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Your
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good.

DEC-JAN
2023-24
ISSUE 667

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Purple Power

SAY NO TO DOMESTIC VIOLENCE
CAMPAIGN LAUNCHED AT
PARLIAMENT HOUSE

Together we say

NO to **DOMESTIC &
FAMILY
VIOLENCE**



Rotary
Australia
New Zealand
Pacific Islands

DISTRICT 9810
A PASSION FOR COMMUNITY AND FRIENDSHIP

Rotary 

Zone 8 Membership Snapshot.

Members



Rotarians: **29,222**
Rotaractors: **1,039**

Clubs



Rotary clubs: **1,233**
Rotaract clubs: **74**

Countries and districts



Rotary: **16 countries, 20 districts**
Rotaract: **8 countries, 19 districts**

Women in Rotary



Rotary: **31.4%**
Rotaract: **51.49%**

Age



Rotarians Under 40s Zone 8: **3.96%**
Rotarians Under 40s worldwide: **8.72%**
Highest age bracket Zone 8: **70+ years, 28.98%**
Highest age bracket worldwide: **50-59 years, 18.37%**

Trends – Increase/decrease, last 10 years



Rotarians Zone 8: **-26%** • Rotarians worldwide: **-2.9%**
Rotary clubs Zone 8: **-12%** • Rotary clubs worldwide: **+6%**

Zone 8 membership gains and losses over last 3 years (Rotary only)

Gains (admitted to Rotary): **10,619**
Losses (membership terminated): **14,799**

contents

ISSUE 667 (DEC/JAN 2023-24)

05 News Bulletin

Breaking Barriers – The Rotary Club of Briz Pride; Rotary Say NO to Domestic Violence campaign launched at Parliament House; Young Rotarian on a mission to reduce suicide in Uganda; A rapid response for the Hunter Valley bus tragedy; RNZWCS celebrates its 20th anniversary; Social enterprises rejuvenating Christchurch Sunrise; Interact on the Northern Beaches; Interact Community Impact Cup.

24 District 9810

From ping pong tournaments addressing modern slavery to Backpack Beds for the homeless, District 9810 is certainly showcasing Rotary's objective to provide service, promote integrity, and advance world understanding, goodwill and peace.

50 Meet your Regional Council

Our eight elected Regional Council members will represent Rotary and Rotaract in Zone 8 for the remainder of the Regionalisation Pilot.

COVER IMAGE: Led by District 9640 Governor Dave Harmon, a sea of purple-clad Rotarians joined commissioners, ministers and senators at Parliament House for the official launch of the Rotary-led national campaign against domestic and family violence. (Photo: @rhysmartinphotographer).

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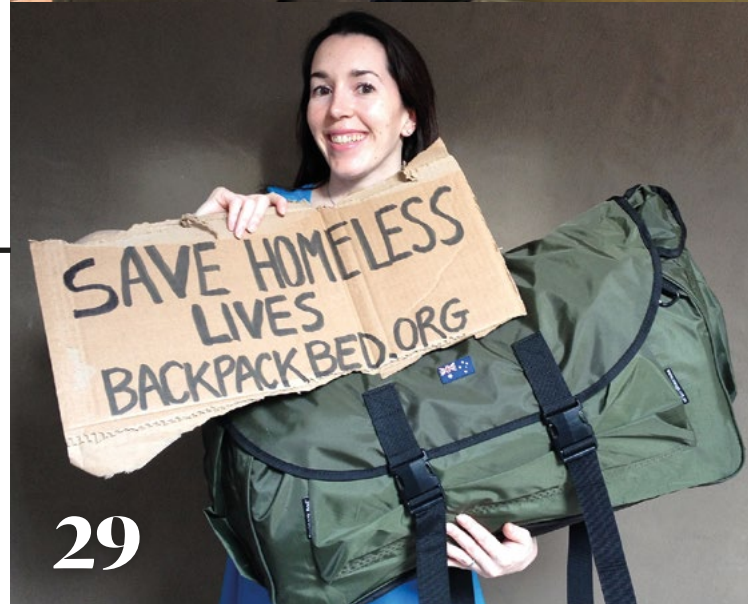
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06



29



30

Unnatural disasters



R. Gordon R. McNally
President
Rotary
International

“The term ‘natural’ disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use.”

In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organisation has noted, climate change worsens risk factors – such as disruptions to homes and livelihoods – for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month’s column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

– **Gordon McNally**

The term ‘natural’ disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may

seem harmless, and we’ve not always gotten it right, we’ve learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster – outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living

in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that make marginalised and disadvantaged communities disproportionately affected. Our teams see first-hand how issues like inequality, poverty, urbanisation, deforestation, and the climate crisis can make communities more vulnerable.

At ShelterBox, we simply say ‘disaster’ or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly.

Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities.

Disasters are not natural. Let’s stop saying they are.

– **Sanj Srikanthan**
CEO, ShelterBox ROU

Breaking Barriers

The charter of the Rotary Club of Briz Pride

In a world that constantly seeks to bridge gaps and celebrate diversity, the charter of the Rotary Club of Briz Pride, Qld, stands as a testament to the power of diversity, equity and inclusion.

ON August 19, 2023, a chapter of Rotary's rich legacy was written with pride, acceptance and courage, with the charter of the Rotary Club of Briz Pride, which became the first LGBTIQ Rotary club in the southern hemisphere and the fifth of its kind in the world.

It was a momentous occasion, graced by the presence of five past district governors of district 9620, the district governor-elect, and the district governor nominee. With 22 charter members, this club embarked on a journey aimed at uplifting and serving the LGBTIQ community in Brisbane.

Chartered under the visionary leadership of District Governor Paul Roger, the club emerged as a beacon of hope and inclusivity, with charter President PDG Craig Bowen at the helm of this historic initiative. Recognising the need for a safe and

welcoming space within Rotary for the LGBTIQ community, Craig took a courageous step. He invited like-minded individuals to stand together and say, "Let's start our own club". This audacious idea garnered substantial support from immediate past District Governor Tim Keeler and current District Governor Paul Roger, enabling the realisation of Craig's dream.

The road to chartering was not without its challenges. They faced scepticism and resistance from some quarters, but this only fuelled their determination. The club stands as a testament to the resilience of a community that stood tall, showcasing unity, and fostering a new era of acceptance.

With a firm belief in the three avenues of service – diversity, inclusion, and equality – the Rotary Club of Briz Pride comprises a vibrant blend of members from both the straight and

gay communities. The club's commitment to inclusivity is underlined by its strong representation of these values in its membership and initiatives.

Meetings, held once a fortnight at the Bulimba Library, are a melting pot of ideas, creativity, and compassion. The club has already initiated meaningful projects and collaborations, affirming its purpose to open doors and extend a hand of support to those in need. Remarkably, the club gained three new members on its charter night, marking the beginning of a promising journey of growth and impact.

Notably, the club received heartfelt letters of encouragement from past International President Ian Riseley and numerous LGBTIQ governors in America. Their words of support have added fuel to the club's passion for making a difference and forging connections across borders.

The Rotary Club of Briz Pride represents the vibrant tapestry of humanity, woven together by the threads of acceptance and understanding. It echoes the Rotary ethos of *Service Above Self*, with a resounding emphasis on diversity, equality and love. **ROU**

"The Rotary Club of Briz Pride represents the vibrant tapestry of humanity, woven together by the threads of acceptance and understanding. It echoes the Rotary ethos of *Service Above Self*, with a resounding emphasis on diversity, equality and love."

BELOW: Rotary Club of Briz Pride Charter President PDG Craig Bowen and Vice-President Sylvester Tan.



Rotary Say NO to Domestic Violence campaign launched at Parliament House

OPPOSITE FROM TOP LEFT: Domestic, Family and Sexual Violence Commissioner Micaela Cronin, left, an enthusiastic Rotarian supporter, Greens Leader in the Senate Larissa Waters, District Governor Dave Harmon, Assistant Minister for Social Services and Assistant Minister for the Prevention of Family Violence the Hon. Justine Elliot MP, District Governor Elect Rob Uhl, District Governor Andrea Grosvenor, Rotarian Tony Maple, Area Governor Leigh Robinson and Past District Governor Andy Rajapakse at the launch of the Rotary Says NO to Domestic Violence campaign on November 15; The campaign was officially launched at Parliament House by the Hon. Justine Elliot MP; Federal Member for Moncrieff Angie Bell made the trip from the Gold Coast, Qld, to support the campaign; Jackie Hinrichsen from Cherry Street Sports Club, which has strongly supported the campaign, with Cherry Street Sports Group CEO Tere Sheehan; More than 40 past, present and future district governors, Rotarians and special guests filled the Speaker's Courtyard at Parliament House to support the campaign launch; Superintendent Christopher Schilt from NSW Police with DG Dave Harmon, who is spearheading the campaign; Domestic, Family and Sexual Violence Commissioner Micaela Cronin highly praised Rotary's efforts to tackle domestic and family violence; Rotarian Tony Maple displays the Say NO to Domestic Violence sign.

Parliament House in Canberra, ACT, was awash with purple on Wednesday, November 15, when past, present and future district governors, Rotarians and special guests joined commissioners, ministers, senators and New South Wales Police, who have partnered with NSW Rotary districts, for the official launch of the Rotary-led national campaign against domestic and family violence.

Photos: @rhysmartinphotographer

SPEARHEADED by District 9640 Governor Dave Harmon, of the Rotary Club of Ballina-on-Richmond, NSW, the campaign is backed by all 20 districts across Australia, New Zealand and the South West Pacific.

The purple 'Rotary Says NO to Domestic Violence' shirts are a key element of the campaign, whereby staff at local businesses don the shirts every Friday for the 'Purple Friday' initiative.

The campaign was officially launched by Assistant Minister for Social Services and Assistant Minister for the Prevention of Family Violence the Hon. Justine Elliot MP.

"To Dave and all the Rotarians here today, you are absolutely inspirational," Assistant Minister Elliot said. "We know that you and all your members share our

vision to end violence against women and children in one generation. And the fact that you are so proactively taking this campaign out to your communities and neighbourhoods makes such a huge difference in raising awareness."

The launch of the Rotary Says NO to Domestic Violence campaign comes in the wake of the Australian Government's own National Plan to End Violence against Women and Children 2022-2032, announced in October 2022. The plan is the shared vision of all Australian governments to end gender-based violence within one generation, and provides the blueprint for the next 10 years to end family, domestic and sexual violence.

The \$2.3 billion investment in women's safety includes the

expansion of the Safe Places Emergency Accommodation Program, legislating 10 days paid family and domestic violence leave, and securing ongoing funding for states and territories to deliver frontline services. It is also delivering new frontline and community sector workers, increasing funding for the Support for Trafficked People Program, and providing funding for key national programs such as 1800RESPECT, DV Alert, and Keeping Women Safe in their Homes.

"There's a whole range of programs that we are supporting, but our goal is to link it with community initiatives like Rotary's campaign as well," Assistant Minister Elliot said.

Also joining the Rotary Says NO to Domestic Violence launch was inaugural Domestic, Family and Sexual Violence Commissioner Micaela Cronin.

"What you've been able to pull together in the time that you have envisaged this campaign is quite extraordinary, and to see the sea of purple t-shirts here today is inspiring," Commissioner Cronin said. "I really like both campaign slogans - 'Say NO to Domestic Violence' but also 'YES to Respectful Relationships' - that's what we need to be talking about.



“People want to show their support for the work you do because if we are going to end domestic, family and sexual violence in one generation we need direct engagement with people and communities.”

In addressing the audience gathered in the Speaker’s Courtyard, Governor Dave said it was hard to imagine that the small campaign his Rotary club started in Ballina five years ago would be here today at Parliament House.

“In the first 30 weeks of 2023, 35 women were killed by current or former

partners, but we are faced with an even more confronting reality,” Dave said. “As of November 1, we had six women in 10 days across Australia lose their life by violence inflicted by men. This brings the total of women’s death related to domestic and family violence this year to 58. More than one daughter, mother, sister, friend or partner a week.

“How is it that we are unable to protect these women? All of us here today are community leaders and we need to break the silence and end this violence.” ^{RDU}



Young Rotarian on a mission to reduce suicide in Uganda

RIGHT: Stuart Kasule takes a boat ride to Zinga Island in Wakiso District, Central Uganda to film a documentary about the sensitive issue of suicide in Uganda. The islands have some of the highest suicide rates in the country.

Moving to Australia from Uganda – some 11,000km away – to study was a dream come true for Stuart Raymond Kasule, now a member of the Rotary E-club of Brindabella, in NSW and ACT.

But once here, the stress of paying the exorbitant international fees nearly forced him to take his own life. That was seven years ago.

By Amy Fallon

“I WAS struggling, and my then girlfriend kept asking me about my mental health. But because I’ve come from an African background, I didn’t want to hear about it,” said Stuart.

Africa has the highest rate of suicide of all the continents, and in countries like Uganda, East Africa, much stigma remains around this topic, preventing people from getting help.

Fortunately, Stuart was saved by a Canberra pastoral care officer. But the experience stayed with him. Through TAFE, the University of Melbourne and the University of Tasmania, he studied disability,

traumatic brain injuries, dementia, autism, ADHD and more, arming himself with information to help others. Stuart also completed suicide prevention training with global organisation LivingWorks Australia.

Today, the 29-year-old is working tirelessly to not only see a reduction in suicide, but to have it decriminalised in Uganda too. The country has filed petitions to overturn laws, but suicide remains a crime there. It’s also an offence in at least 17 other nations. Ghana, in West Africa, voted to decriminalise suicide and attempted suicide earlier this year, following its decriminalisation in Malaysia, Guyana and Pakistan.

