



SEPTEMBER 2010

New Generations Month

New Generations has been recognised by Rotary International as the fifth avenue of Service.

When we invest in youth we invest in the future of our communities as well as Rotary's future.

Clubs in the District support a range of Rotary youth programs such as Youth Exchange, Rotary Youth Program for Enrichment (RYPEN), Rotary Youth Leadership Awards (RYLA), Science and Engineering programs, Model United Nations Assembly (MUNA), Rotary Youth Driver Awareness (RYDA) and Rotaract.

These programs are very much contributing to the theme for this year of Building Communities Bridging Continents.

Last month 14 students from across D9700 were selected to attend the

National Youth Science Forum to be held in January in Canberra and Perth.

Our 5 outbound youth exchange students and their parents will attend their next briefing weekend this month before they depart overseas in January – when we also welcome home our 12 students who are currently overseas.

A meeting is being held with the Orange Clubs to establish another Science and Engineering Challenge in the District.

It is not too early to be identifying RYLA candidates and getting their employers locked in for the training week next April.

November is fast approaching for RYPEN students and the Science Experience students need to be nominated.

Rotary has many youth programs. The programs for younger

participants, such as Interact and Rotary Youth Exchange, are not funded by The Rotary Foundation, but they all give Rotary a very positive public image, which The Rotary Foundation benefits from.

They are also very important to The Rotary Foundation, as the participants get their first contact with Rotary, which can lead to future membership in a Rotary club and, hopefully, becoming a contributor to The Rotary Foundation.

Photographed below are the team GSE heading for the Phillapines early next year.

From left: Dane Hendry, Joanne Barton, Leader Graeme McLean, Libby Skipworth, Frank Dyrssen, DG Neal. (See story page 2)



Rotary International President – Ray Klinginsmith

District 9700 Board Members:

District Governor – Neal Fogarty
Governor Elect – Ian Simpson
Governor Nominee – Greg Brown

Dir. Administration - Fred Loneragan
Dir. Membership & P.R. - John Egan
Dir. Foundation – Bruce Barber

Dir. Service Projects – Ian Tooke
District Secretary – Peter Byrne
District Treasurer – Geoff Tancred

Group Study Exchange (GSE) – Teams selected

The GSE teams to travel to Oklahoma and the Philippines early next year have been selected.

The program, funded by the Rotary Foundation, provides a 4 week cultural and vocational experience in the exchange District for young professional and business people, with a Rotarian Team Leader.

The teams will be hosted by Rotarians and gain a unique behind the scenes insight into the overseas District and their vocation.

At the same time they will be working hard speaking to Rotary Clubs and promoting good will and international understanding.

Congratulations to those selected and thanks to all the Clubs that nominated candidates.

The Team to District 3830 Philippines comprises Graeme McLean (Orange Daybreak, Leader), Joanne Barton (local government administrator, Oberon), Frank Dyrssen (water engineer, Griffith), Dane Hendry (civil engineer, Parkes) and Libby Skipworth (accountant, Lake Cargelligo), (Pictured on page 1)

The team to District 5770 Oklahoma comprises (picture below) Grant Michell (accountant, Orange North), Kate Barrett (environment educator, sponsored by West Wyalong), Andrew Johns (town planner, Parkes) Rod Smith (police crime manager, Wollundry Wagga Wagga). with DG Neal Fogarty.

The team leader is Gary Roberts (Wagga Wagga Murrumbidgee) pictured, above/right.



The Oklahoma GSE Team, photographed below from left: Grant Michell, Kate Barrett, Andrew Johns, Rod Smith, with DG Neal



Rotary International celebrates 100 years

Rotary as an association is 100 years old, with the first convention of Rotary Clubs held in 1910. Rotary International's 100th President Ray Klinginsmith asks "Are we taking the right steps to ensure we are even more successful in the next century? Do we have a clear vision of the future?" He believes "Our 33,000 Clubs are our biggest asset, and our success in the next 100 years will depend on the ability of our Clubs to remain vibrant and vital. Their strength will determine our success."

