

Networker

Rotary Opens Opportunities.

Around the traps with the DG

You may have seen the story on the ABC News on Wednesday July 22, featuring 18-year-old Taia Hayter, the youngest president to be installed at the Rotary Club of Stawell. The story also featured the ageing and decline of our membership, which was perhaps not the most positive message about Rotary. I would, however, like to reassure everyone that we are working with the ABC and other television networks to present a more attractive image of Rotary. Our aim is to showcase the amazing array of projects in which we are involved and the difference we make in our communities.

Going forward, any national media coverage will be centred on community service. This includes environment, diversity, equity and inclusion, the work of our foundation in the six (soon to be seven) areas of focus, and how RAWCS (Rotary Australia World Community Service) efficiently supports our work.

If you have any ideas for stories that could be featured in the national print or TV media, please send them to me with a synopsis of the relevant project.

Whilst it is heartening to see how well clubs and members have taken up communicating through Zoom, we must strive to further engage our members by sharing projects that they can be actively involved in, despite the lockdown. As Rotarians, we all enjoy being people of action, and knowing that our actions make a difference.

I would like to send out a challenge to all clubs, as well as Avenues of Service Chairs, to allocate time in their Zoom meetings for a lifestyle and learning event. You could discuss projects such as developing a communication link with others in the community, contributing to seed bank collections, building bee hotels, mask making, and researching and learning about international projects. I'm sure you will have many other ideas to share about things we can do at home during lockdown.

As the saying goes, 'We are all in this together'. Let's take this opportunity to grow and learn.

DG Philip Archer



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"It is just as easy to acquire the habit of speaking kindly as it is to acquire the habit of speaking unkindly." 1935 RI Convention, Mexico City, Mexico

ARH is a life saver

Australian Rotary Health (ARH) research funding is forging a path to better health

In Australia during the 1980's, around 500 babies a year were found cold and lifeless in their cots. One evening, Rotarian Ian Scott was listening to 3AW talk-back radio when he heard grieving parents relate their experience of losing their babies to SIDS (Sudden Infant Death Syndrome). He decided to tackle this traumatic situation and convinced his Rotary club, Mornington, to raise \$2 million for SIDS research. (Cont'd Pg2)

ARH is a life saver (cont'd)

Subsequently, with support from all Australian districts and Rotary International, the Australian Rotary Health Research Fund was created and SIDS became our first home grown national Rotary project.

A call went out to universities to find a researcher and current Professor of Epidemiology at Oxford University, Terry Dwyer AO was engaged. Professor Dwyer specialises in non-communicable diseases. His early research revealed that the incidence of SIDS was twice as common in Tasmania. He relocated from Sydney to Hobart and built a research team at the University of Tasmania where he undertook ground-breaking research.

It's important to note here that ARH only provides the initial funding for projects. When their research is proved, then it may attract major dollars from bodies such as NHMRC (National Health and Medical Research Council) and NIH (National Institutes of Health), as in Terry's case.

Between 1988 and 1995, they researched the relationship between SIDS and sleeping position on the 11,000 infants who were enrolled in the Tasmanian Infant Health Survey (TIHS)

"Sleeping position was not our principal hypothesis. We were looking at factors such as heart rate and temperature variation... but you couldn't ignore the position in which babies died," said Professor Dwyer.

After comparing all the factors and circumstances of the children who died with those who didn't, sleeping position was clearly the cause.

The direct consequence of this study was that the number of infant deaths fell by 80% worldwide. Millions of lives were saved just through having parents place babies on their backs rather than their tummies. This cot death research remains one of the most successful research outcomes in the world and one of the most important contributions to medical research by Australia in the 20th Century.

Much is owed to the Rotarians who established and drove the research fund in its formative years. Royce Abbey, soon to become RI President, was in the ARH chair for the first six years. The board had six members, which soon grew to 10. These early directors created and built a corpus which, despite global financial challenges, has grown considerably. Annual investment interest covers the costs of running the organisation, which means that 100% of club donations are spent on our ARH programs.

Since 2000, Australian Rotary Health has tackled a far greater challenge, that being to improve mental health. The numbers of Australians, and in particular young people, currently diagnosed with a mental illness is overwhelming. Research shows us that half of mental illness begins by the age of 14 and Professor Michael Sawyer, child and adolescent psychologist and medical advisor to the ARH board says,

"If there's one piece of advice to give to parents it's don't fight in front of the kids." He says it's the number one basis of poor mental health. (Cont'd)



Message from the Editor

Hi everyone,

For those experiencing difficulty navigating around the Zoom-scape, the following links take you to video guides on how to host or join a Zoom call.

