



**D9670 District Governor  
Amanda Roach**

Issue 4  
October 2021



**SERVE TO CHANGE LIVES**



## *From the DG's desk ...*

As we continue in Covid19 lockdown across much of our District, a big shout-out to all our Clubs and Rotarians who continue to try different ways to stay in contact and remain relevant! It has been an absolute pleasure to join you in your Zoom meetings where possible, to hear some of the amazing service you continue to do safely and from afar, as well as the great efforts made to keep members engaged and being creative to do good Rotary work.

We have had some great opportunities to engage in some very worthwhile Learning and Development through both District, R.I. and Membership Voice – as well as zoom sessions to participate in discussion and learn about D9660 and the proposed Constitution and Bylaws.

Chair Carla Pittman has now advertised some further important learning options that will be available to you in October about Youth Protection. Again, I would like to emphasise the importance of this training for all Clubs, so please also

complete your Working with Children Checks, etc which should be given to your Club Youth Protection Officer, as well as lodged with the District's Youth Protection Officer, Neil Sharkey. Our District Certification to continue providing our wide array of Youth programs in the future depends on the compliance of all Clubs and members in this District, which includes WWCC registration and undertaking the Club training available.

This month's Rotary theme is "Economic and Community Development". This is a very important focus area not only internationally, but also on a local/national level due to Covid impact both on health and business levels, but additionally as we move forward in supporting education and vocational skill opportunities for communities as we emerge from the pandemic impact. We need to assist internationally for sure; however, moving forward it is so important for us to have a sound foundation in our own communities to be able to assist more globally from now on.

The International Day of Peace this year on September 21st was: "Recovering better for an equitable and sustainable world". We are all Rotary members to do good in the world – our service changes the lives of others, but most importantly it changes us, our perspectives, enhancing our creativity to make the future we want to see. That's my wish for this year: we work together to support our collective vision for a better future, harness the creativity we each contribute and ensure our young people are best equipped to meet the

challenges of what is undoubtedly ahead of them. Be the people who form the village to raise our children well and look after our most vulnerable members; be brave to take chances to contribute and try new, innovative ways to show great inspiration for those who come after us!

Let's hope by next Yarnings we are mostly able to meet face-to-face again; this will be, of course, under the guidelines and mandates with which we must comply.

Until then:

Cheers

*Amanda*



## *In this issue...*

Rotary Inspirational Women Awards ...	2
Economic and Community Development Month .....	2
The Jiwaka Story .....	2
District Transition Update .....	2
Essential Medical Re-Equipment Project .....	3
Please Help Natalie .....	3
Hands of Hope .....	4
KIVA .....	5
SEAK PROJECT (Safari's Education Aid for Kasaala) .....	5
Do You Have a Polio Story? .....	6
Zone 8 Regionalization Update .....	6
One Day : One Focus : Ending Polio : 24 October .....	6
'LIFT THE LID' HAT DAY – 10 October	7
Positive Peace in Warners Bay .....	8
"Our Club" ...in 100 Words... ..	9
Zone A Area Governor Report .....	9
Zone B Area Governor Report .....	9
Zone C Area Governor Report .....	10
Zone D Area Governor Report .....	10
2022 District Conference Bookings Now Open .....	10

**Deadline for next issue:**

**24 October 2021**

Email articles to: Elizabeth Friend...

[elizabethjoyfriend@gmail.com](mailto:elizabethjoyfriend@gmail.com)

## Rotary Inspirational Women Awards

The **Rotary Clubs of NSW** hosted the **Rotary Inspirational Women Awards** on Sunday 19 September.

Twenty finalists from all parts of the State were judged by panels of Rotarians from Rotary Districts across the State including Pam Sharkey, representing District 9670. The Inspirational Women's Awards (RIWA) recognise community service across all sectors and locations throughout NSW.

The Awards are open to all women across NSW who aren't a Rotarian. In keeping with Rotary's motto of **'Service Above Self'**, these Awards acknowledge and celebrate community service performed by women, through their various activities and endeavours, over and above

their normal daily role. NSW Minister for Women, Bronnie Taylor attended the ceremony, congratulating the winners and nominees and said the awards were an important way of acknowledging and thanking volunteers across NSW.

The five winners for each category were announced by the RIWA Awards Ambassador, Louisa Hope.

**2021 Young Rural Inspirational Woman of the Year – Gemma Campion – Dubbo.**

**2021 Young Urban Inspirational Woman of the Year – Mina Skandari – Campbelltown**

**2021 Rural Inspirational Woman of the Year – Sarah Bancroft – Millingandil/Bega Valley**

## Rotary Inspirational Women Awards



**2021 Urban Inspirational Woman of the Year – Melissa Histon – Newcastle**

**2021 Health Worker of the Year – Louise Murphy – Wollongong**

**Awards Patron, Her Excellency, Hon Margaret Beazley AC QC, announced the winners:**

**The 2021 Rotary Inspirational Woman – Sarah Bancroft**

**The 2021 Rotary Young Inspirational Woman – Mina Skandari.**

## District Transition Update

The following is a summary of the September Transition to D9660 events.

