

Bulletin 8 - 20 August 2020



Two years in the making, two remote Philippine villages now have access to toilets, thanks to the combined efforts of several Australian clubs and districts and the Rotary Club of Intramuros, Manila.

As you approach the village of Sitio Kawayan, in a mountainous area north of Manila, the first thing you see is a 1.5-metre-high Rotary marker. The second thing you see is a toilet! This toilet is one of 15 twin toilets built in the village using global grant funding.

Floren Naguit, of the Rotary Club of Intramuros, together with President Ross Ching and Andy Chua, were brimming with excitement at the unveiling of the toilets.

Aries Balanay had worked hard behind the scenes to ensure all the arrangements were in place. He was proud that this project, started two years ago in his presidential year, had finally come to completion. Bronwyn Geppert and Vere Gray from international sponsor club, the Rotary Club of Batemans Bay, NSW, were also there to witness the official handover of the toilets to beneficiary families on February 25.



The Global Grant project was supported by DDF funding from D8310 Phillipines, D9710 and our own district D9670 together with the Rotary Clubs of Intramuou (Phillapines) and Batemans Bay (major partners), Canberra, Canberra North, Moruya and Narooma. Vere was instrumental in applying for the Foundation grants and supervising their execution.

The project had many challenges including transporting materials over many kilometres on rough rocky roads and surviving two cyclones. The building of the toilets was undertaken by local labour under the supervision of a contractor and volunteer Rotarians. The twin toilets (Male one side and female the other) use a septic system with a water trough at the end. A solar light allows safe night usage and instructions in words and pictures encourage safe healthy toilet practices. This project is an outstanding example of the power of Rotary and a wonderful outcome in improving the health and wellbeing of our near neighbours residing in a country lacking the modern hygiene facilities we take for granted.



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NEXT WEEK:

We return to the Crows' Nest at Nelson Bay Bowling Club at 6.00pm for 6.30. The meeting will be available simultaneously via zoom if you feel more comfortable with this mode of attendance. Guest speaker will be Susan Callaghan from the National Parks and Wildlife Service. Her topic will be Broughton Island - work with Gould's Petrel and other projects. Please contact Phill Smith (0407 291 542) to indicate your attendance. This change is necessary to ensure exact numbers. It will be assumed that you will be an apology if Phill is not informed of your attendance. **Restrictions will apply with regards to movement around the Club and in the room. Entry to the club is via the main door. You must register in and out with your membership card. In the Crow's Nest we must observe rules as applied to the bistro - that on arrival members take a seat and remain seated for the duration of the meeting. Trips to the bar are permitted.**

ROSTER:

Door: Doug Bairstow, Jim Booth
Grace: Ian Brigden
Introduce Speaker: David Clark.
Thank Speaker: Doug Craike.
Bulletin: John Cropley.
Binoculars: Doug and Jenny Craike

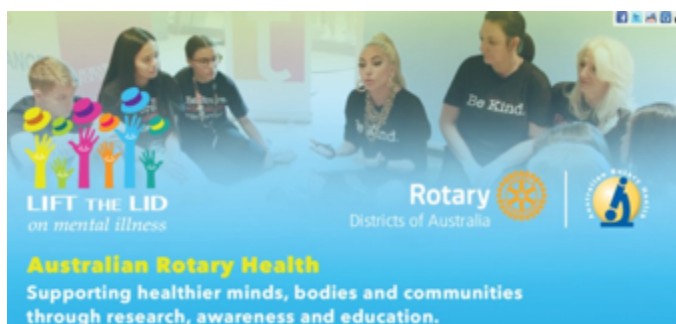
BIRTHDAYS:

23Aug: Yvonne Stuhmcke. 27 Aug: Margaret Bairstow. 29 Aug: John Crump.

CLUB MEMBERSHIP SURVEY.

There has been quite a good response. However, a number of members are still to submit the completed survey. Please use this link to access the survey form - <https://forms.gle/XBDoQ7mkwgc5WvJb9> if you require a hard copy please request this from PP Kathy. Kathy will also provide any assistance or advice necessary.

Australian Rotary Health – A Great Australian Rotary Project Since 1981



It was while listening to a late night talk-back program on Radio 3AW 40 years ago that Rotarian Ian Scott heard grieving parents talk about losing their babies to SIDS (sudden infant death syndrome). Sadly, in Australia during the 1980's parents found some 500 babies a year cold and lifeless in their cots.

In an effort to tackle the trauma of cot death, Ian Scott convinced his Rotary Club, Mornington, that \$2 million needed to be raised for SIDS research. With support from

all Australian districts and Rotary International, the Australian Rotary Health Research Fund was created and it became our first home grown national Rotary project.

It was at the University of Tasmania that [Professor Terry Dwyer](#) built his research team. He and his wife moved from Sydney to Hobart after early research had made him aware that the incidence of SIDS was twice as common in Tasmania as the other Australian states, but for reasons that were not understood. Terry and his team undertook ground breaking research.

