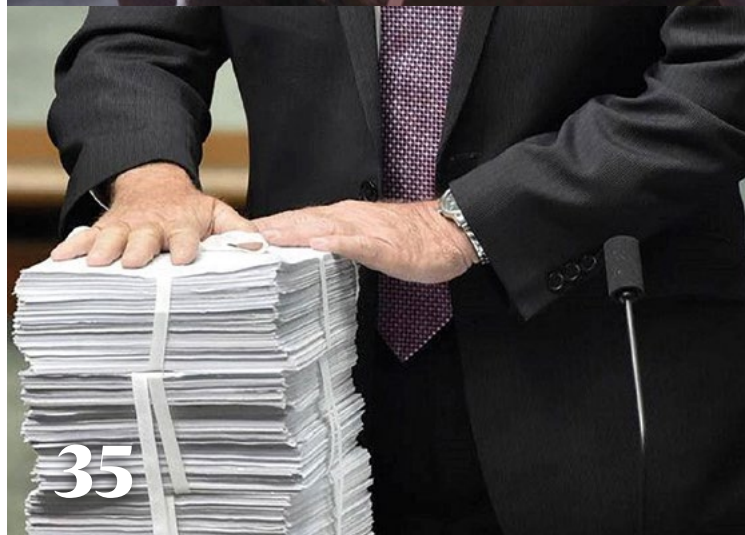
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# Serving the cause of peace

**GREETINGS**, dear change-makers of Rotary.

Due to your positive response to the Each One, Bring One initiative, I am so happy to see that the membership trends in Rotary are very positive. Let us not lose this momentum – keep working, and also work hard to retain every member we attract. I look forward to seeing you next month in Houston at the 2022 Rotary International Convention, which I assure you will be a great event.

Also, in Houston this June, we will be hosting my final presidential conference. We have devoted this year to conferences built around Rotary's areas of focus. The conferences have been a tremendous success, both in terms of attendance and in the ideas that have been brought to the surface.

In November 2021, our conference in the Philippines, which focused on protecting the environment and growing local economies, attracted 2,200 people online. In Brazil, our meeting centred around water, sanitation and hygiene and how it relates to disease prevention and treatment; more than 600 people attended. That was followed by an event about the environment, economy and peace in Maputo, Mozambique, which attracted around 400 in-person attendees and another 700 virtually. Our conference about keeping the economy and environment in harmony, held in Venice, Italy, had more than 600 in attendance.

Through these conferences and my travels around the world, numerous leaders have taken the time to meet with me and agreed to collaborate with Rotary. These have included the prime minister of Mauritius, the president of Seychelles, the deputy prime minister of Bahrain, and the presidents of Albania and Kosovo. Clearly, Rotary is making an impact in the world, and the world is eager for our leadership.



**Shekhar  
Mehta**  
President  
Rotary  
International

In Houston, the final presidential conference will focus on an area in which Rotary has long provided leadership: Serve to Bring Peace. Everything we do in Rotary helps create the conditions that foster peace in communities, nations and ourselves.

In March, I was able to see firsthand the tremendous difference Rotary is making in Ukraine, as refugees continue to pour into Poland. Donors have contributed millions of dollars to this effort; our projects are making a tremendous difference, and

there is enormous gratitude for your continued generosity and support.

It is heartbreaking to see up close all the lives that have been uprooted, and the Ukrainian people are not alone. A devastating civil war in Yemen continues. The humanitarian crisis in Afghanistan is deepening. Armed conflicts affect nations across Africa, including Libya, South Sudan, the Central African Republic, northern Mozambique, Ethiopia, and Cameroon. And major refugee crises continue in Syria and Venezuela.

Rotary will always be on the side of peaceful resolution of conflict and providing aid and comfort to people in need, whenever and wherever we can. Rotary was there at the end of WWII, promoting the creation of the United Nations and standing up for the cause of peacebuilding worldwide. It is time for us to renew our mission and perform our role as one of the world's great promoters of peace.

There is no better way to *Serve to Change Lives* than to serve the cause of peace.

**Shekhar Mehta**  
President, Rotary International



# Reconciliation: From safe to brave



By **Jessie Harman**  
Rotary  
International  
Director 2021-23

**LATER** this month, Australians will observe Reconciliation Week, a perfect time to explore how each of us can contribute to achieving reconciliation in our country.

While I have much to learn about reconciliation, I am absolutely certain that Rotarians need to be involved. We represent ourselves as people of

action, we have 'leadership' and 'diversity' as core values and we unite around a four-way test that speaks of truth, fairness, goodwill and benefit to all.

In the face of that, we cannot accept that our First Nations peoples continue to experience racism. Nor can we accept the discrepancy between First Nations peoples and the wider community in terms of life expectancy, education and employment outcomes, and indeed all the important, measurable areas of disadvantage.

In its 'Bringing Them Home' report, the Australian Human Rights Commission urges all Australians to move from a space of 'safe' to 'brave' when it comes to issues affecting Aboriginal and Torres Strait Islander peoples. It's clear to me that some Rotaract and Rotary clubs and districts are already heeding this call.

Adelaide City Rotaract Club has developed a formal Reconciliation Action Plan, a first step in making its club more welcoming of Aboriginal and Torres Strait Islander peoples. Governor Dee Buckland and her conference team devoted the entire District 9455 conference to the themes of reconciliation and raising awareness, and the Honouring Indigenous Peoples initiative brought to Australia by Melissa Hebbard from District 9790 continues to gain momentum. We can learn a lot from these acts of leadership.

As Rotarians we must do more to strengthen our relationships with Aboriginal and Torres Strait Islander peoples and we must commit to working towards a more respectful, equitable and equal future. This month I ask members to consider the steps each of us can take towards reconciliation, so that collectively we can move from a space of safe to brave – for the benefit of all Australians. **RDU**

## AUSTRALIAN ROTARY HEALTH

# New Focus for mental health research grants



Australian  
Rotary  
Health  
with CEO  
Joy Gillett OAM

**IN** June, Australian Rotary Health will call on Expressions of Interest for research project grants. The focus will be 'The Mental Health of 0-12-year-olds'. All EOIs will go through our regular vigorous process by a sub-committee of the ARH Research Committee, and the ones considered

fundable are assessed by the full committee.

The Research Committee will meet in November. All applications are discussed and evaluated by the committee, and in due course, recommendations will be made to the board to fund these projects in 2023.

The committee has been revamped to include members who are experts in 0-12-year-olds' mental health and with general mental health expertise – including services as well as research.

The Research Committee comprises 12 professionals within the Australian mental health research profession. Each state in Australia is represented by a member of the committee and the chair remains Professor Jane Pirkis from the University of Melbourne. Professor Pirkis is joined by previous renowned chairs of the committee, Professors Tony Jorm and Ron Rapee.

Rotarians in Australia can feel very proud of the voluntary efforts of the Research Committee. Every dollar allocated to research is carefully assessed and the best of the best are funded. Quite often this includes young and upcoming researchers and their innovative projects along with many experienced and highly esteemed researchers' projects.

Australian Rotary Health has been funding mental health research, PhD Scholarships and Post-Doctoral Fellowships since 2000. **RDU**

**RIGHT:** Give Light organisers receiving a \$3,000 donation from the Lions Club of Pago Pago for the Give Light Initiative: ABLE Secretary Chrissy Lutu-Sanchez, left, Rotaract Club of Pago Pago President Tiara Drabble, Rotaract Club of Pago Pago Secretary Tessa Bridges, Lions Club VP1 Ponita Laussen, Lions Club of Pago Pago President Pauga Joey Cummings, and Rotaract Club of Pago Pago Social Chair Kennedy Nofoaagatoto'a.



# Rotaract gifting light in American Samoa

IT took two years for COVID-19 to reach American Samoa, but since breaching its shores earlier this year, it has sent the island nation into lockdown, with limited business territory-wide.

Thousands of residents now face reduced work hours or have been laid off completely.

Among those most affected are low-income homes and 'non-essential' workers, who have been without work for months.

With limited work and increasing costs of basic utilities, the local Rotaract Club of Pago Pago (Rotaract Pago) realised there was an urgent need for assistance.

Partnering with local non-profits Esther Generation, Foeoletini Foundation and Agency for Better Living Endeavours (ABLE), the group devised the Give Light Initiative to fundraise and provide utility assistance for families most affected by COVID-19 in American Samoa.

The process to receive assistance is simple: applicants fill out an online form and if approved receive a direct \$50 credit to their electricity bill via the American Samoa Power Authority. The only requirements are that applicants must be currently employed making an annual income of US\$15,000 or

less, have lost their job due to COVID-19, or have experienced reduced work hours due to COVID-19.

The club originally aimed to raise \$25,000 to provide power to 500 homes and in just under a month blew that target away by hitting \$29,100.

Donations were received primarily from local businesses, in addition to \$5,000 raised via the project's GoFundMe page. Notable donations included an initial US\$2,000 from Cost-U-Less American Samoa and Store Manager Marvin Raps, US\$3,000 from the Lions Club of Pago Pago and US\$5,000 from the Rotary Club of Pago Pago.

The Give Light Initiative has since gained the attention of the American Samoa Government, which announced a US\$50,000 grant towards the project on April 4.



To donate to the #GiveLight initiative, visit [gofundme.com/GiveLightAS](https://gofundme.com/GiveLightAS) or email [rotaractpago@gmail.com](mailto:rotaractpago@gmail.com)



**“We commend your leadership and commitment to stand together during these hard times to help our low-income population. We are truly grateful for your continued service for the betterment of American Samoa.”**

“Lieutenant Governor Talauega and I wish to express our sincere appreciation to your respective non-profit organisations for spearheading the Give Light assistance and we welcome this opportunity for ASG to partner with the Give Light group,” the Honourable Governor Lemanu Mauga stated in announcing the \$50,000 award.

“We commend your leadership and commitment to stand together during these hard times to help our low-income population. We are truly grateful for your continued service for the betterment of American Samoa.”

President and co-founder of Rotaract Pago Tiara Drabble said the grant will increase funds raised to a total of US\$79,100 and provide assistance to an additional 1,000 families in

addition to the 582 who had already benefited.

“On behalf of our Give Light team, ABLE, Esther Generation, and the Foeoletini Foundation, we express our sincerest thanks and gratitude to Honourable Governor Lemanu Mauga, Honourable Lieutenant

Governor Talauega Ale, and their administration for this generous gift and entrusting us to fulfill this great mission,” Tiara said.

“Due to this support we have been able to increase the maximum income requirement for applicants from US\$15,000 annually to US\$18,000.”

Chartered in December 2020, Rotaract Pago is the newest and current largest club within the Oceania region, with more than 30 active members. The Give Light Initiative is the club's largest project to date and its first to receive funding from the American Samoa Government.

Another ongoing major project is constructing a public playground in a community park, for which members have raised nearly US\$30,000.

Rotaract Pago is eager to complete both projects successfully and looks forward to future collaborations and opportunities to serve. **RDU**

“Chartered in December 2020, Rotaract Pago is the newest and current largest club within the Oceania region. The Give Light Initiative is the club's largest project to date and its first to receive funding from the American Samoa Government.”

**WHAT IS THE  
GIVE LIGHT  
INITIATIVE?**

A project organized by 4 nonprofits to raise funds and provide utility assistance for families most affected by Covid-19 in American Samoa

Rotaract Pago Pago | Esther Generation | ABLE | Christopher James Foeoletini Foundation

# ShelterBox responds in Ukraine

**By Paul Roger  
Chair  
ShelterBox Australia**

**THE** humanitarian crisis that continues to unfold in Ukraine has been a major focus over the past months. As the war in Ukraine goes on, millions of people are fleeing their homes in search of safety, and many more remain caught in country,

unable to leave due to the fighting and the destruction of infrastructure.

ShelterBox has deployed teams to Moldova and is also coordinating with partners in Poland and Ukraine as we work to supply aid and identify which countries require the most support for their humanitarian response to the crisis.

We have conducted needs

assessments and as with any deployment, our teams are working tirelessly to ensure the most vulnerable families are not forgotten.

As the crisis unfolds ShelterBox is:

- Working in partnership with People in Need to provide people with somewhere to sleep and keep warm at night by delivering thousands of mattresses to collective centres like schools and churches in Lviv, Ukraine.
- Working with Relief Aid to provide shelter kits with tools and rope, high thermal blankets, hygiene kits, solar lights, and water carriers to help people survive in buildings damaged by the conflict.



Your support today will provide lifesaving aid for families affected by the Ukraine crisis. Donate at [www.shelterboxaustralia.org.au/ukraine-crisis-urgent-appeal](http://www.shelterboxaustralia.org.au/ukraine-crisis-urgent-appeal)



# Abuse can happen to ALL Australians

- Supporting refugees in neighbouring countries with high priority items they can carry with them, like hygiene items and cash. We have ongoing collaborations with local government representatives, local Rotary clubs, and other humanitarian organisations in Moldova to draw up and implement our plans.

