

Rotary Opens
Opportunities

October is economic
and community
development month.



THIS ISSUE

Roadtripping with the DG

World Polio Day

District Grants

District Showcase

CALENDAR

October 26 - DG visit to
Gunnedah
October 27 - DG visit to
Inverell East
October 28 - DG visit to
Taree on Manning
November 2 - DG visit to
Wee Waa
November 3 - Melbourne
Cup
November 9 - DG visit to
Quirindi
November 12 - DG visit to
Moree
November 16 - DG visit to
New England Rotaract
November 23 - DG visit to
Manilla
November 25 - DG visit to
Nambucca Valley
November 30 - DG visit to
Sawtell

MUSINGS FROM THE DG

I am sad to say that I have only eight more clubs to visit on my DG journey. I have to say that I have enjoyed travelling to see you all and have been so inspired by all that you have done.

We are growing Rotary because I have inducted new members and I have more to come in the next week, seems people are making membership memorable. If you haven't registered for Showcase in Tamworth November 28th and 29th I would urge you to do so. We have some great speakers lined up and hope to showcase some of your amazing project. Come along and re connect with friends and enjoy some great fellowship!

Plans are coming along for our Conference 2021 "Rotary an International Affair" This year it will be held at Panthers Port Macquarie. If you haven't been to Port, we have something for everyone. Have a look at the promo video on the district web site <https://www.rotary9650.org.au/district-conference>. We have some excellent speakers including Commissioner Shane Fitzsimmons, Peter Baine OAM, and Dr Ray Hodgson last years recipient of the Zone 8 Humanitarian of the Year Award. We will have a Governors Dinner on the Saturday night and some fabulous entertainment – details to come about this.

This week I must have been a bit tired because I thought I should have an early night and went to the bathroom to brush my teeth. Reaching for the toothpaste I released too late that I had hand cream on my brush not toothpaste YUK! Could have been worse I suppose.

I would like to acknowledge these past weeks the effort made by the Youth Exchange Committee. We do not hear much from them as they work away in the background to ensure that all our inbound and outbound students are well catered for and safe in these difficult times. Big thank you to Bev Bartlett and Diana Reynolds for going above and beyond. Well done ladies, thanks for all your assistance.

Monday night I went to the Rotary Club of Kempsey, hosted by President Belinda Fowler at the Macleay RSL Club. AG Muni Osborne was in attendance, so thank you Muni for driving out to join us. The club has been supporting victims of the bushfires last year and was a recipient of an RACG matching grant to assist them. Also grants from the bushfire appeal to support the Willawarrin Country Fair and Bellbrook Community Gathering. President Belinda is looking to create a community market in the Bellbrook area. They have an annual book sale, BBQ's and a battery drive. They collaborate with others in the cluster to ensure fair access to all to service their projects. The club has a new Secretary Youth Director so welcome Melissa Robinson, I know you will be a valuable addition to the club and all its endeavours. We even had Melissa's daughter with us for the meeting. It was good to see a young person come along, certainly made a big difference to the average age of people attending for that evening!

Wednesday, I headed to the dark side, may the force be with you all at Coffs Harbour Rotary Club. Soon after my arrival there was a power cut and the meeting conducted in the dark.



E-NEWS CONTACT

If you have something
for the E-news please
email editor Laura
Telford at
laura.telford@rotaract.org.au before 5pm on
Friday to make sure it
will appear in the next
edition!

MUSINGS FROM DG DEBBIE CONT.

Well done everyone for keeping the meeting going, the club for the food and drinks flowing. The evening was hosted by President Craig Spencer and I was delighted to present to him and the Club, on behalf of PDG Phil Hafey, a Platinum Rotary Citation gained for last year. Craig had a very interesting vision for a new project - Remote Rescue Tubes. This originally a project of the Rotary Hawaii and has come to Australia. Please read the article below whereby a trial is in place at Sawtell in partnership with Coffs Harbour City Council. The tubes are approximately \$600. I think this could be something Rotary can adopt and utilise throughout Australia. Saving lives in the water is something dear to all our hearts.