Through the Rotary e-club

of Brindabella, and with support from Rotary District 9830 Past International Service Director Roslyn Teirney, Rotary International TRF MCH Cadres Chair and RAM Project Advisor Dr Jenny Kerrison, and District 9705 Governor Andrea Grosvenor, Stuart has applied for a global grant. It’s hoped that the Rotary Club of Mbale in western Uganda will host this. He currently has \$60,000 in District Designated Funds.

“Stuart’s vision is truly aligned with Rotary’s theme this year: Create Hope in the World,” said Jenny.

“He is a good role model for Australian youth as he reflects how Rotary allows us to show our potential if we’re working hard.”

When asked by Senior Specialist International Service in the Rotary International Service and Engagement team, Kiki Melonides, to recommend participants for the District International Service Committee (DISC) Pre-Convention Seminar, Roslyn said that Stuart was number one on the list.

“His faith in Rotary International to achieve his hopes and protect people from old ways of thinking that



hold back people in Uganda from sharing their feelings without fear is something truly special," said Ros. "I knew Rotary International President Gordon McInally would be heartened to know that someone like Stuart is working to achieve his goal of Rotary uniting to enable

better mental health across the world and peace between countries and in our souls."

The campaign spearheaded by Stuart, the son-in-law of Donna Mlejnek, from Rotary Club of Devonport South East, Tas, sparked excitement at the recent Melbourne RI Pre-Convention where, over >

Serving the health and wellbeing of our nation

ANOTHER year has almost past, and I reflect back on the years since Australian Rotary Health was established and the work of many Rotarians and others to make it a successful and enduring Rotary program in Australia. ARH's numerous research projects have improved the quality of life for so many people and the assistance given to so many has enabled them to achieve their dreams of higher education and established careers in health areas.



By Joy Gillett
OAM
CEO, Australian
Rotary Health

I also reflect on the people who have served Australian Rotary Health over these years and their contribution to Australia – not just to Rotary, but to the health and wellbeing of our nation.

This year sees another change in the leadership of Australian Rotary Health, with our current chair PDG Kevin Shadbolt OAM stepping down and PDG Stephen Humphreys being elected.

Kevin has served Australian Rotary Health with distinction for nine years – the last three as chair. He joins other past chairs having served with enthusiasm and outstanding leadership of Australian Rotary Health.

I acknowledge with pride all past board members and volunteers, but in particular the chairs beginning in 1982: The late Royce Abbey AO (1982-87), the late Geoffrey Betts AM (1988-90), the late Colin Dodds (1991-93), the late Bruce Edwards AM (1994-95), the late Bruce McKenzie OAM (1996-97), the late Ted Atkinson (1998-99), Terry Edwards AM (2000-01), Denis Green (2002-03), the late John Ranieri (2004-05), Ian Oliver OAM (2006-07), Terry Lees OAM (2008-09), Noel Trevaskis OAM (2010-11), Terry Grant (2012-14) Jeff Crofts (2015-17), Greg Ross OAM (2018-20), and Kevin Shadbolt OAM (2021-23). Well done and thank you. RDH

RIGHT: Stuart Kasule with Omuntu Wawansi Organisation Director Andrew Kyamagero visiting Butabika National Mental Health Referral Hospital during a community needs assessments.

BELOW: Stuart spoke to a group of village elders about the stigma attached to suicide in Uganda and asked them how best we can support them with suicide prevention.

< lunch, Rotarian Salvador Rico from California approached Gordon about Stuart's bold vision for Uganda.

In recent weeks, Stuart's 'Hope for Life Uganda' proposal, now benefiting from many people's advice and experience, has captured the attention of the UN Youth Envoy on X, formerly known as Twitter, and the Nelson Mandela Childrens Fund. Stuart is currently having meetings with Chief Programs Officer Dr Stanley.

He has also signed MOUs with LivingWorks Australia and the Uganda Counselling Association, and is currently in talks with the Ministry of Health Uganda. LivingWorks is hoping to conduct a pilot program in Uganda to train people in suicide prevention on a large scale.

"Our vision for suicide prevention in Uganda is Stuart's vision. Our role is to back local advocates," said LivingWorks CEO Shayne Connell.

According to a news report from earlier this year, six per cent of Ugandan police kill themselves after retirement.



"People are scared to talk about their problems," said Stuart. "If someone says, 'I'm feeling suicidal', they may be reported."

In April, Stuart travelled to Uganda and organised a small summit on decriminalising suicide, uniting the military, police, academics, lawyers and parliament. Not only was this trip self-funded, but he

filmed a documentary on this sensitive issue while there.

"I would like to see that Uganda has another mental health hospital or even see an expansion of the hospital so that we have at least one health facility in every region to address the need," said Stuart.

He also wants to see suicide prevention training for all clinicians, school children, universities, the army and police across the country, a better call centre where people can contact a counsellor, and more language inclusivity in interventions.

With one person lost to suicide every 40 seconds worldwide and 20 attempting it, according to the World Health Organisation (WHO), Stuart stressed that we need to act today.

"It's not tomorrow that change needs to come, it's now." **RDU**



A rapid response to the Hunter Valley bus tragedy

By **Brian Coffey**
RAWCS Eastern Region
Assistant Co-ordinator

A FAIRYTALE wedding at the Wandin Valley Winery, Hunter Valley, over the long weekend in June was a special occasion for two young high school sweethearts, and their friends from the Warrandyte Cricket Club, Singleton Roosters AFL Club and the mining industry.

Alex Tigani, the Roosters women's coach and a member of the Rotary Club of Singleton Sunrise, was MC, electing to travel in a hired coach to and from the wedding.

At 11.30pm, the bus carrying 17 female and 18 male guests, tipped over on a roundabout, mounting the guard rail. The horror of the accident quickly unfolded as civilians and emergency services rushed to the scene, confronted with mass carnage, in the darkness and fog of the night.

A crime scene was declared as 25 passengers were conveyed to Newcastle and Sydney hospitals by road and air. By Monday morning, it

was revealed that six female and four male passengers had died; the worst bus crash in Australia since 1994.

The Rotary Club of Singleton Sunrise commenced a Rotary Australia Benevolent Society (RABS) application and once registered was receiving funds the following day. The NSW Government endorsed the project, with a pledge of \$100,000.

However, concerns around the management of the funds came from social media, the Warrandyte community, Rotary and RAWCS. In response, personal and Zoom meetings were held, as a committee

from Warrandyte Cricket Club, Singleton Roosters, the Singleton Mayor and the Rotary Clubs of Warrandyte and Singleton Sunrise was formed. A plan was quickly established, gaining rapid approved access to all the victims' details.

With positive multimedia response and interviews, the funds quickly soared, and distribution commenced within two weeks. Overall, \$1,480,808 was equitably distributed between June and October 2023, with tireless efforts by Pauline and Belinda at the RAWCS office. The mining sector and small businesses accounted for over half those funds.

In October, a public memorial service in honour of those affected by the tragedy was a chance to meet some of the grateful victims.

Clubs and districts can learn from what was probably one of the highest and fastest Rotary disaster fundraisers in history. Having advised on 13 RABS projects, I encourage members to test how your local community can benefit from engaging with RAWCS for local and international projects. RDU



LEFT: Banger McBride lost both his wife Nadene and daughter Kyah in the accident. Kyah played on the local Aussie Rules team coached by Rotary Club of Singleton Sunrise member Alex Tigani.

RNZWCS celebrates its 20th anniversary

December 11, 2023, marks 20 years since the establishment of Rotary New Zealand World Community Service (RNZWCS) Limited – whose development activities have included aid to nations across the Pacific, as well as India, Timor Leste, Cambodia, Vietnam, Sri Lanka, Myanmar, Nepal, Uganda, South Africa, Tanzania and Eswatini.

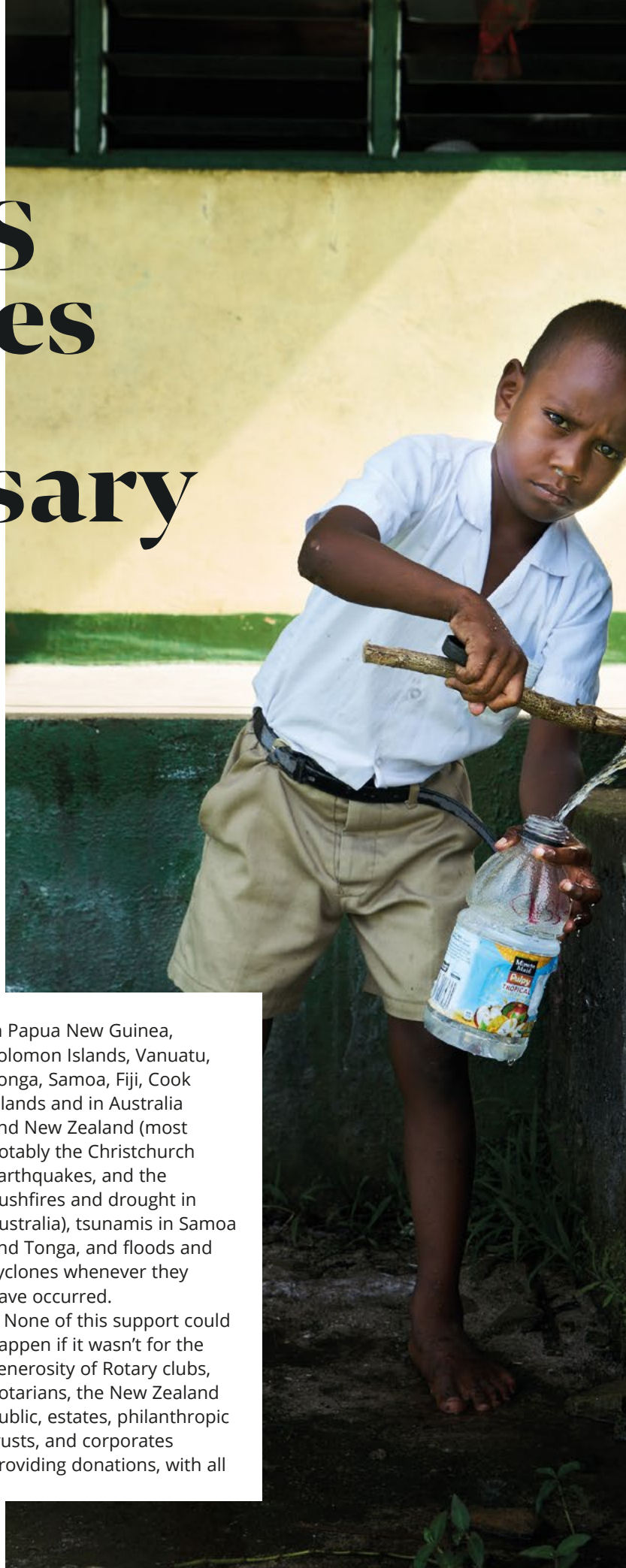
RIGHT:
A young boy from Navakawau Village, Taveuni Island, Fiji, taps water from a tank supplied through a RNZWCS funded partnership with the Rotary Pacific Water for Life Foundation (RPWLF).

INCLUDED in the phenomenal 127 recorded grants RNZWCS has achieved, some of the most notable are the continuing partnership with Rotary Pacific Water for Life in Fiji, the establishment of a Science and Technology Discovery Centre and an outreach program in Samoa, COVID mitigation and recovery in Tonga, and the establishment of two rural markets and a dairy processing factory in Tanzania.

In addition, disaster response appeals have supported communities

in Papua New Guinea, Solomon Islands, Vanuatu, Tonga, Samoa, Fiji, Cook Islands and in Australia and New Zealand (most notably the Christchurch earthquakes, and the bushfires and drought in Australia), tsunamis in Samoa and Tonga, and floods and cyclones whenever they have occurred.

None of this support could happen if it wasn't for the generosity of Rotary clubs, Rotarians, the New Zealand public, estates, philanthropic trusts, and corporates providing donations, with all





donors encouraged to select activities and the territory they wish their donations directed to.

RNZWCS also facilitates the repurposing of equipment for gifting to Pacific country communities, filling containers in Christchurch and Rotorua. There is an ongoing need for school furniture, stationery and readers, hospital equipment and consumables – particularly for people with disabilities.

Prior to RNZWCS being a charity registered with New Zealand Charities, the organisation had operated as a Multi District Rotary Activity, registered October 28, 1985, as ROAP (Rotary Overseas Aid Projects).

Included in its activities, ROAP introduced and promoted EMBOX Emergency Box Project, a British Isles Rotary activity in existence from 1975. For many years, the EMBOX project was a focus within three New Zealand districts, which distributed different boxes filled with used goods donated by Rotarians.

Following an independent review in Fiji, RNZWCS adopted a national standard for the now Emergency Response Kit (ERKs). Since transitioning to ERKs, RNZWCS continues to survey the end user and adjust the contents accordingly. RNZWCS retains stock pre-positioned in Fiji, Vanuatu, Samoa, Tonga, Cook Islands and Auckland for immediate response in collaboration with the in-country National Disaster Management Office.

In 1995, ROAP was given the opportunity



of reinstatement as an approved Non-Government Organisation if it could be shown to be a national entity. It was also determined to change the name to RNZWCS, in line with Rotary Australia World Community Service (RAWCS). In 2003, the committee took advice from The Ministry of Foreign Affairs and Trade (MFAT), and on December 11, 2003, RNZWCS Limited came into existence.

