



RAWCS Rover November '19

The Rover aims to support our project teams to form, learn, grow, share, collaborate and succeed.

The most important news in this edition is your invitation to join us in Oberon for our November networking weekend.

The second most important is the RAWCS Achievements 2019 document being distributed alongside this edition of the Rover.

Please ensure that someone in your project team fills in the Achievements Form well before the next Rover comes out, so we can all share the insights!

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Rotary
Australian Districts



**ROTARY AUSTRALIA
WORLD COMMUNITY
SERVICE**

You are invited...

to the RAWCS Eastern Region meeting to be held on the weekend of 16th and 17th November
2019 in Oberon

On Saturday afternoon, there will be presentations about a medical centre at a mission in the Philippines, and, after Afternoon tea, Drought Relief Funding and the Parkes Adopt-a-Town funding plan.

Then there are a couple of free hours to mingle with fellow RAWCS project people. If you bring items to sell or show from your project, this is a good time for people to take an interest. Father Nyiri is a member of the Rotary Club of Meru in Kenya and he will speak about introducing adequate schooling for the Maasai people in the remote parts of Kenya at the dinner.

On Sunday morning there will be the General Meeting of RAWCS Eastern Region with committee member reports, Morning Tea and the "Have your say" session from all attendees. You can start for home at 11 am or stay to listen to the Management Meeting for Eastern Region Management Committee.

Full details of the program and accommodation suggestions are downloadable from the ER webpage at <https://rawcs.org.au/regions/rawcs-eastern-region/>



RAWCS solidarity at Katoomba - join in at Oberon!

A Word from the Chair



Some years ago I attended a 'Future Leaders' session where Past International Director Jennifer Jones told us one of her mesmerising Rotary stories, leaving us with the message that each of us has a story – go out and tell it!

I walked away knowing that I had a story – the story of ROMAC patient Charlie – I reflected on how helping someone impacted on him and his family, then I realised that it also helped ME and the story became powerful through its passion.

I have told that emotional story at several District Conferences, and particularly at the Australia New Zealand Convention in Hobart last year, where it got wide acclaim. I now have requests to speak at Conferences in NSW, Victoria and Queensland for the next 2 years.

My Rotary Club helped the village with Cyclone Pam relief, solar power, food and education.

After hearing the great speakers at the last RAWCS Eastern Region Conference, ours will likely end up as a registered RAWCS project. Those speakers had also visited Charlie's village and were able to add to our awareness of sanitary and water supply issues in the neighbouring school.

Every Rotarian engaged in a RAWCS project has a fascinating and personal story about their project. A story of making a difference to those being helped and to the Rotarians themselves.

It is this involvement and achievement that attracts me to RAWCS Eastern Region meetings, when we can all get together each quarter and share those stories; it is this reason that I look forward to uniting to hear those wonderful stories of success against adversity. That is why we are in Rotary in the first place – friendship and service.

I urge you to harness those stories and go out and share them in your District, at your Training Seminars and Assemblies, during Conference as breakout or keynote speaker – people are interested in these good stories.

If you want to tell your story – I am happy to help you develop the script. Let's ignite the passion in every other Rotarian that we as RAWCS members keep secret – plan and write your story now and let's share it.

Brian Coffey

Eastern Region RAWCS Chair

Shamida Bright Vision



The story of how a conveyancer in Sydney went to Dubai, adopted an Ethiopian baby, decided to sell her Australian home and commit full-time to making a slice of Ethiopia a much, much better place, is one that your club would be sure to find inspiring.

Kathy Kendall, from the Rotary Club of Berowra, gave a fabulous presentation on [Shamida Bright Vision](#), a project sponsored by her club, at our Quarterly Meeting in Katoomba.

Founded and operated full-time by her younger sister, Karen, it is a safe haven for disadvantaged children and abandoned women from Addis Ababa. Kathy is project manager and her mother, Mary, who spends at least four months a year in Ethiopia, is deputy project manager.

Malcolm Brown took excellent detailed notes of Kathy's presentation,

including a wonderful video presentation by Karen, which is a valuable model for all our projects to learn from. I'm not going to include them all here because there are too many good reasons why it would be better to invite Kathy to your club and see and hear it for yourselves!