Our urgent fundraising appeal for aid to Ukraine has to date been very successful, with Rotary, as always, a significant contributor. The crisis, however, is not going away anytime soon, so we have an ongoing need for additional funds. Your support today will provide lifesaving aid for families affected by the Ukraine crisis. Donate at [www.shelterboxaustralia.org.au/ukraine-crisis-urgent-appeal](http://www.shelterboxaustralia.org.au/ukraine-crisis-urgent-appeal).

And not to forget, as the crisis in Ukraine continues, we continue to support people without shelter in other countries around the world.

In the Philippines, 100,000 people affected by Typhoon Rai are receiving solar lights, shelter kits and cash assistance to enable them to rebuild their homes.

In Yemen, where 21 million people need humanitarian support, families have received blankets, sleeping mats, kitchen sets and other essentials.

Families in Cameroon, Mozambique, Nigeria, Burkina Faso, Ethiopia, and Syria have also recently received ShelterBox aid.

Thank you, Rotary, for your ongoing support. RDU

Rotary SAFE Families has had its *Guide for Prevention of Abuse in Australia* translated into five languages to inform our non-English speaking communities on the prevention of family abuse.

**ROTARY** SAFE Families has continued to work hard with its commitment to engage Rotarians and the Australian public to become responsible and informed in how to prevent family abuse.

Abuse can happen to anyone, anytime, anywhere – to women, men, children and our elderly, to all Australians, including our non-English speaking communities.

Dorothy Gilmour, Chair of Rotary SAFE Families, has created a *Guide to Prevention of Family Abuse in Australia*. Not only is this guide freely available on the Rotary SAFE Families website ([rotarysafefamilies.org.au](http://rotarysafefamilies.org.au)), but is now available to all Rotary clubs and the public in five translations, building inclusivity for all Australians, including our non-English speaking population.

These translated guides can also be found on the Rotary SAFE Families website. To-date, the translations include Farsi, Swahili, Greek, Dari and Hindi, with plans for further translations in the future.

Dorothy is very grateful to the five translators, who generously volunteered their language skills and time to creating these guides at no cost to Rotary.

"I am very delighted and honoured to be a part of this project," said Disha Mann, who translated the guide into her native Hindi.

George Dimitriadis, a schoolteacher in Greece who volunteered for the Greek translation, said he was amazed by the need for such a document.

"I thought that Greeks had made some progress but as it looks, no," George said. "Thank you for saving all these women. Your work is remarkable!"

Oscar Chemarum, who is responsible for the Swahili translation, said he and his partner were very glad to have had the opportunity to help.

"We will do our best to translate the guide in Swahili to the best of our knowledge and ensure the message is retained. Blessings!"

Dr Noor Shah Kamawal, Acting Director General for Afghanistan National Public Health Institute and a member of the Rotary Club of Carlton, is to be thanked for his generosity in translating the guide into Dari, and Parveneh Hashemi for the Farsi translation.

Rotary SAFE Families is seeking a translator to have the guide translated into Arabic. Please contact Dorothy Gilmour via [info@rotarysafefamilies.org.au](mailto:info@rotarysafefamilies.org.au) if you can assist with details of a volunteer.

If you have non-English speaking communities in your district, please download the guides and have them printed simply to leave at community centres, refugee hubs or provide directly to the relevant groups. Each guide is translated from the original English guide on the Rotary SAFE Families website. "Feel free to place your Rotary club's logo on the guide to showcase your club," Dorothy said. RDU

# She Is Not Your Rehab

## - Creating violence free communities

Rotary clubs throughout Christchurch, NZ, have been working with She Is Not Your Rehab founders, Mataio and Sarah Brown, to help spread the global anti-violence movement they birthed from a barbershop.

**By Jack Campbell**  
**RDU Intern**

**MATAIO** Brown is the face behind 'She Is Not Your Rehab', a powerful personal account of hurt and healing inspiring a new generation of men to break free from the cycle of abuse.

Matt is a barber, owning and operating My Fathers Barbers in Christchurch, New Zealand. Internationally acclaimed for his work, he has cut the hair of many high-profile stars, from the All Black's to the Wu-Tang Clan.

However, Matt's true passion comes from his work in the community. As a survivor of family violence and childhood abuse, Matt has used his business to share personal stories with his male customers to promote recognition of these issues and allow for healing and connection.

Passionate about redefining masculinity and helping prevent domestic violence, Matt often works with prisons and youth justice facilities in a bid to spread these positive messages among affected individuals.

His wife and co-author Sarah Brown works alongside Matt. Along with her sister, Sarah co-founded 'Sister Sister', a marketing agency that promotes and shares Indigenous stories and creations across New Zealand.

In 2018, Matt and Sarah partnered with the Ministry of Social Development as ambassadors for the 'It's not OK' campaign, aiming to end family violence in New Zealand. Through their experience they were able to start 'She Is Not Your Rehab', which Matt discusses in his 2019 TEDx talk.

The campaign encourages men to acknowledge their

childhood trauma and take positive steps to break the cycle of family violence.

Together, they released *She Is Not Your Rehab: One Man's Journey to Healing and the Global Anti-Violence Movement He Inspired*, a bestselling book in New Zealand that tackles family violence and encourages intergenerational healing.

Matt and Sarah have introduced their book to New Zealand prisons, with NZ Government Agency funding, to spread their message where it is needed, and Rotary clubs throughout Christchurch have come on board to help spread the message further.

The Rotary Club of Christchurch South has contributed \$2,000 towards the project and the Rotary Club of Christchurch Sunrise has contributed \$3,000, combined with a Rotary Foundation - District 9970 matching grant, which has allowed the distribution of 500 special edition copies of the publication (including recognition of Rotary's involvement inside the front cover) to all 11 South Island affiliated organisations of Women's Refuge.

The Rotary Club of Christchurch Sunrise has supported Women's Refuge for the past 23 years, and is now closely associated with the Battered Women's Trust in Christchurch, the largest not-for-profit affiliated organisation to Women's Refuge in the South Island, helping women and children escape family violence.

The organisation provides long-term and ongoing support groups in the belief

"One in four women can be affected by violence in a personal or family relationship in New Zealand, with implications around COVID restrictions further exacerbating the incidence."

**RIGHT:** She Is Not Your Rehab founders Sarah and Mataio Brown.



To watch Matt's TEDx talk on She Is Not Your Rehab visit [www.youtube.com/watch?v=4UhP3OZ9ZCE](https://www.youtube.com/watch?v=4UhP3OZ9ZCE)



that women have within them the resources to overcome their experiences of violence, after they leave a safe house /refuge.

This special edition of *She Is Not Your Rehab* has also been distributed to other agencies, including Stopping Violence Services and Salvation Army counselling services, to further reach those perpetuating or having experienced violence in relationships or family situations, to assist further understanding 'at the top of the cliff', rather than the significant societal result.

Feedback already received from one counsellor illustrates the relevance of the publication.

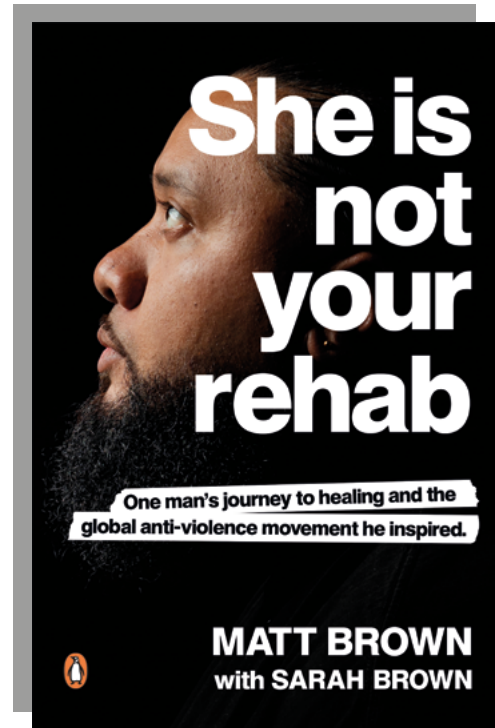
"Thank you (and Rotary) for your excellent work getting copies of *She Is Not Your Rehab* printed for our clients. I have given out more than a dozen copies and have had some

excellent feedback about this book. The theme of their feedback is largely that they appreciate the way the book is written (i.e. that Matt is taking personal responsibility for his own behaviour and sending a powerful message to other males to do the same), and that it was really helpful to have a male perspective on family violence.

"Often, the women I work with talk about not understanding why males perpetuate the violence they do, so I think this is a helpful adjunct to the work I do with them in that space.

"I make sure I've let my clients know it was a collab between us and Rotary so am getting the word out there about how supportive Rotary is of us."

**For more information on *She Is Not Your Rehab*, visit [sheisnotyourrehab.com](http://sheisnotyourrehab.com)** RDU



*She Is Not Your Rehab* secured funding of \$100,000 to provide 9,350 copies of the book into the hands of incarcerated people in New Zealand in 2021. The organisation is now working towards an even larger goal of getting 45,000 copies into the hands of incarcerated men across Australia. It is a tremendous opportunity for Rotary to further support and assist in reaching the goal of raising \$400,000 for this important initiative.

**For further information, contact PDG Ross Skinner from the Rotary Club of Christchurch Sunrise via [ross.skinner@xtra.co.nz](mailto:ross.skinner@xtra.co.nz)**



# OUR EARTH OUR HOME



## Mangroves Mehta

At last year's United Nations' Climate Change Conference in Glasgow, Scotland, Rotary International President Shekhar Mehta vowed to lead the way on a mangrove planting project to combat climate change. Now, 10 countries have agreed to support the project.

*By Doug Wills*

**A PLEDGE** made at COP26 to restore vital coastal regions with mangroves in the battle against global warming is now under way.

India will be the first of 10 Commonwealth countries that have joined the project, which is viewed as a significant move to replant the "forests of the sea".

The news was confirmed by RI President Shekhar Mehta during a four-day visit to London, which included attending meetings at the House of Commons, the House of Lords and with the Lord Mayor of London.

In a wide-ranging interview with journalist and broadcaster Mihir Bose, Shekhar told how he had met with leaders of many of the countries represented at a special forum on the mangroves project, brought together at COP26 by Rotary International





and Baroness Scotland, the Secretary General of the Commonwealth.

Shekhar said he had been convinced of the crucial importance of mangroves from personal experience of the devastation from the 2004 tsunami.

Following the COP26 pledge, he located leaders of those countries eager to be a part of the Rotary International/Commonwealth project.

Asked what he would tell the climate change doubters, Shekhar replied: "Where there is not supposed to be rain, there is flooding, when there is supposed to be rain, there are droughts.

"I would take him to one of the places where there is deforestation. This is not how the world was created."

At COP26, seven countries had agreed to support the mangrove replanting project. This has already grown to include India,

Maldives, Seychelles, Kenya, Bangladesh, Mauritius, Tanzania, Nigeria, Sri Lanka, Papua New Guinea, Pakistan and Mozambique, which will all be coordinated by the Commonwealth Blue Charter team.

The first scheme is beginning in Kolkata, India. Shekha had support from the other countries and was talking with them about when their projects would begin. He said he would hope to bring more into the project.

"We may not have the answer to all the problems," Shekha said. "The mangroves by Rotary isn't going to turn the climate change issue. There are other projects, plastics for example.

"Different countries and organisations will find their own solutions. Each of us has that one drop of water and Rotary's contribution is the mangroves project."

Head of Oceans and

Natural Resources at the Commonwealth Secretariat, Dr Nicholas Hardman Mountford, said the Commonwealth is home to over a third of the world's mangroves. They provide essential coastal protection, food security and livelihoods for millions, as well as helping mitigate climate change through their highly efficient capturing of CO<sub>2</sub> from the atmosphere.

"This is why in 2018, Sri Lanka stepped forward to champion a Commonwealth Blue Charter action group on mangroves that is bringing Commonwealth countries together to share knowledge and best practices in mangrove restoration and management," Dr Nicholas said.

"We are delighted to be partnering with Rotary International through the Blue Charter to take forward local mangrove projects across our Commonwealth." RDU

"Different countries and organisations will find their own solutions. Each of us has that one drop of water and Rotary's contribution is the mangroves project."



Photo: Brie Stanger Photography.



## Rotary District 9650



# Service from country to coast

From campdrafting, careers expos and cartoon galleries to accessible playgrounds, agriculture and astronomy programs, District 9650 does it all.

*By Anne Matthews*

**R**otary District 9650 covers the middle inland and coastal areas of New South Wales, stretching from the Great Lakes and Taree in the south to Woolgoolga and Coffs Harbour in the north and out to Lightning Ridge and Coonamble in the west.

The district covers the Northern Tablelands and the Liverpool Plains and includes the picturesque region of New England, with five clubs in Tamworth, the country music capital of Australia. It also encompasses Coffs Harbour: home of the Big Banana and a popular overnight stop on the road trip from Sydney to Brisbane. The inclusion of rural Outback towns such as Barraba and Quirindi, which are part of Australia's agricultural and cattle industry, make the district distinctive in both its membership and service.

