



Rotary International District 9670 Inc

PETER RAYNOR
District Governor 2012-13

April, 2013

Welcome to the April District Governor's Newsletter.

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We hope that you enjoy reading the April edition of the DG's Newsletter. Please note that the submission deadline for each edition is the 10th of that month. Please put DG Newsletter and the relevant month in the subject line. Please submit in Word only with minimal formatting. Captioned photos are very welcome.

Thank you.

Nora Jones: nora.jones@y7mail.com

**ROTARY INTERNATIONAL
DISTRICT 9670 INCORPORATED**

District Governor

2012-2013

Peter Raynor

Governor 2012-13

R.I. District 9670

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Message from the DG

Dear Rotary friends,

I am unable to start the April Newsletter without reflecting on the huge success of our Magic of Rotary Conference in Port Macquarie

Almost 350 Rotarians, Partners and Friends gathered in the best of Rotary Spirit to share in friendship and celebrate all that Rotary does both locally and globally. Our Magic commenced at an informal first ever Thursday night BBQ hosted by the Rotary Club of Port Macquarie West. This relaxed atmosphere continued the whole time through to a fun Beach Party Themed Dinner on Friday to Saturday and Sunday Conference Sessions featuring an array of amazing motivational Speakers, Australian Rotary Health, Club, GSE and Youth Exchange Student Presentations. I know I speak on behalf of all attendees when I say all Presenters were of a world class calibre.

The Rotary Foundation had a huge exposure with the End Polio Now Challenge initiated by Chair PDG Alex McHarg inviting Clubs to vie for the highest per-capita giving, to be rewarded with an 'End Polio Now' pin for all members of their Club.

This challenge was well met with over \$8,000 being given or pledged to the End Polio campaign. The winner of the Challenge was the home of the District Governor, the Rotary Club of Warners Bay with a per-capita commitment of \$200 per member.





Rotary International District 9670 Inc

district9670

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**ROTARY DISTRICT 9670
LEADERSHIP 2012-2013**

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require prefix 02 if
dialling from outside New South Wales*

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PDG Greg Bevan and Lorraine
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District Treasurer
Ron Glascott and Lynne
RC of Charlestown
treasurer@rotary9670.org.au

Message from the DG (Cont.)

Marg and I say a huge thank you to all who made this wonderful four days the success that it was. The atmosphere at the end of the Conference was Rotary Magic at its best as old and new friends said their farewells until, for many, our next Conference in Newcastle March 2014.

To check out all the action, go to:

<http://www.flickr.com/photos/vk2gwk/sets/72157633075656616/>

Speaking of The Conference we were indeed fortunate to have PDG Des Lawson appointed as RI President Sakuji Tanaka's Representative. Des came to us wearing many hats, one of which is the Chair of Rotary Down Under. Most of us know RDU as our Monthly magazine which arrives on our doorstep full of wonderful Rotary news and stories.

Like many things in Rotary change is happening – Under Des's stewardship RDU is moving forward, delivering services far beyond what we could have only imagined a few years ago. The RDU organisation is taking the traditional magazine and moving into new dimensions of communication forms to deal with tomorrow's world.

RDU magazine is now delivered in an electronic form and will soon be available with an app for mobile phones allowing the magazine to recognize and adapt to the size or shape of any screen. This does not mean goodbye to the hard copy delivered by post. RDU have made a long term commitment to produce hard copy for as long as it is required.

A great opportunity for Clubs to connect with the outside world is via the internet – so easy and yet many Clubs do not have a website or some that do are out of date. No longer will Clubs need to have an IT Guru in their midst. RDU is now developing websites for Clubs which for a small fee will be updated with current Rotary information and will soon have the ability to link directly to Rotary International. These new websites will also have an ability to feature sponsorship to offset establishment and maintenance costs.

But let's not forget that without good news stories even the best magazines will struggle to retain readership.

One of the most rewarding aspects of my Governor's year has been the Club visits where I have been fascinated by the projects and fundraising initiatives. These stories should be shared with all. Why not submit an article together with some happy snaps – Imagine the pride in your Club when an article describing one of your Clubs projects is highlighted across Australia and New Zealand.





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Friday the 12th of April we said farewell to our visiting GSE Team from District 1090. The team delivered all that was expected of them with excellent Club and Conference presentations with each member experiencing valuable vocational visits. My special thanks to team leader Frank Knowles for his wonderful presentation at our District Conference on his Vocational Experiences as a fire fighter in the U.K.