The scope of the work involved is exceptional in its variety, effectiveness and emotional impact. The story covers community education (such as that cerebral palsy is not contagious!) to the daily love and care of 40 children including 16 who are severely disabled, language challenges, international adoption, painful loss of beloved babies and the delight of giving others the security and joy that is the birthright of every child, political obstacles, and the provision of long term employment and dignity to fistula sufferers and others as security guards, gardeners and nannies.

"My vision for the future is a self-sustaining village where everyone feels valued and we are able to get things done," she said.

Both as a story of what courage and vision can achieve, and some of the strategies, and as an example of how to communicate and inspire others to collaborate in your own service projects, this presentation is outstanding.

Kathy and Mary can be contacted to request bookings on kmdz777@yahoo.com or 0413065103

Counting Your/Our Achievements

This year, the RAWCS board decided that the time had come to appoint a team of regional and national communication specialists to improve our connections both within the organisation and out in the wider community.

I was pleased to be invited to work for the Eastern Region in this role because I believe that what our projects are achieving is inspiring for Australians to know about. Even more than that, our projects offer valuable opportunities to be part of teams doing things that really matter!

So, here we are, ready to report on the great work you are doing...except...well....we really don't know as much as we'd like to. How many children are getting an education because of us? Does our work save babies? More than just the few I know of? How big is our impact? Is it growing?

Compiling annual data on 500+ projects is a challenge, so asking everyone to write an essay is not practical, either for the project managers or the collator.

What we can all manage is a check list in which you enter the numbers that apply to your project. If you didn't distribute wheelchairs, write zero or leave it blank. If you did, write how many. It will be easy for us to add up all the wheelchairs from all projects and to compare it with other years or other agencies for impact.

This year, our project distributed:	Number Distributed
Wheel chairs	
Eyeglasses	
Hearing aids	
Medical and Dental Prosthetics	



The report form is 3 pages long, but don't let that put you off - I wrote a lot of words so that you don't have to!

You just need to fill in the numbers that apply to your project, and some contact details.

If you are doing something that the Katoomba workshop didn't anticipate then there is space to add an extra heading in each section. That way we'll evolve the form we ideally need.

When you are done, you can scan and email it in, or put it in an envelope and post it.

We will add your numbers to all the others, find out how we're doing and share the news with you and with potential donors and volunteers.

As I'm sure you can see, it is important that we all find half an hour to complete the survey or we'll be in the pitiful situation of trying to brag that our 500 projects are educating 100 kids and buying 2 x-ray machines, when really we are doing so much more.

Please make sure that someone in your team responds to this call and plays your part. This will be a group effort to be proud of, indeed!

Penny Vos
Eastern Region Communications

Giving is Receiving - Literally!

Our modern world is a diverse and fascinating place. But it is also a very complex and challenging place, full of consumerism, materialism, and virtual 'realities.' Many are pointing to the curious finding that depression and suicide rates have increased significantly worldwide since the end of World War II, despite the fact that most Western countries have at least doubled their spending power (Seligman, 2002).!



Why is that? We don't know for sure, but the research is quite clear on one thing at least: as long as our basic needs are met, more money does not make us substantially happier

Research shows that giving to others is one of the strongest predictors of increasing our happiness and health (Post, Neimark, & Moss, 2007).

Personal pleasure is not to be dismissed, but it is having meaning in our lives that accounts for our deepest levels of happiness. When we give to others, we not only have higher and more meaningful levels of happiness, but we also are more resilient in the face of adversity and we recuperate more quickly from traumatic events. **Several studies have even found that giving is strongly associated with reduced mortality. For example, Oman, Thoreson, and McMahon (1999) followed almost 2000 individuals over the age of 55 for five years, and those who volunteered for two or more organizations had a 44 per cent lower likelihood of dying within the period of the study—14 per cent lower than those who exercised four times a week.**

Studies show intimate links between generosity and our immune systems, and giving is not just healthy for our physical health and longevity, but also for our psychological and emotional health. Thoits and Hewitt (2001) found that giving to others enhanced happiness, life satisfaction, self esteem, sense of control over life, physical health, and lowered depression in a sample of 2681 individuals. Several studies confirm that giving has a significant positive impact on mental health, happiness, hopefulness and social effectiveness (e.g. Billig, 2000; Scales, Roehlkepartain, Neal, Kielsmeier, & Benson, 2006).

