



District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Welcome to the new look District Governor's Newsletter. This month, we hear from the new District Governor, Peter Raynor, and welcome him into his new role. We will also read about a celebration of 40 years of Rotary service for Brian Vidler at the Newcastle Enterprise Rotary Club and hear from Helen Ryan with news from District 9670 GSE 2012-13 and a message from Australian Rotary Health.

I hope that you enjoy reading the July edition of the DG's Newsletter. Please note that the submission deadline for each edition is the 10th of that month. Please submit in Word only with minimal formatting. Captioned photos are very welcome.

Thank you, Nora Jones

Message from the DG

ROTARY INTERNATIONAL DISTRICT 9670 INCORPORATED

District Governor

2012-2013

Peter Raynor

Governor 2012-13

R.I. District 9670

**P.O. Box 992 Warners Bay
2282**

Ph. 49 588992 Fax 49 588994

Mob. 0416 082270

Good morning to all our District 9670 Rotarians and welcome to a new Rotary year: a year I am sure will be filled with many pleasures and rewards in delivering our Rotary Service

I would like to take this opportunity to thank all those who made our District Changeover a huge success. In particular, the members of Toronto, Toronto Sunrise and my own Warner Bay Rotary Clubs for their special contributions in organising the venue, food, bookings, table decorations and printed menus.

This evening is of course very special to any incoming Governor but unfortunately, my wife Margaret was unable to be there due to an unexpected stay in hospital. But, thanks to modern technology and Warners Bay President Jeremy Dawes, the entire event was streamed live by Skype to Marg's bedside. Thankfully, Marg's health continues to improve and we thank all who have offered assistance and sent cards, flowers and warm wishes.

I congratulate Immediate Past District Governor Janette for a very successful year and also for leaving us with a membership of 1244, just above the magic number to ensure we not forced to amalgamate with another District.

Our membership must remain one of our high priorities. The more Rotarians we have, the more Rotary Service we can deliver and the world will be a better place.

Our District Membership and Training days will be announced shortly and I encourage all Clubs to support this initiative. This will give our Rotarians a greater knowledge and better prepare them to take us forward. *Cont...*





District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

**ROTARY DISTRICT 9670
LEADERSHIP 2012-2013**

*All home and business phone numbers
require prefix 02 if
dialling from outside New South Wales*

District Governor:
Peter Raynor and Margaret
RC of Warners Bay
Ph. 0416 082270
pmraynor@bigpond.com.au

District Governor Elect:
Brian Atkins and Madeleine
RC of Waratah
Ph: 4952 3220
briankatkins@bigpond.com

District Governor Nominee:
Gerard McMillan and Yvonne
Palmer
RC of Singleton
Ph: 0419 995 175
gimcmillan51@gmail.com

**Immediate Past District
Governor:**
Janette Jackson and Steve
RC of Cessnock Inc.
Ph: 0419 421 154
jj4211@bigpond.com

District Secretary
PDG Greg Bevan and Lorraine
RC of Cessnock
Ph: 49 37 2495
gandlbevan@bigpond.com.au

District Treasurer
Ron Glascott and Lynne
RC of Charlestown
treasurer@rotary9670.org.au

Message from the DG (Cont)

The Rotary Foundation must remain high on our District priorities, not only in the area of giving (to ensure we can continue to expand our world programs) but also to ensure the funds that are returned to our District will be adequate for our Clubs to access through grants available to them. Remember; the more we give the more we receive back in three years.

The beginning of Rotary year 2013-14 will see us move to the new model of The Rotary Foundation delivering double the funding available to our Clubs through grants.

To ensure we are Future Vision ready, please encourage your members to attend our District Rotary Foundation seminars. In addition, Clubs are welcome to contact Foundation Chair PDG Alex McHarg to arrange for a guest speaker to visit your Club.

Tuesday 26th June saw the recognition with a Paul Harris Ruby pin of our Insurance Chair, Brian Vidler's 40th year in Rotary. Any Rotarian in our District who has travelled or organised any event knows Brian and Faye. They are legends and many testimonies to this were heralded on the night.

Among those celebrating was Joanne McCarthy from The Newcastle Herald. Joanne was so impressed with Brian's contribution, she dedicated her entire column on Monday July 2 to Brian, our Rotary District and the wonderful work of volunteers.

The column, aptly named *Happy While Helping*, recognised the annual donation of \$100,000 from Newcastle Enterprise Club. To quote Joanne in part:

Multiply that single contribution by the 50 Rotary Clubs across the District it's easy to see why we need Service Clubs to keep us going.

How often do we hear Rotary does not get the recognition it deserves? So true, but how fortunate are we to have a wonderful journalist with the capacity to tell many thousands across our District of our good work?