Thank you to our GSE Host Clubs – Raymond Terrace, Greenhills/Maitland, Muswellbrook, Mudjee Sunrise, Singleton on Hunter and Newcastle Enterprise. Your contribution has been truly appreciated. A special thank you to Raymond Terrace for hosting the arrival Dinner and my gratitude to Newcastle Enterprise, for hosting the farewell Dinner. My appreciation also goes to the The Greater Building Society for their sponsorship of The Rotary Foundation Dinner.

Now, some great news for next year:

The Rotary International Convention will be held in Sydney 1 -4 June, 2014 and I am pleased to say I have accepted an invitation from DGE Brian to be our District Representative for this event.

There will be some fantastic opportunities for our Rotarians to participate, host International visitors or just be a spectator at the greatest Rotary show on earth. I will be in touch with Clubs as more details are released by the Host Organising Committee.

Until next month, stay safe and enjoy your Rotary.

Peter Raynor

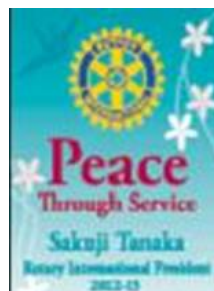
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district9670

April, 2013

mrag
MAITLAND REGIONAL ART GALLERY



Q&A Fundraising event: 6pm, Saturday 1 June 2013

Q&A
FUNDRAISING EVENT
6PM, SATURDAY 1 JUNE 2013
Tickets \$95 RSVP 24 May

food, wine, music,
lively discussion, spirited
debating, prizes, auctions

mrag
PH: 02 4934 9859

This dynamic and unique evening is presented by the Rotary Club of Maitland Sunrise Inc as a fundraiser for Maitland Regional Art Gallery (MRAG) education programs.

Wonderful food and wine will complement the lively discussion and spirited debates of the Q&A, while more fun will accompany the auctions, raffles and wonderful prizes of the evening.

Culture, Creativity and the Community all on one night!






Q&A

Hosted by:
PAUL BEVAN
1233 ABC Newcastle

Maitland's very own version of the popular ABC program Q&A will throw together a bunch of thinkers and doers to discuss, debate and generally thrash out an array of hot topics.

Questions from the audience encouraged!

Panelists:

BOB CAMERON AO
Business and Community Leader

JOE EISENBERG
Cultural Director Maitland Regional Art Gallery

JOSH CALLINAN
Sports Journalist

EMMA SWAIN
Journalist

KELLIE TRANTER
Legal Activist

After canapes and champagne at the art gallery, guests will move across to Maitland Town Hall for dinner and debate with our special guest panel, interspersed with the fund-raising activities of the evening.

The visual and mental stimulation of this evening mirrors how education is seen at Maitland Regional Art Gallery - key to all exhibitions and central to the experience of gallery visitors in providing relevant and thoughtful opportunities for making, looking at and discussing art.

The education programs at MRAG are designed provide a multitude of value-added experiences to our audience - from babies up and across all age-groups - when they visit the gallery. The funds raised from this evening will go towards enhancing our existing and planned education programs.

We believe that these programs are essential in providing diverse opportunities for all sections of our gallery audience so that they can gain on-going meaning and enjoyment from their involvement with Maitland Regional Art Gallery.

This unique event is to support a unique cultural hub of Maitland!

May is Australian Rotary Health Month



Rotary Clubs and Districts will this month celebrate the largest national, multi-District project they have embarked on in Australia. Over 210 countries in the world have Rotary organisations and Australia is the only one to have its own health fund, in their own name.

Australian Rotary Health has been funding research into SIDS, Bowel Cancer, Breast Cancer, Motor Neuron Disease, Diabetes and a variety of health areas for over 31 years – expending over \$31 million in the process. In 2000 they directed funds into Mental Health research; as 45% of the Australian population will suffer a mental health difficulty during their lifetime and mental illnesses are now the leading cause of the non-fatal disease burden in our country.

As the financial year comes to an end, we encourage all Rotary Clubs to consider making a donation to the work of Australian Rotary Health. Your funds will be used to help us improve the lives of those least able to assist themselves.

Research Equals Results



Preventing Sudden Infant Death Syndrome – Ian Scott’s founding vision accomplished!

One of the first studies to be funded by Australian Rotary Health was led by Professor Terry Dwyer studying cot death. Keeping records of 4,200 babies born in Tasmania between 1988 and 1991, Professor Dwyer’s research linked the deaths of 35 of these infants to their sleeping position. Public health authorities now recommend that babies be placed on their backs to sleep – a universal guideline leading to a dramatic reduction in SIDS deaths worldwide.