An e-club was established five years ago and members reside across the length and breadth of New South Wales, undertaking service anywhere in the state and with any Rotary club. Meetings are held online fortnightly and focus on providing opportunities for young people in rural communities. The e-club helps out with the very successful RYLA program, which has been held in the district for more than 50 years.

# District Governor David Mayne

**DAVID** joined the Rotary Club of Port Macquarie in 1998 and served as president in 2006-07. He then served as assistant governor for three years and has held several district leadership roles including vocational director and chair of Rotary Youth Leadership Award (RYLA) for the past nine years.

Serving as an elected local council representative for 10 years, David believes Rotary is an ideal avenue for *Service Above Self*. He has a tertiary qualification in biological science, horticulture, and post graduate qualifications in organisation communications, public relations and behavioural science.

David worked as a research officer with CSIRO as well as a primary industries faculty manager and general manager of a large disabilities organisation on the mid-north coast of New South Wales.

On the sporting field, David played representative cricket and rugby league and served four years as a director of the Penrith Panthers Rugby League Club. He has also held the position of president of the Port Macquarie Panthers for more than 10 years.

David enjoys both freshwater and saltwater fishing, bushwalking, photography and kayaking. He owns a mixed produce farm where he and his wife, Heather, breed cattle, boar goats and have an apiary that produces award-winning honey.

As a community leader, David has held positions of chair of the local Life Education, Wiggay Aboriginal Cultural Park, manager of Radio Rhema and has been a Justice of the Peace since 1982. David is a direct descendent of Mary Wade, acclaimed by many to be the Matriarch of Australia, and holds the position of president of the Mary Wade Family Historical Society. RDU







# District Governor Partner's Project

sharing lived experience.

It is an independent charitable organisation that is not affiliated with any religious or political organisation. Currently, they assist around 1,000 young people per year across New South Wales, Victoria and Queensland.

Heather's goals for this project are to make sure every Rotarian is aware of the Youth Insearch program and its significant impact on young lives. She also hopes each club will reachout and connect with services in their own community that work to assist youth, as suicide is the biggest killer of young Australians aged 15-24.

Heather asked that clubs connect with their local youth service organisations and get a representative to fill a guest speaker spot or arrange a vocational visit to their premises. She hopes that by reaching out to these local services and learning more about Youth Insearch, new connections will be formed and exciting new opportunities will develop for all clubs in the district. **RDU**

"Suicide is the biggest killer of young Australians aged 15-24. Youth Insearch empowers and equips youth to reach their full potential."

**HEATHER** Mayne chose Youth Insearch as her DG partner's project. Youth Insearch is one of Australia's most successful youth intervention programs, having helped more than 32,000 young people rebuild their lives since 1985. It is a peer-to-peer program led by youth, with the support of adults and mental health professionals.

Youth Insearch empowers and equips youth aged 14 to 20 to reach their full potential by addressing childhood trauma, breaking negative cycles, building self-worth, and



**ABOVE:** Australian singer, songwriter, producer, drummer, and musician, G Flip, is an ambassador for Youth Insearch.

**LEFT:** Nelani, 21, is just one of more than 30,000 young people Youth Insearch has helped to rebuild their lives.





# Books Books Books!

**BOOK** fairs, fests, stores, sheds, sales and stalls are very popular and profitable projects in District 9650. The Rotary Club of Coffs Harbour has an annual Bookfest. The Rotary Club of Wingham, in conjunction with the Rotary Club of Taree North, hold a monthly bookstall in Taree as well as their own week-long bookstall in Wingham. The Rotary Club of Port Macquarie has an annual book sale as well as a Rotary Book Store and the Rotary Club of Tamworth has a Rotary Bookshed.

The Rotary Club of Laurieton holds an annual book sale in the January school holidays. The Rotary Club of Coonabarabran has a book shop and in 2020 installed a small street library. This library provides a collection of donated books for all ages that don't require check in or out. Users just drop the book back when finished. **ROU**



## Kempsey Annual Book Sale

**THE** Kempsey Annual Book Sale is the signature project of the Rotary Club of Kempsey. Books are donated during the year and sold over a three-to four-week period in the Christmas holiday season. Unsold children's books are donated to the local PCYC



# Kempsey Library community delivery to aged housebound residents

**THIS** is the signature project of the Rotary Club of Kempsey West. Every fortnight for the past 46 years, a Rotary member has delivered books, CDs, audio books and/or magazines to housebound residents in Kempsey. The library material is carefully selected by the local librarians according to each resident's special interests and needs. The residents love their library materials, and a friendly chat is always part of the service. This is the longest running Rotary community activity in Pacific Oceania. **RDU**



## Armidale Book Fair

**THE** Armidale Book Fair is an annual project of the Rotary Club of Armidale Central. The Book Fair, which is held over a week in May at the Armidale Racecourse, has been running for over 20 years.

To assist with the sorting and storage of books, the club built a book deposit and sorting shed on land leased from the racecourse. The shed contains a big yellow book bin, where books are dropped every Monday and Friday. Club members then sort into categories, box and store the books in preparation for the May Book Fair.

The fair itself has become a social event on the New England calendar and attracts people from all over the area. After the fair, rather than sending the unsold books to landfill they are taken to the Assent Group, which generates an income from the recycled paper.

Funds raised from the Book Fair are distributed to local, national and international charities and Rotary projects. The Armidale Central club funds scholarships for students in Tanzania to attend high school and for music and arts programs locally. The club also funds the purchase of equipment at local preschools, breakfast for pupils at Newling Public School, musical instruments and music programs run at Armidale schools and the New England Conservatorium of Music. **RDU**

“The fair itself has become a social event on the New England calendar and attracts people from all over the area.”



and RAWCS. Damaged or unpopular books are taken to either the local op shops or the tip. Recently, club members have taken a stall at the local monthly riverside markets. This initiative has not only boosted fundraising but also provided publicity and awareness of Rotary's work. **RDU**



# Tacking Point Lighthouse

Photo: Larissa Denning Photography



**RIGHT:** Chair of the Lighthouse Project Committee Neil Black and his crew from the Rotary Club of Port Macquarie Sunrise.

**THE** restoration of the Tacking Point Lighthouse is a community service project of the Rotary Club of Port Macquarie Sunrise. The project commenced in August 2010 and was supported by Port Macquarie-Hastings (PMH) Council, the NSW Government department responsible for Crown Lands, and the Birpai Local Aboriginal Land Council.

The lighthouse was built in 1887 and is one of the oldest working lighthouses in Australia. The Tacking Point headland is one of the most visited sites in the Port Macquarie region.

Following community concerns about the neglected state of the lighthouse and surrounding headland, a Lighthouse Project Committee was formed. Sunrise club members Neil

Black (Chair), Helen Ross, Bob Higham and Mike Vegter were on the founding committee and were later joined by Geoff Moore.

The local community were consulted and involved in the development of a Master Plan and over the years 2011-16 a number of government grants were obtained.

Working in partnership with PMH Council, the restoration was completed in five stages. As well as the lighthouse overhaul, a concrete platform, stairs, a retaining wall and a drainage system were built adjacent to the lighthouse.

This construction improved pedestrian access and stopped the soil erosion problems. Stages three and four involved the construction and extension of a scenic walkway.

Stage five saw the restoration of the lighthouse keeper's cottage and the construction of a concrete feature/retaining wall at the entrance to the roundabout that encircles the cottage. This wall includes an etched Tacking Point sign – the first time Tacking Point has been identified by signage since Matthew Flinders named the headland over 200 years ago. **RDU**

“The lighthouse was built in 1887 and is one of the oldest working lighthouses in Australia.”





## National Cartoon Gallery

**THE** National Cartoon Gallery is Australia's only dedicated cartoon gallery, exhibiting the largest private collection of contemporary cartoons in the Southern Hemisphere. It is organised by the Rotary Club of Coffs Harbour City.

The original gallery is housed in an underground WWII bunker that has been converted into a funky exhibition space.

The creation of the gallery is largely due to the Rotary club and, in particular, the two key drivers of the project: Tom Hamilton-Foster and the late John Champion. Their work in acquiring sponsorships and local business funding enabled the restoration of the building to proceed. Their caricatures are proudly displayed in the gallery's foyer.

Recently, through hard work and government grants, a substantial above-ground extension was built. This has more than doubled the gallery's floor space. The major improvements were

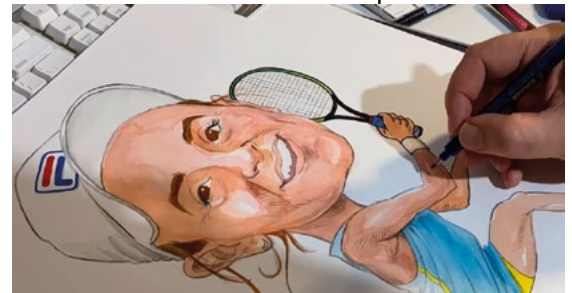


completed in February 2021 and now include a large upstairs gallery, theatrette, meeting room and café.

Today, the gallery is run by the independent, not-for-profit Bunker Cartoon Gallery Incorporated. The Bunker is custodian of the cartoon collection, with well over 23,000 cartoons from leading Australian and international cartoonists. These include private donations and bequeaths of rare works.

The Bunker's role, although

different to its wartime past, is still one of communicator and protector of Australia's history, albeit in satirical form. **RDU**



"The Bunker's role, although different to its wartime past, is still one of communicator and protector of Australia's history, albeit in satirical form."

# Campdrafts and Rodeos

## Burindi Campdraft

**THE** Burindi Campdraft has been operating for 27 years and is the major fundraising project of the Rotary Club of Barraba; a small, dedicated club in the New England region of Northern New South Wales. It is the hometown of INXS founding band member and singer/songwriter Andrew Farriss, and country singer and harpsichord maker Bill Bright.

Campdrafting is a unique Australian sport that involves a horse rider cutting out a steer or heifer from a 'camp' (corral or yard). The rider brings the animal to the front of the camp and blocks and turns it at least two or three times to prove to the judge that they have the animal under control. The rider then calls for the gates to be opened and proceeds



to draft (work) the animal around a figure eight course in a larger arena.

Until COVID-19, the campdraft was held twice yearly at Burindi Station. Initially, all event management, entries, catering, the bar, ring and yards' preparation were organised by the club. The property owners provided the stock and the location

and over 200 entries from all over New South Wales, Queensland and Victoria were received.

Now, a committee that includes Burindi Station owners Richard and Ruth Puddicombe, organises and operates the event and it continues to be a highlight for Barraba.

This year, the Campdraft will be held on May 21, 2022. Due to the drought and hardships of life in rural areas, the population of Barraba has dwindled to around 1,400. Membership of the Rotary club is down to seven members. Dedicated club president Mike Simpson has put out a plea for new members to ensure this special event continues.

So, if you live nearby, please head along to a meeting and see how volunteering not only helps communities but enhances your own health and happiness. **RDU**

"Dedicated club president Mike Simpson has put out a plea for new members to ensure this special event continues. So, if you live nearby, please head along to a meeting and see how volunteering not only helps communities but enhances your own health and happiness."

Photos: Brie Stanger Photography.





# Coonamble Rodeo and Campdraft

**CATERING** for the Coonamble Rodeo and Campdraft is provided by the Rotary Club of Coonamble. This annual three-day event is held on the June long weekend. Up to 1,000 cowboys and cowgirls, along with approximately 4,000 spectators, travel across the central-western plains of New South Wales to the edge of the Outback to attend the event at the Coonamble Showground. This is the largest combined rodeo and campdraft in the Southern Hemisphere.

The club has two catering vans and a cool-room to supply the thousands of meals purchased during the event. Because they are a small club they partner with the local Lions and Quota clubs to assist with the catering. The profits are then shared by the three clubs. Meals consist of steaks, sausages, bacon and eggs, burger patties, seafood baskets, fish and chips, chicken tenders, hot chips and cold drinks.

This year's event will be held from June 10-13. For tickets and more information, visit [www.coonamblerodeocampdraft.com/about/theevent](http://www.coonamblerodeocampdraft.com/about/theevent) RDU



**LEFT:** Members of the Recreational Vehicle Fellowship of Rotarians lent a helping hand at last year's Coonamble Rodeo and Campdraft.

Rodeo Photos: Stephen Mowbray Photography.



# Nepal Sunrise



“All children who come from Mera Primary School and move into the larger primary/high school facility go into the higher grades, have a better attitude to learning, and regularly achieve top marks.”

**NEPAL** Sunrise is a project of the Rotary Club of Port Macquarie Sunrise (RCPMS), which supports the people of Kharikhola Village, Solukhumbu, in the Everest region of Nepal.

Since 2001, the club has been involved in numerous projects in Nepal. These have included women’s literacy programs, high school scholarships, teacher training and support, as well as donations of reading glasses.