It is a great time to be a Rotarian and we need to ensure our Clubs become better and bolder. This will lead to

increased pride of Rotarians in their Clubs and increased awareness of Rotary achievements and contributions to the community. In this way more people will want to join our Clubs and they will become, as President Ray says, "Bigger, Better and Bolder."

Pakistan Floods response

The floods in Pakistan are a major disaster affecting some 20 million people.

Rotary Districts in Pakistan are assessing the rebuilding needs which can be supported through contributions to The Rotary Foundation's Pakistan Disaster Relief Fund.

Immediate relief can be provided through donations to recognised emergency relief agencies such as ShelterBox.

For longer-term rebuilding of communities, the Rotary Foundation has established the Rotary Pakistan Flooding Recovery Fund. Funds will be collected until 31 December 2010 and will be used for projects through Matching Grants. Your support will help rebuild the future for millions of innocent people affected by this crisis.

Contributions can be made through The Rotary Foundation in Parramatta. Cash donations are tax deductible, but do not attract PHF credits.

I urge all Rotarians and Clubs to provide support.

DG Neal





Australian Rotary Conference Canberra

Some 20 District 9700 Rotarians joined 500 others from all around Australia, New Zealand and our neighbours including Papua New Guinea and Timor Leste.

Rotary International President Ray Klinginsmith from Missouri had plenty to say about Rotary and our future in society and used cowboy logic to make many points. He spoke about membership retention and being modern in our outlook and thinking and encouraged us to look to innovative ways that we can serve our community at home and abroad.

A Rotary word from New Zealand

Rotary International Zone 8 Director (2010-2012) Stuart Heal from New Zealand said "It is what we do that matters at the end of the year. Let's tell our community what we do and then tell them again. So when the world asks what is Rotary...we won't have to explain... people will know".

All the speakers gave us plenty to think about and do when we return to our clubs. There were sessions on membership, including e-clubs, enhancing the public image of Rotary and The Rotary Foundation programs with great discussion in the break-out sessions. Wendy De Luca (WW Murrumbidgee) did a great job as MC for the Sunday session.

He asked "Why do we focus on growing?"

To show we are dynamic - to keep the status quo is not showing we are dynamic.

We need to preserve the spirit of Rotary.

To identify the spirit of Rotary is to take the business and professional people in your community, put them together to enjoy fellowship and socialise...making sure they have fun on the way...allow them to network...introduce them to interesting guest speakers...and before you know it...they are doing service."

President Ray encouraged all of us to **build BIGGER, BETTER and BOLDER CLUBS**

Pictured above are a group of happy Rotary members from District 9700 who attended the ARC at Canberra.

President Ray's Cowboy Logic

If it's a job, do it. Put your back in to it.

'Cause a little bit of dirt's gonna wash off in the rain

If it's a horse, ride it. If it hurts, hide it.

Dust yourself off and get back on again.

That's cowboy logic, every cowboy's got it

It's in the way he lives his life and the songs he sings

That's cowboy logic, every cowboy's got it

He's got a simple solution to just about anything



Les and Mary Dale (Henty) – close and personal with President Ray Klinginsmith at the ARC at Canberra

Australian Rotary Health (ARH) Dinner - Canberra

The ARH Dinner was an opportunity for DG Neal to hand over cheques from several clubs.

The dinner, held in Canberra on Saturday 14 August was attended by 80 Rotarians with D9700 well represented.

There were several speakers who were recipients of ARH scholarships and grants, including: Michele Banfield, a PhD student whose thesis explored the varying needs of the mentally ill and showed it is not a "one size fits all", indigenous scholar Marion Bateup, who has graduated as a registered nurse and Dr Robert Tait who is investigating the use of social networking media in addressing adolescent alcoholism.

Donations to ARH were made from Wagga Wagga Sunrise, Wollundry Wagga Wagga, Henty, Oberon and Orange Daybreak Clubs during the DG visits. Lake Cargelligo also presented DG Neal and Barbara with ARH Certificates of Appreciation purchased through donations to ARH.

The D9700 District ARH Committee has also donated \$1000 as proceeds from their raffles.



DG Neal handing over the Club cheques to ARH Chairman Noel Trevaskis

National Youth Science Forum (NYSF)

The NYSF is for Year 11 students with a passion for science.