[ZOOM PARTICIPANT](#)

[HOST](#)

If you have any problems with zoom let us know at networker@rotarydistrict9800.org.au

A gift

As a small gift to you all during this challenging time, this [LINK](#) will take you to a brief presentation by a friend, Benedictine monk, Brother David Steindl-Rast, who until he was 90, travelled the world giving workshops on gratitude. It's a timely and moving piece in relation to what we're all currently experiencing.

Have a great weekend.

Jeanette Leigh

Rotary tip

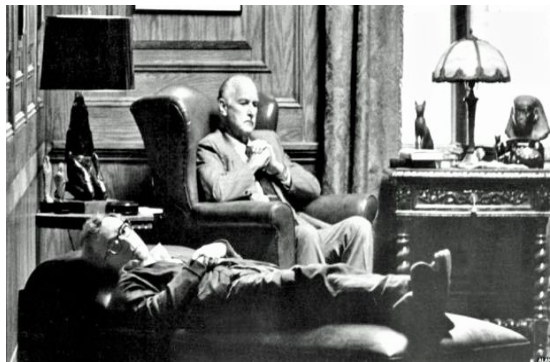
While we're dealing with COVID-19 restrictions, take some time to familiarise yourself with the wealth of information available on the [My Rotary](#) website.

Consider which elements could add value to your club this year, and suggest them to your board.

ARH is a life saver (cont'd)

Mental illness is non-discriminatory and none of us are immune. For today's adults not to be affected personally, either through their own situation or through exposure to suffering family members and friends, would be rare.

In response, ARH has become one of the largest non-government funders of mental illness research. It has also effectively engaged Rotary clubs to increase community awareness of mental illness and to reduce stigma. This is fostered by the great team of honorary research advisors such as Professors Tony Jorm, Michael Sawyer and Ron Rapee, and current ARH Chair Jane Pirkis, an Australian leader in suicide research from the University of Melbourne.



The Lift the Lid on Mental Illness campaign has been widely embraced by Rotarians over the past three years. Lift the Lid will increase our ability to fund even greater numbers of researchers to seek cures for a whole range of mental and emotional issues.

Examples of ARH mental health projects that have made significant impacts

Mental Health First Aid (MHFA) was created to recognise mental health issues within the workplace. Established by health education nurse Betty Kitchener AM, and Tony Jorm Emeritus Professor, University of Melbourne, MHFA has been adopted in over 25 countries.

The Cool Kids program, created by child psychiatrist Professor Ron Rapee, is a skills-based program that teaches children, teenagers and their parents how to manage anxiety. Within six months, 3 out of 4 anxious young people were completely free of their anxiety disorder. It's now used in around 25 countries.

The Teen Mental Health First Aid (TMHFA) program, for suicide prevention was developed by University of Melbourne Senior Research Fellow Laura Hart, and Dr Clare Kelly, Manager of Research and Evaluation at MHFA Australia. The program's been adopted world-wide, by organisations such as Lady Gaga's Born This Way Foundation.

ARH's broad vision is to improve the health and wellbeing of all Australians, however the impacts are radiating out to the world.

Gregory Ross

Chairman, Australian Rotary Health



TRIVIA FOR

STEPS OUTREACH SERVICE

SUPPORTING YOUTH HOMELESSNESS
WITH CONCERN AUSTRALIA

GET A TEAM TOGETHER. OR COME ON
YOUR OWN. IT WILL BE YOUR
FAVOURITE NIGHT OF LOCKDOWN 2.0

Thursday 13 August 2020 8pm-10.30pm
Tickets \$15+bf

<https://www.eventbrite.com/e/northside-trivia-for-youth-homelessness-tickets-114221365178>

<http://rotarynorthside.wixsite.com/home>



Celebrating new and long term members

Garry Gunnell reveals how life-changing Rotary is

Engineering my way into Rotary

As a civil engineer in 1981, jobs were limited so I took on the Assistant Manager role with Hospital Benefits Association. My manager suggested I join Rotary because it would help me build a business network. I joined RC Bendigo as a 27-year-old and went on to become club president, treasurer for Rotary Australia World Community Service, and helped establish the Rotary Australia Benevolent Society.



The wilds of PNG

A presentation to Rotary Bendigo in 1990 changed my life. A Rotarian from Melbourne South said a school in Popondetta in Papua New Guinea needed help with construction. My father was a builder, and I had previously acquired a range of relevant skills working with him on his projects. So a fellow club member and I headed to PNG to join the Rotary team.