However, the club’s largest project for the village has been the development of the Mera Primary School. The school was established in 1996 by the local people of Kharikhola Village. Around 2004, the Rotary Club of Port Macquarie Sunrise became involved and, with the help

of a global grant and club donations, was able to increase the premises to four school buildings, with eight rooms and four teachers. They also provided school uniforms for the students.

Following a visit to the school in April 2007, members realised that many children were attending school with little or no food. A private donation was given to begin a lunchtime feeding program. This evolved into a permanent lunchtime program and, so the school could be self-sustaining, a kitchen and a bio-organic toilet were installed, and a market garden established.

Additional funds for the kitchen equipment were provided by the District 9650 RYLA and St Columbans

School in Port Macquarie. The market garden project included the purchase and installation of a large solar greenhouse.

After visiting the Mera school in October 2011, RCPMS member Kerrie Wood reported it was most noticeable that the Mera schoolchildren were in excellent health and are already showing the benefits of regular hot and healthy meals in the middle of the day.

The headmaster of the local high school has said that “all children who come from Mera Primary School and move into the larger primary/high school facility go into the higher grades, have a better attitude to learning, and regularly achieve top marks”. RDU



# Fun and Fitness



## Brelsford Park Inclusive Playground

**THE** Rotary Inclusive Playground in Brelsford Park, Coffs Harbour, is a project of the Rotary Club of Coffs Harbour. The accessible play equipment helps the movement needs of those with disabilities, while the playground itself is designed to remove obstacles and barriers that prevented people of all ages, abilities (both physical and mental) and cultural backgrounds from being invited to play. Inclusive play spaces provide access to a variety of play experiences, where everyone can join in and play together.

The playground was completed in August 2019 following consultation with the local council and equipment providers. Funding was provided by the Rotary Club of Coffs Harbour, Rotary International, and a Federal Government grant under the Stronger Communities program, which was facilitated by the federal member. The club has also received grant funds via the Coffs Harbour City Council community capital infrastructure grants program. <sup>RDU</sup>

## Accessible and Inclusive Fitness Station

**THE** Rotary Accessible and Inclusive Fitness Station is another project of the Rotary Club of Coffs Harbour. The club worked with the Coffs Harbour City Council to provide the city with its first accessible and inclusive fitness station.

In consultation with community groups, club members identified the need to provide all members of their community with free access to fitness equipment.

As with the accessible playground equipment, accessible exercise >

**ABOVE:** Paul McAra, then President of Rotary Club of Coffs Harbour, pushes the new inclusive playground turntable at Brelsford Park, Coffs Harbour. (Photo: Trevor Veale/The Daily Telegraph)

“The playground removed obstacles and barriers that prevented people of all ages, abilities (both physical and mental) and cultural backgrounds from being invited to play.”

“The fitness station complements the club’s recent Ngurra (Aboriginal word for shelter) Project, which provides shade shelters, picnic areas, drinking water and a bike rack along Rotary’s Wayne Glenn Walk.”

< equipment assists the movement needs of those with disabilities and helps them overcome obstacles and barriers.

Construction of the fitness station commenced on July 27, 2019, and is now complete. The Rotary Club of Coffs Harbour provided \$16,000, with a further \$13,000 provided by the State Government community building partnership grant program, which was facilitated by the local member.

The fitness station complements the club’s recent Ngurra (Aboriginal word for shelter) Project, which provides shade shelters, picnic areas, drinking water and a bike rack along Rotary’s Wayne Glenn Walk. This pathway, which connects the South Wall with Gallows Beach, was built in honour of former club president Wayne, who lost his battle with cancer in 2014.

Consequently, both projects have created access to fresh water, shelter and shade, as well as an exercise and meeting point for individuals and community groups of all abilities. RDU



## Exercise Stations for Gloucester

**THE** Rotary Club of Gloucester installed five exercise stations within Gloucester District Park during the years 2014 to 2018. The total cost for the project was around \$150,000.

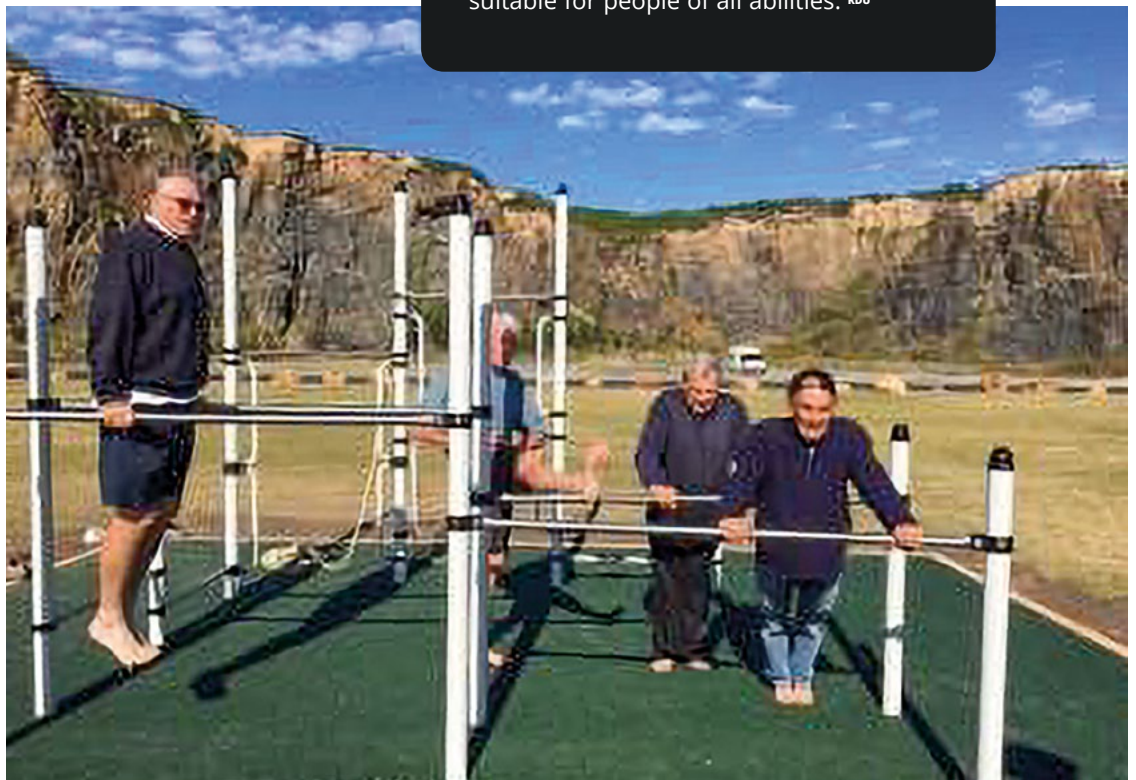
Publicity for the project included photographs of the equipment being used by one member during Diabetes Week in NSW. Several district governors inspected the park over the years the project took to complete. The final multi-purpose Gloucester Rotary Community Trail is suitable for people of all abilities. RDU

**ABOVE:**

Community groups promoting health and fitness, along with the general community, were invited to the opening of the Gloucester Rotary Community Trail, many of whom now use the exercise stations as part of their exercise programs.

**RIGHT:**

The Rotary Club of Coffs Harbour’s Accessible and Inclusive Fitness Station removes obstacles and barriers that prevent people of all ages, abilities and cultural backgrounds from being invited to play.





## Halloween Blood Drive

**THE** Halloween Blood Drive has been held for the past five years and is the signature project of Hastings Rotaract Club. The idea is to motivate people to donate blood in a more relaxed, fun-filled environment. The Rotaractors then encourage firsttime donors to become regular donors. To date, the project has assisted Australian Red Cross Lifeblood in organising over 150 donations, saving over 450 lives. RDU



## Rotary Youth in Agriculture

**ROTARY** Youth in Agriculture (RYAG) Beef was devised as a club youth project for the Rotary Club of Coonabarabran. The project commenced in 1993 with a four-day supervised residential camp for Year 10 and 11 high school students from District 9650 and surrounding districts. Since then, RYAG Beef has been held annually, with an average attendance of 35 to 40 students.

Tuition is practical and hands-on, with some theory, and is delivered by practising professionals, such as stud and commercial breeders, veterinarians, agronomists, animal health experts, auctioneers and more. The students, in pairs, learn to prepare, groom, present and parade animals to showing conditions. RDU

## Rotary Youth Studying Astronomy & Related Sciences

**ROTARY** Youth Studying Astronomy & Related Sciences (RYSTARS) is another youth program of the Rotary Club of Coonabarabran. It is designed for young people aged between 13 to 17 from NSW and Victoria who are interested in astronomy. Coonabarabran is located close to the Siding Spring Observatory, and therefore can offer young people opportunities for hands-on viewing of the night skies. Through presentations and lectures from experienced and even >

“The idea is to motivate people to donate blood in a more relaxed, fun-filled environment.”



**ABOVE:** Olivia Rogers, left, from Bowraville and Rhianna Lyons from Morisset developing a robotic vehicle to learn about electronics and motion at the RYSTARS camp held at Coonabarabran High School.

< famous astronomers from around the world, participants develop a more in-depth understanding of astronomy. The four-day camp can be held in conjunction with the Open Day of the Australian Astronomical Observatory, thus tapping into a variety of activities and experiences that would not be available at other times of the year. **RDV**



## The Galston Agriculture Student Visit and Farm Tour

**RIGHT:** Participants of the annual Galston Agriculture Student Visit and Farm Tour gain a valuable insight into life on the land, including learning about lucerne farms, sorghum and cotton farms, and sheep farms.

**THE** Rotary Clubs of Quirindi and Greater Hills Galston (District 9685) have been holding the annual Galston Agriculture Student Visit and Farm Tour for 37 years.

The Rotary Club of Greater Hills Galston sponsors the agriculture students from Galston High School to travel to Quirindi for a three-day farm visit and Quirindi Rotary hosts the students and



arranges a special dinner.

The students learn about lucerne farms, sorghum and cotton farms, as well as sheep farms. They also visit the local high school.

Two of the participating farmers have been involved with the program since its inception and look forward to welcoming the students every year. **RDV**





# Rotary Debutante Ball

**THE** Annual Debutante Ball is a project of the Rotary Club of Gunnedah West. In 1976, the partners of club members decided to hold a Debutante Ball to give the young ladies of the town an opportunity to make their debut.

For the past 46 years, club members have organised the Rotary Debutante Ball and it has become an important family and community event on Gunnedah's social calendar.

The debutantes dress in long white gowns and wear long white gloves. Their partners wear black tails. Often there is a theme to the annual event. For example, in 2014 the theme was 'A Night in Venice' and the 19 debutantes and their partners were presented by 'gondoliers', with each debutante carrying an exotic Venetian mask.



Historically, the Debutante Ball was an event where a young woman was 'introduced to society'. In Regency England the event was seen as a potential wife parade; however, Debutante Balls have been adapted and adopted in many cultures and are still popular today.

Over the years the event has raised more than

\$164,000, which has been distributed to local charities. Around 18,900 people have attended the ball and enjoyed the beautiful spectacle, the dancing and the wonderful music.

The 2020 ball was cancelled due to COVID-19, so the 2021 Ball included both Year 11 and 12 students. The 2022 ball was held on April 8. RDU

"For the past 46 years, club members have organised the Rotary Debutante Ball and it has become an important family and community event on Gunnedah's social calendar."

# Northwest Regional Careers Expo



“Club members work with the Careers Adviser Network to ensure the best possible information is provided for students.”

**THE** Northwest Regional Careers Expo is coordinated each year by the Rotary Club of Tamworth First Light. The expo helps the region’s students navigate the extensive career pathways available to them.

With over 70 exhibitors, the expo is the largest in the region. Exhibitors range from local businesses, leading universities and colleges, registered training organisations, disability services, industry professionals and job agencies.

The event enables students

to discuss their career options face-to-face with various organisations.

Assistance with subject choices is provided for those wanting to apply for tertiary education. The local regions are showcased to encourage students to return after completing their study.

Club members work with the Careers Adviser Network to ensure the best possible information is provided for students.

The expo is funded by district grants so that students and the public can attend free of charge.

Attendees are school students from Years 10 to 12. Not only do all Tamworth schools attend, but many travel from Gunnedah, Armidale, Walcha, Manilla, Barraba, Glen Innes, Narrabri, Scone and Quirindi. Up to 1,800 students walk through the expo over the entire day.

This year’s expo will be held on May 18. **RDU**





## Community Defibrillators

**THE** provision of defibrillators for use in local communities is an initiative of the Rotary Club of Bellingen. Over the past year, defibrillators have been delivered to the communities of Bellingen, Raleigh and Urunga.

The defibrillator project grew from an identified need to have machines located in strategic positions across the local area, thus assuring a rapid response to a cardiac arrest. The machines were



placed in chemist shops, gyms and on sporting fields, where special backpack units

were provided. The value of this community project is over \$10,000. RDU

# Casino Royale Ball



**THE** Casino Royale Ball is the signature project of the Rotary Club of Tamworth Sunrise. It is a formal night of fun, dancing and entertainment.