Incoming DG Neville Parsons canvassed both Districts with a second round of Expression of Interests for previously unfilled positions and other roles within the District which were not advertised in the first call for Expressions of Interest. This application process closed on 30th September and I believe DGE Neville will announce the various individuals who will be appointed to these positions very soon.

One announcement which DGE Neville did make was that Patrick Healey current President of Greenhills-Maitland Rotary Club will be the first D9660 Finance Chair. Congratulations Patrick and we acknowledge your commitment to Rotary and the skills which you bring to this important position, with around 2200 Rotarian's and 100 clubs.

On Monday 13th September the D9660 Transition team conducted a Zoom meeting for members from both District which outlined the organizational structures which have been developed to progress into the new District.

Another meeting was scheduled for Thursday 23rd September by the D9660 Transition team via Zoom for members from both Districts which was a Q & A session addressing both the D9660 Draft Constitution and Bylaws. This meeting was attended by about 100 Rotarians.

Finally the Transition team is meeting on Saturday 2nd October via Zoom as many of the committee are still in lockdown.

*IPDG David Roach*



Rotary supports investments in people to create measurable and enduring economic improvement in their lives and communities.

The Rotary Foundation enables Rotarians to invest in people by creating sustainable, measurable and

## Economic and Community Development Month

long term economic improvements in their communities and livelihoods by:

1. Building the capacity of entrepreneurs, community leaders, local organizations, and community networks to support economic development in impoverished communities;
2. Developing opportunities for productive work;
3. Reducing poverty in under-served communities; and
4. Supporting studies for career-minded professionals related to economic and community development.

## The Jiwaka Story

The Rotary Club of Greenhills-Maitland supports investments in people to create measurable and enduring economic improvement in their lives and communities.

During the last 10 years we have been working on the Nondugl Project situated in Jiwaka in the highlands of PNG. Some of the activities we have done include:

- Purchasing a pig so the village can raise piglets to sell.
- Supplying hand driven sewing machines so the village women can make their own clothes.
- Paying school fees so that children can attend school to learn and gain employment.

- The development of the **Paul Tunn Memorial dental clinic** has also been a major focus in the last few years.

See more here:

<https://www.facebook.com/jiwakadental/>

<https://youtu.be/ZCwV61FSqgI>

*PDG Adrian Roach Project Manager*



# Essential Medical Re-Equipment Project

## A project to re-equip the Gaurishankar hospital in Nepal with much-needed new, functioning medical equipment

The passion of Rotarian Dr Ray Hodgson for the people of Nepal, together with a robust community needs assessment and multi-District funding support has resulted in a project to re-equip the Gaurishankar hospital in Nepal with much-needed new, functioning medical equipment.

### Background

For the past 10 years Rotarian Dr Ray Hodgson has been leading surgical and nursing teams in regional areas of Nepal to address the high infant and maternal mortality rate, along with the problem of severe genital prolapse. Following the 2015 earthquake Dr Ray was in Charikot in the Dolakha region during the aftershocks and witnessed first-hand the death and infrastructure destruction in this area. A further visit in 2017 identified no signs of improvement in the repair or reconstruction of facilities.

Gaurishankar hospital had been providing health care for over 30 years; running in collaboration with Dhulikhel Hospital a non-government, not for profit hospital several hours away. Providing a basic health care system in rural Nepal is challenging and a population of more than 185,000 relies on this sole hospital to provide essential care.

Most of the medical equipment is old and outdated, with much being damaged in the earthquake. Patients only alternative option for good health care services would be to travel to

Dhulikhel or Kathmandu which are both too far for patients to travel and unaffordable.

District 9650 agreed to establish a Global Grant project to re-equip the hospital with new functioning equipment to meet the needs of the population in this area.

### Community Needs Assessment

International sponsor members plus the local hospital staff, allied health professionals and local community leaders conducted a community needs assessment using community meetings, interviews, and surveys to focus on what the local needs were. A list of needed equipment was made totalling USD\$266,000.

### Project Plan

The project plan was developed with input from community members, their leaders, experts, and members of local government. Included were quotes from local suppliers, a training plan for the use of the equipment and an equipment maintenance plan. Locally supplied equipment was found to be beneficial as suppliers were able to advise and support ongoing maintenance requirements.

### Funding

PDG Lorraine Coffey showcased the project at San Diego to enlist DDF support from other Districts. PDG David Hare, D7680, took up the challenge and enlisted the help of colleagues in neighbouring districts. Eight districts from around the world have collaborated to raise the funds needed, enabling a world fund grant of USD \$123,582.

### Global Grant project

Global Grant 1983109, submitted by the Rotary Clubs of Dhulikhel and Port Macquarie, was approved on 26 March 2020 with total funding of USD\$265,745 to be provided in two phases.

Since then, progress has been slow due to COVID and only phase 1 has been completed. The project is now waiting on the transfer of phase 2 funds to complete the provision of this much needed equipment.

### Sustainability

The people of this region have needed a better health care system and this replacement equipment will go a long way to supporting this need. Patients can be treated in their own locality making health care more accessible. Dr Ray Hodgson will continue his efforts providing workshops to help train, teach and improve the standards of patient care and surgery in this region.

