



Rotary



Rotary International District 9650

E News - Sunday 29 March 2020

Rotary International President Mark Maloney (Gay) Rotary Club of Decatur Alabama USA	District Governor Phil Hafey (Bronwyn) Rotary Club of Laurieton NSW Australia
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GOOD NEWS ON DROUGHT AND BUSHFIRE RECOVERY PROJECTS - from DG PHIL HAFEY

This week D9650 received \$90,000 from the RAWCS National Bushfire Appeal and the Disaster Committee intend to distribute these funds to Clubs and projects in April. In addition, District has released up to \$50,000 for Drought Recovery projects and applications for these grants will also open in April. In relation to the Bushfire Grants, following is the quote from the application I submitted:

At present more than half of our Clubs are involved with projects that support communities affected by both drought and bushfire. The bushfires have impacted on Communities from Glen Innes, Coffs Harbour, Kempsey and the Nambucca Valley, Port Macquarie, Wauchope, Taree, Foster, Wingham, Gloucester, Armidale, Ebor, Guyra and Tamworth.

The projects that will be undertaken include financial support for affected households, replacement of items not covered by insurance, upgrading/replacing of equipment used by volunteer groups (including the SES and RFS) to support their local communities and events to support affected communities incorporating access to financial and medical services and advice.

One condition that will be strictly applied is that Clubs and/or Clusters who applied for the First Round of Disaster Grants in December must either fully acquit the Grant or provide a progress report to the Disaster Committee if the project is not finalised. This acquittal or progress report must be submitted to Ian Jackson before the Closing Date of the Second Round of Grants – Sunday 26 April.

The relevant documentation will be distributed to Clubs this week.

DISTRIBUTION OF FUNDS

Whilst normal Club activities are either on hold or being conducted in many different ways, we must not forget the distribution of funds that normally takes place at the end of the Rotary year.

Obviously, the opportunity to raise funds has been

diminished this year, but the organisations we support are still needing the funds and, in some cases, even more so now.

I encourage Clubs to remember to support the End Polio Now project, Bronwyn's Partner's Project – Lifeline, the Foundation and the usual local groups who rely on our support. I am aware that many Clubs have limited funds this year and I urge Clubs who have money in the bank "for a rainy day" to use some of these funds as the need will never be greater.

I DIDN'T GET THE EMAIL!!

Many email providers often send bulk emails into the recipient's spam or junk folders, especially emails which are sent using the bcc option.

In fact, the email advising me about the Bushfire money went to my junk mail folder.

It is imperative that Rotarians regularly check their spam/junk folders to ensure that valuable and/or interesting information is distributed as effectively as possible.

Bronwyn and I trust you are keeping well and enjoying the opportunity to discover new methods of communicating and perhaps even putting pen to paper.

WWCC EXPIRY DATES EXTENDED

The Children's Guardian has made changes to the Working With Children Check to reduce the movement of people in the community while still supporting continuity of services to children.

WWCC clearances that were due to expire from 26 March 2020 to 26 September 2020 have been extended for a further six months.

The six-month period applies from the date of the person's current expiry date. Further extensions may be applied if needed. To find the date your Check expires, go to our website or download the Service NSW app.

Help to apply, renew and update

Face-to-face training and seminars suspended Due to current health and safety concerns around COVID-19, the Office of the Children's Guardian has suspended its face-to-face training program until the end further notice. You can still access our free online training available for our Child Safe and SAFESpace programs at: www.kidsguardian.nsw.gov.au/child-safe-elearning

ROTARY INTERNATIONAL DISTRICT 9650 INC

www.rotary9650.org.au

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

Mothers & Babies Hospital Nepal

Background

Six years ago, Dr Ray Hodgson, Director of Australians for Women's Health said: "My dream is to build a [Mothers and Babies Hospital](#) in Nepal". Dr Ray had recognised the appalling state of women's health in Nepal, and the alarmingly high prevalence of severe genital prolapse.