Each table is provided with a pack of gaming chips and members run blackjack and roulette tables for a two-hour period. The table with the most chips at the end of the gaming time chooses a charity to receive a donation of \$1,000. The tables that come second and third also get to donate to charities of their choice. Each year this raises around \$9,000 for the club and has become a popular fixture on the Tamworth social calendar.

This year's ball will be held on May 28. RDU

“Each year this raises around \$9,000 for the club and has become a popular fixture on the Tamworth social calendar.”

## Rotary District 9670

A young woman with freckles is looking out of a circular window. The window shows an outdoor setting with a white table and a red box. The woman is wearing a dark top. The text 'Building Resilient Communities' is overlaid on the image in a large, white, serif font.

# Building Resilient Communities

Addressing community need in areas as broad as cancer support, homelessness, foster care, domestic violence and drought, the members of District 9670 are using their skills and resources to build stronger and more resilient communities.

*By Anne Matthews*





Photo: Amelia Tomkins Photography

**D**istrict 9670 is located in the middle of NSW, stretching from coastal towns in the east almost to the Queensland and South Australian borders in the west. There are 50 Rotary clubs and approximately 1300 members, as well as three Rotaract clubs.

The largest city is Newcastle, located at the mouth of the Hunter River, which is the largest coal exporting harbour in the world and the second largest city in NSW.

The district includes the Hunter Valley, which is renowned for its wineries, horse breeding and mining; Port Stephens with its beautiful coastal landscapes; the Outback towns of Bourke and Cobar; and Dubbo, home to the open-range Taronga Western Plains Zoo.

The region is one of Australia's largest agricultural areas producing wheat, canola and grain crops, wine, cotton, fruit and vegetables, sheep and cattle.



# District Governor Amanda Roach and David

**I**N July 2021, Amanda Roach succeeded her husband David as district governor. This has been an asset for the district as it provided strong leadership during the preparation for the July 2022 unification with District 9650 to create District 9660.

Educated in Sydney, Amanda was a member of Interact throughout her high school years. Her tertiary studies were undertaken at Sydney University and the University of Newcastle. Amanda and David first joined the Rotary Club of Rylstone-Kandos in 2003.

David and Amanda met through teaching. David was appointed to Rouchel Public School

in the Upper Hunter as Teacher in Charge in 1982, and Amanda was Teacher in Charge of John Foley Special School in Muswellbrook. At this time, Amanda joined the local Quota Club as women were not permitted to be Rotary members.

They married in Muswellbrook in 1985 and later had five children; Zachary, Yedda, Eamonn, Imogene and Finley, all living in Newcastle, and are now very proud grandparents. Some of their children participated in Rotary and university exchange and youth programs.

In 1992-93, David retrained as a special education teacher in Newcastle and Amanda retrained as a school counsellor at the University of Newcastle. They were each appointed to schools in the Central Tablelands of NSW, and both held executive positions with the NSW Department of Education.

Amanda has been club president five times and is interested in all youth programs, Rotary's support of people with disabilities, mental health issues, the disadvantaged, Rotarians Against Malaria (RAM), and ShelterBox. She is a facilitator for Youth Mental Health First Aid programs and a volunteer for other community assistance programs such as the National Association for Loss and Grief and Max Potential.

David and Amanda each received a Paul Harris Fellow from the Rotary Club of Rylstone-Kandos in 2011, and both were recognised by the district with a Paul Harris Sapphire in 2016. They are both retired and remain extremely active in the Rotary Club of Rylstone-Kandos, assisting with the coordination of all major community projects and fundraisers along with managing the Australiana Gift Shop on behalf of the club. RDU





# Cancer Centre for Western NSW

**By Nicole Shanks**  
*Public Relations Director,  
 Rotary Club of Dubbo West*

**THE** Rotary Club of Dubbo West became involved with the Western Cancer Centre in 2015, when doctors Florian Honeyball and Colin McClintock came to their meeting as guest speakers to discuss the need for a positron emission tomography (PET-CT) scanner in Dubbo. This piece of medical equipment helps to more effectively diagnose cancers, alleviating the

associated costs and need for patients to make the long, exhausting trip to Sydney.

But members felt a single piece of equipment was not enough and that Dubbo deserved an integrated cancer centre to serve western NSW.

So, they joined forces with other interested parties, such as the Jimmy Little Foundation, and lobbied to make this a reality. While previous campaigns for better cancer services in Dubbo had been unsuccessful, the redevelopment of the existing hospital, in progress at the time, proved perfect timing.

The party contacted federal, state and local politicians for their support. Federal MP Mark Coulton passionately backed the call, his staff assisted with negotiating the hurdles of writing and presenting a petition to Parliament.

Dubbo West members manned tables at shopping centres and farmers markets to obtain signatures on the petition, and community groups and shops also >

**LEFT:** President of the Rotary Club of Dubbo West Colin Shanks, left, Western Cancer Centre Foundation Chairman and Chief Oncologist Dr Florian Honeyball, Rotary Club of Dubbo West member and Western Cancer Centre Foundation Committee Member Lyn Smith, and Dubbo West Member Neil Sharkey.

**BELOW:** The Western Cancer Centre was officially opened on March 5, 2022.

**FOLLOWING PAGE:** Federal MP Mark Coulton presenting the final results of the petition – which had 45,961 signatures – to parliament.





< assisted by collecting signatures.

Mark Coulton helped get the petitions distributed throughout the western area and lobbied tirelessly inside government, producing the final results of the petition, which had 45,961 signatures. He successfully secured an election campaign promise of funding, and negotiated with then State MP Troy Grant for the NSW government to match the federal offer. In all, the campaign resulted in \$35 million in state and federal funding.

Finally, after six years, the Western Cancer Centre opened in September 2021 and has already begun assisting those in the western area. It consists of clinic rooms, a reception area, a 16-bed chemotherapy treatment area, a PET-CT scanner and radiation therapy.

Dubbo West Rotary has also provided some seed funding for the establishment of the Western Cancer Centre Foundation, of which Rotarian Lyn Smith is a member. The aim of the foundation is to improve cancer care and quality of life for people living with cancer and their families throughout western NSW. This includes education, support and a Wellness Centre providing allied health and other non-medical services for those living with cancer, which is now open. RDU

# Cobar Drought Relief



**By GR Hill  
Secretary,  
Rotary Club of Cobar**

**FOR** several years leading up to October 2018, farms in western NSW had been experiencing severe drought conditions, which resulted in many farmers selling off starving stock or reducing stock numbers significantly to a small breeding flock.

Aware of the deteriorating conditions, the Rotary Club of Cobar set out to assist. The small club of 12 members initially utilised club funds to purchase essential groceries and bottled water for distribution to needy families, but members quickly realised far greater financial support was required.

Some funding was initially available via RAWCS, but funding on a much larger scale was urgently required.

Rural Queensland charity Gulf Horizons Foundation (now the Australian Horizons Foundation) came to the rescue, indicating it was keen to support the Cobar club with its partner group Eye Candy Motor Sport.

Horizons organised an online car raffle, which sold out in just five days and netted the club \$90,000, which was used to purchase three road train loads of fodder for starving stock along the almost dry Darling River, as well as grocery and bottled water packs for struggling farmers.

Several more car raffles





were organised, resulting in a total of \$250,000 for the Rotary Club of Cobar to use for drought relief in western NSW.

The extended Rotary family also got on board, with clubs from Victoria, Queensland and across NSW holding fundraising events to purchase fodder and food, bottled water and fuel for cash strapped farmers or providing practical support.

Even the local mail contractor helped by delivering countless grocery packs to the farmers free of charge, some of whom lived up to 200km from town.

Over \$1 million has been spent by the Rotary Club of Cobar since October 2018 in supporting farmers devastated by drought.

This would not have been possible without the strong support and encouragement from the club's charity partners and the Rotary family. RDU



# Scones and Cream Time



*By the Rotary Club of Cessnock*

**PRESIDENT** of the Rotary Club of Cessnock Vicki Steep was endeavouring to formulate projects that were not just fundraising when she came up with her key project of 'Scone and Cream Time'. Cessnock is home to a beautiful old homestead named Marthaville, an arts and cultural building that can be used for such projects, and Vicki was quick to lock it in each Friday morning.

The idea behind the project is to provide a place where lonely people can meet and enjoy a lovely morning tea at no cost. This would then provide an opportunity for fellowship with similar aged people in a friendly and comfortable environment.

The uptake was small in the beginning but now people return each week to take advantage of this wonderful opportunity for a cup of tea, scones with jam and cream, and a friendly conversation.

The Rotary Club of Cessnock provides all the elements needed so that people can look forward to something special each week. RDU

"People return each week to take advantage of this wonderful opportunity for a cup of tea, scones with jam and cream, and a friendly conversation."





# Hope in a Suitcase

By *Maryka Gibson*  
*Rotary Club of Maitland Sunrise*

**WHAT** started out as a request for items to be donated for children going into foster care, often at very short notice, turned into one of the Rotary Club of Maitland Sunrise's most successful and rewarding projects to date. Forty-two suitcases packed with essential items were presented to Hope in a Suitcase, ready to go to children entering foster care.

In the Hunter region, donations are coordinated by Rachael Clancy, a young, single mother. Rachael was contacted by Rotary Club of Maitland Sunrise Youth Director Cheryl Stanton, who had heard of Hope in a Suitcase and was keen to see how the club could help. The result of this initial contact has been outstanding, with donations coming in from club members and the community as word spread, exceeding members' wildest expectations.

On Thursday, February 10, an amazing 42 suitcases, filled and ready to go, were presented to Rachael by Cheryl, accompanied by committee member and assistant Maree Hunt. Suitcases are prepared for ages ranging from premature babies to 18-year-olds. At an approximate value of \$300 per suitcase, this equates to over \$12,000 plus the delight on each child's face as they realise the suitcase and its contents are all for them.

Hope in a Suitcase Australia is a non-profit organisation run by volunteers who are incredibly passionate about showing every child in the foster care system they are loved and valued by their community. This is done by giving them a suitcase of their very own to ensure they have a safe and secure place in which to pack their belongings and take with them, wherever their journey may lead.

The suitcases are filled with essential items such as toiletries (sanitary items for the older girls), underwear, a set of pyjamas and a change of clothing. They also include something to cuddle for the younger children, a book to read, a journal or colouring-in books and pencils to encourage creativity and provide a distraction from their turmoil. RDW

## Lake Macquarie Autumn Fair

By *Craig Henningham*  
*Rotary Club of Warners Bay*

**RIDER** registrations had been dropping annually for the once popular Loop the Lake Cycle Challenge, a project of the Rotary Club of Warners Bay. It was such a large event that the club would recruit members of other clubs in the area to assist with registrations and marshalling.

In an attempt to lure more participants and to provide an attractive atmosphere at the finish line, then President Barry Knowles explored the idea of markets or some other suitable activity to hold in conjunction with the ride.

It was finally decided that the best course of action was to put the ride on hold and concentrate on a large community event, one that would bring families out for a fun old-fashioned fayre (fair). So planning commenced for the first Lake Macquarie Autumn Fair.

This project was so big it was going to have to be a joint project. Clubs from the entire Area Governor Zone, 13 in total, were invited to participate. The Rotary Clubs of Cardiff, Morisset, Toronto and Toronto Sunrise joined with Warners Bay to plan and run the event and a few other clubs in the zone agreed to participate on the day.

As this was the centenary of Rotary in Australia and very close to the time of celebrations around the country, the fair provided an excellent platform to showcase some of what Rotary does. A full ShelterBox was erected, a polio display was an eye opener for some of the younger people in the crowd, Rotary and the



environment was displayed by the Rotary Club of Toronto Sunrise on a stand with general Rotary information, and clubs ran lots of fun games, the most popular of which was the Rotary Club of Morisset's Dunny-roll Toss.

More than 50 classic cars were displayed by various car clubs. A large selection of food was made available by private vendors and the Rotary Clubs of Cardiff and Wallsend/Maryland were kept busy with their own hot food trailer.

Other charities were invited to join in with their own displays and activities and several private entertainment enterprises, such as a petting zoo, jumping castle and giant slide, helped keep the many children entertained.

Bands, singers and dancers kept a continuous line-up of entertainment going during much of the time. Lake

Macquarie Area Command provided an excellent display and the State Emergency Service held demonstrations. There were even boat and sea plane rides available!

Lake Macquarie Mayor Kay Fraser officially opened the event and was joined by Federal MP Pat Conroy and State MP Greg Piper on stage, all of whom spoke glowingly of Rotary's achievements both locally and further afield. Town Cryer Stephen Clarke compered, while popular radio station 2NURFM, a broadcast service of the University of Newcastle, promoted the event and broadcast live for the first three hours.