As District Governor, I wrote and thanked Joanne for her story. I also mentioned my initiative in asking our Clubs to record not only attendance but effort and financial contribution so we too may tell the world what Rotary really does.





District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Message from the DG (Cont)

In response to this, Joanne said:

When you've collated your figures, I definitely expect you to pass them on to me so that we can have a chat and write about it, so that people know.

How good is that? So, now it's up to you. I ask each and every Club to start recording and each month pass this information on to PDG Peter Sivyer so Joanne and others can tell our story. The intention is not to be member or charity specific, just a measurement of our Club's efforts made and dollars contributed.

This year, our District will have a Group Study Exchange with District D 1090 in Britain. Our GSE Chair, AG Helen Ryan, is now inviting applicants for the positions of Team Leader and also Team Member. Also Helen is seeking Clubs who wish to host our inbound Team. For further details see below

I look forward to our year ahead, meeting with each of our Rotarians and partners and delivering Peace Through Service together.

Peter Raynor

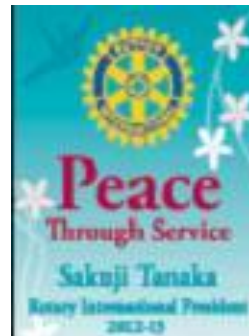
Governor 2012-13

R.I. District 9670

P.O. Box 992 Warners Bay 2282

Ph: 49 588992 Fax: 49 588994

Mob: 0416 082270



Rotary District 9670 Foundation Committee Inc.

Governor 2012-13: PP Peter Raynor from the Rotary Club of Warners Bay Inc.

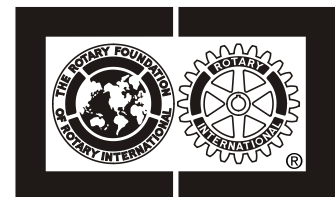
Committee Chair: PDG Alex McHarg, from the Rotary Club of Singleton on Hunter Inc.

Committee Secretary: PP Denis Hyland, from the Rotary Club of Newcastle Sunrise Inc.

District 9670 GSE 2012-13

GSE Chair: PP Helen Ryan, from the Rotary Club of Nelson Bay Inc.

Fellow Rotarians,



On behalf of DG Peter Raynor, I invite you to become involved in the wonderful program known to us as Group Study Exchange. The Rotary Foundation's work in promoting world peace results in this program, which offers to the team an opportunity to experience another culture at first hand and for Clubs to learn about other parts of the world.





District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Rotary District 9670 Foundation Committee Inc. (Cont)

Our next exchange will be with District 1090, in England. The visiting team will arrive in our District in February, 2013, for approximately one month. We are planning for a team of four team members and one Rotarian team leader. The team members will be aged between 25 and 40 years of age. Our return visit will also take place in February, 2013. We are planning to send a team of five team members and one Rotarian team leader.

There are three ways in which you and your Club can be involved:

1. By hosting the visiting team;
2. By providing a nomination of a Rotarian as a team leader;
3. By providing the nomination of a young person as a team member.

Attached are some details about each of these aspects. As with all things, there are some fun aspects and some responsibilities, so please consider these as well!

Here are some very important dates;

Closing date for Team Leader applications	Friday 10th August, 2012
Team leader interviews	Saturday 18th August, 2012
Closing date for Hosting Expressions of Interest	Friday 31st August, 2012,
Closing date for Team Member applications	Friday 31st August, 2012
Team member interviews	Saturday 8th September, 2012
Final selection weekend	Friday 14th September to Sunday 16th September, 2012

Interviews and final selections will be conducted at Tocal College, which is between Maitland and Paterson. Times for interviews will be notified, but Clubs are urged to have a Rotarian accompany applicants for team membership, and thus travel time must be considered.

It is essential that all applicants are able to attend the final selection weekend should they be chosen to do so at the interview. There is a cost for each applicant at interview, the amount being \$75, which is paid by the sponsoring Club, prior to or on the day. An invoice will be issued and the District Treasurer will issue a receipt.

Airfares for the exchange are paid for by our Rotary Foundation, and additional travel may be undertaken by team-members after the exchange, but at personal expense. Insurance for team members for the exchange and any additional travel for the team is provided under our District Insurance.

The team members are provided with some of the uniform as part of the sponsoring club's commitment but there is a cost to each member in supplementing the complete outfit.





District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Rotary District 9670 Foundation Committee Inc. (Cont)

Club Hosting for Visiting GSE Team.

Clubs should be able to provide accommodation and meals, travel and quite probably, some vocational visits. It is advisable for the club to have a 'person responsible' to arrange and manage all activities related to the hosting of the team.

In discussing hosting within your Club, please consider that some overseas people still smoke cigarettes, that some people are allergic to pets, and that there is always the possibility of food preferences/allergies.

