



Rotary



Rotary International District 9650

E News - Sunday 23 February 2020

Rotary International President
Mark Maloney (Gay)

Rotary Club of Decatur Alabama USA

District Governor

Phil Hafez (Bronwyn)

Rotary Club of Laurieton NSW Australia

HAPPY BIRTHDAY TO ROTARY INTERNATIONAL 23 FEBRUARY—ROTARY'S BIRTHDAY



Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

"Whatever Rotary may mean to us, to the world it will be known by the results it achieve" Paul Harris

DISTRICT CONFERENCE REGISTRATIONS DUE

Have you registered for the District Conference to be held from 20 to 22 March 2020 at South West Rocks? If not visit the Conference website and Register now before registrations close...

<https://www.rotary9650.org.au/district-conference>

MESSAGE FROM DG PHIL HAFEZ

The District Conference Website contains all the information Rotarians and their guests will need to participate in the 2020 Conference in South West Rocks from Friday, March 20 to Sunday, March 22.

The registration form is available in two versions: online and paper. Choose the version that suits you and follow the instructions.

There are four options for sporting activities on Friday: Croquet, Bowls, Golf and Ten Pin Bowling in the new facility at the South West Rocks Country Club.

This year the Conference Committee decided to move the Annual General Meeting, or Business Session, to Saturday afternoon which will enable Club delegates to participate in one of the sporting options Friday

afternoon or generally socialise in the House of Friendship or with other Rotarians or the locals..

The Conference Program features several Clubs outlining their successful projects including school projects, building community assets and outstanding health initiatives. The program is available on the District Conference section of the D9650 Website .

The Conference Committee is working hard to ensure that the 2020 Conference highlights Rotary: Strengthening Local Communities.

AUSTRALIAN ROTARY HEALTH SCHOLARS AT CONFERENCE

Conference this year will feature two ARH Scholars, who were funded by DG Partners Projects, report on their research and outcomes.

Erin Lawrence

Erin was awarded an Australian Rotary Health PHD Scholarship for Cancer Research and co-funded by Barbara Jackson and D9650 as the Partner's Project for her husband Ian's DG year in 2016-17.

Erin completed a Bachelor of Science with first class honours from Monash University in 2014 and is currently enrolled as PhD student at the Walter and Eliza Hall Institute (WEHI) in Melbourne.

Erin's PhD research involves using preclinical models to understand the genetic drivers of blood cancer development. By increasing our understanding of the factors that cause cancer to occur, we can provide better and more targeted treatments to patients.

Blake Smith

Blake was awarded an Australia Rotary Health scholarship to investigate Epidermolysis Bullosa co-funded by Kerry Anderson and D9650 as the Partner's Project for her husband Rob Anderson's DG year 2013-14 .

Continued at top next page....



ROTARY INTERNATIONAL DISTRICT 9650 INC

www.rotary9650.org.au

Contributions are sought and encouraged. Please e-mail to Neville Parsons: neville.parsons1@outlook.com

ARH Conference Speakers Blake Smith Continued:

During the course of his studies he has worked to develop and characterise a number of mouse models of Dominant Dystrophic Epidermolysis Bullosa.

The creation of these new models has led to collaborations both within Melbourne's Parkville research precinct and internationally both with academic and industry interest.

HOUSE OF FRIENDSHIP

The House of Friendship at this year's Conference will feature over 20 displays from a wide variety of groups including Friendship Exchange, Inner Wheel, Recreational Vehicle Fellowship of Rotarians, Shelterbox, Australian Rotary Health (ARH), RAWCS, The Rotary Foundation, MidCoast Bushfire Appeal, Interplast, Westpac Rescue Helicopter, Rotary Lodge and Rotary Youth Exchange. In addition there will be displays from sponsors including Akubra, Macleay Valley Nursing Home and Kempsey Shire Council.

Lifeline and Royal Far West will also be represented and an Iron Lung will be on display as a reminder of the impact of Polio in the last century here in Australia.

The Rotary Club of South West Rocks will be manning the Rotary Down Under Supplies Stall and display where Rotary apparel will be on sale and new theme badges will be available for purchase.

ANNOUNCING—A GREAT WEBINAR

ROTARY PUBLIC IMAGE WEBINAR

5th March 7pm Sydney (EDT) time

Need some help with understanding Rotary's 'new' branding and creating logos for your club?

Join us for a webinar on Branding, using templates in the Brand Centre, and Creating Personalised Logos.

Thursday 5th March 2020 at 7pm, (EDT)

For more information contact RPIC Gina Growden on gina.growden@bigpond.com, or mob 0412 128 106.

Join Zoom Meeting <https://zoom.us/j/733567589>

CONFERENCE KEYNOTE SPEAKER JOHN REID HAS PROVIDED AN UPDATED BIO



John Reid's eclectic work life has included senior roles in tourism, hospitality and not-for-profits. Highlights include International Sales and Marketing Manager Southern Pacific Hotels, Group Sales and Marketing Manager Gazebo Hotels, General Manager Mary

MacKillop Place, and State Manager for the Australian Drug Foundation. John has also owned and operated several small businesses including a consultancy for small businesses, a pie café and promotional clothing business and a gap year as a bus driver.