*Edited version of article written by PDG Debbie Loveday, District 9650, 4 August 2021, which was provided by PDG Rob Anderson, Assistant Regional Rotary Foundation Coordinator, District 9650*



<https://a4wh.org/bookmodule/>

# Please Help Natalie

## For Sale Powerlift Electric Chair

Natalie is a young mother who was bitten by many ticks while working for National Parks some years ago and has contracted Lyme Disease, a bacterial infection. Initially her symptoms were fatigue and aches but this escalated to seizures, encephalitis and being confined to a wheelchair. As treatment for Lyme Disease in Australia is very limited, Natalie travelled to the United States and Mexico where she was able to have expert management of the disease. Unfortunately, the funds ran out before she was completely cured. Funds raised for Natalie will be used for treatment and ancillary expenses needed for management of her Lyme Disease and recuperation.

The Rotary Club of Nelson Bay has sponsored a Rotary Australia Benevolent Society (RABS) project to assist Natalie.

### HOW YOU CAN HELP!

**A TOPFORM Power Chair has been donated for sale by our club.**

All proceeds from the sale will be donated to the **RABS Project** to assist Natalie.

The chair was used for 2 months prior to the owner entering full care and her subsequent death. The chair has remained in storage, warranty has expired. The chair is in excellent condition and working order. Delivery will be arranged.



The original purchase price was \$4,000.

**The highest offer received by Friday 23 October 2021 will be accepted.**

### Forward offers to:

PDG Don Whatham: 0435 255 345 or [donwhatham@bigpond.com](mailto:donwhatham@bigpond.com)

Or PDG Helen Ryan: 0409 842 455 or [heryan938@gmail.com](mailto:heryan938@gmail.com)

*Thank you!*

**Rotary Australia Benevolent Society (RABS)** has been created by **Rotary Australia World Community Service (RAWCS)**, to assist Rotary Clubs and Rotary Districts in Australia respond to needs within their own communities - while gaining tax deductibility for donations made to these projects.

# Hands of Hope

## The story of our journey into Cambodia - Suzanne and Brian Morgan (SIM's Cambodia Inc)...

Our first venture into the jungle on Kulen Mountain in Cambodia had such a lasting impact upon us that we were compelled to help make a difference to the lives of the villagers in this impoverished area. The gaping holes in the floors of their huts, missing walls, roofs patched with sticks to withstand the monsoonal rains of the wet season, the dirty bare feet of the children, the totally inadequate water storage and the complete lack of sanitation secured our future as supporters for this community. No one had in the past made return visits to this remote location, so our initial offer of help was met with scepticism. Upon our return visit a few months later we were welcomed warmly as we distributed food supplies, mosquito nets, blankets, and thongs to prevent

hook worm. We made the visit to the village regularly each year despite the harrowing trip into the depths of the jungle where any impact with a tree would send a cascade of spiders, ants and other insects descending upon us. Not our favourite road trip!

We realised that our small contribution, although gratefully received, was not really having a lasting impact upon the future of the village of Kla Kamum. We sought to make a lasting change, one that would in some way elevate the people of this community out of poverty.

Our story about our work in Cambodia had been shared with the Rotary Club of East Maitland, and they generously donated wages for teachers in the area and supported the construction of a preschool in a nearby village.

Significant change was starting to happen. Upon joining Rotary, we were able to secure tax deductibility through RAWCS for SIM's Cambodia Inc and set about applying for a District Grant.

Our "Hands of Hope" District 9670 Foundation Grant was successful and into this village, even through Covid, we were able to construct ten toilets, one washroom and a water storage receptacle. On the ground in Cambodia, we had formed a secure and trusted relationship with a team of Khmer people, led by Prom Sokoum Theara (Tiara), who undertook the supervision of the works and reported regularly to Rotary on the progress made.

With the works successfully completed in the village, we were able to turn our attention to another

remote community where we had built a school. An additional toilet was constructed at Kon Seng, as well as a wash area. During wet season the school had to close, so improved levelling and drainage of the yard meant that learning in this community could continue all year round. The increasingly busy road had made our teacher anxious about the safety of the children, so we were able to fund a much-needed fence. This small community school provides the only non-government education in the area and has been totally funded by donations received.

It was with an enormous sense of gratitude that we have been awarded a further District 9670 Foundation Grant to improve the literacy outcomes for the students under our care in these

villages. Into the future we also hope to provide a Rotary Leadership Program for the students from the jungle in the hope of providing life-long skills to help them into the future. The Rotarians from our club are very excited about the prospect of providing this training on the ground in Cambodia.

We have learnt many lessons from our years working in Cambodia with the main one being to not spread ourselves too thinly across too many projects. Cambodia steals your heart, and an immediate response is to give to every desperate person or village. Making the tough decision to go deeply into just a few villages was incredibly hard, but with the support of Rotary, we now are starting to make a lasting difference in the lives of these most beautiful of people.



Cambodia: Water storage, Kla Kamum



Cambodia: Toilets and washroom, Kla Kamum



Cambodia: Two of the ten new toilets built in Kla Kamum

## KIVA

The **Rotary Club of Maitland Sunrise** has chosen to extend the reach of their international initiatives by embracing KIVA.