10,000 babies were recruited to the Rotary-funded study. Professor Dwyer said, 'Sleeping position was not our principal hypothesis. We were looking at heart rate, temperature variation ... but you couldn't ignore the position

in which babies died.’ When they compared everything about the circumstances of those who died with those who did not, sleeping position rang out loud and clear.

Terry Dwyer’s research brought outstanding results, so much so that very quickly the number of infant deaths fell by 80% worldwide. His cot death research remains one of the most successful research outcomes in the world. ARH’s first funding exercise, made possible by Rotary Club support throughout Australia, led to the saving of millions of lives. Today, Terry Dwyer is Professor of Epidemiology at Oxford University.

A lot is owed to the Rotarians who established and drove the Research Fund in its formative years. Royce Abbey, soon to become RI President, was in the Chair for the first six years. The Board had six members, including Past RI President Clem Renouf, but this soon grew to 10.

These early directors created and built a corpus which, despite global financial challenges, has grown considerably, albeit that COVID-19 has now created unwanted pressure. Annual interest covers the costs of running the organisation which means that 100% of club donations are spent on our ARH programs.

Since 2000, Australian Rotary Health has tackled a far greater challenge facing our society, that being to improve mental health. When looking at the numbers of Australians currently diagnosed with a mental illness, the statistics are overwhelming, particularly in our young people. Research shows us that half of mental illness begins by the age of 14 and if there is one piece of advice to give to parents, it is, ‘Don’t fight in front of the kids.’

Mental illness is non-discriminatory and not one of us is immune. For an adult now not to be affected personally, either through their own situation or through exposure to family members and friends who are suffering, would be a rare stroke of fortune.

ARH is now one of the largest non-government funders of mental illness research in Australia. It has also effectively engaged Rotary clubs at a local level to increase community awareness of mental illness and to reduce stigma. ARH has a great team of research advisors, all honorary, such as Professors Tony Jorm, Michael Sawyer, Ron Rapee and current Chair Jane Pirkis from the University of Melbourne, an Australian leader in suicide research.

ARH continues to develop a wonderful and supportive relationship with young researchers striving to find answers. Our Lift the Lid on Mental Illness campaign has been widely embraced by Rotarians over the past three years and will increase our ability to fund even greater numbers of researchers.

Here are six examples of ARH mental health funding which have made a positive impact:

- Mental Health First Aid (MHFA) ... first created by health education nurse Betty Kitchener AM and Professor Tony Jorm. Now adopted in over 25 countries with over a million people trained.
- Suicide Prevention ... Professor Jane Pirkis has shown that ... more balanced media reporting of suicide can reduce ‘copycat’ behaviours
- Cool Kids Program... created by Professor Ron Rapee, within six months of the program starting, three out of four anxious young people are completely free of their anxiety disorder. Now used in around 25 countries.
- Teen Mental Health First Aid (tMHFA) ... Dr Laura Hart and Dr Claire Kelly have developed a safe and effective program for students to support their peers facing mental health problems, with a trusted adult involved. Now with world-wide support, including Lady Gaga’s Born This Way Foundation.
- Food & Mood ... Professor Felice Jacka was the first to demonstrate the link of diet to mental disorders and bipolar. Now recognised as a world leader in the field of Nutritional Psychiatry research.
- Brain Training ... Dr Louise Mewton has shown that brain games/training strengthens areas of the brain associated with mental illness. Especially effective for young people experiencing cognitive difficulties.

These are just half a dozen of the many research projects which were initially funded by ARH.

Australian Rotary Health is a great Rotary story and one that I trust has an equally wonderful future.

Gregory Ross. Chairman Australian Rotary Health.

VOLUNTARY DONATION.

COVID-19 has dramatically affected our ability to raise money and it has been suggested that members might consider making a donation to boost funds. An amount of \$30 per month has been suggested. Donations will be split 50/50 between Club and Service Funds. (When you think about it you would normally spend that or more each meeting). This is purely voluntary. Make donation to BSB 637000 A/C781017418 and make sure you show your name and a description of payment e.g. Donation.

SHED CLEAN UP.

President Liz, Helen, Don, Richard and John S met at the shed this morning to sort items and records that had accumulated in the shed over many years. These were divided into important historic records needing to be stored, records such as board minutes and annual reports suitable for scanning and electronic storage and items for disposal such as unneeded aged financial documents and other redundant items.

COPY: <https://hail.to/australia-new-zealand-rotary-conference/publication/aCy2ouY>
TO YOUR BROWSER TO SEE DETAILS AND REGISTER FOR THIS FREE EVENT.



Spring into Alice

Virtually Alice Springs Zone 8 Conference 19-20 September 2020

Rotary Zone 8 Australia, New Zealand & Pacific Islands

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...VIRTUALLY**