It was a perfect autumn day and an excellent source of entertainment for many people who, due to COVID-19, had been kept at home for a long time. **RDU**



Photo: Amelia Tomkins Photography



“As this was the centenary of Rotary in Australia and very close to the time of celebrations around the country, the fair provided an excellent platform to showcase some of what Rotary does.”

# Vintage Fair & Swap Meet

*By Emily Falson  
President,  
Rotary Club of Wellington*

**NOW** in its 39th year, the family friendly Vintage Fair & Swap Meet is a major drawcard for the region, attracting thousands of people to Wellington for the weekend. As the major annual fundraiser of the Rotary Club of Wellington, it has seen the club strike up close relationships with two other Rotary clubs along the way.

Sister club, the Rotary Club of Charlestown in Newcastle, arrives on the Friday night to help out for the weekend, providing 18 extra pairs of hands for this year's event.

A little closer to home, the Rotary Club of Dubbo also assists on the gates for the main event. This year saw around 4,000 people through the gates between 8am and 12.30pm.



The club has developed the event after taking over the reins from the local Antique Engine Club six years ago. To make the weekend sustainable, they broadened its reach to appeal more to women and families. Every year there is something special and a new attraction for all attendees.

On the Saturday is the Mega Street Parade, while Sunday sees the local showgrounds transformed with antique steam engines and one of the largest swap meets west of the Blue Mountains. There are loads of incredible local and regional market stalls, and the local Classic Car Club holds a Show and Shine event that attracts hundreds of entries.

The weekend is also an opportunity for other NFP's and charitable organisations to fundraise. This year, all three local schools were involved, along with the Lions Club, Red Cross, PCYC and Barnardos Australia. Around \$20,000 will be returned to the local community following this year's event. **RDW**

"Now in its 39th year, the family friendly Vintage Fair & Swap Meet is a major drawcard for the region, attracting thousands of people to Wellington for the weekend."







## Hands on support for domestic violence centre

*By Chris Bartlett  
Rotary Club of Nelson Bay*

**THE** Rotary Club of Nelson Bay is making a significant contribution to a domestic violence support and homeless drop-in centre in Nelson Bay.

To assist the Yacaaba Centre meet the increasing number of clients' needs, the club is helping in three key areas: Providing the centre with \$500 each month to purchase food vouchers and other essential items for its clients; providing volunteers to assist with basic internal maintenance; and constructing an outdoor meeting area where clients and staff can meet.

These tasks are managed by President Doug Craike, while Vice President PDG Don Whatham organises a lawn mowing and garden clean up volunteer team to work at the centre once a fortnight.

The Yacaaba Centre also operates crisis accommodation units in another location in Nelson Bay, with Rotarians recently assisting in a major cleanup and rubbish pickup. >

**LEFT:** PDG Greg Bevan, President Vicki Steep, Harma Hill, and President-elect George Koncz, of the Rotary Club of Cessnock.

**BELOW:** The garden maintenance team: Rotary Club of Nelson Bay Secretary Chris Bartlett, Vice President PDG Don Whatham, President Doug Craike, Treasurer Milton Williams, and a Yacaaba Centre staff member.

## Feeding the Homeless

*By the Rotary Club of Cessnock*

**LATE** in 2021, past president of the Rotary Club of Cessnock Graham Farish came up with the idea of using the club's barbecue trailer to provide a hot lunch for the homeless in the Cessnock region.

President Vicki Steep was fully supportive and has worked tirelessly to ensure provisions are purchased and members are ready to make the idea a reality.

Each Wednesday, the barbecue trailer is set up in a facility open to the public, and a number of different meals are provided. Hamburgers, chicken burgers, sausage rolls, and bacon and egg rolls is just some of the fare served to the homeless at no cost.

In the initial stages of the program there were four to six folk making use of the opportunity, but after a short period that number grew rapidly. Now it is not unusual to feed between 50 and 60 people, who look forward to enjoying the meals on offer that day.

The Rotary club provides all the ingredients necessary to create the meals and has been overwhelmed by the generosity of its sponsors, as they fully appreciated the great value of the project to the community. RDU



**RIGHT:** Work commences on the Yacaaba Centre outdoor meeting centre.

< The club is hoping to organise a significant garden overhaul, after which clients at the accommodation centre will be encouraged to take part in the maintenance of the gardens.

Doug said working with the Yacaaba Centre has been a

real eye opener for the club.

“It’s a great opportunity to provide practical support for the underfunded centre.”

He said the opportunity has given many members a better understanding of domestic violence and homeless issues, which are unfortunately

increasing each year.

The Rotary Club of Nelson Bay has sought supplies from local businesses, especially Bunnings, which is very supportive of the garden and maintenance program, with the Tomaree Recycle Centre also providing materials. **RDU**

“It is hoped their actions will instil the concept of peace in our youth, with the Peace Poles standing as a silent vigil and message reminding us to think and act in the spirit of peace in ourselves, our communities and across the world.”

# Peace Poles to celebrate Rotary’s Centenary in Australia



**By the Rotary Club of Rylstone-Kandos**

**THE** Rotary Club of Rylstone-Kandos decided to celebrate Rotary’s centenary in Australia in a manner that will have long lasting outcomes in the community through the purchase of Peace Poles for installation in eight primary schools in the local geographical area of the club.

Negotiations with the local Mid-Western Regional Council facilitated the placement of additional Peace Poles in Rotary Parks in Kandos and Rylstone, where many visitors pause for a break in their journey. Kandos Preschool also welcomed a Peace Pole, which was placed at the





entrance to their site, where children and parents walk past every day. Kandos High School, as the transitional centre for most of the local primary feeder schools, also has a Peace Pole, continuing the message of peace for youth in the local area.

A gift of a Peace Pole to Mudgee High School was also made to mark the site of where the 2020-21 District Conference was to be held which, due to COVID-19, was rescheduled as a virtual conference.

The messages chosen for the four sides of the poles are:

1. *We are all branches of the same tree – also translated into Wiradjuri*
2. *Caring for others and our earth (land) – also translated into Wiradjuri*
3. *May Peace Prevail on Earth*
4. *Be kind and gentle with each other*

The club donated 13 Peace Poles in total to symbolise its common wish for a world of peace. It is hoped their actions will instil the concept of peace in our youth, with the Peace Poles standing as a silent vigil and message reminding us to think and act in the spirit of peace in ourselves, our communities and across the world. **RDU**

# RotaKids at Singleton

**By Gerard McMillan**  
*President, Rotary Club of Singleton Sunrise*

**ON** March 2, 2021, then District Governor David Roach, District Governor Elect Amanda Roach, then Assistant Governor Philip Gorton and then President of the Rotary Club of Singleton Sunrise Stacy Munzenberger, spoke to young students and School Principal Mrs Marzol of St Catherine’s Catholic College in Singleton about establishing RotaKids at the school.

The idea was a hit, and it was decided that RotaKids meetings would be held on the third, sixth and ninth weeks of the school term. Stacy and then President-elect Gerard McMillan attended the initial meeting, where the students were asked to nominate projects they would be interested in completing. >



**BELOW:** RotaKids Ivy Howlett, left, and Charlotte Conley planting a tree with RI Director Jessie Harman during her visit to St Catherine’s Catholic College in June 2021.



**LEFT:** RotaKids Josie Neuss and sister Lillie, daughters of then President of the Rotary Club of Singleton Sunrise Stacy Munzenberger, with then District Governor David Roach and District Governor Elect Amanda Roach, collecting donations for Operation Uplift. Unfortunately, due to COVID-19, the organisation had to shut its doors, so the club now sends bras to Support for Girls.

< Projects suggested included planting trees, forming a choir to sing Christmas carols to the residents at the Mercy Rest Nursing Home situated alongside the school, a lunchtime disco, an activity day and a singing competition, to name but a few. The students were predominately in Years 3 and 4.

When students selected planting trees as their first activity, one young pupil asked if they could plant fruit

trees. Asked why fruit trees, she replied, "We can give the fruit to poor people".

At the initial meeting, one of the students started composing the words to a RotaKids song. She was encouraged to have a fellow RotaKid friend help her complete the song. When Rotary International Director Jessie Harman visited Singleton on June 11, 2021, the RotaKids sang their song for her and then planted

trees together.

Due to COVID, singing was banned at the time, so in lieu of singing Christmas carols at Mercy Rest Home, the RotaKids decided to make Christmas cards for the residents.

The RotaKids also assisted in food drives and helped the Rotary Club of Singleton Sunrise with two of its service projects, including Operation Uplift which, pre-COVID, provided recycled bras to women in need. RDU



**ABOVE:** 'Santa' Glenn Pittman with two perfectly poised pooches at the 2021 Santa Paws event.

# Santa Paws

*By the Rotary Club of Dubbo*

**FOR** the past two years, the Rotary Club of Dubbo has hosted Santa photos with a difference. Drawing on what had been an unusual and often unsettling time for people, the club came up with Santa Paws – photos of pets with Santa.





**LEFT:** Rotary Club of Dubbo members Gargi Ganguly, left, Tim Vail, 'Santa' Glenn Pittman, Jeannette Dinning, club President Carla Pittman, and Friends of Rotary Sally and Lyn Pittman.

With pets often being the only certainty in people's lives throughout the pandemic, it was logical for the club to provide an opportunity for people to do something special with their four-legged friends.

"Pets are therapy and give so much comfort to people during times of stress and uncertainty, so hosting Santa Paws was just one way we could help those in our community celebrate their special bond with their often most loved family member," club President Carla Pittman said. "And who wouldn't want to capture such a great memory by having a photo of your dog or dogs with Santa Claus."

With the first round of Santa Paws held in 2020,

from the amount of positive feedback and gratitude from the public it was a given that the project continue in 2021.

Held over two weekends initially, the club extended the event to three weekends last year, with bad weather not dampening the spirits of pawticipants or members.

Fortunately, Santa Paws was one event that could easily be conducted in a COVID safe way, allowing community members to still participate. With the giant Santa seat and hay bales staged in the shelter at an oval, pets and their handlers had ample room in a relaxed outdoor setting to socially distance and mitigate any potential risks.

"And the event wasn't just for doggie participants," Carla said.

"This year an eight-year-old rabbit joined Santa with its Christmas list, as well as a family of ferrets coming along to squirm with Santa and see what all the fuss was about."

Every person and paw received both printed and digital versions of their photos to enable them to print or create something that little bit different at Christmas time.

The support from not only the Dubbo community was certainly worth every effort, with some people even travelling over an hour and a half to have their few minutes of fame.

Dubbo Regional Council has been very supportive of the event and the club looks forward to hosting its most fun event of the year again come festive season. RDU

"With pets often being the only certainty in people's lives throughout the pandemic, it was logical for the club to provide an opportunity for people to do something special with their four-legged friends."

# Australian Rotary Health to focus on the mental health of Australian children

"Australian Rotary Health (ARH) was pleased to announce that we will be narrowing our research focus to the mental health of young Australians aged 0-12. The new research area will be the focus of a symposium titled, 'Health Children Bright Futures: Improving the Mental Health of 0-12-Year-Olds'."

**RIGHT:**  
Professor  
Michael  
Sawyer OAM

## The mental health of young Australians matters

IN July last year, Australian Rotary Health (ARH) was pleased to announce that we will be narrowing our research focus to the mental health of young Australians aged 0-12. The new research area will be the focus of a symposium titled, 'Health Children Bright Futures: Improving the Mental Health of 0-12-Year-Olds'. The symposium will take place in Sydney in August this year.

This announcement comes following a proposal by ARH's Medical Advisor to the ARH Board of Directors Professor Michael Sawyer OAM. Professor Sawyer said that although there has been a strong focus on research and services aimed at improving the mental health

of adolescent and young adult Australians, there is less attention focused on addressing the mental health struggles faced by 0-12-year-olds.

"This is a serious omission because each year approximately 14 per cent of Australian children experience mental disorders, that is, approximately 500,000 children in this age range suffer from a mental disorder. There is also evidence that approximately 50 per cent of mental disorders across all age groups have their onset by the age of 14 years. The time between birth and 12 years is a very important development period where success and failures can

cascade down the years," Professor Sawyer said.

"Studies have shown that the overall prevalence of mental disorders experienced by 0-12-year-olds has not changed over the past 20 years. As such, we need to find new ways of helping children and their families overcome this terrible problem."

Applications for expressions of interest for research grants in this area will be advertised in early June. <sup>ROU</sup>





# Lift the Lid on Mental Illness

**AUSTRALIAN** Rotary Health's Lift the Lid on Mental Illness initiatives have continued into 2022. So far, we have seen many successful events aimed at creating awareness of mental health in the community and raising funds for ARH mental health research.

With Hat Day themed events and Lift the Lid Walks for Mental Health, Rotarians across Australia banded together to help Australian Rotary Health Lift the Lid on Mental Illness! RDU



## Lift the Lid Walks

**AUSTRALIAN** Rotary Health's Lift the Lid Walk for Mental Health initiatives have grown immensely over the past year, highlighting the ever-increasing importance of mental health across Australia.