KIVA is an international non-profit organisation, with a mission to provide funding to communities that are underserved by traditional financial services.

This is achieved by KIVA facilitating small, low-interest loans made by individuals, organisations, and clubs, such as ours, from all over the world.

From small beginnings in 2005, KIVA has now provided US\$1.59billion in loans to 3.9million borrowers in 77 countries.

It is possible to lend as little as \$25 that is making a real difference to someone's life.

Importantly, 100% of every dollar lent through KIVA goes to funding loans.

To date Maitland Sunrise Rotary Club have lent over \$3,000 to women in 11 different countries who are typically involved in agriculture.

\$1700 has been repaid and the default rate has been negligible.

Recently our club held a fund-raising dinner, and we now have an additional \$5,000 of funding available to benefit other loan recipients.

One huge advantage of this concept is that it is not a one-off, it is a perfect example of a gift that keeps on giving.

A typical example of a loan recipient we have chosen to support is Scola in Kenya.



### Scola's story - Kenya

Scola is a farmer and mother of three school age children and is the sole breadwinner in her household. Scola is typical of the women that our Rotary club have chosen to support through KIVA loans.

The income Scola made from selling milk and crops was used to meet the basic needs of her household, however, it was a meagre amount and she worried that it would not be enough to ensure her children's future education.

Scola sought a KIVA loan to buy another cow, to increase milk production, lead to her family having more milk for consumption and sale, and their living standard improve.

As part of the KIVA strategy, Field Partner, Juhudi Kilimo, provided Scola with guidance and training in developing a saving culture. Scola's loan for \$475 was powered by 12 lenders. She repaid her loan within 14 months.

For more information: [Loans that change lives | KIVA](https://rotary9670.org.au/)

## SEAK PROJECT (Safari's Education Aid for Kasaala)

**Rotary Club of Maitland Sunrise** has a longstanding relationship with a young Kenyan, Safari Kimanzi, who many people will recall was badly burned as a young child in his village, coming to Australia in 2001 for treatment that was subsequently televised over several years on Nine Network's "RPA".

As a young adult Safari was hosted by club member Alan and his partner Sue, attending club meetings and supporting club activities, very much involved with members and a friend to all.

Safari had not forgotten his Kenyan family and recognised that education was not easily available for the young people of his village, Kasaala. He was determined to find a way to help. From small beginnings with a market day selling stationery items it has progressively grown with Rotary Club of Maitland Sunrise supporting his initiative by means of a range of fundraising activities.

From this early start in 2016 "**Safari's Education Aid for Kasaala**" (SEAK) was created, formalising the fundraising process and easing the bureaucracy surrounding the transfer of funds to Kenya.



As at September 2021, SEAK has enabled some 30, mostly female, students to attend secondary school.

In more recent times the SEAK project has become a significant **International Project for Rotary Club of Maitland Sunrise**, with the support of **RAWCS (Rotary Australia World Community Service)**. RAWCS is a registered charity that has a financial infrastructure system that facilitates fundraising for projects that deliver humanitarian aid and charitable support in Australia and overseas.

The SEAK team works with staff at Kasaala Secondary School to identify students who are committed to their studies and have the potential to go onto tertiary education to gain career qualifications in pathways such as Community Health Nursing, Secretarial Studies, etc. By gaining this level of education the young people of Kasaala can help support their families, bring professional help to their local community, and becoming wonderful role models for other young people of their community.

The club covers the cost of school and college fees for the selected students, receiving regular copies of exam results and school reports

on their progress. The average cost to the club for the SEAK project is \$9,000 pa, which comes from a range of fundraising activities throughout the year together with donations from individuals through the RAWCS website.

Our intention is to offer fee bursaries to outstanding SEAK students who wish to undertake tertiary education at College or University. Currently we have three students about to enter their second year of study. Jesicah and Lillian are undertaking a three year course in Diploma in Community Health Nursing and John is part way through a four year science degree with a view to teaching.

This is an inspiring project for club members, demonstrating once again the power that Rotary has to make a difference in the lives of people locally, nationally and internationally. From a small beginning providing pens, pencils and notebooks, a number of young people are now being supported to take on a professional role in their community.

As a point of interest, Safari moved back to Kenya three years ago and is now married and running a farm, but in regular contact with his Rotary friends in Maitland.



Left to right: IL & AM with laptop; Students with calculators

## Do You Have a Polio Story?



By Alex Tigani

were people dying everywhere.”

The ordeal inspired him later in life to help build an airstrip for an ailing New Guinea tribe; one of Rotary's many Polio eradication missions.

He hopes to share his story but also wants to hear other stories from those who have been impacted by the disease? (If you have a story please contact [alex@hunterriveretimes.com](mailto:alex@hunterriveretimes.com). au so we can reach out and organise a gathering)

MEANWHILE Sunrise of Singleton Rotary Club president Gerard McMillan has put the callout to members of the Upper Hunter's seven clubs to donate to Rotary International's 'End Polio Now' campaign.