It is usual for the team to be with a Club for several days, and thus there is time for some opportunities for outings and other functions, often including a Club meeting with a presentation from the visitors, with other surrounding Clubs being invited to meet with the visitors.

The possibilities for vocational visits must also be listed. However, it is impossible to include that in the planning at this stage. Information will be forwarded to nominated hosted Clubs as soon as it is known.

Should there be GSE related costs incurred to the Club, these are legitimately paid out of the community/charity/service account of the Club.

It is also possible for two neighbouring Clubs to propose a joint hosting arrangement.

Should your Club wish to participate, please send an expression of interest to me by email: heryan@iprimus.com.au

The closing date for Hosting is September 30, 2012.

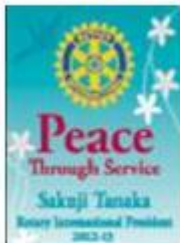
GSE Team Leader

The team leader is the contact/liason person between the team and the hosting Clubs and District, so this is a pivotal and vital position to hold. The team is representing this District, so all the attributes of diplomacy and mother/father/counsellor/mediator are necessary qualities! It is a wonderfully rewarding position to hold, complete with responsibilities as well, but very worthwhile. There is no gender restriction for being a team leader.

All airfares are paid for by the Rotary Foundation and all tickets are arranged through that body. Accommodation, travel within District 1090, and meals are all the responsibility of the hosting District and Clubs. There is a mandatory cost of \$500-00 which is paid to the District for assistance in covering preparation costs. This is paid **only** if you are selected for the team.

The position of team leader is available to all experienced Rotarians, and especially those with an interest in international service, and the person should be well-informed about Rotary. The person selected must be prepared to pay some of the uniform costs, and all passport, entry visa, additional fees and taxes associated with the travel, as well as gifts and personal clothing. This may be between \$800-00 and \$1000-00.





District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Rotary District 9670 Foundation Committee Inc. (Cont)

The team leader will be expected to attend all pre-departure training, and be responsible for guiding the team in the preparation of presentations which will be made in District 1090, and for "welding" the team together. The time of the visit often includes the host District's Annual Conference, and hence attendance at that will be expected of the team. There is an expectation of a presentation by the visiting team at some time during the Conference.

Partners and other close family members may not accompany the team, but are welcome to join the team member on any tours which take place after the exchange program is completed. All such tours are at the expense of the individuals concerned, but travel insurance for the leader is covered through our District Insurance. Here are some very important dates for the Team Leader applications.

Closing date for team leader	Friday 10th August, 2012
Team leader interviews	Saturday, 18th August 2012
Final selection weekend	Friday, 14th September, to Sunday, 16th September, 2012
Training weekend for those selected team members and the team Leader	is Saturday and Sunday 29th and 30th September, 2012

Further inquiries to

Helen Ryan
GSE Chair D9670
Phone: 0409 842 455
P.O. Box 121
Nelson Bay 2315
Email: heryan@iprimus.com.au



Other details regarding the GSE are available on the Rotary International website: www.rotary.org.

GSE Team Member

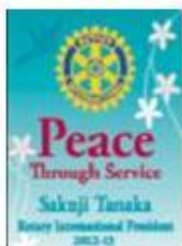
Membership of the team is open to a person in permanent employment or in a business as owner or partner, and in a recognised profession. A person who is a relative or partner of a Rotarian is most definitely not eligible, and there must be least a 3-year time lapse between a relative or partner having been a Rotarian and the departure of the team. There is no gender restriction for a team member.

There is an age-range into which prospective team members should fit – 25 to 40 years. A person may not be already 40 years of age at the time of departure.

The committee will be looking for people who are interested in world understanding, who are out-going in nature and are willing to operate in a co-operative team environment. Some knowledge of Rotary will be useful, and a willingness to learn more will be essential.

Team members will be expected to participate in all training sessions after selection, and must bear some of the uniform costs and all passport, entry visa, additional fees and taxes associated with the travel, as well as gifts and personal clothing. This may be between \$800-00 and \$1000-00. They will also need to prepare a presentation which will be made on several occasions, including at the hosting District's Annual Conference if the exchange coincides with that event.





Rotary District 9670 Foundation Committee Inc. (Cont)

All airfares for the team are paid for by the Rotary Foundation, and all tickets are arranged through that body. There is a mandatory cost of \$500.00, which is paid to the District for assistance in covering preparation costs. This is paid **only** if you are selected for the team. Accommodation, travel within District 1090, and meals are all the responsibility of the hosting District and Clubs. Partners and other close family members may not accompany any team member, but are welcome to join the team member on any tours that take place after the exchange program is completed. All such tours are at the expense of the individuals concerned, but travel insurance for the team member is covered through our District Insurance.