The events are designed to raise awareness and break down stigma surrounding mental illness. All profits raised from the walks go directly into funding mental health research to help prevent mental illness and enable early intervention.

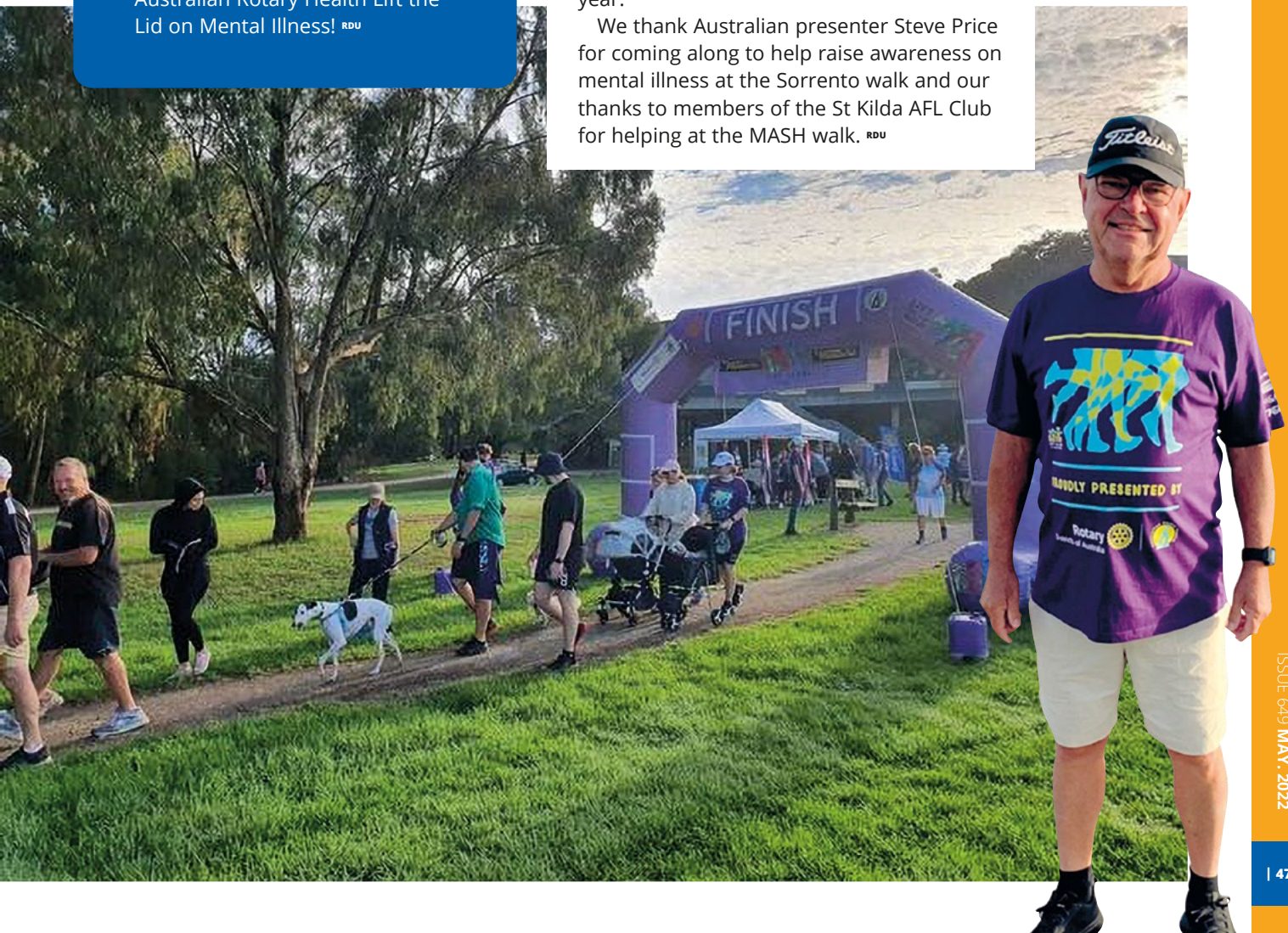
We successfully kick-started 2022 with two Lift the Lid Walks hosted by the Victorian Rotary Clubs of Sorrento and Mont Albert & Surrey Hills (MASH). These two walks alone have already raised well over \$10,000 for valuable mental health research.

We thank the hundreds who have already walked to Lift the Lid on Mental Illness this year.

We thank Australian presenter Steve Price for coming along to help raise awareness on mental illness at the Sorrento walk and our thanks to members of the St Kilda AFL Club for helping at the MASH walk. RDU

**BELOW:** The two Lift the Lid Walks hosted by the Victorian Rotary Clubs of Sorrento and Mont Albert & Surrey Hills (MASH) raised over \$10,000 for valuable mental health research.

**INSET:** Australian presenter Steve Price joined this year's Lift the Lid on Mental Illness walk in Sorrento.







## District 9790 Ride to Conference 'Dindi Dash'

**IN** March, Rotarians from Rotary District 9790 took to the hills of Alexandra and Marysville to ride to their District Conference and support Australian Rotary Health.

A team of 17 riders and six crew members covered 170km from March 16-18, raising almost \$10,000 along the way. The funds will go towards mental health research and Indigenous Health Scholarships through ARH.

District Ride to Conference events are one way to help Lift the Lid on Mental Illness. We thank District 9790 for their continuous support. RDU

**OPPOSITE PAGE:**

Rotarians David and Karen Brown were awarded the esteemed ARH Medal for their efforts in raising thousands of dollars for ARH research.

**RIGHT:** Stuart McDonald (left) and Rob Henry (right) relaxing during an annual ride.

## Over \$1.2 million raised for ARH by District 9810 Ride for Research Initiative



**THE** historic bike rides hosted by District 9810 date back 37 years and have raised over \$1.2 million for Australian Rotary Health. Such a huge contribution has supported programs run by ARH, funding thousands of medical and mental health research findings.

In recognition of the tireless efforts involved in organising these annual rides and the Great Australian Bike Ride, Rotarians David and Karen Brown were awarded the esteemed ARH Medal in 2015. Their proud effort in raising thousands of dollars



for ARH research is a great honour and we extend a huge thank you to them and Rotary District 9810.

Another valued member involved in the District 9810 bike rides was the renowned Stuart McDonald, a member of the Rotary Club of Healesville. Stuart, or 'Stu' to those who knew him, was the go-to man if anybody needed anything done. 'No' was not a part of Stu's vocabulary. He always strived to help his community, either as a member of the Healesville local council and Healesville Apex Club or as Secretary of the District Youth Exchange Committee.

Stuart passed away in August last year and as his last contribution to his legacy, left the balance of his estate to ARH.

We also acknowledge the late Rob Henry who was pivotal to District 9810 Rides for Research and was a very worthy recipient of the ARH Medal in 2012.

ARH recognises these valued members of our community and their hard work toward the Ride for Research initiative in raising money for medical and mental health research. ROU



# New ARH funded research discovers factors that help kids become resilient after trauma

**PROFESSOR** Melissa Green was a recipient of an Australian Rotary Health Mental Health Research Grant to conduct research into the factors associated with resilience in children. Her team at the University of New South Wales examined a cohort of 4,716 children residing in New South Wales who were known to child protection services by the age of 13.

"Children known to child protective services are at a high risk of poor mental health and developmental difficulties in social, emotional and cognitive domains in childhood," Professor Green said.

"Understanding why some maltreated children do not show developmental difficulties may help us to understand factors that contribute to resilience following trauma."



**ABOVE:**  
Professor  
Melissa Green.



In the study, it was found that 54 per cent of children had developed typically in areas of social, emotional and cognitive functioning at five years of age, and continued this trajectory at 11 years of age. These children were considered 'stress resistant'. A further 13 per cent of children who showed poor early development at five years of age, but showed

improvement by middle childhood, were considered to possess 'emergent resilience'. What was observed were the indicators that separated these two groups and what was common.

The common factors between the two groups illustrate the factors of resilience for children and these were having personality characteristics of

openness and extraversion. Notably, these factors were largely found in children who were female.

Five more studies were associated with this project, resulting in several research findings by Professor Green and her team. Such findings build our understanding in responding to early child maltreatment and children's mental health development. **RDU**

## The effects of the COVID-19 pandemic on children's mental health



**RIGHT:**  
Associate  
Professor  
Dr Delyse  
Hutchinson

**RESULTS** from a research study funded by Australian Rotary Health examined around 1,000 families to understand the origins of childhood mental health disorders. The study took place before and during the COVID-19 pandemic, revealing how the mental health of children was affected.

Associate Professor Dr Delyse Hutchinson from Deakin University received a mental health research grant between 2018 and 2021 to conduct an eight-year follow-up in their longitudinal Triple B Pregnancy Cohort Study (Triple B). The Triple B commenced in 2010 and has followed parents and their offspring from pregnancy, through to the first year of infancy and then recently eight years later.

Dr Hutchinson details how the COVID-19 pandemic had impacted the families they interviewed; in particular, the mixed changes in children's behaviour and emotional development relative to pre-pandemic levels.

Following the commencement of social restrictions in March 2020, the proportion of children that demonstrated normal levels of emotion regulation and good peer relationships did not change. However, in categories of hyperactivity and pro-social behaviour, fewer children scored within the normal range compared to pre-pandemic levels. More children demonstrated high levels of hyperactivity and abnormal levels of pro-social behaviour compared to pre-pandemic levels.

"Our middle childhood assessment occurred during the COVID-19 pandemic in Australia," said Dr Hutchinson. "Results from this data will be valuable in understanding how we can promote resilience in parents and children during future crises."

The evidence gathered by Dr Hutchinson and her team suggests that while many children have been relatively resilient during the COVID-19 pandemic in Australia, some children have experienced poorer psychosocial adjustment during this period of increased stress for many families.

Numerous scientific articles using the data from Dr Hutchinson's middle childhood assessment are expected to be published in the coming years. **RDU**



# Rotary Matters

## Growing our organisation



### ROTARY'S VISION STATEMENT:

*Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities and in ourselves.*

Rotary



The **Rotary Matters segment** is your go-to resource for ideas on how to bring more awareness to what your club is doing, why Rotary is relevant to your community and how you can engage your members even further. Ensuring a Rotary club's continued success is not just about a membership strategy, strong public image or exciting projects – it's about all these elements coming together to create an organisation people want to be a part of, where like-minded individuals can join together to find fulfilment by doing good in the world.

## Pedal power drives passion for polio fundraising across the Nullarbor

Tasmanian Rotarians Phil and Joyce Ogden mount their tandem bicycle to stage an epic fundraiser in support of Rotary's *End Polio Now* campaign.

**PDG Bob Aitken**  
**RI End Polio Now Coordinator,**  
**Zone 8, 2018-22**  
**Rotary Club of Lower Blue**  
**Mountains, NSW**

**WITH** 30 years of tandem cycling behind them, the duo will leave Perth, WA, on May 17 and ride the 2,750km to Adelaide, SA, to support *End Polio Now* – with the support of their Rotary Club of South Launceston, Tas.

A retired anaesthetist, Phil has witnessed first hand the terrible legacy of the 50's polio epidemic and the ongoing threat to children of the world, until the *End Polio Now* campaign was launched 30 plus years ago.

"We feel that the enormous effort that has gone into turning the tide of the disease will be lost if pressure and fundraising are not maintained until the disease is totally eradicated," the couple emphasised.

"If we take our collective eyes off the ball, the disease will re-establish. So, we are still committed to making our personal donations every year, but felt we might harness another of our passions, cycling, to push things along, with the assistance of Rotary."

Joyce and Phil have enjoyed many 'tandem adventures' together, covering more than 100,000km by way of unsupported crossings of the European Alps, the Pyrenees and the Rockies, in addition to organised long-distance rides with Audax, culminating in a 600km ride over 36 hours!

### Planning

The Ogdens will plan and fund the entire trip with support from their Rotary Club of South Launceston and district leaders.

The window for riding the Nullarbor is relatively short as the prevailing wind and temperature must be favourable, making autumn and spring the only realistic options.

Phil and Joyce would like to use the ride to publicise the urgent need to complete the eradication of polio and are happy to address Rotary clubs in Tasmania and enroute in Perth, Kalgoorlie and Adelaide, however, time will be limited in each destination. Bookings can be made once final dates are known.

Logistics for the ride will be challenging, with camping and motels (where available) the



only accommodation options on the Nullarbor.

There are no shops across 1200km of the Nullarbor and water is only available at roadhouses along the way. Dehydrated food will have to be mailed ahead and the Ogdens will have to carry food for a week and water for two days at a time.

A tandem cycle carries two riders but only has the luggage capacity of a single bike, so the volume of extra provisions will be difficult to accommodate. However, weight is less of an issue as Google Maps describes the entire route as mainly flat.