*"It was Sir Clem Renouf, Australia's second president of Rotary International in 1978-79, who said it was his dream of a Polio-free world," he added.*

*"In memory of Clem, we are encouraging Rotarians to make a (tax deductible) personal \$10 donation."*

He has already confirmed half the money raised from the club's Drag Queen Bingo event held on Friday, November 12 will go to Polio Eradication while the remaining half to Singleton Hospital.

It is important to note that the discussion around the pilot concept of a Zone 8 Regionalization project will not impact on the transition process which we are undertaking to become D9660.

As of 1st July 2022 both D9670 & D9650 will become D9660.

I appreciate that the lack of information

## One Day : One Focus : Ending Polio : 24 October

### Polio

Poliomyelitis, or polio, is a paralysing and potentially fatal disease that still threatens children in some parts of the world. Poliovirus invades the nervous system and can cause total paralysis in hours. It can strike people of any age but mainly affects children under five. Polio can be prevented by vaccines, but it is not curable. Unlike most diseases, polio can be eradicated.

### PolioPlus

For more than 30 years, Rotary and our partners have driven the effort to eradicate polio worldwide. Our [PolioPlus](#) program was the first initiative to tackle global polio eradication by vaccinating children on a massive scale. As a core partner in the [Global Polio Eradication Initiative](#), Rotary focuses on advocacy, fundraising, volunteer recruitment, and awareness-building. Rotary members have contributed more than \$2.2 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralysing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

### Polio Today

When Rotary and its partners formed the GPEI in 1988, there were 350,000 cases of polio in 125 countries every year. Today, we have reduced polio cases by 99.9 percent, and just two countries continue to report cases of wild poliovirus: Afghanistan and Pakistan. Because of the efforts of Rotary and its partners, nearly 19.4 million people who would otherwise have been paralysed are walking, and more than 1.5 million people are alive who would otherwise have died. The infrastructure we helped build to end polio is also being used to treat and prevent other diseases (including COVID-19) and create lasting impact in other areas of public health.

### Challenges

Rotary and our partners have made tremendous progress against polio, but eliminating all cases is going to take even more progress and perseverance. Afghanistan and Pakistan face unique challenges, including political insecurity, highly mobile populations, difficult terrain, and, in some instances, vaccine refusal and misinformation. With sufficient resources, the commitment of national governments, and innovations that improve access to

remote areas, we are optimistic that we can eliminate polio.

### Ensuring Success

Rotary has committed to raising \$50 million per year for polio eradication. [The Bill & Melinda Gates Foundation](#) has pledged to match that 2-to-1, for a total commitment of \$150 million each year. These funds provide much-needed operational support, medical workers, laboratory equipment, and educational materials. Governments, corporations, and private donors all play a crucial role in funding.

### Rotary in Action

More than 1 million Rotary members have donated their time and money to eradicate polio, and every year, hundreds of members work with health workers to vaccinate children in countries affected by polio. Rotary members work with [UNICEF](#) and other partners to prepare and distribute informational materials for people in areas that are isolated by conflict, geography, or poverty. They also mobilize to recruit fellow volunteers, assist in transporting the vaccine, and provide other logistical support. Tools to hold your own fund-raiser can be found at:

### World Polio Day | End Polio

<https://www.endpolio.org/world-polio-day>

As information becomes available I will circulate it through the Chitchat and keep everyone informed as I believe that this is imperative for all to be kept up to date.

I believe that a Q & A document is being prepared for distribution – keep your eye out for this.

IPDG David

## Zone 8 Regionalization Update

It is important to note that the discussion around the pilot concept of a Zone 8 Regionalization project will not impact on the transition process which we are undertaking to become D9660.

As of 1st July 2022 both D9670 & D9650 will become D9660.

I appreciate that the lack of information

and conflicting time frames are confusing to all. To the best of my knowledge a request for the opportunity to conduct a Zone 8 Pilot Regionalization will be put to the Rotary International Board in October and if not by that date, then by the end of this current calendar year.

The RI Council of Legislation will vote on

the concept of Regionalization in April next year. The COL meets every three years. The concept of what is put to clubs across Zone 8 for the proposed Pilot for Regionalization will be shaped by the outcomes of these decisions and it is anticipated that clubs will vote regarding this proposed Pilot in May next year.

# Australian Rotary Health

You can help Australian Rotary Health's to Lift the Lid on Mental Illness by hosting a Hat Day event during Mental Health Month in October. [See here](#) for some COVID-19 Safe ways to get involved.

100% of the money raised during this year's Hat Day campaign goes directly to research helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses.

You can help by simply registering your Hat Day event here on our website. It could be for your company, club, sport team, friends, family – whatever!

Once your Hat Day event page is set up you can share the link and let everyone know how they can help by making an online donation.

You'll be able to set a 'Hat's Off' target to reach by the end of October and keep track of the progress whilst you plan for a big celebration on the day. [Get Involved!](#)

**Download a Host Kit**

<https://hatday.com.au>

## 'LIFT THE LID' HAT DAY – 10 October

### Australian Rotary Health (ARH)

Australian Rotary Health is one of the largest independent funders of mental health research within Australia.