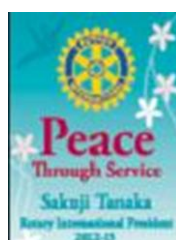
Candidates for the exchange must ensure that leave is available to them for the full duration of the exchange.

Here are some very important dates:

Closing date for team member	Friday, 31st August 2012
Team member interviews	Saturday, 8th September 2012
Final selection weekend	Friday 14th September to Sunday 16th September 2012

Training weekend for those selected team members and the team Leader is Saturday and Sunday 29th and 30th September 2012.

Helen Ryan
GSE Chair D9670
Phone: 0409 842 455
P.O. Box 121
Nelson Bay 2315
Email: heryan@iprimus.com.au



*Think of giving not as a duty
but as a privilege.*

- John D. Rockefeller, Jr





District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Hat Day is returning in 2012!

Mental illness affects one in five Australian's every year. With consequences of illnesses such as depression being as serious as suicide, the need for research is ever increasing.

Hat Day in May was a great success, raising thousands of dollars for research thanks to supporting Rotary Clubs and organisations around Australia. Last year Australian Rotary Health funded more than 40 studies into various areas of mental health and this year we are determined to beat that!

So, Hat Day is returning again in 2012 on the 12th of October as part of Mental Health Week, with Melbourne playing host to the Hat Day events.

Hat Day is a fun day that encourages everyone to find out more about mental health and help raise funds to aid mental health research.

If you couldn't get involved in May's Hat Day, now is the time to encourage your Club to wear a hat and donate to Hat Day in support of mental health research.

We are hoping to make the move into October a permanent thing and we would like your help in promoting Hat Day in your community. Why not make it one of your clubs permanent public relations, membership and service projects to help us support more research into this vital field of health?

If you would like to know more, please see your Club President, call 1800 781 878 or email info@hatday.com.au for more information.

Jacqueline Mercieca

Media and Communications Officer
Australian Rotary Health

+61 2 8833 8331

www.australianrotaryhealth.org.au

[Find us on Facebook](#)



"Rotarians help provide service through fellowship, and social networking is one of the many ways Rotarians are connecting online. Visit Rotary International's official social networking pages and join the conversation."

<http://www.rotary.org/>



graffiti

REMOVAL DAY

2012

Sunday, September 23, 2012

Rotary District Governors in NSW have appointed the following Rotary leaders to serve as District Co-ordinators for Graffiti Removal Day.

9640	Terry Brown (Lismore)	0427 500 610	terry.carolbrown@bigpond.com
	PDG Peter Robinson (Grafton)	0408 680 732	dg0910@commander360.com
9650	Joyce Durey (Armidale)	0407 005 910	durey@bigpond.net.au
9670	PDG Janette Jackson (Cessnock)	0419 421 154	jj4211@bigpond.com
9680	Cliff Hoare (Dural)	0418 268 998	wedig@ihug.com.au
	Roger Norman (Turrumulla)	0414 445 361	rno000230@bigpond.net.au
9690	Tom Colless (Katoomba)	0418 274 751	tc@colless.com.au
9700	Bob Campbell (Griffith)	0410 562 669	Bob.Campbell@griffith.nsw.gov.au
9710	Fiona Kibble (Nowra)		fakibble3@bigpond.com
9750	PDG Phil Whyte (Miranda)	0418 219 118	pdwhyte@ozemail.com.au
9790	Terry Simmons (Albury)	0438 284 070	simmos.home@internode.on.net

Rotary Clubs already involved in Graffiti removal in there areas - or clubs who would like to acquire such skills and resources - are invited to register their expressions of interest with the appropriate District Co-ordinator as soon as possible.
Extensive sponsorship is available to support participating Rotary clubs.

Telephone: 1 300 665 310, or
Email: info@graffitiremovalday.com.au

Full planning details and general information for
Graffiti Removal Teams is available on our

Graffiti Removal Day website www.graffitiremovalday.com.au

Graffiti Removal Day is a Rotary Down Under community action program in partnership with the NSW Government



OLIVER!

Our Rotary Club has concession priced tickets to the first night (Aug 15th) of the latest Metropolitan Players production, Oliver. Tickets are \$40.00 each instead of \$48.00. Some of that is going to our charity fund, so do yourselves a favour and get back to me with numbers.