Reducing Domestic Violence – a Victorian Rotary vision accomplished!

A study led by Professor Thea Brown in 2008 revealed that men’s behaviour change groups have a positive effect on reducing instances of domestic violence in Australia. 69% of clients who enrolled in the behaviour change programs stopped all forms of violence and a further 22% reduced the level of violence they inflicted. This was an Australia-first study to assess the relevance of male intervention programs, and a step forward in understanding what drives men towards domestic violence.

Breast Feeding to Maximise Nutrition & Growth – a WA Club’s vision accomplished!

Gemma Mcleod was funded by the Rotary Club of Thornlie, WA to conduct her PhD study at the University of Western Australia. Human milk is the preferred and recommended feed for infants however its nutrient composition is sometimes insufficient to meet a preterm infant’s needs for growth. Postnatal growth failure can cause irreversible and adverse health conditions later in life. Gemma tested the process of commercially fortifying human milk to improve and maximise its nutrition and promote healthy growth for babies.

Current Projects

Bridging the Gap through Indigenous Health Scholarships - Supporting Indigenous Australians to obtain qualifications in the fields of health and medicine is one way of helping to close the gap between the health of Indigenous and non-Indigenous Australians. Indigenous Health Scholarships assist students with their day-to-day expenses and help to ease family and financial pressures.



Gari Watson is a 4th year dental student at James Cook University, Qld.

“I want to work with Indigenous Australians because there are next to no Indigenous dentists and oral health professionals. There’s a need for more culturally appropriate services and I want to see better communication.”



May is Australian Rotary Health Month (Cont)

Addressing rural staff shortages through Rural Nursing and Medical Scholarships - These Scholarships provide incentives and support for nurses and doctors in-training to undertake a year-long placement in a rural hospital. Nurses and doctors who study rurally are more likely to stay working rurally when they graduate.

Our Focus is Mental Health Research – Australian Rotary Health funds a number of mental health research projects through Post-Doctoral Fellowships, Research Companion PhD Scholarships, Mental Health Research Grants and Ian Scott PhD Scholarships.



Ashley Jayne Skilleter, 2011-13 Ian Scott PhD Scholar - UNSW

Ashley has been using a relatively new brain stimulation technique called 'transcranial Direct Current Stimulation (tDCS)' to reduce auditory hallucinations, impairments in cognition and negative symptoms in patients with Schizophrenia - all of which are non-responsive to existing antipsychotic medication treatments.



Dr Christopher Lee, 2011-13 Mental Health Researcher – Murdoch University, WA

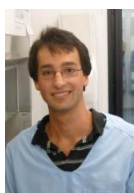
Borderline Personality Disorder (BPD) is a chronic condition affecting between one and two percent of the population. A treatment specifically developed for BPD, Schema Therapy, has been found to be more effective than existing treatments. This study is part of a large scale international study to investigate the efficacy of the treatment programme across six countries and five languages.



Professor Jeanette Milgrom, 2011-13 Mental Health Researcher – University of Melbourne, Vic.

Around 30,000 women annually experience Post Natal Depression (PND) and the majority of women (50-70%) do not accept help. Professor Jeanette Milgrom has been examining the efficacy of a brief motivational interviewing intervention delivered in the context of a routine postnatal screen to improve the uptake of treatment when women experience PND. Motivational Interviewing has shown enormous success in other fields of healthcare.

Partnering Rotarians and Research through Funding Partner PhD Scholarships – A large portion of our expenditure goes towards this program. Many Rotary Districts, Clubs and Individual Rotarians are able to fund a particular area of health research through these Scholarships.



District 9830 is helping Sarron Randall-Demillo at the University of Tasmania to find the cause of Bowel Disease and its links to Bowel Cancer.



The Rotary Club of Liverpool West and District 9690, NSW co-fund a Scholarship for Rayan Saleh Moussa at the University of Sydney to test new treatments for melanoma.