As Community Programs Manager for Royal Far West, John manages the delivery of the charity's award-winning Healthy Kids Bus Stop and other community-oriented

programs.

Passionate about taking as many services as possible to children and their families in Australia's rural and remote communities, the past five years at Royal Far West have been a truly rewarding highlight of John's career. He has seen the organisation grow into a multi-service organisation with a National remit.

When not at work, you'll find John on the golf course, trying to get his handicap lower than his wife's ... John is a great fan of the South West Rocks course.

URGENT MESSAGE FROM DISTRICT FRIENDSHIP EXCHANGE CHAIR - DI HALL

Exchange to Russia 2021

Due to the popularity of this exchange, the committee has decided to close it off on Friday 28 February 2020 instead of 1 April as originally planned.



MESSAGE FROM THE ROTARY CLUB OF TAMWORTH - GUEST SPEAKER GEMMA SISIA

RESERVE THE DATE - 24 March 2020



Welcome to a special dinner

to celebrate Gemma Sisia's new achievements and her visit to Tamworth on 24 March 2020

Sponsored by the **Rotary Clubs of Tamworth**



Some history of SOSJ

From the heady days of 2002, with just three students, the School of St Jude now comprises three campuses filled with 1800 students, provides boarding facilities for 1,200, owns and operates 25 buses which transport students and staff, provides 29,000 hot meals each week and employs over 290 people – 95% of whom are Tanzanian.

SOSJ also supports 350 graduates as part of the Beyond St Jude's programme. Between them, they have taught over 60,000 government school students as part of a Community Service Year before going on to tertiary education.

This remarkable institution has been made possible by a symbiosis between the Girl from Guyra and her long-term supporters, many of whom are Rotarians from all over Australia.

Gemma is always looking for new supporters, so if you would like to learn more, come along and enjoy her presentation.

Date:	Tuesday 24 March 2020
Guest Speaker:	Gemma Sisia and student from SOSJ
Venue:	Diggers Ballroom, West Diggers Club, Kable Av
Time:	1800 for 1830 (6.00pm for 6.30pm)
Meal:	Dinner and wine
Cost:	\$50
RSVP:	10th March 2020
Booking contact:	Sue-Ellen Nash 0428 623 229 sue_ellennash@yahoo.com.au

There will be some items for sale, including the very colourful Masai Shukas, light blankets to grace any modern bedroom.



DISTRICT GOVERNOR CLUB VISITS

Monday 24 February: Uralla
Thursday 5 March: Gunnedah 2380, E Club
Monday 9 March: Great Lakes

IMPORTANT TRAINING DATES FOR YOUR DIARIES



PRESIDENTS-ELECT TRAINING SESSIONS

SUNDAY 1 MAR 2020 - TAMWORTH

Presidents-elect Training (Western) at Tamworth

Bookings were due to Secretary Patti by close of business Friday 21 February 2020.

We MUST do better with RSVPs Please. It is disappointing that follow up is required after the close off date.

SUNDAY 8 MAR 2020 - PORT MACQUARIE

Presidents-elect Training (Eastern) at Port Macquarie

Bookings due by Friday 28 February

Other Training dates coming up:

Sunday 5 Apr 2020

District Training for Incoming Club Offices at Armidale

Sunday 19 Apr 2020

District Training for Incoming Club Offices at Port Macquarie

Sunday 3 May 2020

District Training for Incoming Club Offices at Gunnedah

Please schedule in your diaries NOW

GUNNEDAH HOSTS THE NEWCASTLE AUSTRALIAN ARMY BAND

Prepared for E-News by Kel Walls 17 Feb 20

Gunnedah hosted a visit from the Newcastle Australian Army Band Sunday 16 Feb 20 as part of a week long tour they are doing in the drought affected North West area. Their performance tour started in Tamworth on Saturday night & will include shows at Inverell, Wyallda, Croppa Creek & Guyra show next Saturday.

All performances are free, as it is their contribution to the drought effort in our areas.

In addition they work with schools, or Rotary clubs, assisting with local projects in the areas they visit.

An example included yesterday afternoon a section of the band played at a Charity Golf Day at the Gunnedah Golf club.



My club, Gunnedah West, has a member Steph Brown who is running in the 777 marathons later this year & is fundraising for the charity "Braveheart".

This was one of her fundraising events & the band were loaded into golf carts & played for an hour at various spots around the course. It was well received with some memorable shots to the accompaniment of music sure to be talked about for a while.

The evening show was held at the Gunnedah Shire Band Hall, with the band playing to an enthusiastic crowd in excess of 150 people. They received a standing ovation at the conclusion such was the power of their performance.