Current research includes the following (from the ARH website):

1. Australian Rotary Health (ARH) funding has supported the development of a new **mental health smartphone app for Aboriginal and Torres Strait Islander youth**.

PhD candidate [Josie Povey](#) from the Menzies School of Health Research (NT) has engaged over 100 Aboriginal and Torres Strait Islander young people, an expert reference group, and a team of experienced researchers in the design and development of the 'The Aboriginal and Islander Mental Health Initiative for Youth (AIMhi-Y)' app.

"The AIMhi for Youth App is a strengths-based self-driven smartphone app which has been designed with Aboriginal and Torres Strait Islander young people to address the current unmet need for services in the early intervention mental health setting," Josie said. "Its potential to promote wellbeing, help-seeking and increase understanding of mental health concerns is exciting." Josie says the findings from her PhD project have highlighted the strengths and challenges facing Aboriginal and Torres Strait Islander young people (aged 10-18) in regional and remote centres of the Northern Territory. "While many young people were connected to things that keep them strong, like family, sport, art, and culture, many also experienced

challenges, including distress and exposure to suicidal behaviour," she said. "Barriers to access of culturally appropriate youth services were noted, including shame, stigma and fear, limited choice of and distance to services."

In her research, Josie identified that digital mental health tools specifically designed to suit the needs of Aboriginal and Torres Strait Islander young people may be one way to increase access to mental health care.

It was noted that preferred app features included storytelling through characters and videos, mini games to promote mindfulness, and features such as rewards and notifications.

"This project has engaged a wide and diverse group of Aboriginal and Torres Strait Islander young people across regional and remote centres in the Northern Territory. It has been a pleasure to work with passionate, knowledgeable and proud young people who are interested in helping their families and peers."

Josie said despite some challenges integrating evidence, stakeholder feedback, youth preferences and therapeutic approaches, the app has now been developed and is being pilot tested for its ability to improve wellbeing. Further testing is planned for 2022.

Josie has been working on this project since 2017 and received top-up funding through an ARH Ian Scott PhD Scholarship from 2019-2020. Josie will submit her thesis in September this year.

2. A **new smartphone app** that helps young people to recall positive memories has been found to reduce the severity of depression, according to a study funded by Australian Rotary Health.

ARH Mental Health Research Grant recipient [Dr David Hallford](#) from Deakin University led a trial of a mobile-friendly adjunct memory specificity training program (c-MeST), aimed at enhancing the treatment of depression.

Participants (aged 15-25) who were already receiving some sort of treatment for an episode of major depressive disorder (e.g., psychotherapy or medication) were recruited to the study, with some receiving the online program in addition to their treatment and some receiving treatment as usual.

Dr Hallford said participants who received c-MeST were better at recalling specific memories and reported a lower severity of depressive symptoms than those who did not have access to the program. "For the first time we can show that helping young people who are experiencing an episode of major depression to recall specific memories of positive events from their lives can help to reduce the severity of their depressive symptoms," Dr Hallford said.

The study also found that more than half of adolescents and young adults in the study found the app easy to use, helpful, and would recommend it to other people who were depressed.

Dr Hallford noted that while the intervention helped to reduce the



severity of depressive symptoms, it did not substantially reduce the number of people who would still be diagnosed with major depression by the end of the study. "These findings encourage us to think in terms of what additional support we can provide to young people with depression, even when they are already receiving treatments," he said. [One journal article](#) has been published from this study, with other planned peer-reviewed publications expected later this year.

### 3. Healthy Children, Bright Futures: Improving the Mental Health of 0-12 Year Olds

Australian Rotary Health is undertaking a new initiative to improve the mental health of our youngest Australians, announcing that their research funding will now focus on the 0-12 age group. The new research area will be introduced at a symposium titled, 'Healthy Children, Bright Futures: Improving the Mental Health of 0-12 Year Olds'. The symposium will take place in Sydney in late March next year.

The ARH District Chair is Chris Bartlett, [chiju@bigpond.com](mailto:chiju@bigpond.com)

# Positive Peace in Warners Bay

The Rotary Club of Warners Bay [RCWB] and Primary Schools within the Warners Bay Community of Schools are collaborating to actively support the enhancement of positive peace in our community.

## Peace Building and Rotary

An extract from one of Rotary International training documents:

*One of Rotary's greatest assets is our commitment to building relationships and using those relationships to work together toward a common goal. These are the fundamental tenets of putting Positive Peace into action and ultimately creating a more peaceful world.*

*Peace is much more than the absence of violence. Positive Peace describes the attitudes, structures, and institutions that underpin and sustain peaceful societies. Positive Peace is the presence of something good, like education, sustainable resources, human capital, or a functioning government.*

## Warners Bay Community of Schools

In 2020, COVID-19 interrupted the launch of a joint initiative in peace promotion between the Rotary Club of Warners Bay and the four Primary Schools within the Warners Bay Community of Schools. Biddabah Public School, Valentine Public School, Eleebana Public School and Warners Bay Public School.

Our schools are nurturing the peacebuilders of today and tomorrow. Systems are in place to teach children to live in harmony and to actively

ensure positive peace. Parents and community value positive peace, and as part of that community, Rotary is always there to support schools. We are partners to promote positive peace.