RNZWCS maintains regular contact with successive Ministers of Foreign Affairs, briefing them on Rotary's response to the Global Polio Eradication Initiative, and this advocacy has resulted in significant New Zealand Government support.

RNZWCS has a board of directors committed to world community service, as well as engaging consultants to assist with the preparation of concept notes, design documents, applications, and reports. *RDW*

ABOVE: Auckland's Tongan community loaded Emergency Response Kits (ERKs) for urgent shipment to Tonga following Cyclone Harold in April 2020. More than 1,000 ERKs were distributed across three countries.



For more information, visit www.rnzwcs.org



SOCIAL ENTERPRISES REJUVENATING CHRISTCHURCH SUNRISE

The Rotary Club of Christchurch Sunrise, NZ, has created a unique package of fundraising opportunities for the benefit of both other Rotary clubs and worthy community causes.

AROUND mid-2021, the Rotary Club of Christchurch Sunrise (RCCS) made a conscious decision to focus on social enterprise projects and, as a result, has come up with three winning packages – the overarching principle of which is to ‘share’ the proceeds with those the club partners or engages with. In December 2021, RCCS purchased an established mini hot donut trailer to raise funds via its identity Sunrise Donuts Ltd. Members utilised the existing events that had been handled by the previous operators plus researched other regional events in and around Christchurch to build up an extended calendar of functions. These include being sole operator at every Christchurch Speedway event, both Canterbury and Lincoln Universities’ open days, the Christchurch A&P Show, and the Hororata Highland Games, among many others.



To prove the viability of this project, club members ran all functions of the trailer – mixing, cooking, EFTPOS/ cash and bagging, which required five members. Today, the members' involvement is down to two members – two to mix and cook the donuts, with two to three helpers coming in from

applying community groups to bag the donuts and handle the transactions.

This support is rewarded with a share in the nett profits on the day. For example, the Darfield High School team worked all day at the Hororata Highland Games in November 2022, packing and selling, earning >



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< \$2,100 from the nett profit for their efforts.

The trailer also attends smaller community events run by other clubs, servicing a solid and growing list of events. Most events offer reduced or no site cost as they understand the club's social enterprise, not-for-profit focus. Income for the first year of operations was \$58,000.

The second project in the social enterprise sphere, run in conjunction with the donut trailer, was the decision to produce a corporate Christmas foodstuffs pack to take advantage of traditional seasonal gift giving. With strong support from the Rotary Club of Oamaru, RCCS members marketed a good value gift pack to give as an appreciation of good service to clients' businesses. The club chose an established supplier and an attractive gift box, which included a bottle of award-winning Pinot Noir from one member's own vineyard.

The packs were promoted through two Rotary clubs, which earned each a commission for their share of the nett profit, along with established contacts RCCS had in the Christchurch and Oamaru business communities. The Rotary Club of Oamaru was delighted to receive a cheque for \$6,750 as its share of the proceeds. Other speciality gifting packs are planned. For more information contact info@sunrisemarket.co.nz

The third project involves e-commerce and a new website (www.sunrisemarket.co.nz) set up with suppliers' products, offered for direct



purchase by other clubs. This will eventually be extended to all of New Zealand.

Initial products include Manuka Honey along with a wide range of speciality wholesome New Zealand food, wine and other appropriate goods and services.

RCCS hopes to engage all New Zealand Rotary clubs in the project, not only through accessing the wide range of products, but also to receive a share of the nett proceeds.

When a Rotary club introduces a local manufacturer as a registered supplier to the site, that club will receive the total nett surplus from those manufacturers' products sales, less a small operating margin for Sunrise Market Ltd. Development of the website has been driven by RCCS's own IT-aware professionals, working with a local web designer.

The project has now received charitable status and includes the appropriate liquor licence, which adds considerable opportunity to the range of goods and types of products that can be marketed.

For further information on the project, visit info@sunrisemarket.co.nz or call RCCS member Robin Schulz on 027 432 1844.

This social enterprise experiment has exceeded the club's goals to:

1. Involve other Rotary clubs,
2. Encourage fundraising groups and individuals to get involved, some not traditionally covered under current fundraising activities and who could become long-term recipients of club funds,
3. Enable RCCS members' participation and fun - over half the club has worked on the donut trailer, and
4. Provide a 'new' funding source for Rotary's contribution to the community.

"Our club's decision to move into focussed social enterprise activities has, to an extent, rejuvenated our members," said RCCS President Dale Robertson. "You need to sell a lot of sausages to equate to the contributions we are now able to share with worthy causes in our community". **RDU**

"Our club's decision to move into focussed social enterprise activities has, to an extent, rejuvenated our members."

Interact on the Northern Beaches

The inaugural Pan Interact Games brought together students from three local high schools on the Northern Beaches to enjoy a day of fun, friendship and leadership development.

THE Rotary Club of Belrose, NSW, is leading the way with its involvement with Interact; running three Interact clubs at local high schools.

Under the guidance of each school's Student Support Officer (SSO), students at The Forest High School, Davidson High School and Killarney Heights High School are now benefiting from the leadership development

opportunities Interact clubs deliver.

Each club generally meets fortnightly, with at least two members of the Rotary Club of Belrose in attendance. The clubs are expected to undertake at least one international project, one community project and one school project in a year. Members of the Rotary Club of Belrose invariably lend a

hand with these projects and the Interactors in turn assist Belrose with its fundraising activities.

"At most meetings there is a Rotary education item on the agenda," said Rotary Club of Belrose Youth Service Director, Kos Psaltis. "The intention here is for the Interactors to develop a Rotary mindset."

The Forest High School SSO, Ben Argue, came up with the idea of holding a Pan Interact Competition between the three Interact clubs, with SSOs Steve Tavita (Davidson High School) and Candice Linton Smith (Killarney Heights High >



< School) readily came on board.

The games became a reality on June 22, with approximately 40 Interactors participating. The day's events included fun physical activities such as wheelbarrow races, futsal and survival tag. There was also a public speaking competition involving eight students. Each student had to speak about volunteering and then there was an impromptu speech for which the students were given 10 minutes preparation time. Belrose Rotarian Adam Johnston, himself a member of Toastmasters, was the adjudicator and commented on the high standard of all the speakers.

"It was pleasing to see the relationship among the students from the three schools build up during the course of the day," said Rotarian John Keys, one of five Rotarians who attended the competition.

The Forest High Principal, Nathan Lawler, said the school was proud to host the inaugural Pan Interact Games as a way of building friendship among the neighbouring high schools and their Interact clubs.

"Year 8 student and President of The Forest High School Interact Club, Zoe D, used her impressive networking skills to arrange a fully catered lunch that was donated from local businesses. She was aided

by two other Interactors, Ella from The Forest High School and Ariane from Killarney Heights High School. The day was a huge success, providing opportunities for our students to connect with other students who share similar service ambitions," Nathan said.

Following the competition, the consensus was that the three Interact clubs would look at joining forces for certain projects in the future.

For other Rotary clubs wishing to form an Interact club, Kos Psaltis recommends getting to know the SSO from your local high school.

"Every public high school in NSW now has an SSO," Kos said. **RDV**

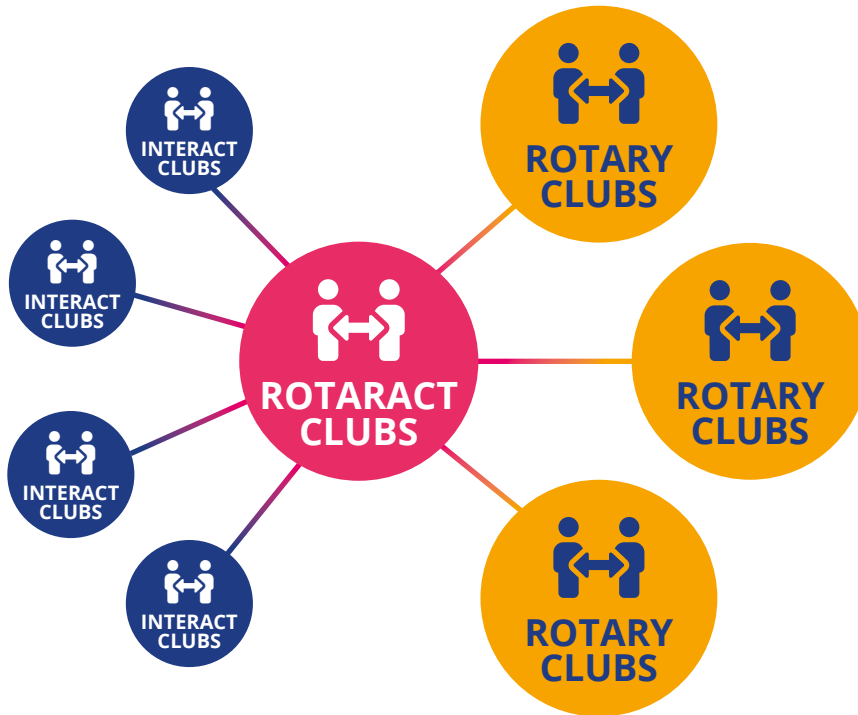
Interact Community Impact Cup: Rebuilding the Rotary wheel of connection

With the assistance of a district grant, Northern Gold Coast Rotaract has launched a project to rebuild the natural Rotary flywheel that connects Interact to Rotaract and Rotaract to Rotary.

NORTHERN Gold Coast Rotaract (NGCR) is embarking on a quest to solve a question we have heard countless times: How do we retain youth in Rotary? So much time and effort

is invested into programs like Rotary Youth Transition Seminar (RYTS), Rotary Youth Leadership Awards (RYLA), and Interact, but we see little reward in retaining youth in Rotary.

We have also seen the other side of this issue: Ex-Interactors who have loved their experience in our youth programs, enjoyed the opportunity to give back to the community, and would have loved to continue on this trajectory, but had no idea that Rotaract existed; that they could continue their Rotary journey without joining a Rotary club, where the vast majority of members are over the age of 50. This



can be daunting for kids fresh out of school.

After conversations with current Interactors, NGCR members stumbled upon another issue. The want and desire to complete their own projects, but a lack of knowing where to go or how to receive support to achieve this.

“Some of these Interactors have big aspirations and would love to give back, but unfortunately their efforts are hindered,” said Jessica Hyland, of Northern Gold Coast Rotaract.

“It is absolutely incredible to see youth already equipped with this sense of community, which has drawn them to our incredible organisation. But how can we provide these resources and support to foster these traits and allow form to blossom?”

The answer: the Interact

Community Impact Cup. A project designed to solve two problems with one stone.

“The project is designed to invest in our youth and future leaders, foster their sense of community and bridge the gap in the Rotary pipeline,” said Jessica.

“Six Interact clubs in the Northern Gold Coast area have been challenged to develop and execute their own community-based project, while competing against each of the other clubs. They have a set budget and scope; now it is up to them to develop their own passion projects.”

The projects will be judged on reach, impact, teamwork, planning and execution. At various stages throughout the project, NGCR will run skill development workshops such as budgeting, event

planning and marketing. The workshops are designed to equip the kids with the skills needed to successfully complete their projects and carry them through their adult life.

“This provides them with the funding and support to grow their sense of community,” Jessica said.

NGCR plans to be there every step of the way; mentoring future leaders, assisting with the development of projects, and encouraging the continuation of successful projects after the completion of the Cup.

“We will develop such a strong connection with the Interactors that it will never become a question of how do I keep giving back to the community, but when is too early to join NGCR?” Jessica said. RDU



To follow the progress of NGCR’s project, follow the club’s socials on Facebook or Instagram and keep an eye out for updates in future editions of *Rotary Down Under*. If any clubs have other projects/solutions to these issues, please reach out via northerngoldcoast@rotaract.org.au



The benefits of a mental health integrated sports program for young men



*By Professor Allison Waters
Griffith University, Qld*

“These results underscore the value of integrating strengths-based interventions and targeting youth mental health problems within the context of junior sports development programs.”

A COMMUNITY rugby league program has been found to improve mental health and behavioural outcomes in young men, according to new research supported by Australian Rotary Health (ARH).

Professor Allison Waters and a team of youth mental health experts at Griffith University developed a mental health and wellbeing system called ‘Life-Fit-Learning’, which was integrated into the RISE program – a National Rugby League (NRL) development program for boys aged between 12 and 15.

Professor Waters received a grant from ARH to test whether participating in the integrated RISE Rugby League Development Program is more effective in enhancing mental health resilience outcomes, compared to when participating in regular grassroots rugby league.

“An integrated youth development program incorporating sport skills, physical fitness, and mental health is a positive way to influence youth mental health and wellbeing,” Professor Waters said.

“We can reach large numbers of young Australians through integrated sports programs.”

In a study of 251 rugby

league players, young men who were in the RISE program were found to express more gratitude compared to the regular rugby league group. Self-satisfaction also remained stable for the RISE group players but decreased significantly in comparison group players.

When examining players who had a higher risk of developing mental health problems, anxiety symptoms were found to significantly improve at the end of the program for participants in both groups. Depression and behavioural problems were also found to improve significantly for the RISE group, but not the

comparison group.

Additionally, in participants who were in a healthy mental health range, the RISE program appeared to prevent increases in behavioural problems.

“These results underscore the value of integrating strengths-based interventions and targeting youth mental health problems within the context of junior sports development programs,” Professor Waters said.

“Our program is the first to our knowledge to implement a tailored model of care whereby all young people receive the wellbeing program, and youth at risk for mental health problems receive additional tailored care and support.”

This year the RISE program was upscaled and delivered in more than 42 metropolitan areas and regional locations across Australia. Professor Waters and her team are in the process of analysing the data of more than 3,100 players.