He had been travelling to remote areas of Nepal to perform prolapse surgery on women, as there were very few surgeons trained to perform this type of surgery in these parts of the country. In addition to the disfiguring genital problems, the maternal mortality rate in Nepal is one of the highest in world.

Dr Ray was invited to join Rotary and has since become the International Director for the Rotary Club of Port Macquarie. In 2019 he was awarded Zone 8 Rotary Humanitarian of the Year.

Photo right: Dr Ray with his Award



Overview

The Mothers and Babies Hospital will be constructed at a site in the district of Dolakha, five hours east of Kathmandu. Its model will be based on Dhulikhel Hospital – a general hospital situated one hour from Kathmandu. Dhulikhel Hospital is the 3rd largest hospital in Nepal with staff highly experienced in rural medical and community work.

Most of the infrastructure of the existing hospital in Dolakha was severely damaged in the 2015 earthquakes, and patients in the area could not afford to travel four hours to Dhulikhel for Kathmandu for treatment.

The Mothers and Babies Hospital will service over 100,00 people in the Dolakha region and provide lifesaving care for mothers and their children.

The top floor of the hospital will be entirely devoted to the ongoing training of local doctors, midwives and allied health professionals, making the project sustainable for years to come.

Dr Ray has travelled to remote Nepal multiple times in the past several years to perform surgery and to meet with stakeholders and to continually review the needs of the community.

Funding for Equipment

The Mothers and Babies Hospital requires substantial amounts of medical and surgical equipment to provide

the desperately needed clinical services.

In 2018 PDG Lorraine Coffey created a District 9650 project to finance this hospital equipment. In San Diego she enlisted the support of PDG David Hare from District 7680 Charlotte, USA. David was instrumental in seeking the support of six other District Governors who pledged support in the form of cash and District Designated Funds (DDF). This enabled District 9650 to request from the Rotary Foundation \$US 123,582.00, making this a total grant of **\$US 265,745.00**.

Grant Application

DGE Debbie Loveday and Dr Ray Hodgson commenced the application for a global grant in 2018.

The grant application enlisted the help of PP Ranjeev Shrestha from the Rotary Club of Dhulikhel District 3292, supporting documentation with a community needs assessment, letters of recommendation from Dhulikhel Hospital, Memorandums of Understanding between the co operating parties and quotes to support the budget provided.

The community participated in a feasibility study, discussed their needs and made suggestions for inclusions in the hospital. A draft of the project was developed and was presented to community members including experts and local government. Their inputs were included in the project planning before finalising the draft.

Outcome

At 8.20am on 26 March 2020 we received an email from Laura Bradley, Rotary International, entitled **Rotary Global Grant GG1983109: Application approved**.

The following is an excerpt from that email. *Congratulations! Your global grant application for funding to provide medical equipment to Gaurishanker General Hospital in Dolakha, Nepal, submitted by the Rotary Club of Dhulikhel and the Rotary Club of Port Macquarie, has been approved by The Rotary Foundation.*

The award is in the amount of \$US 265,745.00.

Congratulations to all that have made this happen with special acknowledgement to Dr Ray Hodgson, PDG Lorraine Coffey and DGE Debbie Loveday. This is a great example of how we as Rotarians and Rotary Clubs can leverage the Rotary Foundation to deliver significant life-changing Projects in the world. That is truly a great example of Rotary "doing good in the world".

Photo right:

Dr Ray Hodgson with Rotary International President Mark Maloney at Dr Ray's stand at the Zone 8 Conference in Christchurch in September 2019 where Dr Ray was able to sell for fundraising approx. 100 of his books -"Heartbreak in the Himalayas"



ARH MENTAL HEALTH ADVICE ON COVID-19

Article by Professor Anthony Jorm, Rotarian and member (and past chairman) of the Australian Rotary Health Research Committee

DEALING WITH COVID-19 ANXIETY

Many people will be feeling more anxiety than usual due to the COVID-19 situation. As well as the possibility of becoming infected, many people will face other possible threats, including loss of income, shortage of supplies, unemployment, and social isolation.