David

Past-President

Rotary Club of Newcastle Enterprise Inc

2010-2011

02 4968 2020

The Company that brought you "The Boy From Oz" and "Grease"
METROPOLITAN PLAYERS INC.
Directed By Julie Black

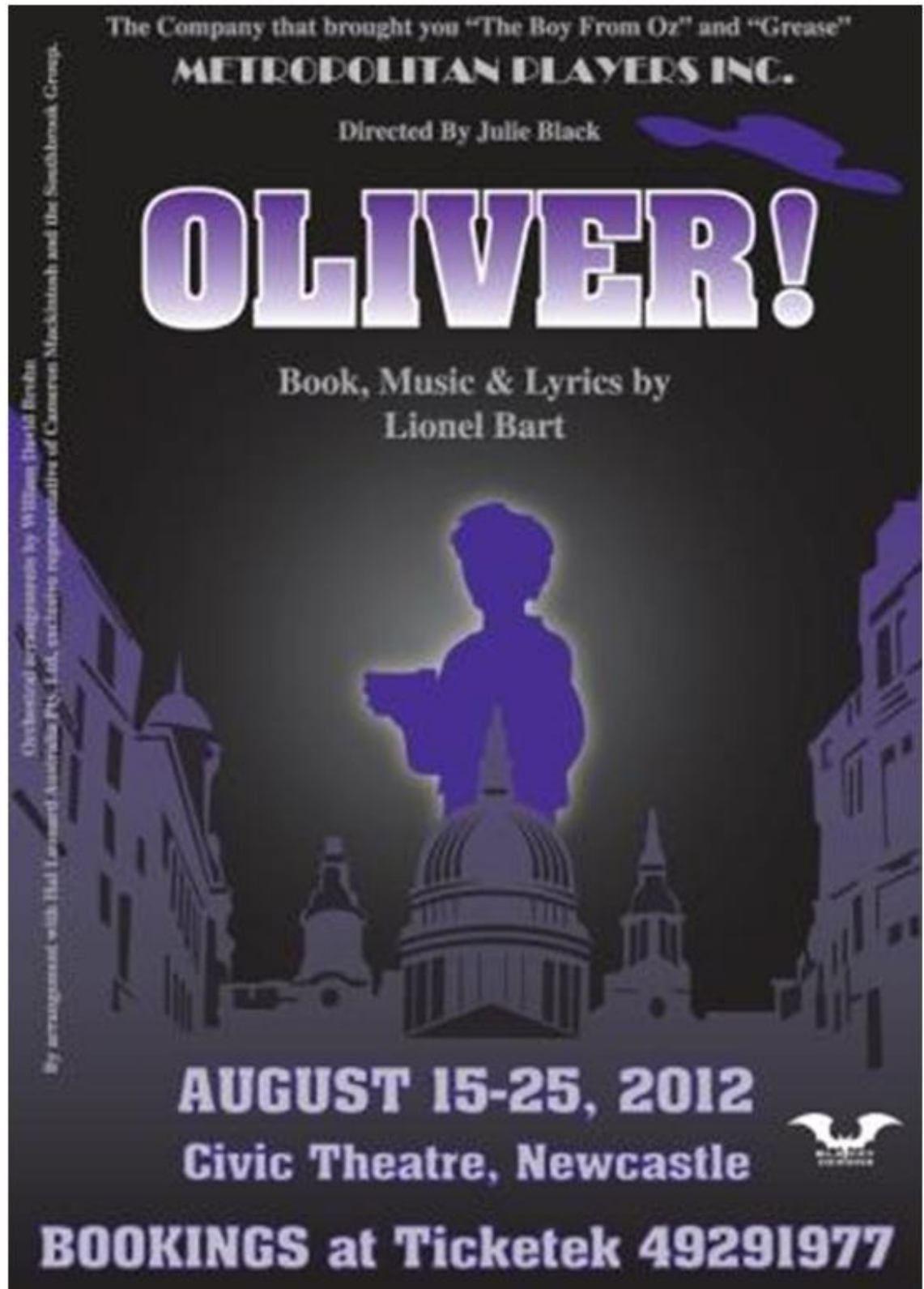
OLIVER!

Book, Music & Lyrics by
Lionel Bart

*Orchestral arrangements by William David Berda
By arrangement with Hal Leonard Australia Pty. Ltd. exclusive representative of Cameron Mackintosh and the Southbrook Group.*

AUGUST 15-25, 2012
Civic Theatre, Newcastle

BOOKINGS at Ticketek 49291977





Make the most of your trip to PORTUGAL for the **ROTARY 2013 INTERNATIONAL CONFERENCE**

A trip to Portugal for the Rotary 2013 International Conference is your opportunity to explore the spectacular scenery and tour options available.