“Overall, the initial funding from Australian Rotary Health has led to significant and large-scale upscaling and growth of the program,” she said.

“It will now be maintained within the NRL youth development framework for 12–15-year-olds, has expanded to female players, and will be upscaled to 16–18-year-olds. We thank ARH for the support that has made this incredible achievement possible.”

These findings were recently published in the journal *Behaviour Research & Therapy*. RDU

Australian Rotary Health First Nations Alumni

MORE than 80 Indigenous Health Scholars receive funding through the ARH Indigenous Health Scholarship (IHS) program each year. The program was instigated by Past President Geoff Bailey OAM and the Rotary Club of Mitcham, SA, and Australian Rotary Health took over the administration in 2003.

Scholars come from all states of Australia and more than 300 scholars in the program have graduated. The ARH First Nations Alumni commenced in 2023. Scholars who have been through the IHS program form the Alumni, which is led by eight former scholars, assisted by ARH staff.

The members of the leadership group are Cameron Edwards, Gari Watson, Corey Dalton, David Copley, Sarah Large, Karlie James, Caitlin McClung and Jennie Briese. The overall role of the leaders is to provide guidance to Australian Rotary Health on advancing and improving the Indigenous Health Scholarship program, with benefits for members of the Alumni such as career development and networking opportunities. RDU

BELOW:
Australian Rotary Health First Nations Alumni leadership group member Cameron Edwards.





Ride for Research – District 9810

ABOVE: The District 9810 Ride for Research finish line.

OPPOSITE PAGE: Australian Rotary Health CEO Joy Gillett OAM, left, Past Vice Chairman Alan Grady, and ARH Office Manager Jenny Towle.

BELOW: The Rotary Club of Coral Coast-Bargara's Lift the Lid Walk.

BELOW RIGHT: The Rotary Club of Gladstone's Lift the Lid Walk.

THE District 9810 bike rides started in 1985 and have now been going for 38 years. In that time, the riders have ridden more than 29,000km and raised more than \$1,000,000 for Australian Rotary Health. The funds

raised from this year's 'Ride for Research' directly supported Australian Rotary Health and its programs. Funds from previous rides helped to support the Australian Rotary Health Rob Henry Memorial PhD Scholarship for cancer

research and mental health research. The 2023 Rob Henry PhD Scholarship was awarded to Harry Dempsey, who is trying to find a way to use artificial intelligence (AI) to crack problems in mental health research. RDU

Lift The Lid Walks

IN 2017, Vicki Stewart and members of the Rotary Club of Mooloolaba, Qld, hosted the very first walk for mental health. Since then, the walks have expanded to Rotary clubs across Australia, with more than 20 walks hosted in 2023.

The walks bring the community together and give people the opportunity to raise awareness of mental illness. They also promote Rotary and ARH as well as raising valuable funds for mental health research.

With one in five Australians

suffering a mental health disorder, we use these walk events to break down the stigma and make it easier to seek support for mental health concerns.

ARH encourages other clubs to consider holding a walk to continue raising much needed funds for mental health research.





ARH Supporter Highlight

ALAN GRADY has a long association with Rotary and Australian Rotary Health, contributing his time and commitment for an extended period of 50 years. Invited to be part of the original Sydney Race Day committee, he devoted years to increasing awareness of ARH's crucial initiatives and generating essential funds through participation in various events.

From 2004 to 2008, Alan served as ARH director and in 2008 he ascended to the position of vice chairman. What left the strongest impression on Alan during his tenure as director were the individuals he encountered, ranging from board members and Rotarians passionate about ARH to research committees and universities across Australia.

He believes in the importance of ARH funding to support essential researchers dedicated to enhancing the health and wellbeing of all Australians.

During Alan's time with ARH, he flew around Australia three times as the pilot for RDU and ARH directors and staff visiting remote areas of Australia as well as numerous Rotary clubs. A major flight in 2003 started at Bankstown, with the first stop in Bourke, before flying on to Tennant Creek, Kununurra, Broome, Port Hedland, Carnarvon, Geraldton, Kalgoorlie, Port Lincoln, Broken Hill and back to Sydney.

As recognition of Alan's efforts over the years, he was awarded the status of a Diamond Companion, Life Member and Rotary Ambassador. Alan has made an invaluable impact on ARH, and we thank Alan for his continued support. A wonderful Rotarian! RDU

Spotlight Dr Laura Hart



DR LAURA HART is a Senior Research Fellow in the Centre for Mental Health at the University of Melbourne.

Dr Hart was awarded funding by Australia Rotary Health between 2009-2024. She was a recipient of the Ian Scott Mental Health PhD Scholarship from 2009-11, a Mental Health Research Grant in 2014-16, Colin Dodds Postdoctoral Fellowship 2015-20, and will shortly commence further research as a recipient of the Mental Health 0-12 research project grant in 2024.

Dr Hart's work focuses on developing and evaluating programs for the public to improve prevention, awareness, and help-seeking for mental illness. She is the lead author and investigator of the teen Mental Health First Aid program, a training course for secondary students, and the Confident Body, Confident Child program to help parents prevent eating disorders and body image problems in their pre-schoolers.

"Recent years have seen increased mental health problems among children and young people," Dr Hart said. "If we could increase parents' and teachers' knowledge of child mental health, as well as their skills and confidence in recognising and providing appropriate help when a child is developing a mental health problem, we may be able to alleviate suffering and improve wellbeing."

Mental Health First Aid for Supporting Children is a program for adults living and working with children aged five to 12 years. It is a new training program designed to increase the mental health knowledge and first aid skills of parents and teachers of primary school children.

The aim of Dr Hart's research, which commences in 2024, is to conduct the world's first evaluation of the new MHFA training program.

"We will provide the training to 100 teachers and 100 parents across Australia to examine whether the program leads to better knowledge, recognition and skills in supporting children with mental health problems," Dr Hart said. RDU

Rotary District 9810



A passion for
community
and friendship



From ping pong tournaments addressing modern slavery and Backpack Beds for the homeless to an Indigenous Transition School, a fun run with Thomas, and a 'Toilet Warrior', District 9810 is certainly showcasing Rotary's objective to provide service, promote integrity, and advance world understanding, goodwill and peace.

By Anne Matthews, D9560 Passport Rotary Club



located in the south of Victoria and including the southeastern suburbs of Melbourne, District 9810 boasts 38 Rotary clubs, two Rotaract clubs and nine area governors. The district stretches from the Bayside suburbs then north to Healesville and Yarra Junction in the hills. This will be the last year for the district as next year it merges with adjoining District 9820 to form District 9815.

The district prides itself on the support it gives to The Rotary Foundation. All clubs and individual members are encouraged to contribute to what should be 'our charity of choice'.

Less than one hour's drive from Melbourne, the district includes the Dandenong Ranges and part of the Yarra Valley. Here you will find the famous Puffing Billy Railway, wonderful food, famous wineries and breweries, as well as breathtaking scenery and pampering adventures. There are also great cycle trails, from heart-pounding downhill adventures to leisurely family friendly paths. In 2004, this region was used in the Run Rabbit Run advertisement to promote a visit to Victoria.

Get your foodie fix in the beautiful township of Healesville, a regional food and wine hub on the lands of the Wurundjeri People. Here you will find the Matilda Bay Brewery, Innocent Bystander Winery, Four Pillars Gin Distillery and the famous Beechworth Bakery, all located in the main centre. Other nearby wineries include Domaine Chandon, Rochford Wines and Coldstream Hills. Find inspiration and pick up something at local jewellery, pottery and glass-blowing studios. Browse bargains in secondhand outlets, antique stores and bookshops, or check out the three different monthly markets.

District 9810 is also the home district of the always friendly and helpful Ian Riseley, president of Rotary International in 2017-18. He is a member of the Rotary Club of Sandringham. Ian's wife, Juliet Riseley, is a past district governor, while 'Toilet Warrior' Mark Balla is a member of the Rotary Club of Box Hill Central. ^{RDV}

PREVIOUS PAGE:

Step into a timeless world of wonder with the heritage Puffing Billy, located in the heart of the Dandenong Ranges, Vic, the backdrop to the Rotary Club of Emerald and District's much-loved Kids Fun Run. (Photo: Dean Gifford).



District Governor Ian Ballantine

IAN is from the Rotary Club of Bentleigh Moorabbin Central and lives in Sandringham. He joined Rotary in September 1997, following in the path of his father who was a long-standing member of the Rotary Club of Dandenong.

Ian has three adult children and four grandchildren and has been retired for 15 years. During his career he worked in accountancy, mostly employed in senior financial controller positions.

As district photographer since 2003, as well as bulletin editor, website creator and webmaster for over 20 years,

Ian is kept very busy. He served as club president in 2004-05 and 2018-19, was a regular board member and market manager for six years.

Helen Parker, who has two teenage children and is also a member of the Rotary Club of Bentleigh Moorabbin Central, is Ian's partner. Helen works as an emergency physician for Alfred Health in Sandringham.

Ian says he feels very privileged to have been chosen to lead the district in what will be, somewhat sadly, the last year as District 9810.

He is very confident that both District 9810 and 9820 will be amazing as a whole, when they merge to become District 9815 next year – even better than the sum of their former two halves.

Ian says he can already see the benefits arising from the merger, with each district's youth committees leading the charge. Ian will be reporting regularly on the merger as the year progresses. And he is very much looking forward to working with all members of the district's clubs and Rotaractors during the coming year.

"We are an amazing group of people achieving amazing things, and having some fun as we go," says Ian. RDU



Partner Project – End Polio Now

HELEN Parker has chosen The Rotary Foundation's End Polio Now campaign as her fundraising project for 2023-24. She has delightfully titled her partner project as the "Governor's FAMILY 2023-24 Project".

"Rotarians from across the world have combined to eradicate polio and it now remains endemic in only Afghanistan and Pakistan," says Helen, "a superhuman effort since Rotary took control in 1985 when polio was once again out of control in most parts of the world."

Helen is hoping to not only raise some additional funds for this wonderful cause, but also raise awareness of the importance of Rotary's goal to totally eradicate polio from the face of the earth. She also highlights the fact that Rotary International, the World Health Organisation and The Bill and Melinda Gates Foundation are totally committed to the eradication of polio, but funds are still required to ensure it is eradicated.

When her work commitments don't interfere, Helen accompanies Ian on his club visits and promotes her project. She has set up a portal (raise.rotary.org/DrHelen-Parker/fundraiser) through which individuals can contribute to the End Polio Now campaign and is hoping to secure additional support from outside the Rotary family.

If you would like to make a personal contribution, Helen suggests using this portal. You will receive a tax deduction receipt and your contribution will be credited against your personal Foundation contributions as well as your club. Just make sure the email address you use matches that in My Rotary. As at mid-November, Helen's project had received AU\$21,860 from Rotary members, Rotary clubs and some non-Rotarians. RDU



An elephant in Bayswater

“They wondered how many more stories of great projects were never told. They concluded that we needed a magazine of our own to complement *The Rotarian*, to exchange regional information and project ideas.”

IT began with an elephant in the room.

It was 1963 and the Rotary Club of Bayswater, Vic, chartered in 1961, had completed its community service project: a massive masterpiece of tubular steel, lovingly welded and moulded by Rotarians into the form of a pachyderm, over which children could clamber in safety. The culmination of months of planning, design, skill and sheer hard work.

The story, complete with photographs, was posted to *The Rotarian* – the official magazine to which all Rotarians subscribed; but oh! The disappointment! It never appeared.

Then President of the Rotary Club of Bayswater Jim Robinson and his friend Les Gilbert pondered the problem. They wondered how many more stories of

great projects were never told. They concluded that we needed a magazine of our own to complement *The Rotarian*, to exchange regional information and project ideas.

Bayswater sponsored a motion at the next district conference at which, in the face of strenuous opposition from the usual suspects, a ways and means committee was appointed to make a feasibility study and report to the next conference.

Meanwhile, at the Rotary Club of Newtown, NSW, one Paul Henningham had come to a similar conclusion. Following a month of make-up meetings in northern NSW, he was amazed at the service so enthusiastically given by Rotarians in other districts.

“Every make-up introduced me to a new, exciting

community, vocational or international service project or program,” said Paul. “I came home overflowing with information and bristling with ideas; but why did we never hear of these remarkable Rotary activities beyond our own district?”

“Perhaps a national or regional newsletter or magazine could be issued, sharing project ideas and information.”

Through the leadership and persistence of these and other visionary Rotarians, the first “pilot” edition of *Rotary Down Under* appeared in April 1965, with Paul as editor and secretary. The first official issue appeared in July 1965, and the rest, as they say, is history! Today, *Rotary Down Under* continues to be a go-to source for information in Zone 8, proudly sharing the wonderful stories, ideas and projects from our districts.

This is an edited extract from an article written by Paul Henningham that appeared in the April 2015 edition of Rotary Down Under. RDU

Backpack Beds for the Homeless

IN 2016-17, there were 285 rough sleepers seeking the help of Uniting Care Harrison, which was looking after people in the eastern suburbs of Melbourne. This number included 127 people sleeping on the streets and in parks, 115 people sleeping in cars, 15 in tents and 28 in improvised buildings such as squats and construction sites.

The Department of Health and Human Services figures showed there were 1,513 people on the public housing waiting list who had applied at the Ringwood office, which includes the City of Knox, local government area

for Melbourne's eastern suburbs. By 2019 the number of people seeking housing had increased.

In 2019, the Rotary Club of Bayswater, led by its Youth Exchange students, raised \$2,600 and purchased 13 Backpack Beds for the homeless.