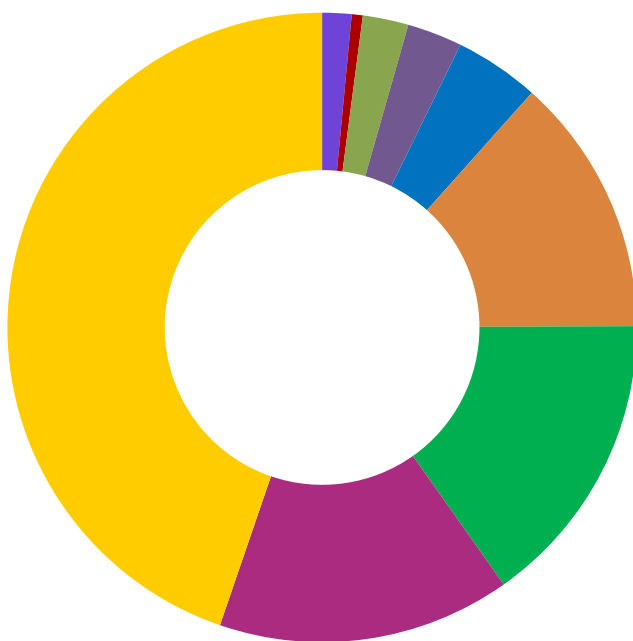


The Rotary Club of Strathmore, Victoria uses funds for Anna Devlin's research at Deakin University. She investigates the driving behaviour of older drivers with cognitive impairment and looks at how families can help these drivers on the road.



May is Australian Rotary Health Month (Cont)

2013 Funding...



- 1 Special Research Grants \$40,000
- 3 Rural Medical Scholarships \$15,000
- 5 Rural Nursing & Indigenous Scholarships \$62,500
- 1 Post-Doctoral Fellowship \$75,000
- 4 Research Companion PhD Scholarships \$116,000
- 8 Mental Health Research Grants \$354,149
- 14 Ian Scott PhD Scholarships \$406,000
- 80 Indigenous Health Scholarships \$400,000
- 41 Funding Partner PhD Scholarships \$1,189,000

Events happening in Australian Rotary Health Month

Wednesday 1st – Friday 3rd May: The Australian Rotary Health Symposium

International House, ANU, Canberra, ACT

This year's title is 'Prevention of Mental Disorders Across the Lifespan: Setting New Directions for Research'. The Symposium will see 25 researchers, 5 policy makers and 3 funders come together for presentations and discussions on Mental Health during five phases of life: prenatal and early childhood, childhood (5-12 years), adolescence, adulthood and old age. The Symposium will end with sessions on putting prevention into practice and discuss how Rotary Clubs might be engaged in preventing mental disorders.

Sunday 12th May (Mothers Day): Risky Distance Point Danger to Mount Warning, Qld.

Darryl Hill, a 26-year-old from Mooloolaba, Qld a 'Risky Distance' marathon raising money for Health. He will run from Point Danger to the top



has organised to run Australian Rotary of Mount Warning, which is 51km.



Saturday 18th -

Sunday 19th May: Banish the Black Dog Ride Townsville to Ayr, Qld.

The initiative of District 9550 and the Rotary Club of Townsville Central where proceeds will support Australian Rotary Health.



May is Australian Rotary Health Month (Cont)

Participants will ride from Townsville to the Ayr Showground, camping outside with light entertainment in the evening. In the morning they return to Townsville via the base of Mount Elliot which is approximately 260km round trip.

Sunday 19th May: The Parra-Amble Parramatta, NSW

The Parra-Amble is part treasure hunt, part 'Amazing list of clues and a map to find Checkpoints around then they must complete a Checkpoint Challenges to fun event for EVERYONE raising money for mental through Australian Rotary Health. Visit www.parra-register.com to register or volunteer.



Race'. Teams get a Parramatta, and get points. It's a health research amble.com to

[Doing good in the world is now much easier](#)

We live in a hi-tech world and working on-line for things such as contributing to The Rotary Foundation should be a simple task – and it now is. The massive changes made to the contribution facility on the RI website now allow contributions to be made in Australian and New Zealand currencies, and processing the contribution through those two local banking systems ensures that tax deductibility is provided.

Rotary Direct saves in a number of ways:

Time – Sign up once to give continuous support. You can make a 'one off' payment or schedule payments on a regular basis

Money – Lower administration costs mean more money for the programs

Lives – Give to The Rotary Foundation to keep doing good in the world

The great thing about this system is that contributions go directly to The Rotary Foundation, resulting in faster processing and achievement of club and personal charitable goals. It can also minimize work for the donor or the club's leadership by setting a schedule of contributions that count towards, Centurion, Paul Harris Fellow, Paul Harris Society and Major Donor recognition.

The system is a safe and very secure way to contribute to The Rotary Foundation. It requires Rotarian donors to register for Member Access on the RI website which is very simple task. One that's been done, just click on the "Contribute to Rotary Foundation" line in the bottom left-hand corner of the Member Access home page and you'll be on the way.