PNG, being one of the most culturally diverse countries in the world was a totally different, fabulous experience and it encouraged me to keep my eye open for projects in the Pacific Islands.

Samoa calls

I imagined that Samoa would be like PNG so when Samoa was struck by two devastating cyclones in 1993 I took my first of 36 visits to help out. Over that time we've built cyclone shelters, water tanks, toilet systems, water supplies, libraries and a computer centre. We always have locals working with us so that they can learn new skills and, in time, take ownership of the projects.

One time, the Australian High Commissioner asked Rotary for help to install cyclone-proof roofing on primary schools. Off we headed thinking that a few Rotarians and six locals could satisfactorily complete a couple of schools. Imagine the shock when we were asked to help with 40 schools. We recruited more Rotarians from across Australia. AusAID arranged to purchase the materials in Australia and provided a full-time supervisor. The task was completed in 18 months.

Life/Rotary balance

For 40 years Rotary has been a major part of my life, and there's real satisfaction in knowing that I've helped improve lives. My wife Joy and I have hosted eight international students, and we catch up with some of them in our annual overseas travels because we really value those friendships. I recommend hosting overseas students and attending Rotary international conferences. They're life-changing.

Dale Cosgrave is in the business of making a great life

A chance meeting

My Rotary introduction came when I was at a Mental Health Foundation meeting (I'm their Multi-cultural Ambassador) where I was introduced to RC Southbank's current President Jasmin Dhillon.



Impressed with what she told me about Rotary, I attended a number of their meetings and discovered that the organisation aligned with my personal mission, which is to help more people experience wellbeing and thrive, on a global scale. I do this via my wellness-consulting business, About You. I create and run social projects, as well as providing counselling, coaching and mentoring.

I'm currently studying a Masters of Counselling and I'm keen to get involved in big projects and employ my skills with like-minded people. My induction into the Rotary Club of Southbank was June 23, 2020.

Unlocking life's challenges

A life-changing event shaped me into the person I am today. For a while I worked as a recruitment consultant and lived in Japan, Hong Kong and Singapore. I returned to Melbourne from Singapore at the beginning of 2010 because I was suffering from addiction issues. I checked into a rehab centre and stayed for 14 months. This is what I call my 'behind the resume' experience. As challenging as it was, it changed my life. As I developed more empathy, compassion and purpose through my recovery journey, I decided to become a counsellor and support others. Sharing my experience and strength is a giving service, as well as being a therapeutic part of my ongoing recovery.

Whilst in lock-down during COVID-19, I can still visit my partner in the seaside town Rye. I'm at my happiest being in nature and love the coast. It helps me contact my true nature. I enjoy surfing along the Mornington Peninsula, Bikram Yoga and cooking. My signature dish is a good curry! I'm grateful for family and friends as well as being mentally, emotionally, physically and spiritually healthy.

A focus for all of us now will be how to grow and thrive in uncertain times. As a part of the Rotary team, I want to build relationships that have a positive impact on people.

Club Service tool kit

Giving service starts at home

Without club service there'd be no Rotary. Club service is the mortar between the bricks that make up the Rotary wall, ensuring their health and vitality. In consultation with the president and board, the Club Service Director is ultimately responsible for the smooth running of the club. It's a diverse portfolio that ensures the effective and efficient administration of business, and the wellbeing, education and engagement of members.

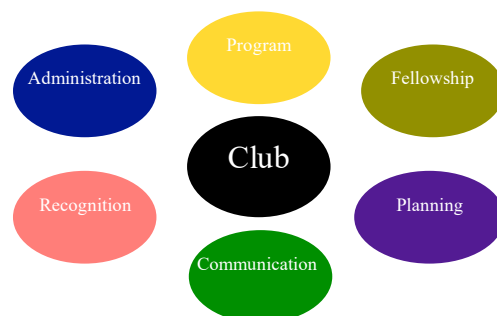
Each club handles the tasks differently, and specific jobs are often delegated to various officers, but the Club Service Director is ultimately responsible for;

- Arranging the venue for meetings, including internet conferencing during pandemics, and dealing with the venue owner
- Ensuring that there's an efficient and attractive format for meetings, which includes arranging engaging guest speakers
- Providing appropriate Rotary information for member education, including My Rotary, the district Networker newsletter, and the club's own social media
- Overseeing inductions and checking on member well-being
- Implementing sound governance procedures
- Ensuring that Rotary requirements are met such as occupational health and safety requirements, risk management, Working with Children and Vulnerable Adults compliance, dispute resolution and the payment of annual RI fees
- Assisting the President Elect with district conference arrangements
- Promoting RI's International Conventions to members
- Ensuring that the presidential changeover is well-managed
- Focusing on the immediate viability and ongoing health of the club

The district newsletter Networker is placed under communication and the editor for 20/21 is Jeanette Leigh, RC North Balwyn. The Australian Honours Committee in the Recognition area is being led by PDG Julie Mason, AO.