Backpack Beds are a crisis measure that give lifesaving shelter; improving dignity, health, sleep, warmth, comfort and safety for homeless people without shelter. They are the most awarded single person ultra-lightweight crisis tent in the world, which rolls up into an

ergonomic backpack. They offer full body protection across all four seasons, are fire retardant, water and wind proof, and contain a full-body mosquito net, storage pockets and a secret lockable pocket.

Backpack Bed for Homeless is a national registered charity (Swags for Homeless Ltd) organisation, founded by former Youth Exchange student Tony Clark. Tony has twice been nominated Australian of the Year and was honoured as an Australia Day Local Hero by the City of Knox in 2012.

Every two hours a Backpack Bed is given to a homeless person without shelter, but the need is every 11 minutes.

Each year since 2019, the Rotary Club of Bayswater has continued to raise funds to provide much needed assistance to young people and couples who are homeless. RDU

"Backpack Beds are a crisis measure that give lifesaving shelter; improving dignity, health, sleep, warmth, comfort and safety for homeless people without shelter."



For more information on Backpack Bed For Homeless, visit backpackbed.org/au

Ping Pong-A-Thon

“From Perth to Brisbane, Darwin to Hobart, Aussies from all over the country have been wielding their bats and using their freedom to stand in the gaps for those that have none.”

PING Pong-A-Thon is bringing communities together and uniting them under one cause: bringing freedom to the world’s most vulnerable. Their weapon of choice? The Pong. The fundraising and advocacy movement is combating human trafficking and exploitation of young people through a series of table tennis events held every year.

Since 2011, the campaign has raised more than \$3.89 million, with more than \$406,000 raised in 2023. From Perth to Brisbane, Darwin to Hobart, Aussies from all over the country have been wielding their bats and using their freedom to stand in the gaps for those that have none.

The organisations supported and funded through Ping Pong-A-Thon are on the front

lines in fighting slavery. They rescue those currently stuck in slavery, work with communities to ensure slavery is prevented, and bring legal and systematic change to ensure laws are passed and enforced and that perpetrators are prosecuted.

The impact has been nothing short of remarkable, with freedom restored to thousands of lives.

The Rotary Club of

Waverley has joined the fight, in partnership with P4T. On October 29, 2023, the club invited all District 9810 clubs to participate in a Ping Pong-A-Thon event to see how it works, with a view to organising similar events in their own clubs or communities.

The event is a fun way to engage people across all age groups, so get on board and make an impact – “May Your Pong Be Strong”. ^{RDU}



For more information, visit pingpongathon.com



The Girl Project

SUPPORTED by the Rotary Club of Sandringham, The Girl Project is a unique program created by the Australian charitable organisation BeyondWater Global. Women in Kibera, Nairobi, have little or no access to sanitation products, which means that for one week out of four girls stay at home rather than go to school.

BeyondWater Global created The Girl Project to keep girls in school by giving them sanitary products, as well as simple items such as soap, underwear and even toothpaste and a toothbrush. More than that though, they give them leadership development,

career counselling and mentoring skills. This is done through monthly meetings led by local women leaders, who inspire the girls to achieve their scholastic and employment goals.

It costs \$80 per girl per year to sponsor a student through The Girl Project. You can partner with BeyondWater Global by sponsoring a student into one of the programs across Kenya and Uganda. The Rotary Club of Sandringham is helping 14 girls in Kibera pursue uninterrupted schooling by providing them with sanitary products. RDU



Operation Cleft



plastic surgeons.

The cost of the surgery is covered by the fundraising efforts of the club and the generous donors and volunteers who support the project. Typically, about 1,000 operations are performed each year, depending on the prevailing circumstances in Bangladesh – it is a very poor country that suffers from both weather extremes and political unrest.

Following the operation, a child and their family can lead a normal life. The child has the opportunity to receive an education, build a social network, and to reach their full potential as a contributing member of the community.

The club's Operation Cleft Australia mission is to continue to provide these free, life-altering surgeries to those in Bangladesh most in need. ^{RDV}

“Following the operation, a child and their family can lead a normal life. The child has the opportunity to receive an education, build a social network, and to reach their full potential as a contributing member of the community.”

OPERATION Cleft is an international humanitarian project of the Rotary Club of Box Hill Central. More than 5,000 babies are born with cleft lip and/or palate conditions each year in Bangladesh. These babies are often sickly and malnourished due to feeding problems. If these cleft conditions are left untreated, these children will suffer both physically and emotionally. They face a life of torment, poor health, isolation, and illiteracy.

Frequently, both the children and their families are shunned by the community, and many family units break down due to the stress and peer pressure. Sadly, 12 per cent of babies born with clefts, and whose clefts are not repaired, die before the age of five.

Since 2005, the Rotary Club of Box Hill Central has

provided free cleft surgeries to the underprivileged in Bangladesh. Each operation costs approximately \$300 and the repairs are conducted in surgical camps throughout Bangladesh by top Bangladeshi



For more information, visit www.boxhillcentralrotary.org.au/page/tell-me-about-operation-cleft

Operation Toilets Australia

THE Rotary Club of Box Hill Central is the home club of Mark Balla, the founder of Operation Toilets Australia (OTA), who formed the organisation following a visit to India in 2014. While there, Mark noticed that girls were not prevalent in the school yard and the inadequate provision of toilets in schools was very evident. Since then, Mark has become world famous, affectionately known as the 'Toilet Warrior'.

OTA, which comes under the control of the Rotary Club of Box Hill Central, builds toilets and delivers hygiene education programs in schools in developing countries, with the special aim of improving the

educational opportunities for adolescent girls. Projects are currently located in India and Ethiopia. They have also undertaken a pilot project in West Nepal in conjunction with their partner, International Needs Australia, an approved 'Cooperating Organisation' as part of The Rotary Foundation global grants system. **RDU**



District 9810 Funds Ltd.

DISTRICT 9810 has formed a company to help with raising funds from corporations, governments and philanthropic trusts. It is for specific multi-club or district-wide projects that have been approved and accepted by the company.

As a Company Limited by Guarantee, the company is regulated by the Australian Securities and Investment Commission.

Through the creation of Rotary District 9810 Charitable Services (RCS) Trust, sponsors can receive tax deductions for contributions made in support of approved projects.

RCS was established on May 31, 2016, as a Trust to operate as a Deductible Gift Recipient (DGR) non-profit benevolent

institution. Its purpose is to encourage, promote and extend the object of Rotary International by facilitating multi-club, multi-year community projects within Australia, with the support of the public and private sector. The DGR status provides tax deductible receipts to encourage personal, private and public contributions to Rotary community projects.

RCS can form agreements with organisations to receive tax deductible contributions, thus enabling clubs to carry out projects mainly focusing on the relief of suffering and supporting the disadvantaged or disabled. They include projects that involve owning assets and/or constructing facilities.

RCS is registered with the National Charities and Not

for Profit Commission and also has registration under the Victorian Fundraising Act regulations.

Examples of approved joint venture projects include:

- The Rotary Clubs of Australia Drought Relief Project. In association with D9800 and the Community Enterprise Foundation of the Bendigo Bank, RCS has been able to distribute \$600,000 of publicly raised donations to drought distressed families. The funds were allocated in such a way as to assist local businesses in the drought affected areas.
- Bushfire Trauma Relief Project. Through a joint venture with Community Enterprise Foundation of The Bendigo Bank, RCS was able to facilitate the provision of an equine therapy program to assist residents in the Mallacoota and Cobargo areas suffering from Post-Traumatic Stress Disorders following the devastating bushfires in those regions. ^{RDU}

BELOW: In association with District 9800 and the Community Enterprise Foundation of the Bendigo Bank, Rotary District 9810 Charitable Services has distributed \$600,000 of publicly raised donations to drought distressed families, which also assisted local businesses in the drought affected areas.



Lord and Lady Somers Camps



LORD and Lady Somers Camps is a youth program supported by the Rotary Club of Healesville. The camps focus on bringing together youths from various backgrounds and challenging them to develop their personal and leadership skills as well as team building. Each camp runs for one week and caters for boys and girls aged between 16 to 18.

The camp is located in Somers on the Mornington Peninsula. The original camp was set up in 1929 by the then Governor of Victoria, Lord Somers. Somers aimed to duplicate the success of the hugely popular Duke of York Camps, which were held

in the United Kingdom.

The aim of the Lord and Lady Somers camps is to strive for cultural diversity by selecting a cross section of young people that is most representative of the current Australian population in ethnic and socio-economic terms.

After each camp, the

participants come back to the club to tell members what they have learned from their experiences at the camp. RDU



Melbourne Indigenous Transition School

THE Melbourne Indigenous Transition School (MITS) enjoys support from a number of Rotary clubs including Beaumaris, Melbourne and Bentleigh Moorabbin Central – the home club of District Governor Ian Ballantine and his partner Helen. The school helps young people from remote Northern Territory and regional Victoria transition to education in Melbourne.

MITS is a specialist Year 7-8 education program, and provides boarding to almost 100 Indigenous students in Years 7-12. The school is located inside the Richmond Football Club at Punt Road Oval and its four boarding houses are a short walk away on Richmond Hill.

Over the years, the school has achieved a learning program that celebrates Indigenous cultures. Wellbeing sits at the core of the school program and every student is supported to ensure their physical, social, emotional and cultural wellbeing is strong.

Through partnerships with organisations including Swinburne University, Bangarra Dance Company, the Monash University Museum of Art and many more, students participate in a vibrant curriculum that makes the most of the opportunities and excitement of Melbourne. **RDU**





Sabu Island

PAST President of the Rotary Club of Beaumaris, John Manks, first visited Sabu, Indonesia, when he and his wife Sue were on a Lesser Sunda Island cruise in 2002. They saw how the Sabunese people struggled, living on a very remote island with a very dry climate – there is no rain for six months of the year.

They saw a dire need for help in the supply of clean water, a major problem in most of the villages on the island.

After John joined the Rotary Club of Beaumaris in 2005, he returned to Sabu

and met up with Pastor Franz Lackner, an amazing man who has lived on the island for approximately 30 years, doing so much to help the Sabunese.

When asked how Rotary could help, he very quickly responded “water wells”. As a result, the Rotary Club of Beaumaris’ first project on Sabu was to provide moulds used in making concrete rings for wells, which Franz was providing to local villages to use in the wells they were digging. The rings prevent cave-ins in unstable ground.

And so, the club’s association with Sabu began.

Following on from this project, the club applied for a matching grant from The Rotary Foundation to build water wells on Sabu. With the support of other clubs, District 9810, District 3400 in Indonesia, and the matching grant, they had a project with funds totalling \$27,765 to build 15 water wells. Since then, 30 wells have been built with plans to build many more in the future.

Club members have maintained their contact with Pastor Franz and visit the island when they can. They have commenced other projects including building student hostels, both in Kupang and Seba; providing mosquito nets; supporting Sabunese students; and providing sanitation.

In June 2023, a team from the club again visited Sabu. They met up with former students they had supported, including Maria N, who is now a nurse/midwife, and Tesa, who is a teacher.

From their travels across the island, members were able to select the priority needs to compile a shopping list of furniture and equipment for the students in Kupang, including a number of additional bunk beds, mattresses, wardrobes, individual study desks at Penfui Girls Hostel, and larger group study tables, a water tank and a Wi-Fi printer at Wali-kota Girls Hostel. This list accompanied a district grant application for \$2,500 submitted a few days after the team returned to Australia, which was approved on June 23. AU\$5,000 was sent to Sabu on June 29, 2023. RDU

LEFT: The new bunk beds and mattresses at Penfui Girls Hostel mean the girls no longer have to sleep on mats on the floor.

OPPOSITE PAGE: Melbourne Indigenous Transition School students Bruce, Marley and Antonio ready for their Year 11 Formal in September.

Kids Fun Run with Puffing Billy Railway

THIS fun day for kids aged three to 12 is a long running event of the Rotary Club of Emerald and District. This year's event was held on

November 26. Trophies are given for the fastest runners, with show bags for all, prizes for top fundraisers and a market for the 'big people'.

All funds raised support the teams working hard to find answers to childhood cancer at the Monash Children's Cancer Centre.

The inaugural Kids Fun Run with Thomas was held in October 2002. Since then, the annual event has grown to become the signature fundraiser for the Rotary Club of Emerald & District, raising more than \$671,000 since its inception.

In keeping with the Fun Run's theme of Kids Helping Kids, all money raised has been donated to projects supporting and assisting children. The Fun Run is structured around five events, where kids aged three to eight run against Thomas the Tank Engine, and a sixth event for nine- to 12-year-olds, who run against Puffing Billy.

From the beginning, the Kids Fun Run with Thomas was seen to be multi-faceted. It was viewed not only as a fundraising event, but also a community service event. With entertainment in the park, it has grown to be a Family Fun Day that promotes the township of Gembrook and offers local groups the opportunity to conduct their own fundraising.

In recognition of the level of success the event has enjoyed, in 2010 the Kids Fun Run with Thomas was awarded the Cardinia Shire Community Projects Award and in 2011 was awarded the Rotary District 9810 Community Service Award. In 2015, Rotary International awarded the club with a Significant Achievement Award for the event.. RDV



Rotaract Club of Whitehorse

THE Rotaract Club of Whitehorse is doing some very impressive work in their community. They recently

donated \$450 to Alex Makes Meals, a not-for-profit organisation providing warm and tasty meals for those



in need. So far in 2023, Alex Makes Meals has donated more than 800,000 meals and delivered more than 1.3 million dollars in community aid.