Call Bruce Allen on 02 8894 9840 for further information or email bruce.allen@rotary.org





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 29 May 2013

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

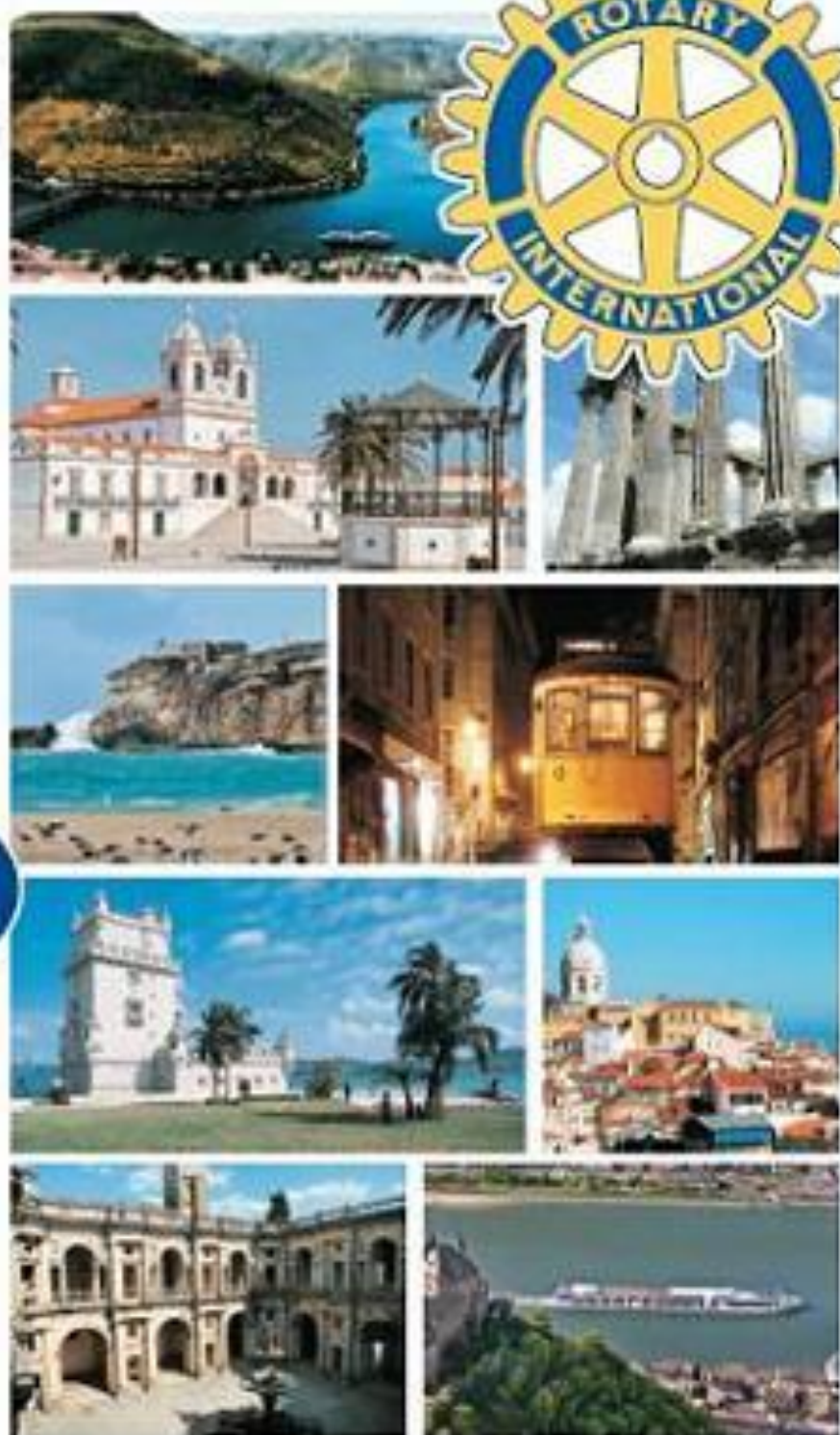
13 DAY IBERTOURS TRAVEL TOUR departs 9 JUNE 2013

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, Trafalgar 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

Mt Hutton	4959 9235	Glendale	4953 6600
Charlestown	4943 6022	Toronto - Leisure	4959 8666
Kotara	4957 7278	- Corporate	4032 7828
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PORTUGAL DISCOVERY OPTIONS

ROTARY 2013 INTERNATIONAL CONFERENCE



OPTION 1

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



from **\$4208.00*** plus Port taxes: \$1075.00 per person
per person. Upgrade costs: Cat 1 \$625.00, Cat 2 \$375.00
twin share (cat 3). A limited number of single cabins are available in
Cat 1 and Cat 2, please enquire for pricing.