Whether it is contributing to one's family, friends, the community, the environment, or a cause, what we humans describe as meaningful in our lives most often contain an element of having the opportunity to give of ourselves to someone or something beyond ourselves. The Greeks called it 'eudaemonia'—the meaningful life.

Extracts from a publication by Associate Professor Thomas Neilsen from the University of Canberra. The entire article can be accessed [here](#).

It is nice to know that our efforts to include others in the giving of time, skills and finances enrich and protect our generous friends, as well as our needy ones !

When you DON'T want a Tax Receipt



RAWCS is great for making tax deductible donations to your project, but there are some times when a deductible receipt is not appropriate.

It's not safe to suppose that you can simply bin an irrelevant receipt, because it puts RAWCS on the spot, and they may very well dump their anxiety on YOU! (It's not pretty).

So, if you have a hat full of cash, a gift from a donor who wishes to remain anonymous, some sales proceeds, or have received a payment for some service, you need to:

1. Bank cash at local CBA branch, quote your project number as the bank's reference for recipient's bank account, then request a bank receipt for the deposit. (RAWCS will not issue a receipt.)
2. Pay cash to your Rotary club, which can then make an online donation to the project.
3. Make a "project manager, as donor" online donation pledge to the project, with a statement in the remarks box that a tax deduction will not be claimed in your tax return; you then bank the cash at a CBA branch using the donation reference number.

Perhaps the website will one day include a "No tax receipt please" button to the payments page, but this advice from the Treasurer should keep you covered until then!



Malaria in Our Area



Passing it Forward

Samuel Tokporo survived the genocide of 1996 in South Sudan and arrived in Australia as a refugee in 2004. Six months after arrival, Samuel joined Rotary. He credits Rotary with teaching him English, as well as how to use a computer and the value of voluntary work, which facilitated his employment as an IT engineer with the John Holland construction group. Now, Samuel is happy to be able to “give back”, by going to schools in Vanuatu with Rotary to give some of the students there a chance to experience computer use. “The impact you have had on those children overseas is beautiful,” he said. “I can thank you from the heart of these people. I am sure if they were here, they would.” Closer to home, Samuel had taken part in ministry to prison inmates and had told them the story of his life and how he had risen above his difficulties. “They see life in a different perspective,” he said. “But if I can do it, they can do it.” Samuel is happy to talk to clubs. If you want to invite him, you could try stokporo@outlook.com



Rotarians Against Malaria (RAM) is a highly effective national activity of RAWCS, working to eliminate malaria in its partner countries (PNG, Solomon Islands, Vanuatu, Timor Leste and West Timor [Indonesia]).

Positions Vacant

If you have the skills and wish to help strengthen this great humanitarian organisation, please apply for the following positions:

1. Deputy RAM Manager
2. Public Relations & Media Coordinator

Subscribe to the Newsletter

RAM's recent activities include a global conference, distribution of nets and sprayers, public education and development of a vaccine.

If you would like to subscribe to RAM news, please sign up at <http://ram.rawcs.com.au/subscribe/>

How HEERA can Help



Ever considered sending a container to your project?

Health & Education Equipment Repurposing Activity (HEERA) sends goods valued at around \$10 million overseas every year, in an average of 200 containers, packed by volunteers who had chalked up an estimated 30,000 hours.

In New South Wales, approximately \$350 million worth of hospital and health equipment goes to landfill each year.

HEERA has been liaising with Mona Vale Hospital and Western Sydney Health Region to take more equipment. Recently, lives were being lost in Papua New Guinea because there were no ventilators. HEERA asked Western Sydney Health whether they had any to spare and four days later they were in Papua New Guinea!

HEERA also facilitates the reuse of equipment for education projects.

For more information on HEERA please contact
KEITH ROFFEY
e: keithroffey@bigpond.com m: 0419 046 688,

Stay in Touch

Got a Question or Suggestion?

You can find the right person to ask here:

[Eastern Region
Contacts List](#)

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Special thanks to Malcolm Brown for his reports on the speakers from the Katoomba Conference.