The Rotaract club also sends volunteers to the local Rotary Whitehorse Farmers' Market each month. This enables these inspiring young people to support the fantastic organisations that give back to those in the City of Whitehorse. RDU

ABOVE & LEFT: So far in 2023, Alex Makes Meals has donated more than 800,000 meals and delivered more than 1.3 million dollars in community aid.

Wheels4You

THE Rotary Club of Chelsea, in partnership with the City of Kingston, has developed a new project to help people who can no longer drive a car or walk to the shops.

With a grant from the City of Kingston and support from local businesses, a number of high-quality mobility scooters are being offered as a package to local residents in need. The scooters are leased at a nominal rate and paid for by CentrePay.

It is intended to make the scheme self-funding.

Residents will be selected by the City of Kingston, based on a number of criteria - mainly to those suffering restriction in movement as a result of illness, advancing age or disability, who are financially unable to purchase a scooter. Recipients will be monitored to ensure their continued ability to operate the scooters safely.



Each package includes a high-quality mobility scooter, scheduled maintenance by Goodyear Chelsea, insurance, and personal support from Chelsea Rotary members. RDU

Bayside Teen Mental Health First Aid Project

“The course, developed by Mental Health First Aid Australia, teaches students about the signs and symptoms of mental health problems that may be experienced by young people.”

THE Rotary Clubs of Hampton and Brighton North are the joint organisers of the Bayside Teen Mental Health First Aid project. This project delivers the Teen Mental Health First Aid training course to high school students in Years 9 and 10 at Bayside’s secondary colleges.

The course, developed by Mental Health First Aid Australia, teaches students about the signs and symptoms of mental health problems that may be experienced by young people. It also teaches the participants how they can support a friend who may be encountering a mental health problem.

Over the past year, the project has delivered this specialised mental health training to 515 high school students in Bayside. They are now introducing the training to more schools in the area. Their target is to have trained 700 students in Bayside by the end of the year. So far, the Teen Mental Health First Aid course has been delivered to Year 10 students at Sandringham College and Year 9 students at Brighton Secondary College.



As part of the clubs’ commitment to support the local secondary school communities with mental health training, they also provide specialist training to teachers and school staff, which enables them to support students at their colleges. The two-day training course is also developed by Mental Health First Aid Australia. Adults working or living with adolescents learn how to assist those who are developing a mental health problem or are in a mental

health crisis. A recent course was presented to teachers and wellbeing staff from four local secondary colleges.

This is an exciting and effective project, and the two Rotary clubs are very grateful for the support from Mental Health First Aid Australia, Bayside City Council and The Rotary Foundation, as well as the secondary colleges in Bayside. All these organisations are helping to support young people in the local area with their mental health. **RDU**

Working together to create safer communities for all Victorians



IN February 2020, the Rotary Club of Glen Waverley and Victoria Police at Glen Waverley launched the Residential Information Kit. The kit is designed to give residents in the area of Monash a quick easy guide to some of the issues facing the everyday lives of residents. These useful kits are available from police stations in the Monash area. Magnets are attached so the information can be stuck on fridges for easy reference.

The information is divided into sections such as:

- Property Damage: What to do about graffiti removal
- Neighbourhood Disputes: Noise, trespassers
- Victoria Police and Party Safe: Register your party, awareness of alcohol, and help if required
- Farm, Garage and Shed Security: What to do if your shed has been broken into
- Family Violence: What you can do, who can you talk to
- Personal Safety: Using your ATM, handbag security, your car, travelling on public transport
- Vehicle Safety: What to do if your vehicle is stolen
- Scams and Door to Door Sales: Protect yourself from scammers
- Fraud: Identity theft
- Electronic Crime: E-Crime, internet banking, on-line shopping
- Burglary and Theft: General security

The Rotary Club of Glen Waverley is proud to sponsor this community initiative, which is helping serve their community. RDU

The First Impressions Clothing Exchange

THE First Impressions Clothing Exchange (FICE) is a program delivered by Cire Service, a not-for-profit organisation in the Yarra Ranges. It aims to empower women to achieve their goals by providing training, support, and a range of affordable clothing. The Rotary Club of Lilydale organised and supplied the catering for the

recent FICE High Tea and Fashion parade fundraisers.

A spokesperson for FICE said they were able to raise \$6,000 thanks to the support of their community, who said "this success would not have been possible without the help of Lilydale Rotary, whose generosity helped tremendously in achieving our goal". RDU



SeeBeyondBorders



ABOVE: Student testing took place across 17 schools in October, conducting assessments with over 2,500 students from Grades 1-3. The results will be used to compare with both control schools and assessment results collected at the beginning of the school year, to show the impact SeeBeyondBorders' projects have on student academic performance.

RIGHT: SeeBeyondBorders Teaching Development Officer Dyna demonstrating 'Modelled Writing' to a group of Grade 3 teachers.

SEEBEYONDBORDERS is an education Non-Governmental Organisation (NGO) operating in Cambodia. Its mission is to improve learning for children by focusing on training teachers and on systemic change. The project is funded by the Rotary Clubs of Springvale City, Box Hill-Burwood and Waverley. The Interact clubs at Kingswood College and the Presbyterian Ladies College Melbourne also support the program.

The main priority of SeeBeyondBorders is to create positive, systemic, and sustainable change in Cambodia. Through the Educational Changemaker Project they are not just helping one or two communities, but working to change the system, so that quality education will become available to all. The hope is that one day the assistance of SeeBeyondBorders in its

current form will no longer be needed. The Educational Changemaker Project is supported by the Australian Government through the Australian NGO Cooperation Program.

In April 2023, the three Rotary clubs had

a meeting with the Changemaker participants at SeeBeyondBorders in Battambang, Cambodia. The 10 women who attended were from various provinces – Kampong Cham, Svay Rieng, Pursat, Siem Reap and Battambang.

In August, SeeBeyondBorders Australia Chief Executive, Sally Miles, attended the Rotary Club of Box Hill-Burwood's meeting and gave an update on the Changemaker program. Sally has a Master of Social Change and Development degree and a love of Cambodia, having worked as a tour guide in the region 20 years ago. Seda Douglas also told her story as a survivor of the Khmer Rouge and her work in Cambodia supporting education through Save Cambodian Children Fund Australia. **RDU**



Custom Car and Bike Show

THE Wandin Custom Car and Bike Show is the major fundraiser of the Rotary Club of Wandin. Proceeds from the show go to the Royal Children’s Hospital (RCH) and community needs. Prior to COVID interrupting the event, \$88,000 had been donated to the RCH.

Over the years, up to 600 cars and bikes and 3,000 people have attended these shows. The shows also provide an opportunity for community groups to raise much needed funds. The 2023-24 shows will be held on the Wandin East Recreation Reserve on November 15 and December 20, 2023, and then on February 21 and March 20, 2024. RDU



LEFT & BELOW: More than 460 cars and 45 bikes turned up for the November 2023 Wandin Custom Car and Bike Show.



Warrandyte Art Show

THE Warrandyte Art Show is an annual event organised by the Rotary Club of Warrandyte Donvale. The Art Show has been held every year for the past 36 years, with a two year break due to COVID lockdowns. The Art Show is run in conjunction with the annual Warrandyte Festival in March.

The Art Show reflects the important influence of art in the Warrandyte and surrounding area both historically and currently, with many local and interstate artists submitting works. The opening night is always a great social event in the festival calendar.

The Rotary Club of Warrandyte Donvale appreciates the generosity of the Warrandyte Community Bank and the Warrandyte Riverside Market for their sponsorship of this event. RDU





Simple Steps

“The program aims to achieve better mental health for individuals and therefore the community overall, shorten the waiting time for services, and reduce pressure on professionals.”

SIMPLE Steps Solutions Inc. is a pilot program of the Rotary Club of Knox, created for the sole purpose of providing funding for mental health counselling in the Knox area.

The organisation is for people who live, work or study in the City of Knox and would benefit from having access to counselling. It is for those who are unable to access government services or cannot afford to consult private practitioners.

The pilot program will be operated in association with Headspace Knox. Headspace identifies a young person who meets the above criteria and helps the client select the most appropriate counsellor from a list of participating counsellors, supplied by Simple Steps. They then make a referral, and the client arranges an appointment time with the selected

counsellor. If the referral is not suitable, another counsellor is negotiated. The counsellor then sends their account to Simple Steps Solutions Inc.

The client is not expected to make any financial contribution. The desirable numbers of sessions are worked out between the counsellor and client. However, if this turns out to be more than six, the arrangement will need to be reviewed.

At no stage will Simple Steps be told the name of the client or other personal information. They will keep only basic data, for example, age range or gender of clients to help with forward planning.

The program aims to achieve better mental health for individuals and therefore the community overall, shorten the waiting time for

services, and reduce pressure on professionals.

Initially, this program is being funded by the Rotary Club of Knox, district grants, and Knox City Council. However, Simple Step Solutions Inc. has been registered as a charity and will need to seek and encourage further donations if it is to continue.

Individuals and companies can take a simple step and make a difference to the lives of others by supporting Simple Step Solutions with a donation. All such donations will go directly to supporting the counselling services. Donations can be made via the Rotary Club of Knox and donations over \$2 are tax deductible. Donations can also be made directly to Simple Steps Solutions Inc, however, during this pilot stage these are not tax deductible. RDU

Larry the Lorikeet

LARRY the Lorikeet was a Youth Service project in 2014, initiated by the Rotary Club of Forest Hill, with support from Whitehorse Council. The project was a children's book that featured writing and art skills from talented local secondary school students. It was produced to support an environmental education program at Blackburn Lake. The book is all about Larry the Lorikeet, who loses his home to tree felling and finds a new home at the Blackburn Lakes Sanctuary.

The Rotary Club of Forest Hill funded the cost of publishing the book and gave copies to every library, pre-school, kindergarten, special and primary school in the area. The book about Larry is



LEFT: Then Rotary Club of Forest Hill President Bill Marsh, left, Adam Bupalov, Mayor Cr Sharon Ellis and Brad DeFranceschi at the *Larry the Lorikeet* book launch in August 2014.

now used in conjunction with hand puppets.

In 2016, sight impaired children from Vision Australia had their inaugural visit to Blackburn Lake Sanctuary to take part in a bush experience program. As part of the program, *Larry the Lorikeet* is now produced in Braille and was used

during this visit.

Congratulations to Brad DeFranceschi, Liam Grant and Adam Bupalov, who came up with the original concept and wrote the text for the children's book as part of the Academic Curriculum Extension community service program in 2013. **RDU**

BELOW: The Maroondah Community Policing vehicle greatly assists local police in carrying out their valuable work in the community.

Community Policing Vehicle

THE Rotary Club of Maroondah is proud to have an on-going arrangement with Victoria Police. The club provides a vehicle for the community policing activities in the Maroondah region. This vehicle displays the Rotary Club of Maroondah logo and is used by the Proactive Policing Unit, Youth Resources Officers and the Multicultural Liaison Officers for work within the community.



Club sponsor Lilydale Mitsubishi continues to maintain and service the vehicle. The Proactive Policing Unit is an integral part of the community as they engage with the public to learn about their concerns, seek and develop links within the local community, investigate and discover offences, as well as reduce incidence and

impact of crimes. Similarly, Youth Resources Officers and Multicultural Liaison Officers work alongside communities to strengthen and facilitate communication to all members of the community.

Both club and community members appreciate the officers' commitment, which allows them to move and live safely in the community. **RDU**

Laughing, All Abilities, Really Friendly Singers

LAUGHING, All Abilities, Really Friendly Singers (LAARFS) is a program of the Rotary Club of Manningham City (formerly the Rotary Club of Doncaster). LAARFS is a choir aimed at people with chronic illness and disabilities, who use music to ease some of the effects of their condition.

This wonderful free program knows that singing is great for easing pain and discomfort. They say that everyone likes to sing, so they invite you to escape your world for two hours each week and sing with the group. There is no negativity, no criticism, and no pressure. Just sing. Cake, sticky buns and laughing are provided.

They suggest that you put your feet up, put your legs up – or even leave them outside the door.

“All you need is one lung and a willingness to forget your troubles and sing. Whether it’s ‘Sweet Caroline’ or the Banana Boat song (Day-O), that’s why we’re here.” RDU

MMA

Oakleigh Rotary Sunday Market

The Rotary Club of Oakleigh Clayton Huntingdale’s Sunday Market, at the corner of Hanover Street and Atherton Road, Oakleigh, has been in operation for more than 30 years. Starting with 20 spaces in 1986, it has expanded to provide 170 spaces, both permanent and casual. It is a Trash and Treasure Market offering a variety of wares including fresh fruit and vegetables, food, plants and flowers, hardware, new and second-hand clothing, preloved books and bric-a-brac. The market operates every Sunday from 8am to 1pm and new stallholders are always welcome.



New Beaumaris Farmers Market

The Rotary Club of Sandringham’s latest initiative is the creation and management of the New Beaumaris Farmers’ Market (formerly Hampton Farmers Market). The market is held on the third Sunday of the month from 9am to 1pm in the beautiful tree-lined oval of the Beaumaris North Primary School.



MARKETS

The market is focussed on Victorian grown and made food. Every market goer who makes a gold coin donation on entry to the market is supporting the Rotary Club of Sandringham's many projects.

The club recently used market donations to support the St. Kilda Police and Citizen's Youth Club (PCYC) youth programs. St. Kilda PCYC is a not-for-profit organisation mentoring young people of all ages and backgrounds. It provides movement, recreational, sporting, cultural and learning activities for young people.

The club has previously donated \$12,000 from the markets to the Sandringham Community Bank Day Procedure Centre. This money went towards the refurbishment of the centre, where more than 2,000 same-day surgical cases are treated every day.