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

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 - Fátima - 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
twin share

Visit Herdade do Esporão wine Cellar with 2 wines proof + lunch, on the way to
Tomar-Fátima, stop at a Horse/Stallion farm for a guided visit to see the First Stallions,
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

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*Prices will vary depending on the travel insurance, flights and visa fees, which are not included in pricing. The full itinerary and booking conditions apply, please see below.

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



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SCENIC TOURS
SPECIALIST

Platinum
ELITE PARTNER



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District Governor 2012-13

April, 2013

Community Involvement: March

Club Name	Contributions		Comments
	Hours	Financial	
Adamstown/New Lambton	60.00	\$8,000	Golf Day/Fencing/BBQ/ to SIDS for Kids/HPCA
Cardiff	106.00	\$1,000	Loop the Lake/ \$1000 to Cardiff High Library:50th Anniversary
Cessnock	130.00	-	RAWCS/Westpac Harmony Day/BBQ/District
Cobar			
Dubbo South	426.00	-	RYDA/Science/RFDS Ball
Greenhills/Maitland			
Kurri Kurri Sunrise	544.00	-	Stanford Methyl Infants/Hope Estate CMC Festival/Kurri Kurri Nostalgic Festival.
Maitland Sunrise	243.00	\$4,000.00	ASPECT School-\$4000/Conference/Admin/Q & A Charity/ Fundraising/Graffiti removal/Golf Charity Day
Morisset			
Muswellbrook		\$2,500.00	Obtained from Nissan for MUNA
Muswellbrook		\$1,000.00	Muswellbrook Eisteddford \$500 /Newcastle Variety Bash \$500
Myall Coast	85.00	\$1,950.00	2xRYPEN/ Muna/TG Primary School / Tasmanian and Coonabarabran Bush Fire Appeals
Nelson Bay	74.00	\$13,598.00	Project Neighbour/BBQ/Vocational/Admin/Tasmanian District and Coonabarabran Bushfire Appeal /Riding for the Disalbed/ PCYC/ARHRF
Newcastle Enterprise	193.00	-	Various Rotary Projects.
Newcastle Sunrise	52.00	-	Community
Raymond Terrace	36.00	-	Community BBQ
Rutherford/Telerah	175.00	\$120	Loop the Lake/Graffiti Removal/YEP-\$120
Williamtown	138.00	\$2,950.00	DG Partners Project/TRF-Polio/R/C Bundaberg East re: Floods.
Totals	2,262.00	\$ 21,520.00	





district9670

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District Governor 2012-13

April, 2013

Attendance Report: March

ROTARY DISTRICT 9670

CLUB	MEMBERSHIP	MARCH %	Mar Rank
Adamstown - New Lambton	28	92.7	2
Belmont	26	78.3	10
Cardiff	15	63	23
Cessnock	23	65	22
Cobar	22	57.7	25
Denman	22	78	11
Dubbo	25	75	14
Dubbo Macquarie	NS	NS	NS
Dubbo South	50	86	4
Dubbo West	49	76.83	12
Kurri Kurri	14	94.64	1
Kurri Kurri Sunrise	NS	NS	NS
Maitland	35	80.75	7
Maitland Sunrise	39	69	20
Merriwa	21	86.08	3
Muswellbrook	22	55	26
Myall Coast	24	68.18	21
Narromine	NS	NS	NS
Nelson Bay	54	80.39	8
Newcastle Enterprise	29	76	13
Newcastle Harbour	NS	NS	NS
Newcastle Sunrise	19	74	16
Paterson	20	73	17
Raymond Terrace	23	81.52	6
Rutherford Telarah	27	78.98	9
Salamander Bay	32	55	26
Singleton	42	71	19
Toronto Sunrise	NS	NS	NS
Waratah	19	75	14
Wellington	NS	NS	NS
Williamstown	22	62.5	24



**Have a
great
month!**

The support given by the above named Rotary Clubs is very much appreciated, You can assist further by sending details prior to 10th of each month as my deadline as my deadline is the 10th

Email address for Attendance: ppsivyer@bigpond.com

Please note that the submission deadline for the next newsletter is the 10th May. **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
nora.jones@y7mail.com