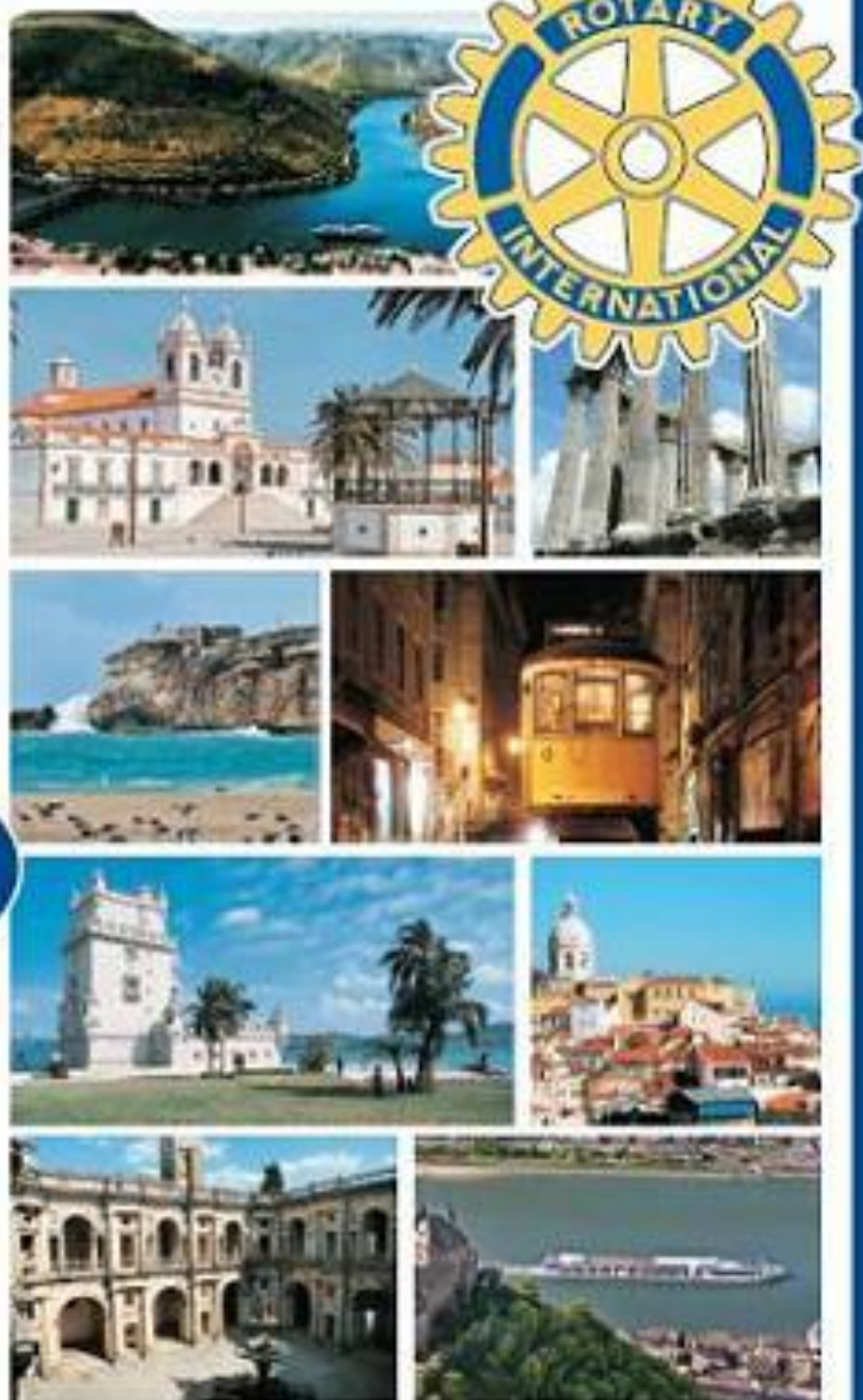
Geoff Pearson of Harvey World Travel Kotara is a proud Rotarian from district 9670 and is very excited to offer Australian conference goers travel packages designed to make the most of beautiful Portugal!

11 DAY UNIWORLD RIVER CRUISE departs 30 May 2013

Lisbon - Coimbra - Porto -
Billetes - Regua - Pinhao - Vega
de Terron Spain - Castelo
Rodrigo - Regua - Porto

13 DAY IBERTOURS TRAVEL TOUR departs 9 JUNE 2013

Porto - Nazare - Fatima - Tomar
- Evora - Sagres - Lisboa



Got something else in mind?

We can create a package to suit you - flights, tour dates closer to the conference, other European touring packages... the options are endless!

Ask us about Scenic Tours, APT, Insight Vacations, Intalgar Tours, Globus, a Mediterranean Cruise - Europe is your Oyster, let us know what you want and we'll make it happen together with the 2013 Rotary International Conference in Lisbon, Portugal.