Bayside Farmers Market

The Bayside Farmers Market is organised by the Rotary Club of Hampton in partnership with Regional Farmers' Markets and the Rotary Club of Sandringham. It is a monthly event located on a cricket ground overlooking Port Phillip Bay.

Bentleigh Sunday Market

The Bentleigh Sunday Market is a weekly trash and treasure/plant market

run by the Rotary Club of Bentleigh Central. It is one of the oldest Sunday markets in Melbourne and has been operating since 1977.

With about 140 stalls you will find plants, clothing, cosmetics, jewellery, books, videos, tools, antiques, crafts, pre-loved goods, and more. The Sunday Market operates every Sunday of the year. The market sources its manpower from members of the club along with members from the Rotary Club of Moorabbin.

The Whitehorse Farmers Market

Organised by the six Rotary clubs and the Rotaract clubs in the City of Whitehorse, the Whitehorse Farmers Market is held on the second Sunday of every month between 8am and 1pm at 397 Maroondah Highway, Nunawading. Every market sees more than 65 vendors and over 1,500 patrons enjoying the beautiful smells of fresh produce and delights for the tastebuds.

The organisers say they are now a well-oiled machine, who are used to their alarms going off at 5.15am to start setting up at 6am. As farmers pull in with their produce-laden vans, trailers and trucks, the area at the Nunawading Arts Centre is clicking into action. Rotary volunteers are setting up powered sites, putting bins out, and directing trucks into their allocated space. All these tasks are done under

the cover of darkness.

One of the best parts of the market is that all proceeds go back to community projects right throughout the city.



Mont Albert Market

The Mont Albert Market, organised by the Rotary Club of Mont Albert and Surry Hills (MASH), is held on the fourth Sunday of the month in the Mont Albert Village on Hamilton Street between 9am and 1pm. The market sells craft, produce, plants, bric-a-brac and food.

MASH often has a monthly theme and asks patrons to come dressed accordingly. For example, the October Market was Halloween themed and asked people to come dressed 'spooky'.

Lilydale Craft and Produce Market

The Lilydale Craft and Produce Market is held in the Yarra Ranges Council Carpark, Lilydale. Organised by the Rotary Club of Lilydale, the market is held on the first Sunday of the month (excluding January) from 9am to 2pm. RDU



Top reasons to register early

DAYDREAMING about a trip on your calendar is one of life's small rewards. All the more so if the destination is the 2024 Rotary International Convention in Singapore, Asia's dazzling garden city, rich in culture and unique attractions. Here are just a few of the reasons to register early.

- Give yourself a vacation to look forward to. Whether you're making the trip of a lifetime or a return visit, you'll find inspiration and wonder in Singapore.
- Save significant money. The last day for the early registration discount is December 15. You won't get a lower rate.
- Have your pick of airmiles and hotels. It's the right time to lock in a good airfare rate before prices almost certainly go up closer to May 25-29. You'll have more room choices when you book your hotel at a special rate. Looking for a deal? A city view? Enough space for your kids? Check your options.
- Book a special experience. Exclusive excursions for Rotary members can sell out, and organisers have curated tour packages to see hidden gems in Singapore and nearby countries.
- Leave time to gather

your entourage. Veronica and Johnny Yu, of the Rotary Club of Cubao, Philippines, committed to Singapore while still in Melbourne and have been encouraging others to take advantage of early registration. "You can only believe in the magic of Rotary if you go to the convention," Johnny says. No two conventions are the same, so even if you've been before it's a chance to reconnect with friends and be inspired. This convention is when members turn ideas into actions for *Sharing Hope With the World*. RDU

Cambodia

as you've never seen it before

Add a week in Cambodia to your RICON24 Singapore trip and immerse yourself in daily life in Siem Reap. Soak-up experiences that will last a lifetime and see Cambodia as you have never seen it before, from the inside and with locals.

HOSTED by the inspirational volunteer experience members of the Rotaract Club of Siem Reap and supported by Rotary Passport Melbourne, Vic, you will spend your days joining empowered hands-on community projects and experience iconic Angkor Wat, local markets and the floating village – all with the Rotaractors who grew up there!

Experience the joy of distributing bicycles to rural students and supporting their education with the distribution of study materials.

Join club members in distributing monthly food and essential supplies to supported rural families; be warmly welcomed by the school communities where the club has installed life-changing WASH infrastructure, including clean drinking water and toilets; distribute SolarBuddy study lights to students living in rural communities without electricity; and take part in the club's tree-planting project in Siem Reap City and disadvantaged rural

communities to improve the lives of communities living in hot and dusty environments.

This experienced team has hosted government dignitaries, international ambassadors and of course dozens of Rotarians.

"As a former Australian Ambassador to Cambodia, I had the pleasure of meeting the students of the Cambodia Rural Students Trust NGO in Siem Reap on several occasions," said Pablo Kang, Ambassador of Australia to Cambodia 2020-23. "It was memorable and inspirational to be hosted by these highly motivated and committed students. They passionately shared with me their numerous social contributions and their overarching vision to create sustainable social impact for thousands of rural Cambodian students."

"The trip couldn't have been better planned," said Debra Sloggett, of the Rotary Club of Keilor East. "My hosts from Project V and the Rotaract Club of Siem Reap were fantastic. Everything was so organised.

"Visiting the projects and

seeing how the Rotaractors and students from CRST run the projects is inspirational. I wanted my trip to have a purpose, to see how Rotary can support and foster country (Cambodia) driven projects. To be with such forward-thinking young people who really want to help their community was very special and I highly recommend other Rotarians consider this type of experience. It is and will be an absolute highlight."

To register your interest or for more details on the activities available in the week preceding and the week following RICON24 in Singapore, visit forms. [gle/XpjmKbarfyPUtjN6](https://forms.gle/XpjmKbarfyPUtjN6). Alternatively, contact Rotary Passport Melbourne President Aviv Palti (Aviv.Palti@lifestyleb.com), Public Image Director Jessica Palti (Jessica.Palti@lifestyleb.com) or Charter President Maria Hicks OAM (cambodiarep@daysforgirls.org). **RDU**

BELOW: Cherrie Osborn from the Rotary Club of Keilor East, Vic, distributing SolarBuddy study lights in a rural school in Siem Reap, Cambodia.



Meet your Regional Council

Dear Rotary and Rotaract members,

It is an honour and a great privilege to be the inaugural chair of the new Zone 8 Regional Council, the body that will lead and represent Rotary and Rotaract in Zone 8 for the rest of the Regionalisation Pilot.

This is a great opportunity for Rotary and Rotaract to find new ways to serve our communities locally, regionally and beyond.

I am very conscious of the wonderful work Rotary and Rotaract clubs already do, devoting substantial hours to very worthy projects.

One of the goals of the Zone 8 Regionalisation Pilot is to make an even greater contribution to our communities, and to expand our areas of influence and interaction as we do so. This is a great challenge for the new Regional Council, and one I am keen to progress.

At the same time, I am deeply conscious that Zone 8 is home to a range of different cultures, languages, histories and experiences. One size does *not* fit all. I am keen to learn more about the amazing work clubs are already doing, and to explore how the Regional

Council team and I can support you to expand your impact even further.

For Rotary and Rotaract to continue to be successful, we will need to do some things differently, and work together to grow our membership. The Regional Council team and I seek your contribution and support as we move into the next phase of the Pilot and explore how we can better achieve Rotary and Rotaract's goals and objectives in our Zone.

Dallas Booth
Chair, Zone 8 Regional Council



CHAIR

Dallas Booth

*Rotary Club of Turramurra,
NSW (D9685)*



Visit the Creating Tomorrow website to learn more about your Regional Council: creatingtomorrowrotary.org/regional-council-members

Clubs throughout Zone 8 have voted, and the following members have officially been elected to the inaugural Regional Council. The council will commence operating on January 1, 2024.



CHAIR-ELECT

Tony Heyward
Rotary Club of Tawa, NZ
(D9940)



ROTARACT NOMINEE

Eeshwar Rajagopalan
Rotaract Club of Subiaco/Rotary Club of
Elizabeth Quay, WA (D9423)



**PORTFOLIO LEAD - MAJOR
FUNDRAISING AND GRANTS**

Dr Peter Rogers Acm
Rotary Club of Melbourne, Vic (D9800)



**PORTFOLIO LEAD - SERVICE
PROJECTS AND PROGRAMS**

Madhumita Bishnu
E-Club of Melbourne, Vic (D9800)



PORTFOLIO LEAD - MEMBERSHIP

Andy Rajapakse
Rotary Club of Burleigh Heads,
Qld (D9640)



**PORTFOLIO LEAD - PUBLIC IMAGE
AND PARTNERSHIPS**

Neil McWhannell
Rotary Club of Wahroonga, NSW (D9685)



**PORTFOLIO LEAD - LEARNING
AND DEVELOPMENT**

Euan Miller
Rotary Club of Norwood, SA (D9510)

Foundation giving celebrated in November

To celebrate Foundation month in November, Zone 8’s newest Major Donors and Bequest Society members were recognised at four separate dinners, with guest of honour Foundation Trustee Chair and RI Past President Barry Rassin.

By Endowment\Major Gifts Advisor PDG Jennie Herring and RISPPA Philanthropy Supervisor Anke Timm.



Christchurch, NZ, was the first of four stops for Foundation Trustee Chair

Barry Rassin on his week-long visit to New Zealand and Australia to recognise our most recent donors to The Rotary Foundation.

In 2010, Barry led the Rotary rebuilding effort in the immediate aftermath of the Haiti earthquake, to provide emergency humanitarian aid to those affected, including the coordination of 105 individual projects. He was therefore particularly interested in how the Christchurch community came together after the 2011 major earthquakes, supported by Rotary members and clubs. Barry visited Quake City Museum

and Garden City at Westlake Reserve, before joining 40 Rotarians at Commodore Hotel for a heart-warming and joyful dinner. District 9999 was presented with the prestigious New Zealand Rotary Foundation Shield for total giving in 2022-23.

Auckland was the second NZ stop, where Barry was welcomed with a sunny and crisp morning cruise on the sparkling harbour on the *Mona Rose*, leading into a donor meeting with New Zealand’s newest Arch Klumph Society member and a Legacy member. This was followed by a glamorous night at Cordis Hotel, with 122 guests from Districts 9910, 9920, 9930 and 9940, where Barry passionately shared stories of impact, lasting memories and insights into The Rotary Foundation’s goals and ambitions.



RIGHT: Endowment\Major Gifts Advisor PDG Jennie Herring with Foundation Trustee Chair and Rotary International Past President Barry Rassin at the Foundation Recognition Dinner in Auckland, NZ, on Saturday, November 4.



Twenty-three presentations were made to donors from the three districts, and District 9910 was presented with the New Zealand Rotary Foundation Cup for annual giving per capita for 2022-23. PDG Lindsay Ford from District 9910 was presented with the Distinguished Service Award for his outstanding service to the Foundation. One of the highlights of the evening was a spectacular operatic performance by DGE Michael Lapina from District 9800.

Across the Tasman, Sydney, NSW, provided an

opportunity for Barry to visit the global headquarters of the Institute of Economics and Peace (IEP), Rotary's major partner in establishing the six Rotary Peace Centres around the world. A meeting with UNICEF Australia also added to the meaningful exchanges with local Rotary Foundation partners, strengthening relationships at the highest level of leadership. A total of 140 Sydney Rotarians took the opportunity to meet Barry in person and applaud the generosity of a long list of fellow Rotarians at the Epping Club.

During his final stop in Brisbane, Qld, Barry visited the University of Queensland's Rotary Peace Centre, where he met directors and current students, culminating in a touching tree-planting ceremony in the university's Peace Park. Barry joined 11 other Rotary International directors who had previously added a tree to the serene surroundings. An impressive 105 Brisbane Rotarians did not disappoint at the Recognition Dinner at Tattersall's that night, showcasing their passion for The Rotary Foundation in "Bris-Vegas"-style!

The dinners were a wonderful way to offer a heartfelt and warm thank you to all our generous donors. Across the four events, US\$2.2million was raised in major gifts and bequests for The Rotary Foundation! **RDU**

FOUNDATION MOMENTS

Quick insights into *your* charity — The Rotary Foundation

WHAT IS POLIOPUS?

Ending polio is Rotary's main humanitarian goal, and PolioPlus is the program that supports these efforts.

It was launched in 1985 with help from Dr. Albert Sabin, the developer of the oral polio vaccine, as a worldwide program to protect children from the paralyzing consequences of polio. Rotary later became a founding member of the Global Polio Eradication Initiative.

Since then, the incidence of wild polio cases has decreased by 99.9% and the wild poliovirus remains endemic in just two countries, Afghanistan and Pakistan.

The processes Rotary helped build to fight polio have also been used to protect communities from COVID19 and other diseases. This illustrates the Plus in PolioPlus.

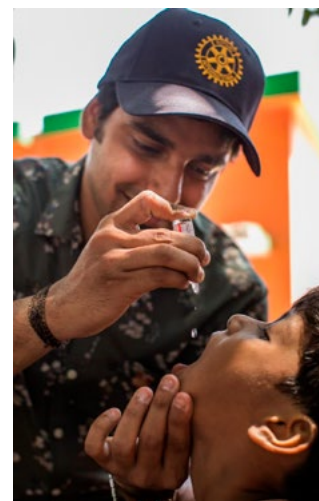
But polio anywhere is a threat to children everywhere. Only global eradication will ensure that no child suffers its devastating effects ever again.



Learn more about Rotary's efforts to eradicate this disease at endpolio.org.