The Forums are held over 2 weeks in Canberra or Perth in January and bring together the brightest science students from all over Australia.

They are highly selective and provide a great opportunity for students to get an inside insight to science and set up valuable networks for their career.

Congratulations to the D9700 students selected recently, who were:

Cameron Bright (Blayney), Amanda Burbidge (Bathurst), Jason Causer (Grenfell), Laura Donaldson, (Wollundry Wagga Wagga), Anna Fernon (South Wagga Wagga), James Firman (Temora), Mitchell Gray (Cowra), Lauren Hutchinson (Molong), David Jewkes (Bathurst Daybreak), Alex-Kate Langfield (Young), Jonathon Lieschke (Wagga Wagga Koorringal), Eleanor O'Keefe (Griffith Avanti), Mark Oliver (Wagga Wagga Sunrise), Kate Smith (South Wagga Wagga).

Thanks to all the Clubs that nominated candidates

RI Information

Looking for a new career!!!

Ed Futa is retiring as the RI General Secretary on 30 June 2011, and an international search for a new General Secretary is now underway. Expressions of interest, and nominations of potential

candidates, should be sent to the project manager, Blair Ashley Bennett, at Blair.Bennett@KornFerry.com.

Supporting healthy minds and healthy communities

Mental health issues are no stranger to many Australians. They are issues that affect our friends, our families and our community. In fact mental health issues are so prevalent it is estimated that they will affect more than 20 per cent of Australia's adult population at some stage of their lives.

In any one day, 330 people with serious mental illness will be turned away from hospital emergency departments, 1200 will be refused admission to a psychiatric unit and seven lives will be lost as a result of suicide – the leading cause of death and disability for Australians under the age of 45.

However, mental health is finally on the Government's radar thanks to individuals like Australian of the Year Patrick McGorry, who took an 84,000 strong petition to the office of new Prime Minister Julia Gillard asking for the Government's commitment to increase mental health funding. But while PM Gillard has left open the prospect of injecting more money into struggling mental health services, it is up to all of us to do our bit to help understand and support good mental health.

Australian Rotary Health is Australia's largest non-government funding body for mental illness research. As such, it

has pledged to invest in mental illness research in an effort to facilitate better treatment and services for all Australians.

Thanks to the generous support of Rotarians Australia wide, Australian Rotary Health has been able to fund a number of projects that aim to improve the quality of life for people who are least able to assist themselves.

If you would like to know more about Australian Rotary Health, please visit our website at www.australianrotaryhealth.org.au or call 02 8837 1900 for more information. All donations over \$2 are tax deductible.

Rotary Bikers

The International Fellowship of Motorcycling Rotarians A.G.M. will be held in Milawa on 23rd of Oct. in the beautiful Rutherglen wine area.

There will be fellowship on Friday evening 22nd, and a ride followed by the A.G.M. and Dinner on Sat. 23rd. After breakfast Sunday morning we are invited to visit an interesting motorcycle collection.

All rotary motorcyclists are invited to attend, but only members can vote at A.G.M.

Anyone coming should inform the Secretary, Peter Brown on 0427516146 or auditor1@bigpond.com.au for catering purposes.

If your club has news or information on projects, let us now so we can tell the world!
email: Ian Davison -
caa@cirruscomms.com.au

On the Wallaby

News from from Around the Clubs in District 9700



Griffith Avanti \$5,000 Challenge

Griffith Avanti first became involved with Polio in 2008 when Sue and Terry Metcalf decided to ride bicycles around District 9700 raising awareness about Polio. They had recognised the importance of the End Polio Now Campaign. In 2009 they spread the word even further, by riding around Australia. An incredible effort considering Terry is 68 and Sue is a charming young lady.

The Avanti Board believes efforts from Rotary members like these must not be forgotten. This year Avanti has already donated \$5000 to Polio Plus. We offer this challenge to other clubs. Consider meeting or beating this figure or beating what you donated last year. This eradication of Polio Campaign may be in its final stages but it still needs our help.