Remote Rescue Tube Trial (Sawtell Beach area)



rescue. Having a purpose designed flotation device is considered a critical success factor for bystander rescuers in these scenarios.

The Sawtell Beach area has been selected for the trial as it is a popular beach location within the LGA, with **patrol services** provided by Coffs Harbour City Council Lifeguards and Sawtell Surf Lifesaving Club (SLSC) over the surf season. **Sawtell SLSC** has expressed an interest in pursuing this initiative and agreed to partner with Council in conducting this trial.

Council always recommends to swim between the red and yellow flags on patrolled beaches.
Remember ... NO FLAGS = NO SWIM!

Based on the results of the trial and any recommendations within the post-trial report, Council will determine the next steps for this initiative. This may include; not taking the trial any further, extending the trial or conducting further testing or pilot programs, or undertake planning for a phased implementation of these devices in other locations within the LGA, dependent on an approved resourcing plan and operating model.

For further information about the Remote Rescue Tube Trial please contact Lifeguard Services Team Leader, Greg Hackfath, on 0418 285 073.

Daybreak in supporting the homeless at Pete's Place. They support Shearwater Lodge located in the Coffs Harbour Health Campus. Situated adjacent to the Coffs Harbour Base Hospital, the Lodge was opened in August 2005 to provide accommodation for cancer, medical and trauma patients and their companions/carers.

Shearwater Lodge is a community project of the Rotary Club of Coffs Harbour and Lions Clubs International. The construction was made possible by the generous support of Rotary International, Lions International, Commonwealth Government, Cancer Council NSW, corporate donors, community service groups, registered clubs, Shire and City Councils and individuals within Coffs Harbour and the wider district communities of Mid North Coast and New England.

The club supports Coffs Autism, Life Education and Early Intervention. If you want to see a great interactive website then please go to <https://rotarycoffsharbour.org.au/>. It certainly showcases everything the club is involved with.

Have a look at About Us, Things we do – impressive! Thanks to PDG Rob Anderson of the Coffs Harbour Club.

To Horrie – I am so sorry that I couldn't accept your proposal, I hope I haven't hurt your feelings.

Remember,

**Opportunities are like sunrises – If you wait too long
you miss them!**





SOCIAL CONNECTIONS OUT WEST

The Three Rotary clubs in Gunnedah Combined with Boggabri Rotary club on Friday night to hold a wine and food pairing evening

Members and friends gathered in seven different locations and Through Zoom listened to wine expert Adam Walls discuss aspects of six different alternate variety wines. Adam, the son of Rotarians Kel and Pat, is a buyer for Wine Selectors and last year was the dux of the prestigious Len Evans Tutorial.

He also regularly appears on Channel Tens My Kitchen.

The event raised awareness of Mental Health and funds were collected for Australian Rotary Health Feedback was very positive and showed that despite Covid-19 social events of this type are still possible.



E-CLUB PUTS HATS ON FOR MENTAL HEALTH

Well what a strange year 2020 has been with the Coronavirus pandemic and all sorts of changes to the normal way we do things happening.

At the last online meeting of the EClub (who said that we can't have proper meetings online) we celebrated Hat Day to raise funds for Mental Health with Australian Rotary Health.) We also had a trivia quiz based on 15 Rotary related trivia questions - like name one of the other three men who met with Paul Harris at the first meeting of Rotary in Chicago - and we all contributed on an honesty system to Australian Rotary Health through a series of calculations - Everyone started with putting in \$20.

If you didn't wear a hat you added \$5 unless you were the judge. The winner of the Hat competition (Tanika Douglas) could take \$2 off. For every right question we could take 50 cents off and for every wrong question we added 50 cents.