< Visit my.rotary.org/donate

The
Rotary
Foundation



Meet our Foundation team



MAJOR GIFTS OFFICER

*Mark
Anderson*

MARK is a Major Gifts Officer for The Rotary Foundation at the South Pacific and Philippines Office in Sydney. His role is donor acquisition and stewardship.

Mark has been a Rotarian for over 35 years, during which time he has been a member of clubs in Victoria, New South Wales, and South Africa. His involvement in Rotary began in 1972 as secretary of the Corinda High School Interact Club in Queensland, then as a Rotary Youth Exchange student to Canada. He has been a Rotaractor, a RYLarian and a Group Study Exchange (GSE) team member to California.

Since joining Rotary in 1987, Mark has been president of two clubs, has led a GSE team to Germany, and has held many district leadership positions.

During his career Mark has specialised in sales and marketing, working with major international corporations. Beyond work, he loves travel, gardening, spending time with his grandchildren, and is also an avid malt whisky collector.



**PHILANTHROPY
SUPERVISOR**

*Anke
Timm*

ANKE is an experienced philanthropic giving and strategic engagement executive, with 25 years exposure across initiatives in Australia and Europe in a variety of cultural, social impact and human rights industries, providing leadership and direction across strategic, financial and investment outcomes.

She possesses a keen focus on collaborative and inclusive practice, with a wide personal and professional network across the arts, not-for-profit and corporate sectors. She is particularly invested in the creation of sustainable partnerships.

Anke's recent experiences with Human Rights Watch globally, and corporate and family foundations in Australia, are key to her understanding of venture philanthropy principles for long-term social impact and the advancement of the United Nations' Sustainable Development Goals.



**DONOR SERVICES
SPECIALIST**

*Avneet Kaur
Bhasin*

AVNEET is a dedicated professional with a proven track record in project coordination, management and customer relationship building. With a Master of Commerce and a background in financial and management accounting, she brings a unique blend of skills to the field of non-profit management in her role as a Donor Services Specialist. Through attention to detail, Avneet has consistently enhanced efficiency and productivity, contributing to Rotary International's mission.

Prior to her role at Rotary International, she served as a sales coordinator, working in fast-paced environments, meeting tight deadlines, and collaborating across departments. Proficient at problem-solving and decision-making, Avneet ensures compliance with standards and policies, while maintaining an energetic work atmosphere.

What Rotary is all about



o this is Christmas / And what have you done?" sang John Lennon in the holiday classic 'Happy Xmas (War Is Over)', released in 1971 with Yoko Ono. The holidays are a time of warmth and togetherness but also of reflection. Above all, the season is a time of generosity, especially to those less fortunate.

During your holiday giving, remember that gifts to The Rotary Foundation may not fit nicely in a present box, yet they keep on giving throughout the year.

December is also Disease Prevention and Treatment Month. Just think of all the Rotary efforts that would not be possible without the generosity of you, our Rotary family. Consider the incredible progress we have achieved in our fight to end polio – the countless lives we've saved and the hope we've restored. Think of all the clinics around the world Rotary has equipped and the medical professionals trained through Foundation grants, helping fight heart disease and Guinea worm disease.

Your gifts to the Foundation also help make health care accessible to underserved communities in a big way through Programs of Scale. Right now, those grant recipients are working to end malaria in Zambia, reduce the mortality rate of mothers and their infants in Nigeria, and eliminate cervical cancer in Egypt.

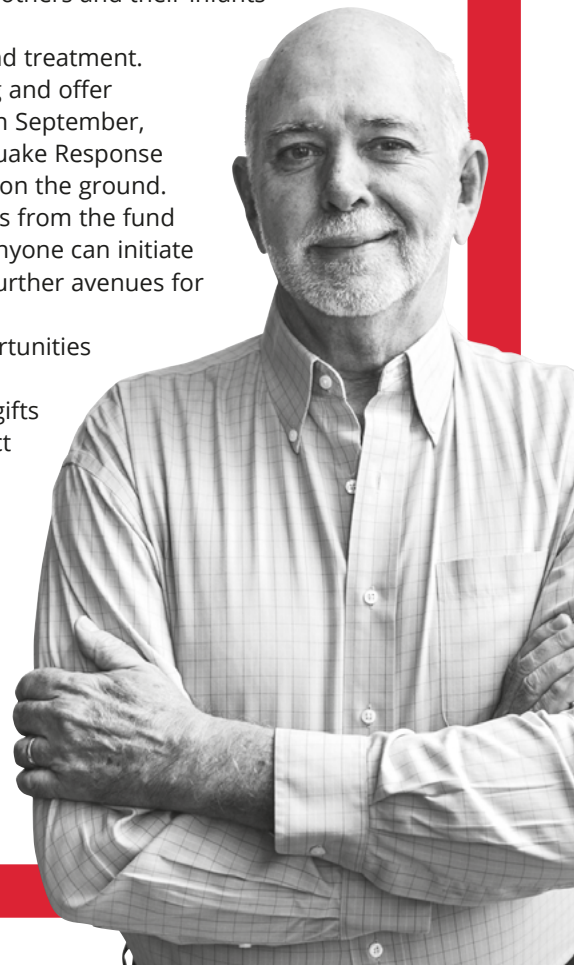
Of course, our reach extends far beyond disease prevention and treatment. During times of disaster, we must act swiftly to alleviate suffering and offer support. In response to the devastating earthquake in Morocco in September, The Rotary Foundation Trustees established the Morocco Earthquake Response Fund to support immediate relief efforts led by Rotary members on the ground. You can contribute directly, and your districts can apply for grants from the fund until September 21, 2024, or until the funds are fully allocated. Anyone can initiate a fundraiser for the Morocco fund on Raise for Rotary, opening further avenues for your generosity.

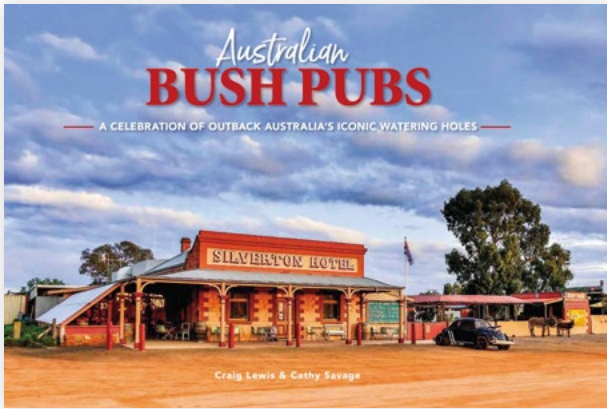
We truly have the gift of giving. There are no limits to the opportunities to give and make a difference through Rotary.

As we approach the end of the year, I invite you to make your gifts before December 31. Your generosity will have a profound impact on many – people who you may never meet, but whose lives you will change just the same.

On behalf of Esther and myself, we wish you all a joyful holiday season. Thank you for your continued support, dedication, and unwavering commitment to The Rotary Foundation and to what Rotary is all about: helping others.

By PRIP Barry Rassin
Foundation trustee chair





Australian Bush Pubs
Craig Lewis and
Cathy Savage
Woodslane Press
and Boiling Billy
RRP: \$49.99

Lavishly illustrated with striking and fascinating full-colour photographs, *Australian Bush Pubs* features an eclectic collection of historic

outback watering holes, including classics such as Queensland's famous Birdsville Hotel and New South Wales' characterful Silverton Hotel. The accompanying text portrays a short history of each establishment along with any unusual aspects, such as happenings, famous patrons and even ghosts! This new edition introduces a handful of new pubs and brings many of the stories and photographs of the old favourites up to date. This book would make a great Christmas gift.

For your chance to win a copy of *Australian Bush Pubs*, email giveaways@rotarydownunder.com.au with 'Australian Bush Pubs' in the subject line. Please include your contact details, including delivery address.



Subs Discount

In thanks for your support over the 2022-23 year, and the success of the RDU Supplies booth at the RI Convention in Melbourne, the RDU Council has approved the application of a 10% discount to the January 2024 Subscription invoices.

IT'S GOOD... WE'RE GREEN!

DID YOU KNOW THAT ROTARY DOWN UNDER USES SUSTAINABLY SOURCED PAPER AND OUR WRAPPING IS HOME COMPOSTABLE?



Rotary Down Under is printed by IVE Print, Silverwater, NSW. IVE Print is ISO 9001 Quality Management and ISO 14001 Environmental Management certified by BSI under certificate numbers FS 729422, EMS 729421.



The Programme for the Endorsement of Forest Certification (PEFC) is a leading global alliance of national forest certification systems. As an international non-profit, non-governmental organisation, PEFC is dedicated to promoting sustainable forest management through independent third-party certification.



HAPPY HOLIDAYS

The office of Rotary Down Under and RDU Supplies will close for the Christmas/New Year break on **Thursday, December 21** and will reopen at 9am on Monday, January 15. We wish all our subscribers and customers a happy and peaceful holiday period.



10th October

LIFT THE LID
on mental illness

Rotary
Districts of Australia



www.australianrotaryhealth.org.au

Talk to the Heart
Rachael Johns
HarperCollins
RRP: \$32.99

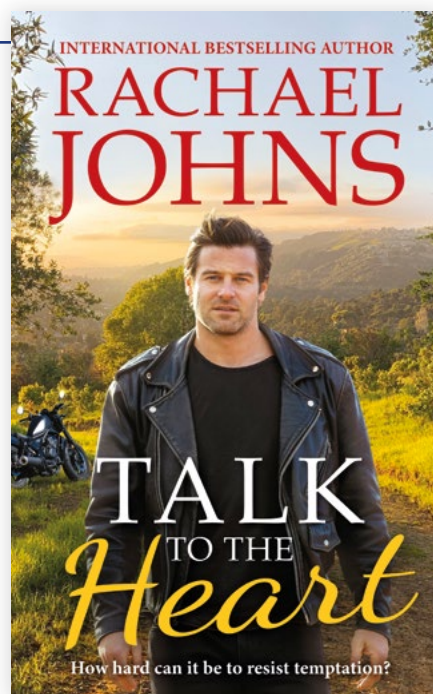
Adeline Walsh never thought she would give up her worldly possessions – her iPhone, her make-up and even her successful life as a dog breeder – to join a convent on the other side of the country. But after the discovery of a shocking family secret, she feels called to a life of poverty, chastity

and obedience. Life at the Smallton convent is nothing like Adeline expected. The other sisters quickly become like family and Adeline feels like she's found her place in the world. Until she meets Holden Campbell, a man as tempting as the devil himself. Due to a devastating accident in his past, Holden is not interested in any relationship or even a friendship with

Adeline, but when their dogs keep bringing them together, he reluctantly accepts her help to organise a charity event. An accidental kiss tests both their resolves, but they are determined to fight the attraction raging between them.

Holden doesn't believe in love and Adeline isn't going to risk everything she's just found. Can

they resist each other while continuing to work on a cause they both passionately believe in?



For your chance to win a copy of *Talk to the Heart*, email giveaways@rotarydownunder.com.au with 'Talk to the Heart' in the subject line. Please include your contact details, including delivery address.



Pride of Workmanship Awards



RECOGNITION

Acknowledge employees that display outstanding qualities



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A program which enables involvement in the community.



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An opportunity for connections which can lead to new members.



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Contact us for a FREE program guide Ph: 0444 565 780 or E: orders@pride-of-workmanship.com

ROTARY AT A GLANCE



Rotarians: 1,185,749 in 37,057 clubs in 528 Districts in 221 countries/geographic areas.

Rotaractors: 168,305 in 11,265 clubs in 504 districts in 181 countries/geographic areas.

Interactors: 335,662 in 14,594 clubs in 486 districts in 144 countries/geographic areas.

Rotary Community Corps members: 200,615 in 13,141 clubs in 267 districts in 101 countries/geographic areas.

As at August 31, 2023, there are 22,762 Rotary members in 985 clubs in 15 districts in Australia, and 6,415 Rotary members in 249 clubs in five districts in New Zealand and the Pacific. In addition, there are 723 Rotaract members in 57 clubs in Australia and 297 Rotaract members in 17 clubs 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 568 Rotarians in 36 clubs and 224 Rotaractors in 12 clubs.

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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Rotary Down Under Council

PDG Kalma McLellan (Chair); Past Governors Liz Courtney (Deputy Chair); Brian Peters; Wayne Milnes; Andy Rajapakse; DG Craig Dowling; DGE Jocelyn Hogg





ShelterBox



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WITH A WINTER SURVIVAL KIT, FAMILIES FIND A WAY THROUGH THE COLDEST NIGHTS.

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For the millions of displaced people worldwide, living WITHOUT high-quality shelter and winter survival kits containing warm clothing, thermal blankets, and more, winter brings life-threatening challenges.

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Rotary District Number:

Credit Card donation I would like to donate \$ _____

one-off donation

monthly donation

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Card Number:

Expiry Date: /

Signature: _____

Preferred method of contact: by email by post

Please send completed form to:
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For direct bank deposit or EFT, please use the following ShelterBox Australia donations account details:

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Please email to advise SHELTERBOX of your donation at: sbaoffice@shelterbox.org.au

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Australian power to power Australia.

At Red Energy, we're born and bred right here in Australia. But it's as much about what we do, than where we are from, that makes us 100% Australian.

For starters, we're owned by Snowy Hydro - a leader in renewable energy. Our Customer Solutions team is based in Melbourne so our customers benefit from dealing one on one with a locally based award-winning team and the economy benefits from keeping Aussie jobs here.

The famous Australian Made logo is a true mark of authenticity and we have been licensed to use it for over a decade now.

Visit redenergy.com.au or call us on 131 806.



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