AND ... Congratulations to Avanti member Steve Lanza and Carol on the birth of Michael James



DG Neal Fogarty receives cheque for \$5,000 for Polio Plus from Griffith Avanti President Merveen Sjollem and Treasurer Sue Campbell

Griffith East - Rotary Police Officer of the Year Awards

Constable Hayley Winnell from Leeton Police Station was the winner of the Police Officer Awards announced at the recent dinner hosted by Griffith East.

The Awards acknowledge outstanding acts of courtesy, kindness, understanding, compassion, courage and devotion to duty by members of the NSW Police Force in the Griffith Police Local Area Command region - including the towns of Griffith, Leeton, Narrandera, Carrathool, Weethalie, Hillston and Coleambally.

There were 45 nominations this year, with 7 Highly commended Officers as well as the overall winner.

The event received great media coverage, with sponsorship from WIN TV, Radio 2RG/ Star FM, Area News, Dobija Printing and Publishing and Griffith City Council, as well as 23 minor sponsors. The Griffith Early Intervention Service for young children with developmental problems will benefit from the night.

Leeton – Timor Leste

Past Leeton resident Russell Reinke, recently travelled to Leuro as part of a RAWCS project and visited Delphin, our Royce Abbey Scholar. Delphin works for the Government and among other things runs a local farmer's cooperative. The main purpose of the visit was to see how successful the wheelie bins and water filters had been. The wheelie bins were divided among the 6 villages in the local area. There is a real need for grain storage as there are rats everywhere. The bins seemed to be an ideal combination with plastic grain storage bags that were used to control weevils (increased CO2 killed the weevils). There was also ample evidence of the usefulness of the water filters. The filters were improved by addition of a lid for the bottom bucket to prevent pressure build-up. 192 filters had been distributed so far. There are still another 400 to distribute.

Oberon

The Club funded transport for a girl from Pentecost Island to Vila in Vanuatu to have foot surgery performed by Dr Peter Giblin. Peter is a Sydney

surgeon who performs free surgery in Vanuatu every year since the original Oberon project 15 years ago.

Apparently the deformity was caused by polio several years ago!

Cootamundra – Ray Luff rides for MS

Three generations of the Luff family are taking part in the Sydney-Wollongong MS Ride on 7 November & hoping to raise funds for MS Society.

The team of 6, "Spokey Folks", would welcome more riders to join or donations - on line at www.gongride.org.au and search for "Ray Luff" or "Spokey Folks".

South Wagga Wagga – President Jock's shout!!!

100% attendance for DG Visit – now that is a challenge for the other Clubs!!!

Ray Orr 50 years of Rotary Service in Lake Cargelligo

On his recent visit to Lake Cargelligo, DG Neal presented PP Ray Orr with personal letters from RI President Ray Klinginsmith and RI General Secretary Ed Futa to congratulate him on his 50 years of Rotary Service. Ray was also presented with a Paul Harris Sapphire Pin recognition by the Club.

Photo: President Betty Breese, Ray Orr DG Neal Fogarty



Ray,
I have been advised that you have achieved the major milestone of 50 years as a Rotary club member, and I wish to offer my congratulations!
I will reach the same milestone in November of 2011, and I think you will agree that we have witnessed many changes in Rotary – and in society – since we first became Rotarians. Despite the changes, Rotary has maintained its core values of fellowship, service, integrity, diversity, and leadership, and it is now recognized as a world leader! Together, we can take great pride in being long term members of such an outstanding organization.
You deserve to be feted and felicitated by the members of your Rotary club, and I am confident they will recognize and appreciate your lengthy record of service to Rotary.
I join them in extending my genuine appreciation for your long tenure as a Rotarian!
Please accept my best wishes as you complete a half century of Rotary membership and now undertake still another decade of service. Both of us have been Rotary members for nearly one-half of the 100 years since the first 16 Rotary clubs held their inaugural convention in August of 1910. Now let's try to make it 60 years of Rotary for both of us!
Best regards,
Ray Klinginsmith

Young – Musica Internationale success

Over 300 filled the Catherine McAuley Centre on 14 August for the hugely successful Leo Callinan Memorial Musica Internationale concert.

The world renowned young Australian artists were arranged by Young's own Louise Callinan, mezzo-soprano, from her base in Europe.