Ask THE TRAVEL PROFESSIONALS

Mr Hutton 4959 9235
Charlestown 4943 6022
Kotara 4957 7278

Glendale 4953 6600
Toronto - Leisure 4959 8666
- Corporate 4032 7828

Talk to an Agent who's been there...

www.wherewevebeen.com.au



HARVEY
world travel

The Travel Professionals®

FLIGHTS HOLIDAYS TOURS CRUISES INSURANCE FOREIGN EXCHANGE CAR HIRE GIFT CARDS GIFT REGISTRY

PORTUGAL DISCOVERY OPTIONS

ROTARY 2013 INTERNATIONAL CONFERENCE



OPTION 1

11 DAY UNIWORLD RIVER CRUISE Portugal, Spain & the Douro River Valley



Departs Lisbon 30 May 2013

Day 1: Lisbon
Day 2: Lisbon
Day 3: Lisbon
Day 4: Lisbon, Coimbra, Porto
Day 5: Porto, (Guimarães), Bilelos
Day 6: Régua, Pinhão
Day 7: Pinhão, Vega de Terrón (Spain)
Day 8: Vega de Terrón (Salamanca, Spain)
Day 9: Barca d'Alva (Castelo Rodrigo), Régua
Day 10: Porto
Day 11: Depart Porto - 9th June 2013

from **\$4208.00*** plus Port taxes: \$107.60 per person
per person
Upgrade costs: Cat 1 \$625.00, Cat 2 \$375.00
A limited number of single cabins are available in
Cat 1 & Cat 2, please enquire for pricing

OPTION 2

13 DAY IBERTOURS TRAVEL TOUR Exploring the best Portugal has to offer



Departs Porto 09 June 2013

09 Jun Porto - Nazare
10 Jun Nazare
11 Jun Nazare - Fatima - Tomar
12 Jun Tomar
13 Jun Tomar - Evora
14 Jun Evora
15 Jun Evora - Sagres
16-21 Jun Sagres
22 Jun Sagres - Lisbon

from **\$2758.00***
per person
with share

Visit Herdade do Esporão wine Cellar with 2 wine proof + lunch, on the way to Tomar-Fatima, stop at a Horse/Stud farm for a guided visit to see the First Stables, Training, Stallions Deposit plus also visit to the Falconry, Cathedral of Evora and Bones Chapel and the Knights Castle at Tomar, plus much more!

OPTION 3 Maximise your time in Portugal AND COMBINE BOTH TOURS!

11 DAY UNIWORLD RIVER CRUISE + 13 DAY IBERTOURS TRAVEL TOUR

from
\$6966.00*
per person - twin share



Ask THE TRAVEL PROFESSIONALS

Mt Hutton	4959 9331	Glendale	4953 6604
Charlestown	4948 6321	Toronto - Leisure	4959 8664
Kotara	4957 7174	Corporate	4032 7828
Talk to an Agent who's been there...		www.wherewevebeen.com.au	

HARVEY
world travel
The Travel Professionals®

✓ FLIGHTS ✓ HOLIDAYS ✓ TOURS ✓ CRUISES ✓ INSURANCE ✓ FOREIGN EXCHANGE ✓ CAR HIRE ✓ GIFT CARDS ✓ GIFT REGISTRY

*Taxes and service charges. Travel Insurance, airfare and visa fees are not included in pricing. For full itinerary and booking conditions, please see brochure.

<http://www.wherewevebeen.com.au/Portugal-2013>



Geoff Pearson → Owner
Harvey World Travel Mount
Toronto/Kotara/Charlestown/Glendale/Mt Hutton
18/2 Westfield Shopping Centre, Kotara NSW 2289
Phone (02) 4957 7278 Fax (02) 4957 6981
Email: geoff.kotara@harveyworld.com.au



Happy while helping

BRIAN Vidler, 79, is a retired engineer and company general manager who's been married to wife Faye for more than 57 years, and still manages the insurance needs of 50 Rotary clubs in his district.

He walked in to his regular Newcastle Enterprise Rotary club meeting last week and got the shock of his life when his family, friends and Rotarians from as far away as Dubbo sprang a surprise celebration to mark his 40 years in Rotary.

"I was quite taken aback actually. Quite overwhelmed," he said last week.

"I never looked for any plaudits."

Mr Vidler was presented with an inaugural exemplary service award from his district, and became the inaugural Fellow of his club.

We had a lovely chat about his outstanding history with Rotary, his life in Newcastle, and a general state of the nation tour which included our joint despair over the state of federal politics, a despair we agreed was shared with our fellow Australians.

I was under strict instructions not to write about Mr Vidler the individual, because that would embarrass him.

I said I wanted to write about his contribution to the community because he represents many people whose unpaid work is the glue – and pardon the slightly icky imagery – that keeps society going.

And research shows it's the volunteers of this world, and particularly volunteers past retirement age, who are the most contented people in our communities.

Mr Vidler was slightly embarrassed to admit it, but he joined Rotary reluctantly in June 1972 after he was given an invitation.



"I don't really recall why I was reluctant. It was probably because at the time I just saw it as another demand on a busy life," he said.