It is important to remember in this situation that anxiety is to be expected and in most cases will be an adaptive response which prepares people for action and protects them from danger. Anxiety is generally a normal and useful emotion!

Anxiety only becomes a problem when it leads to maladaptive coping, such as interfering with sleep, leading to excessive time worrying and interfering with ability to carry out everyday tasks. Below are some tips to assist in dealing with COVID-19 anxiety.

If the anxiety problems are mild, then they can be managed with self-help methods. Here are some to consider, which are supported by experts as often useful in managing anxiety:

Use Methods to Reduce Physical Tension.

Times of high anxiety can be relieved by exercise or progressive muscle relaxation. Regular exercise, like daily walking or cycling, can reduce anxiety. Online instructions for progressive muscle relaxation can be found here:

<https://www.youtube.com/watch?v=TNdEb8VeBF4>.

Mindfulness is also useful when feeling anxious:

bring your attention to what you are experiencing at that moment, and non-judgmentally observe your thoughts, feelings, and sensations.

There are free online instructions for mindfulness, e.g. <https://www.youtube.com/watch?v=nmFUDkj1Aq0>.

Meditation is good to do on a regular basis (i.e. not just as a way of coping at a time of anxiety) – whether it be mindfulness meditation or another form.

A lot of anxiety is caused by thinking about future events that haven't happened yet, and mindfulness can help with that. Also consider trying yoga, some forms of which include mindfulness.

Seek Social Support.

While some people can contribute to anxiety, other people can play a role in managing or overcoming anxiety. It is a good idea to seek support from friends, family, or others. More specifically, it can help to talk about problems and feelings with a trusted person who will listen and understand.

In the current situation where social distancing is

required to reduce the chances of infection, it is important that people do not become isolated. Phone, text and Skype contact may need to be increased.

Adopt a Healthy Lifestyle.

There are a number of lifestyle habits that can help anxiety. These include: engaging in regular aerobic exercise (e.g. walk, jog), spending time in contact with nature, maintaining a regular sleep pattern, having regular leisure time (e.g. pursuing a hobby), eating regular meals, and reducing or eliminating use of alcohol and other drugs.

Cultivate Acceptance.

With the COVID-19 situation, there is a lot of uncertainty, which can contribute to anxiety. In such situations, it can be helpful to accept that there will be uncertainty and questions without immediate answers. It is possible to practice accepting uncertainty, e.g. by not responding to the thoughts and feelings that go with it, recognizing it is part of life, bringing your attention to the present.

All these efforts towards acceptance can make a difference to how much a person is bothered by anxiety.

If anxiety gets out of control and cannot be managed with self-help methods and support from others, then professional help is warranted.

Because of the need for social distancing to prevent spread of COVID-19 and the increasing demands that will be placed on the health system, online therapies are a good point of initial professional help. Australia is fortunate to have some excellent online therapy that is freely available.

The following services provide evidence-based treatment for anxiety disorders:

MindSpot provides online therapy supported by a mental health professional. Treatment courses are available for PTSD, OCD and other disorders. It can be found at:

<https://mindspot.org.au/about-mindspot>

Mental Health Online provides treatment for Generalized Anxiety Disorder, OCD, Social Anxiety Disorder, PTSD and Panic Disorder. It can be found at:

<https://www.mentalhealthonline.org.au/>

For other mental health advice during this time, visit this link:

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

For 24/7 Crisis Support, call Lifeline: 13 11 14.



The poster features a blue background with white and red text. On the left, there are three circular icons: a thermometer, a person coughing, and an airplane. The text reads: "If you have a fever, cough, sore throat or shortness of breath and you have been overseas in the last 14 days". Below this, it says "Please call your doctor or healthdirect (1800 022 222)". On the right, it asks "Have you washed your hands?" and shows two hands being washed with soap suds. At the bottom right, it says "Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub to protect yourself from viruses."