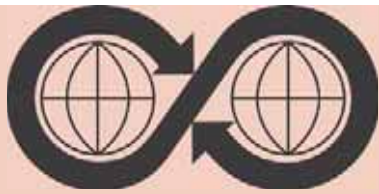
She was joined by Leslie Flanagan, bass, who flew in from Oklahoma especially for the concert.

Tamara Anna Cislowska, Australia's finest pianist of her generation, supported the three hour long program while Christina Leonard brought the saxophone to life in a range of classical and modern works.

The \$9,000 profit from the concert will go to the local community, with the proposed Young Renal Unit being the major beneficiary, as well as the Young Regional School of Music Scholarship Fund.

Relaxed after a long concert: Les Flanagan, Christina Leonard, Louise Callinan and Tamara Anna Cislowska.





Rotary Australia World Community Service (RAWCS)

Ranfurley Library Service

Requires books (English), especially reading books for primary and secondary level. The Service is part of RAWCS Donations in Kind and the books are shipped overseas.

Volunteers welcome to sort and pack on Thursday mornings. Great hands on service!

Contact:

Barry Moscrop: 9692 8460 or
<b.moscrop@aapt.net.au>

Richmond Manyweathers: 9524 4827
or <manys@bigpond.com>

Depot: Building 501, Old Rozelle
Hospital site, Rozelle.

Volunteers Needed (WASRAG project)

Three persons are needed to complete a team going to Remba island (Kenya) in November 2010. Water on the island is grossly contaminated. Are you interested in taking part in this critical WASH Project?

If you have skills in the following areas:

- Geology or soils or ground water wells
 - Water pumps, pipelines and storage selection
 - Biogas latrines
 - Sustainable energy systems, e.g.: solar, wind or biogas
- Contact: DGN Greg Brown RAWCS Chairman

RAWCS Eastern Region Volunteers excel

Last year 79 teams went to 16 different countries. In all 371 volunteers undertook projects of many varying types, from dental work, sight correction, maternity care, teaching, banking, water provision, building construction, sanitation, equipment provision, to providing scholarships to study in Australia and funding numerous other projects. The most popular destinations for volunteers were Vanuatu, Timor Leste and PNG in that order. The African continent is a relatively new venue and growing.

Nepal project

Four District 9700 Rotarians (Graham and Judy Tyson, Bathurst Daybreak, Denise Flockton, Wagga Sunrise and Mary Brell, Orange Daybreak) have joined an expedition with Wahroonga Rotary Club to improve the quality of education provided to the students at the school in Nepal next January.

The volunteers will develop teacher skills through coaching the local teachers in the classroom and participate in English language classes.

They will also identify opportunities to supply appropriate teaching methods and materials to the schools and plan the next phase of construction.

The schools are in the Gorkha district in the centre of Nepal to the west of Kathmandu.

The major Himalayan peak 'Manaslu' which reaches over 8,000 metres is visible from the villages.

Travel to the villages requires a six hour journey by 4 wheel drive followed by a two hour walking climbing over 1,000m to the villages.

In the hills the 'roads' are rarely used very poor tracks. Day to day transport is walking in steep terrain.

Cowra – Europa Park

The Club is progressing with the development of Europa Park at the Sydney entrance to Cowra. New shelters are to be built with the assistance of the District Simplified Grant from the Rotary Foundation. Barbara Fogarty planted an Ash tree in the park to mark the official visit of the DG to the Club.

*Photo: Barbara Fogarty
planting the tree with Cowra
Rotarians*

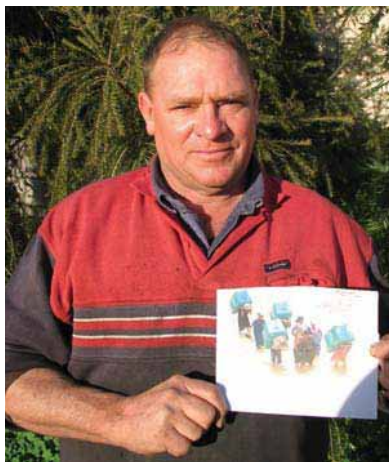
**If your club has news or
information on projects,
let us now so we can tell
the world!**

**email: Ian Davison -
caa@cirruscomms.com.**



Condobolin asks Council to donate a ShelterBox

Lachlan Shire Council is assisting the Condobolin Rotary Club in their endeavour to help the flood victims of Pakistan. Council agreed to a request to donate \$1,000 to purchase a Shelter Box. President Dave Carter, said that the "Shelter Box program is a way of making sure that assistance is provided directly to those in need."