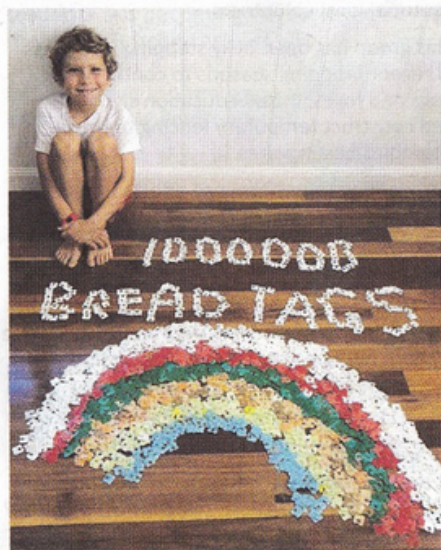
A real headache for our treasurer Justin Baiocchia, but some great fundraising will go to Australian Rotary Health. Anyway it was a great night had by all and was a fun way to support Australian Rotary Health.

Ken Hall



Community News

Rotary Club of Great Lakes: Bread tags for wheelchairs



The Adelaide University Rotaract Club, Rotary District 9500 South Australia has set itself the ambitious goal of collecting 200kg of used bread tags over four months.

The tags are then sold to Robe thermoplastic recycling company Transmutation - Reduce, Reuse and Recycle, which turns the tags into homewares for sale. Funds raised from the tags will allow the club to buy a wheelchair for a disabled child in South Africa, through Aussie Bread Tags for Wheelchairs.

Bread tags will be collected by the Rotary Club Of Great Lakes and will be sent to Adelaide to support the purchasing of wheelchairs for the needy in Africa. COLLECTION POINTS are Forster private hospital, Lavery pathology: Forster and Pacific Palms, Xray department at Forster, Great Lakes College, Wallis Lake Co-op, Nuggets discount store Tuncurry, Beaches International Forster, Taree Railway Station and I Gym Taree.

Apart from helping those in need in Africa this project fulfils a Rotary area of focus 'Supporting the Environment'. Bread tags are not usually recycled - ending up in general waste. This project assists in the recycling of these plastics.

President Lyn Martyn

DISTRICT GRANTS

With less than a week to go before District grant applications close clubs interested should go to the district website Documents Library to complete an application for funding of up to AUD4,000 for a project.

Applications must be made by 31 October 2019 to Grants Chair Elizabeth Tollis, through the online form provided on the District website, and submitted by email to elizabeth.tollis@gmail.com. We have about AUD \$40,000 available Projects can be local or international. Clubs applying should have one member who has in 2020 completed the Grants Management Seminar on the Rotary International Website. Because of the shortness of time we will accept applications if someone from the club has commenced the seminar and undertakes to complete it. Simply google: <https://learn.rotary.org/members/learn/lp/101/grant-management-seminar>

Clubs seeking a grant are also expected to have set a goal for fundraising for the Foundation: log into Rotary International/my Rotary/manage/club and district administration/Rotary Club Central/Goal Centre/Rotary Foundation Giving.

District Grants Chair Elizabeth Tollis
(Rotary Club of Taree on Manning)

Email: elizabeth.tollis@gmail.com
Mobile: 0438982301

AUSTRALIA DAY COUNCIL GRANTS

Nominate today to help celebrate Australia Day 2021 with grants from the Australia Day Council. [Click here for more information.](#)



Not logged in. [Log in](#)

National Australia Day Council

Current Rounds

[Australia Day Branding \\$1,000 Grant R2](#)

Submissions are now open.

Submissions close 5:00PM 9 November 2020 (AEDT).

[Find out more about Australia Day Branding \\$1,000 Grant R2...](#)

[Covid Safe Australia Day \\$20,000 Grant R2](#)

Submissions are now open.

Submissions close 5:00PM 9 November 2020 (AEDT).