POTENTIAL ASSISTANCE TO A BUSHFIRE AFFECTED PERSON OR FAMILY

The following is an extract of an email received by PDG Rob Anderson from Past President Paul Winchester of the Rotary Club of Erina.

I have a 20 ft hoarding (like a shipping container, but with 3 sides open) that I have closed in and partially lined, and equipped with 12 volt lighting. The local council has objected to it being on site without a dwelling on site (despite a DA being approved).

I have decided that I will give it for a couple of thousand dollars to a bush fire affected person who wishes to use it for storage or with a little work, use it as a temporary dwelling.

The only stipulation is that they have to arrange pick up and transport. It was initially transported on a tilt tray truck.

It is situated at Nerong, 12 km south of Bulahdelah

If you could circulate this around the District, and have any interested parties contact me via e-mail

pwinchester@tpg.com.au or Mobile 0402 143913.

I have not attached photos, since attachments are often relegated to the trash box. I can send one separately if required.

Yours in Rotary

PP Paul Winchester, Rotary Club of Erina

HOLD YOUR MEETING VIA ZOOM

Prepared by Di Hall.

<https://zoom.us/meetings>

This horrible world that we are learning to live in right now is forcing everyone to find different ways to continue to function.

Businesses which have been deemed essential are trying to function as normal. Many people have been thrown out of work including Rotarians. Those of us in Rotary have an opportunity, albeit forced on us, to create other ways to continue to operate.

Rotary has thrived on its meeting and ten years ago Rotary International did not condone online meetings and the birth of the Rotary 9650 Eclub was put on hold.

Officially it began to function in our district and the E Club 9650 was formed in 2017. Now it can be the norm!! How the world has changed. Many said at the time that it wasn't a 'real' club and couldn't do 'real' Rotary work.

How that has been proved wrong!

Over the past week, Ken and I have had many questions about the operation of the E club. We were very happy to recommend it as alternative from meeting face to face. It is efficient and has many advantages such as:

- Everyone can see everyone who joins the meeting
- Only one person can talk at a time
- If you are talking, you talk to everyone not just the few people around you at a dinner table.
- You can join the meeting from anywhere in the world. You only need internet access.

- You can have a guest speaker
- You can use audio visuals/ powerpoints without setting up the gear you have to at a face to face meeting. You don't have to worry if the technology will work.
- New members can join online from anywhere
- You can join and/or leave the meeting at anytime. You can even write comments about the discussion.
- You can structure the meeting as you like. An Agenda is advisable for each meeting
- You can decide how money can be paid and how much. We always make a contribution each meeting of a few \$\$ to Rotary funds by direct deposit.
- Anything else you can create by using your imagination.

District 9650 has a contract with Zoom which clubs are able to access. Contact PDG Rob Anderson and he will set up a zoom meeting for you. We are very happy to coach you through the process. We are only a phone call away.

Rob Anderson bear9650@bigpond.com or Mobile 438822954

Di Hall dihall605@gmail.com Mobile 0411704654

Ken Hall hallkr@bigpond.net.au Mobile 0419613982

I am sure there are many others who would be happy to assist. It is important that we maintain social contact and Zoom is a great platform which is available free. The future of Rotary is at stake and Zoom can help Rotary to 'Connect the World' during the Covid-19 pandemic. Just do it!!



zoom



BUT.....we have secured a new date and it will be at Lake Keepit Sport & Rec for RYLA 2020.

Saturday 15th – Saturday 22nd August

Keep those applications coming, so when this Covid-19 pandemic is over we can have the best Camp ever !!

Application & brochure on District website:

www.rotary9650.org.au/Ryla

All enquiries to go to:

Louise Matthews E: lmjew@bigpond.com