Condobolin President Dave Carter

Bathurst

Check out their blog at: <http://rotaryclubofbathurst.blogspot.com/>

DG visits

*Our DG Neal is a breeder of sheep
His task is Rotary's foundations to keep
He reminds us of themes, projects, newsletters
A conference to attend "you'd better"
And guess what? No one went to sleep!
Brian Munro, Leeton 2010*

Congratulations to the new Paul Harris Fellows in District 9700

Julie Stott – Oberon
Greg McVicker – Narrandera
Pat Kinsela (sapphire pin) and Ray Dunford (sapphire pin) – Parkes
Ray Orr (sapphire pin) – Lake Cargelligo

July Club Attendance

Club	Members	Net change	Attendance %
Bathurst	22	-1	63.62
Bathurst Daybreak	24	-1	80.20
Bathurst East	21	1	80.00
Blayney	25	-1	78.00
Boorowa	16	0	85.90
Canowindra	12	1	66.67
Condobolin	14	1	77.80
Coolamon	18	0	62.50
Cootamundra	18	0	89.30
Cowra	53	-1	78.50
Forbes	26		
Forbes Ipomoea	10	-1	70.00
Grenfell	33		
Griffith	59	0	85.55
Griffith Avanti	28	0	89.36
Griffith East	31	-3	74.04
Hay	7		
Henty	18	-1	72.22
Junee	7	0	100.00
Lake Cargelligo	18	0	68.89
Leeton	41	-4	76.00
Leeton Central	22		
Lockhart	13	0	75.00
Molong	6	0	75.00
Murrumburrah-Harden	27	0	71.00
Narrandera	20	0	78.75
Oberon	22		
Orange	38	-1	79.75
Orange Calare	24	0	99.00
Orange Daybreak	44	-1	65.25
Orange North	49	0	74.80
Parkes	39	-1	77.98
South Wagga Wagga	39	0	79.00
Temora	27	-1	71.00
Wagga Wagga	50	-1	79.01
Wagga Wagga Koorringal	34	-1	72.13
Wagga Wagga M'bidgee	16	0	82.15
Wagga Wagga Sunrise	43	0	60.00
West Wyalong	12	-1	75.00
Wollundry-Wagga Wagga	69		
Yenda	28	0	72.75
Young	38	-1	63.82
Total	1161	-18	76.39

Michael Milston (sapphire pin)
– Orange Daybreak

It's a great pleasure to welcome New Members

Lill Mills – Narrandera
Ray Smith – West Wyalong
Jamie Lowing – Wagga Wagga Sunrise
Harry Cockshaw – Leeton
Tom Jeffs – Cowra

Pauline Staples – Canowindra
Suzanne Glennon-Martyn – Oberon
Bruce Nield and Michelle Nield
– Cootamundra
Lois Willing and John Willing
– Orange Daybreak
Rob McAlary – Bathurst daybreak
John Archer – Blayney
Jim Seaman – Orange North

Vale

PP Bob Hooper – Oberon

Dates for your diary

11-12 September – Youth Exchange
– Outbound student briefing - Young
12– 17 September Orange RC -
Sustainability week 2010.
24 October – World Polio Day
31 October – Nominations close for the
District Vocational Excellence Award
14 November – President's Forum and
District AGM – Grenfell
3-5 December – Zone 8 Rotary Institute
– Perth
6 February 2011 – Youth Exchange
– rebound student debriefing – Grenfell
23 February 2011 – Rotary Birthday
26-27 Feb 2011 – President Elects Training
Seminar (PETS) – Young
1-3 April 2011 – District 9700 Conference
– Orange
11-16 April 2011 – RYLA – Parkes
18 April 2011 – Nominations close for
District 9700 Governor 2013-14
1 May 2011 – District Assembly – Grenfell
21-25 May 2011 – World Rotary
Convention – New Orleans
2 July 2011 – District 9700 Changeover
– Orange

Workplace giving makes donating even easier

Australian Rotary Health, Australia's largest non-government funding body for mental illness research, has recently launched a new workplace giving program.