"I had my job, we had young children and elderly parents who were ailing, and joining Rotary was going to be just another demand on my time."

But the social contact, fund-raising and working to improve the community – whether at home or via Rotary projects around the globe – was almost immediately attractive, Mr Vidler said.

His club raises about \$100,000 per year which is returned to the community. Newcastle Enterprise has supported Kaleidoscope, the umbrella organisation that integrates public health services for children and young people, for a number of years.

Multiply that single Rotary club's contribution by 50, for the other clubs in the district, and then add the many other community groups and organisations across the Hunter region, and it's easy to see why we depend on volunteer groups, and volunteers, to keep society going.

There is plenty of research to support the

theory that working for others, rather than focusing exclusively on our own wants and needs, is good for our mental health.

In a 2008 paper titled *The impact of volunteering on successful ageing*, two American researchers explored the essential elements needed for contented and meaningful life after retirement.

Volunteering helped people increase their self-esteem and self-efficacy, but it also provided another vital element in a contented life – positive social interaction.

Brian Vidler's 40 years in Rotary has provided him with what researchers would call "social capital", and what he would call friends.

They're the people he's shared a laugh with at countless Rotary barbecues, trivia nights and golf days, or at meetings to organise youth exchanges between Australia and other countries, or while co-ordinating the insurance needs of his district's 50 clubs, a job he has held since 1989.

And they're the people who gave him a standing ovation when he turned up at his club meeting last week and found he was the guest of honour.

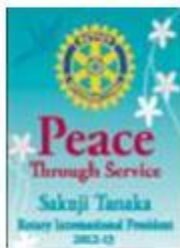
"I am a contented person, and my wife and I are contented people," he said.

"I think if you're doing things for others, and with others, you're able to think about things other than yourself, and you feel good about that."

And so that I don't embarrass him, I'll say that the description of Mr Vidler as "highly ethical and honest" and an "example for others to follow" on one of his awards last week is probably the description of many others like him in our community.

Earlier this week, Rotary lost one of its heroes in Bill Little – Eastern Region Volunteer Coordinator of RAWCS. I am sure that you will join me in expressing great sorrow in Bill Little's passing, to his wife Irene. He will be sorely missed by his colleagues in the Eastern Region and all others who have come into contact with him. Bill was a stalwart of his District 9690 and will be remembered in particular by those whom he has supported and assisted in the Philippines Village Aid Program.

Peter Raynor



District Governor's Newsletter
D9670
www.rotary9670.or.au



July, 2012

Attendance Report: June

CLUB	Current M'ship	July %	CLUB	Current M'ship	July %
ADAMSTOWN/ NEW LAMBTON	27	89.5	MYALL COAST	24	57.14
BELMONT	24	73.1	NARROMINE	13	69
BENNETTS GREEN	0	0	NELSON BAY	48	86.5
BOURKE	18	59	NEWCASTLE	0	0
CARDIFF	15	73.33	NEWCASTLE ENTERPRISE	0	0
CESSNOCK	27	65	NEWCASTLE SUNRISE	0	0
CESSNOCK WINE COUNTRY	0	0	NEWCASTLE HARBOUR	0	0
CHARLESTOWN	0	0	NYNGAN	0	0
COBAR	20	71.46	PATERSON	18	88
DENMAN	17	74	RAYMOND TERRACE	0	0
DUBBO	22	75.76	RUTHERFORD / TELARAH	28	72.24
DUBBO MACQUARIE	25	94.4	RYLSTONE / KANDOS	0	0
DUBBO SOUTH	47	83.51	SALAMANDER BAY	0	0
DUBBO WEST	45	83.55	SCONE	8	84
DUNGOG	0	0	SINGLETON	0	0
EAST MAITLAND	0	0	SINGLETON ON HUNTER	0	0
KURRI KURRI	13	90	TORONTO	0	0
MAITLAND	0	0	TORONTO SUNRISE	0	0
MAITLAND SUNRISE	0	0	WALLSEND / MARYLAND	0	0
MERRIWA	20	94	WARATAH	22	82.5
MORISSET	0	0	WARNERS BAY	0	0
MUDGE	0	0	WARREN	0	0
MUDGE SUNRISE	0	0	WELLINGTON	0	0
MURRURUNDI	0	0	WILLIAMTOWN	15	80
MUSWELLBROOK	17	80			

I hope that you enjoyed reading the July edition of the DG's newsletter. I would like to thank everyone who contributed articles and information to it.

Please note that the submission deadline for the next newsletter is the 10th August. Please put DG Newsletter and the relevant month in the subject line. I kindly ask that you submit in (simply formatted) Word or PDFs that are mainly images. PDFs that are complicated with text do not translate very well into the newsletter document. Captioned photos are very welcome. Thank you, Nora Jones, Editor.