The Rotary clubs of Gunnedah & Gunnedah West provided the hospitality with a free BBQ tea for all present. Rotary members & the band enjoyed some hospitality together after the show.

The feedback from both band & audience was very enthusiastic.

EXTRACTS FROM R I MEMBERSHIP MINUTE THE FOUR-WAY TEST

IT IS A MIRROR, NOT A WINDOW

Rotary members should not use The Four-Way Test to look at others but rather to look at themselves in considering the ramifications of a thought, statement, or action. It should not be a *window* through which we look to judge others. It is a *mirror* at which we look to judge ourselves.

<https://blog.rotary.org/2020/01/29/the-four-way-test-isnt-a-tool-to-judge-others/>

A NEW COLLABORATION WITH TOASTMASTERS

Rotary is proud to be working with Toastmasters International, a leading international educational organization that helps its members become more effective speakers, communicators, and leaders.

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<https://my.rotary.org/en/toastmasters-alliance>

Rotary International District 9650 Conference 2020 - March 20 to 22 South West Rocks Country Club

**Diarise Now for
a great Rotary
weekend**



Rotary: Strengthening Local Communities

**Rotary Fun &
Learning**



Rotary Youth Leadership Award

D9650 Seminar

2nd – 9th May 2020

Lake Keepit Sport & Recreation Centre

Attendees to be 19 - 27 year old looking to develop their own personal purpose and profile for life.

RYLA needs you and your Club to get your ASK into gear... please find your 2020 RYLA candidate (s) NOW

Please encourage your members to:

identify potential participants

tell them about the RYLA program

share the positive impact it will have on their lives

encourage them to apply

encourage employers in your Club to sponsor one of their employees

invest in the future of your Club and your community

RYLA is the future of Rotary...

**The program is brilliant, the results outstanding,
the experience is life changing.**

Application & brochure on

www.rotary9650.org.au/RYLA

All enquiries to go to:

Louise Matthews E: lmjew@bigpond.com

THE ART & SOUL STORY CONTINUED...

The following email was sent to me on Friday 14 Feb 20 by Wingham Rotarian and great Artist Ron Hindmarsh...

Below are the results from my visit to Macksville and Nambucca Rotary Clubs last Wednesday night. It sounds from this, a program for Art and Soul will be starting in the Nambucca. Fingers crossed. We keep trying.

Good read. Cheers, Ron Hindmarsh

The following are extracts from a great article that appeared in the Nambucca Guardian as provided to your E-News Editor by Ron Hindmarsh

The full article is available here:

<https://www.nambuccaguardian.com.au/story/6630538/how-art-is-changing-lives/?cs=13342>

It is hard to imagine that learning and practicing drawing and painting could have the power to help those in the community who are suffering with conditions such as Post Traumatic Stress Disorder (PTSD) and depression, however a group known as Art and Soul in Wingham, are living proof of this.



Art and Soul's co-founder, Ron Hindmarsh, was a special guest of the Macksville Rotary Club at a dinner this week, he relayed his remarkable story to his fellow Rotarians and some representatives of Nambucca Valley's artistic and veterans community.

Ron Hindmarsh is an accomplished artist himself and has been assisting people with disabilities and those with stress related issues for over 25 years. More recently Ron has focused on former emergency service workers and former members of the Australian Defence Force (ADF) who are suffering from ailments such as PTSD and the results have been remarkable.

Ron told the story of the other founder of Art and Soul, former Taree Police Officer, Jillian Oliver, who was seriously injured in a vehicle accident that ultimately led to the loss of her right arm and resulting in other health issues including PTSD.

Jillian understandably went through a rough time dealing with her injuries and the loss of her career as a police officer. A friend had suggested to Jillian that she try painting as a way to relax and, with tons of tenacity and some help from Ron, Jillian Oliver is now an artist in her own right and has gone on to curate an art show in conjunction with the Invictus Games in Sydney during 2018.

Ron and Jillian run the Art and Soul art classes in Wingham for ex-service and Emergency Service personnel who are suffering with PTSD and are changing lives in the process. Ron points to some undeniable evidence about the positive outcomes of the classes.

Some of those that take the class have been able to considerably reduce the frequency they need to see their psychiatrist or psychologist.

Comments such as 'this is the best thing that has happened, I am now learning and laughing' are not uncommon coming from participants of the Art and Soul class

Ron added that for some of the students it gives them a reason to get out of the house and interact with others. Ron went on to say that many friendships are formed during the classes and the jokes and banter are something to behold.

To hear Ron Hindmarsh talk about what the Art and Soul classes are doing for people was uplifting and inspiring and left those in the room thinking that if it works in Wingham it could work just as well here. The required ingredients for a class like this would be students who might benefit from learning art, artists willing to give their time to teach, some art supplies and a venue.



Photo above: Ron Hindmarsh & Jillian Oliver. Making a real difference to many people through Art classes.