This year, 2021 we have a great opportunity to get the peace project off the ground, COVID-19 permitting.

## The Peace Project Overview:

There are 3 aspects of our Positive Peace Project

**1. "Speak for Peace"** – a Public Speaking Competition for Stage 3 (Years 5 and 6) students which we hope will become an annual event in these schools and also extend to other schools within the area.

**2. Resources packs provided to each school** – Learning materials for teachers to assist with the implementation of the unit of work "Peace". Many of these resources available through [www.rotary.org](http://www.rotary.org)

**3. Installation of Peace Poles** – Installation of a Peace pole in the gardens of each of the schools [ in conjunction with RC Canberra]

## "Speak for Peace"

Each school will independently run the competition to fit in with the school's usual programming. Two "winners" will be chosen by the school to speak at a joint celebration with all four schools.

We hope that the celebration will be best held in September (around the **International Day of Peace -September 21**), but schools will

manage what suits them and liaise with RCWB.

At that celebration, perpetual trophies will be presented to each school, engraved with names of the two winning entrants for that year. Students will receive individual awards as well. It is hoped that Rotarians will be invited to celebrate and hear the speeches.

Schools will organise the celebration in line with any restrictions that may be in place due to Covid or other factors. RCWB will fund the trophies and celebration costs.

## Peace Poles:

Additionally, an exciting opportunity became available during 2020. RCWB, in collaboration with RC Canberra, organised and funded a Peace Pole for each school. The poles were a national initiative to celebrate 100 Years of Rotary (anniversary in April 2021). Initially "100 poles for 100 years" was the target but more than 100 schools are participating.

Peace Poles are planted with the Universal Peace Message "May Peace Prevail on Earth". They symbolise our common wish for a World at Peace. They stand as a silent vigil for peace reminding us to think and act in the spirit of Peace. The Peace message is written in four languages - one on each side of the Peace Pole. Each school chose four languages which were relevant to their community. These poles were delivered to the schools in Term 1 and have been installed by students, staff and Rotarians. Unfortunately, due to



COVID community celebrations were unable to be held at this stage.

## Final thoughts

We appreciate the support of the Rotary Foundation in approving a grant to assist with this project.

It is hoped that this joint initiative will support students in our community learn more about positive peace and encourage them to become peacebuilders.

Gail Cornford, Peace Action Project Coordinator

Glenys Tomkins, 2021-22 President - Rotary Club of Warners Bay



From the top: Warners Bay PS Student Executive with Gail & Kevin Cornford and Glenys Tomkins; Presenting a Peace Pole at Biddabah PS; Valentine PS children assisting Gail plant a Peace Pole; Gail presenting the "Speak for Peace" public speaking challenge via video-link at school assembly; "Speak for Peace" perpetual trophies for each participating school; Medallions for school winners.

## “Our Club” ...in 100 Words...

### Rotary Club of Newcastle Sunrise

Our club contributes to our community through our ongoing work at *Ronald McDonald House*, the *Community Kitchen* and the *Hunter Wetlands Centre*.

We have a strong commitment to Rotary Youth programs and have hosted exchange students, sponsored many *National Youth Science Forum*

participants and *Model United Nations Assembly (MUNA)* teams.

Our partnership with *Got Your Back Sista* has supported that organisation to assist women and children escaping domestic violence through fundraising and volunteering.

Our project in Uganda, assisted by three District grants, has seen the provision of a water supply and Health Clinic.



**SERVE TO  
CHANGE LIVES**

## Zone A Area Governor Report

For the past month, most of the clubs in Zone A have been meeting via Zoom as they have been in lockdown.

Dubbo had many cases of the Delta strain of Covid-19 occur in their community and case numbers are slowing down, but they remain in lockdown.

Meanwhile others, such as Narromine and Cobar, seemed to have fared quite well and only came out with a couple of cases and have come out of lockdown, but some restrictions still remain.

Thanks to the Government, Royal Flying Doctor Service and the Australian Defence Force (ADF) the rate of vaccination has dramatically

increased and many services are being provided for those people in the western area.

However, many areas such as Wilcannia, Bourke and Walgett, have had several cases and because these towns are smaller communities, these can have effects on the town as a whole.

Please keep them in your thoughts as they don't require assistance now, but perhaps clubs and individuals can help in about 6-12 months in the future, even if it is a weekend trip, when restrictions and Covid-19 settles down.

*Peter Judd, Area Governor*



Meals-on-Wheels delivery, Dubbo.

## Zone B Area Governor Report

As we move forward with the lockdown and some of our clubs are moving out of lockdown, the freedom for all clubs to get back to helping their communities is getting closer. Most clubs are still meeting by zoom and using phone calls to check on each other as their venues have not yet opened.

At this time, it is great to see clubs out in the community like Singleton Sunrise delivering Father's Day

presents to the local aged care homes and the local hospital. Cessnock club is starting up their community lunch for the vulnerable in the area. Kurri Kurri club had a socially distanced park get-together. Scone club is partnering with local coffee shops to hand out free coffees to promote goodwill in the community. Singleton club, like many other clubs, have adapted to find new ways of fundraising such as running a hundred club competition.