### Donations

Every dollar donated to *End Polio Now* will be matched with \$2 from the Bill and Melinda Gates Foundation. Donations can be made via [raise.rotary.org/phil-ogden/fundraiser](http://raise.rotary.org/phil-ogden/fundraiser)

### Contact

Past Assistant Governor Marion Cooper of the Rotary Club of Sandy Bay, Tas, is the District 9830 contact:  
 E: [yaringacoops@bigpond.com](mailto:yaringacoops@bigpond.com)  
 M: 0417 371 726 RDU

"There are no shops across 1200km of the Nullarbor and water is only available at roadhouses along the way. Dehydrated food will have to be mailed ahead and the Ogdens will have to carry food for a week and water for two days at a time."



TRUSTEE'S MESSAGE

# We can build a better future

**AS** an engineer, I have worked my entire life for success that can be measured. I believe in the kind of success you can reach out and touch. And I also know that it doesn't come overnight, it happens one step at a time.

At The Rotary Foundation, we don't settle for a vague idea of doing good; we take measurable steps, ones that are concrete and real, toward a defined goal. It's progress that you can see and tell your family and friends about, each step of the way.

Measurable success is what our new Programs of Scale grants are all about. The first member-led program to receive this annual \$2 million grant, Partners for a Malaria-Free Zambia (PMFZ), seeks to reduce malaria by 90 per cent in 10 highly affected districts within two provinces of Zambia. It's an ambitious but achievable goal, based on a community health worker model that has been successful in reducing malaria in other parts of Zambia, as implemented by Rotary members and our partners on the ground.

To help end malaria in Zambia, The Rotary Foundation, World Vision US, and the Bill & Melinda Gates Foundation are each contributing \$2 million to PMFZ, whose Rotary-led program has already begun to expand life-saving malaria diagnosis and treatment to hundreds more rural communities. So far this Rotary year, PMFZ has trained, equipped and deployed more than 1,300 of the 2,500 new community health workers who will help local health centres reach more people who are vulnerable to malaria, such as mothers and children. PMFZ is also collecting and analysing data to ensure medical supplies get to where they are needed most. This work, along with the close collaboration between implementing partners and Rotary and Rotaract clubs across Zambia, has comprised the first bold steps toward our goal.

PolioPlus is another example of a global project that has been engineered for impact. The fact that we have reduced polio cases by 99.9 per cent worldwide is a testament to your generous contributions, our strong partnerships through the Global Polio Eradication Initiative, and a vast network of volunteers who administer drops to children around the world.

And we won't stop now. Rotary spearheaded the drive to end polio, and Rotary will complete it. Encourage your district leaders to designate leftover District Designated Funds (DDF) for polio eradication, so we can finish the job.

As an engineer, I have been proud to see my blueprints transformed into great structures and facilities. But perhaps I am even prouder of how together in Rotary we have engineered a better world — measurably, step by step, project by project. In Rotary, we can all be engineers of hope, building a better future for the next generation.



**John Germ**  
Foundation Trustee Chair



# TAKING ACTION FOR CHANGE



## IMPACT

**We want to put our resources behind programs that will have the greatest impact and that align with our areas of focus.**

We're creating tools and guidelines for tracking and sharing our efforts. We're also developing an evaluation process that will help us make objective recommendations about what is working and what we should continue, start, or stop doing.

## REACH

**We're committed to exemplifying and embracing diversity, equity, and inclusion (DEI) in everything we do.**

We're testing new products and alternative models that will allow more people to connect and take action with us in ways that work best for them.



We are at a defining moment in Rotary's history. We're implementing our Action Plan, a strategic road map that will help us better connect with each other, grow as an organisation, and more effectively share our stories of how we are making a difference in communities.

At every level of Rotary, we have embraced opportunities to work together to achieve our goals. Over the coming four issues, you'll hear from Rotary members around the world who will offer their inspiration, encouragement, and guidance as we carry out the four priorities of the Action Plan.



## ENGAGE

**We're tearing down the walls between "us" and "them" and focusing on participants.**

We're asking people how they want to participate, finding ways to meet them where they are, and making sure they know we value them.

## ADAPT

**We're streamlining operations so we can be more agile and responsive.**

We're simplifying the way we do things and helping members manage change so that our clubs, districts, and zones can more effectively communicate and work together.

Learn what your club can do at [rotary.org/actionplan](https://rotary.org/actionplan).



# Probus is one of Rotary's greatest success stories

"Probus was started by Rotary over 46 years ago, mainly to provide Rotarians with the opportunity to stay connected with fellow retirees once their life of service in Rotary had ended."



**MY** name is Merv Richens and I am both a Rotarian and a Probian. I joined the Rotary Club of Mullumbimby, NSW, in 1964 and was proud to serve as District 9640 Governor in 1990-91. For nearly 60 years, I have been extensively involved in a range of Rotary projects and initiatives that have been so rewarding.

I am also a member of the Probus Club of Springwood, Qld, and have recently been appointed to the Probus South Pacific Limited Board for my extensive experience in both Probus and Rotary.

Probus is a community service activity of Rotary clubs and is one of Rotary's greatest success stories. Probus was started by

Rotary over 46 years ago, mainly to provide Rotarians with the opportunity to stay connected with fellow retirees once their life of service in Rotary had ended. These days, there are many Rotarians who continue to serve Rotary proudly and also join Probus to take advantage of the fun and

friendship Probus offers.

Rotary and Probus are intrinsically linked, each organisation plays a key role in the communities they serve, both possessing the ability to contribute to the growth of these vital community service activities.

On October 1, 2020, Probus announced its inaugural Probus Day, which is now celebrated annually. This date acknowledges the United Nations' Day of Older Persons, which was declared by the UN more than 30 years ago to highlight the important contributions older people make to society.

The key objective of Probus Day is to encourage older members of the community to learn more about Probus. We all appreciate the importance of social connections, particularly in today's world. Each Probus club is unique in what it offers its members through monthly meetings, interesting guest speakers and a range of activities, interest groups, trips and tours.

In both 2020 and 2021, Probus Day celebrations throughout the month of October were a resounding success, thanks to members all over Australia and New Zealand holding a wide range of events. These

celebrations included lighting of landmarks in Probus colours, themed lunches, picnics, barbecues and so much more.

Probus provides so many opportunities for members to stay active, engaged and connected. Throughout these past two years, Probus members have valued their connections to their club and fellow members far more than in any other time. The 2022 Probus Day theme is *'Probus provides unlimited possibilities in retirement'*.

There are many Probus clubs that have maintained great relationships with their sponsoring Rotary club. To help us celebrate our 2022 Probus Day, I encourage all Rotary clubs in Australia and New Zealand to reach out to their local Probus club. Perhaps clubs can consider hosting joint events to let members of the wider community know how important both Rotary and Probus are to the communities we live in.

If you would like to contact your local Probus club or have any questions, I would be happy to assist you.

***Yours in Rotary,***  
***PDG Merv Richens OAM***  
***E: [mervrichens@probussouthpacific.org](mailto:mervrichens@probussouthpacific.org)***  
***T: 0420 373 162*** RDU



# Action figures



**BEFORE** the Rotary International Convention, June 4-8, leaders of Rotary Action Groups will gather for an open house to share experiences and search for collaborative opportunities. The event, called RAGTime, will take place June 2 at Houston's Downtown Aquarium, a six-acre entertainment and dining complex that is home to more than 300 species of aquatic animals.

Rotary Action Groups are independent, global, Rotary-affiliated groups made up of experts in a particular field, such as economic development, peace, addiction prevention, the environment, or water. Action groups offer their technical expertise and support as clubs plan and implement projects. They can help clubs and districts find partners and funding, prepare grant applications, conduct community assessments, and develop plans to monitor and evaluate their projects.

At the open house, you can meet representatives of most of the 27 action groups, including the two newest: the Rotary Action Group for Menstrual Health and Hygiene and the Rotary Action Group for Refugees, Forced Displacement and Migration, both established in 2020-21. The evening includes heavy appetisers and light music. To learn more and buy tickets, visit [dna-rag.com/rotary-in-action/ragtime-2022](http://dna-rag.com/rotary-in-action/ragtime-2022).

During the convention itself, attendees can find another type of international group led by Rotary members. Many Rotary Fellowships, whose members share a common interest or passion, will have their own booths at the House of Friendship, inside the George R Brown Convention Centre. **RDU**

# Our work is never done!



**Sarita McLean**  
Public Image  
Coordinator,  
Zone 8

**OUR** club activities have been on hold in some states (and countries) for months in the interest of public health and safety. It is challenging in lots of different ways, in that we cannot continue with our signature projects, but also on a more personal level of not being able to catch up with our

Rotary friends face to face. So, what can we do when we cannot be out there in our communities and be people of action? What do we do about public image then? It can be very tempting to take our foot off the pedal and relegate public image to the bottom of our list of priorities.

For many people, a website is one of the very first points of contact with a club short of a face-to-face conversation. One of the ways we can use this time is to review our club websites. And this should not just be the domain of our webmaster or public image chair. All members can help check the following five key items:

1. Is the information current? Is the content reflective of your club? Has it been updated to include your latest projects?
2. Is the Rotary logo brand compliant?
3. Do all links and buttons work?
4. How can people get in contact?
5. What does the website look like on a desktop, laptop, tablet and phone?

Improvement need not happen overnight, just get going and maintain consistent progress.

Next month we will look at social media. As always, if you need help with public image please do contact the Zone Public Image team of Darryl Iseppi, Andy Marselos, Pauline Stewart, Ros Teirney, Malini Raghwan, Liz Courtney, Wayne Milnes, Barry Antees and myself. Our contact details are on the Rotary Zone 8 website ([www.rotaryzone8.org](http://www.rotaryzone8.org)) under the Public Image tab. We'd love to hear from you. **RDU**



**Back to the Country**

**Mandy Magro**  
**HarperCollins**  
**RRP: \$29.99**

Set in the heart of the Australian countryside comes a compelling romance with a touch of mystery from bestselling author Mandy Magro.

Country singer Indigo Nash has it all... except love. At the height of her musical career, Indigo should be nothing but happy. But Indi is disillusioned with show business, finding herself depressed and lonely. When she reaches breaking point, a simple life back in the country begins to beckon

her. But the demons left lingering in the shadows from a childhood trauma follow her, and nightmares of that fateful night plague her. Can she unearth the truth of her family's deep dark secrets?

For two years, Harley Knight has travelled the world with Indi as her bodyguard. When she hits rock bottom, he convinces her to return with him back to their hometown of Kuranda and stay at his property, where Harley hopes the peaceful landscape will give her the time and space she needs to heal. RDV



**GIVEAWAY**

For your chance to win one of three copies of *Back to the Country*, email [giveaways@rotarydownunder.com.au](mailto:giveaways@rotarydownunder.com.au) with 'Back to the Country' in the subject line. Please include your contact details, including delivery address.

**10th October**

**LIFT THE LID**  
*on mental illness*

Rotary  
 Districts of Australia

[www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au)

**HAVE YOU GOT AN EVENT COMING UP?**

**YES! Then get on your bike and email us the details:**

**[editorial@rotarydownunder.com.au](mailto:editorial@rotarydownunder.com.au)**



**Pride of Workmanship Awards**

This program aims at identifying and recognising people who excel in their vocations. Through the program, clubs connect with businesses and the community and gain opportunities for Membership Development and Public Relations as well.

For more information check out our website at [www.pride-of-workmanship.com](http://www.pride-of-workmanship.com) or contact the Rotary Club of Pennant Hills - District 9685

Phone: 0444 565 780 or email us at: [orders@pride-of-workmanship.com](mailto:orders@pride-of-workmanship.com)



Contact us for a **FREE** copy of our program guide



# ROTARY AT A GLANCE



**Rotarians:** 1,199,580\* in 36,843 clubs in 545 Districts in 220 countries/geographic areas.

**Rotaractors:** 239,945\* in 11,040 clubs in 532 districts in 184 countries/geographic areas.

**Interactors:** 392,473\* in 17,151 clubs in 498 districts in 161 countries/geographic areas.

**Rotary Community Corps members:** 200,615\* in 12,034 clubs in 235 districts in 90 countries/geographic areas.

As at May 31, 2021, there are 25,880 members in 1056 clubs in 19 districts in Australia and 7132 members in 251 clubs in six districts in New Zealand and the Pacific. Australian and New Zealand districts include Nauru, Papua New Guinea, Solomon Islands, Timor Leste, American Samoa, Cook Islands, Fiji, French Polynesia, Kiribati, New Caledonia, Norfolk Island, Samoa, Tonga and Vanuatu, where there are 606 Rotarians in 41 clubs.

As at March 23, 2022 | \* Estimated

# 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.

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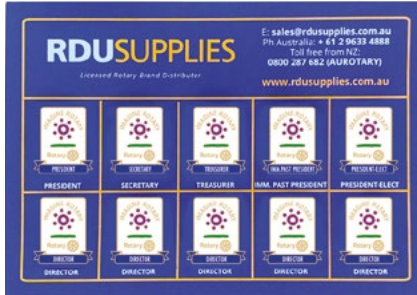
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