[Find out more about Covid Safe Australia Day \\$20,000 Grant R2...](#)



The Rotary Club of
ARMIDALE CENTRAL

Secondhand book markets

**SAT 14 - SUN 15
NOVEMBER 2020
9.30AM - 5.00PM**

OUTDOOR MARKET
BOOK SHED, DUMARESQ ST

INDOOR MARKET
RACECOURSE, BARNEY ST
'Collectables and Premium Items'

PLEASE NOTE:

Covid-19 regulations must be observed with social distancing being essential. The markets may be postponed or cancelled at short notice due to enhanced Covid-19 restrictions. The Outdoor Market may be postponed or cancelled at short notice due to the weather although the Indoor Market will take place regardless of the weather. Numbers will be limited to 300 at the Book Shed and 100 at the Racecourse at any one time.

RYLA IMPACTS LAST A LIFE TIME

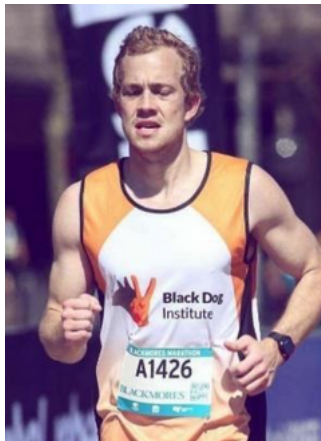
October is Rotary Mental Health Month
Elliot Waters - 2014 RYLarian spreading the word..

Mental health is something that affects all of us. In any given year in Australia 1 in 5 people will be suffering from a mental illness. I am one of these people. It has been my goal and vision to do what I can to ensure others don't have to go through what I did. That is why I am a Youth and Community Lived Experience presenter with the Black Dog Institute. I volunteer my time giving presentations to high schools, sporting groups, parent associations and more, attempting to highlight the importance of building resilience, that help is out there and to build a knowledge base around these issues.

Although large campaigns by government agencies and other large entities are good, I do believe speaking with and embedding one within our communities is vital in driving change from the bottom up. I hold the belief that improving mental health outcomes across our communities starts with the individual, and it is these individuals I try to connect with when I set off to give a speech. Although I attempt to convey a message which will educate and spur action, it is often myself who appears to learn the most from the event. Every person has a story and embedded within I have found numerous examples of strength and resolve in the face of adversity. I feel a sense of privilege and pride when others let me in on their own struggles and triumphs. Our stories may be unique, but we all share common themes and it is important we use this to lessen each other's burdens.

When I attended the RYLA camp in 2014 I met people from all walks of life. But during one eventful afternoon where each of us opened our hearts to each other and poured out our feelings and emotions, not only did it prove to be one of the most moving experiences of my life, it was incredible to learn that we are all shouldering our own stories yet together we formed a safety net of sorts for each other, to the difficulties of our lives. It is this fostering of togetherness and belonging that I try to create with my audiences and I owe RYLA a big debt of gratitude for illuminating this truism to me.

Talking about mental illness doesn't have to be a traumatic experience. Often just knowing those around you are willing to listen when required is enough to push forward with making the changes to one's life that is needed. This is certainly true for me and continues to be. Together we are stronger, and the first step is to start the conversation. You never know what you might learn about yourself or those around you, the strength and resilience that lies within and the experiences we share.



ROTARACT PODCAST

In her role as Rotaract Australia Communications Director, District Rotaract Representative Laura Telford has created a Rotaract podcast.

The podcast is called Chats by Rotaract Australia.

She is interviewing Rotaractors and Rotarians around the country sharing exciting stories about how Rotaractors are continuing to contribute to the world.

he episodes are available on Apple Podcast, Spotify iHeartRadio and everywhere you would listen to a podcast.

[OR you can click here and listen!](#)



District 9650 Conference

Rotary an

International Affair

March 12-14th 2021



Panthers Bay St, Port Macquarie

ROTARY 9650.ORG.AU/DISTRICT-CONFERENCE

[HTTPS://WWW.ROTARY9650.ORG.AU/DISTRICT-CONFERENCE](https://www.rotary9650.org.au/district-conference)