We just need to be mindful that we all observe the everchanging Covid-19 rules. These are just a few ways that clubs are adapting to their community. I'm sure we can all find some small way reach out and partner with another club or group to help.



Whilst clubs are planning their next few months, please make sure your club planning guide is completed and forwarded to DG Amanda. All club members are also encouraged to look over the new District 9660 committee vacancies and please consider nominating for a role.

Hoping everyone can stay safe.

*Philip Gorton, Area Governor*



## Zone C Area Governor Report

My congratulations and thanks to Zone C clubs who have been able to continue meeting via zoom during these challenging times. Using this media has been a very positive means to communicate and keep in touch with members from an information and welfare basis.

I have particularly appreciated attending District Governor Amanda's official visits via zoom to the Rotary Clubs of Maitland Sunrise, Nelson Bay and Maitland where we have been able to learn how these clubs are supporting their communities, sharing their plans for this Rotary year and also having the opportunity for club members to ask questions of the District Governor in a friendly and collegial setting.

Fortunately, I was also able to join in the Port Stephen's clubs zoom session led by Rotarian Sharon Chambers and PDG Don Whatham to begin their discussion and planning for the Club History Display at the 2022 District Conference in March.

The session was well attended by the 4 Port Stephen's Rotary clubs with great ideas shared and club members nominated to further investigation for the end of November deadline.

Congratulations to our District Membership Chair Carol Coffey and East Maitland Rotary for hosting two very interesting and informative membership Information sessions this month. Carol has posted information from the first session in a recent Chit Chat newsletter to assist clubs in setting up Membership Information Sessions via zoom or when possible face to face meetings.

During this month I have again had the opportunity to work with Raymond Terrace Rotary via Zoom in transferring points from their SWOT analysis into the development of a 3 year Action Plan for the Club. This has been a very positive experience for me as the Area Governor to learn more about the club's strengths and enjoy discussing with members their constructive ideas to continue their

strong service of the community.

Last Thursday evening Rotary clubs from Zone C and across the District accepted an invitation from Adam Nicholas, President Elect of Raymond Terrace Rotary to zoom in with Terrigal Rotary to learn about their Shelter Bag Project for the Homeless. We were very fortunate to view an excellent presentation, which has given representatives from the clubs present much food for thought on how we as Rotarians can support our homeless citizens. Terrigal Rotary are willing to share their presentation to interested Rotary Clubs.

Also, my thanks to all Presidents who have generously given me their time to chat by phone over the past few weeks. I have appreciated being kept up to date regarding club endeavour, its wonderful to hear about how clubs are serving their communities during Covid.

Yours in Rotary

*Chris Walmsley, Area Governor*

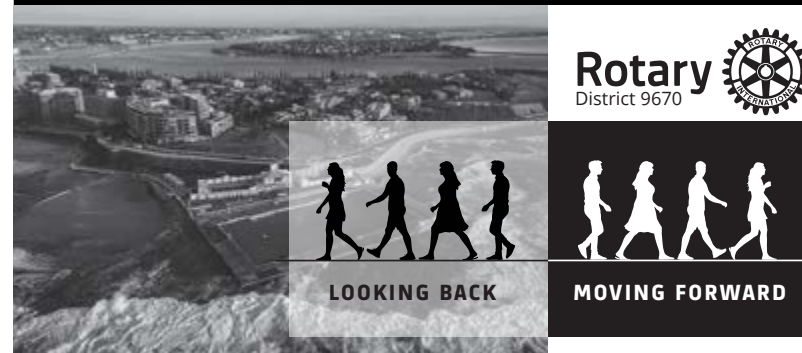


*Above left: DG Visit to RC Maitland*

*Right: DG Visit to RC Raymond Terrace*



## District Conference Newcastle 18-20 March 2022



### 2022 District Conference Bookings **Now Open**

Click [HERE](#) to view the flyer and **BOOK EARLY**

## Zone D Area Governor Report

It remains unfortunate that the COVID restrictions continue to be necessary. Some visits are still being postponed in the hope that we can have face-to-face meetings again soon. Get the shot!

The Rotary Club of Wallsend Maryland celebrated 25 years of serving the community on Saturday 4th September. The planned function had to be replaced with a Zoom get together but I was pleased to see how well attended it was and how many Rotarians were there to offer their congratulations. The club continues to work hard even through the difficult COVID restrictions.

Warners Bay has approved the formation of a satellite club which will begin operation as soon as a few loose ends have been tied up. There are already several new members

ready to join and it will be a pleasure to welcome them into our wonderful organisation. If any other clubs would like to explore this option, I'm happy to help.

Planning for the 2022 Lake Macquarie Fair has commenced and ideas for games and stalls are being sought. The event was a huge success this year and this is your opportunity to get involved and maybe even make a few quid for your clubs. Congratulations to those clubs that have already committed to being involved.

I hope clubs are thinking about ideas for World Polio Day on Sunday 24th October. With a bit of luck we'll have a lot more freedom by then so we might be able to do something as a joint effort. I'd love to hear some ideas.

Please remember – I am here to help.

*Craig Henningham, Area Governor*