Workplace giving allows employees and employers to connect more easily with charities that have deductible gift recipient (DGR) status. Simple, cost effective and tax efficient, workplace giving runs through the payroll system and allows an employee to nominate the amount they would like to donate each pay. This amount is then deducted from the employee's wage and sent straight to the nominated charity.

By participating in workplace giving, employees are able to donate through a transparent and trustworthy channel – their employer. It's also easier come tax time; no more worrying about collecting receipts or waiting until the end of the financial year to claim a deduction.

For employers, offering a workplace giving program helps foster employee morale and strengthen community ties. And don't forget that by supporting Australian Rotary Health you are helping

What do you know about mental health?

In 2008, 2,191 Australians committed suicide. Over three-quarters of them were male. 103 were Indigenous Australians.

While suicide accounts for only a relatively small proportion – around 1.5% - of all deaths in Australia, its impact on specific age groups is great. According to ABS statistics, in 2008 24% of all male deaths aged 15-24 were due to suicide. Females did not fare much better, with the median age at death for females who died from suicide just 43.5 years.

From a population of 21.4 million, the numbers may seem small. However, around 6,400 Australians die each year from mental and behavioural disorders, well above the 1,400 deaths attributed to transport accidents. We all know the importance of road safety, but how much do we know about caring for someone who has or is developing a mental health issue?

According to Professor Anthony Jorm and his wife Betty Kitchener, not enough. "First Aid courses teach you how to deal with emergencies like someone having a heart attack, or getting bitten by a snake," says Tony. "However, these emergencies are not common. On the other hand, mental health problems and crisis situations like someone being suicidal are much more common," he explains.

To address this issue, Tony and Betty began running Mental Health First Aid (MHFA) courses as a community service activity. Now, Australian Rotary Health, in conjunction with Rotary Clubs around Australia, are running their own preventative mental health first aid workshops that aim to assist in providing support to community members who are at risk of or who are experiencing a mental health crisis.

By supporting Australian Rotary Health, you can make a difference to your community by helping fund essential programs. To find out more please visit our website at www.australianrotaryhealth.org.au or call 02 8837 1900 for more information. All donations over \$2 are tax deductible.

Bob Kendell Pres. Aust. chapter I.F.M.R. robeen@bigpond.com

to solve important issues that affect your community. From mental health to cancer research, Australian Rotary Health's broad vision helps improve the quality of life for people who are least able to assist themselves.

If you would like to find out more about workplace giving or the research programs Australian Rotary Health currently funds, please contact Terry Davies, Corporate Manager, on 02 8837 1900 or email terrydavies@australianrotaryhealth.org.au.

Wagga Wagga

Alok Sharma will be visiting India on 22 September to set up an intensive Day Clinic checking children's Vision, along with Dental checks, provided by members of the Rotary Club of Yamuna Nagar Riviera.

Orange Calare Radio Show

President Fay Layton runs a radio show each Wednesday 4.00 – 5.30pm called "Rotary In Motion" on FM107.5, the Orange Community Radio Station. What a great initiative to publicise the work of Rotary and the Clubs.

Beware of e-mail scams

Rotary International continues to receive notice of e-mail phishing scams targeting Rotarians.

Some scams claim to be from RI in Great Britain and Ireland or say that the recipient has been selected in a raffle for a prize and the recipient's contact information is needed.

Another scam still circulating claims that a deceased Rotarian has left money to the e-mail recipient to be donated to philanthropic efforts.

The sender, who claims to be the executor of the will, then asks for the recipient's personal information, including a copy of the individual's passport and driver's license, in order to claim the inheritance.

Please note that RI does not solicit funds through e-mail, nor does it ask that personal information be updated by e-mail or other electronic means.

RI encourages Rotarians to avoid becoming victims of these scams by deleting any e-mail that appears suspicious.