The club service team will bring together best practice models, references, links and checklists, and develop a tool kit that will be made available to district clubs to help achieve high standards of performance.

For any enquiries, feel free to contact Club Service Chair Rowan McClean—rowanmcclean@gmail.com or 0412966066.



District 9800 club service team for 2020/2021

- Planning - Andrew Dalziel, RC Kew
- Administration - Sam Hardikar, RC North Balwyn
- Fellowship - Helena Wimpole, RC Glenferrie
- Communication - Rosemary Waghorne, RC Canterbury
- Program/Speakers Bank - Jill Weeks, RC Hawthorn
- Recognition - Rowan McClean, RC North Balwyn

CALL FOR NOMINATIONS 2020

APPLY NOW

The Sir John Reid Community Service Award honours an individual in the Victorian community whose volunteer service is judged to be worthy of special notice. The generosity of the John T Reid Charitable Trusts has made it possible for the club to make a significant grant of up to \$10,000 to the organisation where the awardee has volunteered.

For more details and to nominate a candidate, please download the instructions and nomination form at: <https://rotaryclubofmelbourne.org.au/sjr>

Clubbing with Rotary

International fellowship clubs

Make beautiful music with Rotarians

"There are two means of refuge from the miseries of life: music and cats." Albert Schweitzer

The International Fellowship of Rotary Musicians (IFRM) promotes a love of music in Rotaractors, Rotarians and their spouses. Its mission is to promote fellowship by encouraging clubs to sing, perform at Rotary functions, as well as supporting community musical organisations and school music programs.

The fellowship began in 2007 with the funding of some disaster projects. They re-established the music program at St. Andrew's Roman Catholic School in Grenada, West Indies after two consecutive hurricanes destroyed all the school's musical instruments. Grants were bestowed to purchase instruments and music books. A supplemental IFRM grant, matched by community funds, provided monies for a steel band for the school's music program. Similarly, when Hurricane Katrina destroyed all the musical instruments at McDonogh School for the Creative Arts in New Orleans, IFRM helped re-established their music program by funding the purchase of six trumpets for the school's band.

But it's not all about disasters; for four decades, members have taken a leading role in extending the cultural and educational use of music in Rotary through promoting music literacy, group singing, providing the annual RI presidential theme songs, and doing gigs at Rotary events. There's even a world choir. They love new members so just click [HERE](#) if you'd like to make beautiful music with Rotary.



Getting to know the clubs

Rotary Club of Flemington Kensington

Flemington Racecourse and the Melbourne Cup are permanently woven into the fabric of our city, as is Rotary Club of Flemington Kensington, which was chartered March, 1987 in the Victoria Racing Club committee rooms.

The club has maintained a well-deserved reputation for active community involvement. The Flemington Rotary Opportunity Shop is an ongoing highlight of their local activities and it raises significant funds for community projects.

Youth wellbeing is a focus of the club. An annual scholarship fund supports two local VCE students, disadvantaged children at several local primary schools, and science and sports scholarships. Picture books are also provided for disadvantaged children through maternal and child health nurses in Moonee Valley.

Kids in Sri Lanka are the recipients of outdated playground equipment harvested from their local government parks. The Rotary Overseas Recycled Playgrounds project (RORPS) prevents this equipment heading to landfill and brings joy to the needy. Its success has been

replicated with 40 Rotary clubs across Victorian districts joining the project.

RC Flemington Kensington also provided D9800 with a District Governor – Vance Hilton (1999-2000). Vance was club secretary in its charter year and president in 1995-96 and Chairman of *Rotary Down Under*.

In a bid to expand membership, the club became the first in our district to instate breakfast meetings (7.15AM), making it easier for business and professional people to attend meetings.

The Rotary Club of Flemington Kensington is a dedicated and active group of 29 Rotarians. Meetings are on the 1st and 3rd Wednesdays of each month at Crown Street Stables Café, Flemington. Buy time in a busy working day for a makeup and President Anne Heyes and Secretary Lesley McCarthy will welcome you.



President RC Flemington Kensington, Anne Heyes