



D9670 District Governor
Amanda Roach

Issue 9
April 2022



SERVE TO CHANGE LIVES



From the DG's desk ...

Hello to you all!

As we "gallop" towards the start of our new District 9660 on July 1st, there are so many things still to be completed so that my work, and the work of our teams, has really magnified.

Recently the new District Management Committee met for **D9660 training and preparation**; we have Transition meetings still to attend; and most importantly preparation for our new Board via **PETS and Assembly** gatherings across a vast area during April and May in Morpeth, Dubbo, Tamworth and Port Macquarie. If you have not already registered for any of these events, please do so ASAP. We will also be trialling technology links to determine the viability of hybrid training and communication into the future.

David and I have really enjoyed being able to **visit with clubs** face-to-face once again; I sincerely thank all the clubs we have visited thus far for their hospitality, friendship, lively discussions, and openness to new ways of thinking about our Rotary future. Zoom certainly has assisted us in keeping contact and making meetings at District level frequent and affordable. However, the opportunity to interact in person at meetings and special events is both satisfying and memorable for us all.

Some important dates for the diary coming up:

- **District Virtual Conference 28th May** – make sure you register for free when links are released. No-one will be turned away, with no cost but please consider as a club or individually a small donation to End Polio Now or the RAWCS Flood Appeal. Some may prefer to donate to the TRF Ukraine Appeal. Information on all 3 has already been sent to clubs. Full advertising for the Conference will commence this month.

- The Zoom Meeting for our usual **District Conference Resolutions Session** will be held the evening of Wednesday 20th April. I ask that each Club register a representative for this meeting as Clubs will be voting on the acceptance of a number of motions required to move the 3 District Trusts to 2 Companies with Limited Guarantee, to begin 1st July. Thank you to all of those who have asked questions about the future of the Trusts, Rotarians who attended the zoom meeting Q&A on 18th March, and to the working party members who have contributed so tirelessly with our legal advisers to get us to the current stage being able to move quickly with the company format should the resolutions be passed.

- **District Changeover to D9660** will be at a dinner held in **Laurieton on 25th June** – we hope to see as many reps

from our district as possible attend, so please book your accommodation. Information re registering for this historic event will be out shortly from DGE Neville.

- Please let me know the dates of your **Club Changeovers**. Each Club has already been given the names of PDG and District Officer availability to attend on my behalf as you wish – it is up to Clubs to contact these folk personally to book them. Many thanks to those Clubs who have contacted me already to personally attend their special events.

- Some interesting contributions are being sent in about our 3 special projects as part of **Conference History Collections**: "*Beyond the BBQ*", "*Our Emeritus Members*", "*Where are they now?*" Please keep sending them in – we are really impressed with the quality articles and photos Clubs have submitted!

Thank you to those Clubs attending **The Rotary Foundation** meeting which would normally have been part of Conference. The Zoom held on Sunday 20th March had an impressive presentation by PDG Maurie Stack on "*The Rotary Foundation Australia*" (a new initiative), as well as PDG Graeme Hooper presenting a great Grants session. Thank you to Chair Christine Roach for arranging this.

I'm very happy to let you know that our magazine, **Rotary Down Under**, will release a multipage article about District 9670 in May. We have contacted

specific Clubs for articles and images on projects they have done to show the wide variety of service we undertake in our District. Make sure you have a look when it is circulated!

I will be the **Diversity, Equity and Inclusion Co-ordinator** in the new district for the next 3 years. As you know, we already have a small working party for this in our District; however, I will be advertising more broadly across both districts soon to widen our scope and capture the ideas from a broader membership. Pam Dean-Jones and I are also working on a "**Reconciliation Action Plan**" presently, which will also become a multi-year project. So, we will be looking to widen assistance in doing this important work, particularly from membership across our Indigenous communities.

There is little to report on the **Regionalisation Proposal**, except to say approval has been given in principle to run a pilot program. Taking this further will require clubs and districts to vote heavily in favour of this proposal, yet as International Director Jessie Harman pointed out in a recent zoom with her that there have been many learnings from the process so far, thus opportunities in planning to be had even if the full proposal is not successful.

Best wishes to you all

Amanda

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Deadline for next issue:

23 April 2022

Email articles to: Elizabeth Friend...

elizabethjoyfriend@gmail.com

DG Amanda – Out & About



Pictured above: PDG David & DG Amanda – “Wear Your Rotary Shirt” Day at Narromine

Pictured below: DG Amanda & long-term member Robert Worboys, who made the beautiful wooden box Amanda was given



Pictured above: DG Amanda & PDG David – Peace Pole dedication

Pictured below: DG Amanda & PDG David – Peace Pole presentation at a small school, with staff, students and parent gardeners.



Pictured above: DG Amanda & PDG David – Beautiful indigenous garden developed for a Peace Pole presentation including a book and a Lao Tzu poem for their library

Pictured below: DG Amanda inducted Newcastle Deputy Mayor Declan Clausen into RC Newcastle Harbour, pictured with President Michael Mace.



April: Maternal & Child Health



This month, the Rotary Theme is Maternal and Child Health. This is a complex area but offers so many opportunities to make a difference in some way. As with most Rotary projects, the 7 areas of focus all overlap in some way. In this instance, some of my suggestions for you to look at with worthwhile projects for this theme which may already exist here or overseas (or you may choose to start yourself) cover the following:

- malnutrition/feeding programs
- health care access
- sanitation and clean water
- malaria and immunisations
- family planning
- clean births and education

- safe housing, DV projects
- vocational training of girls

If you looked at Malaria and immunization, for example, this may be a donation to “[Rotarians Against Malaria](#)” for sleeping nets in villages; or immunisation may be a donation to the “[Rotary Give Every Child A Future](#)” (a [Rotary 100](#) initiative) project immunising children across the Pacific Islands. Look at what might be a project locally or nationally. *Be creative!* Please remember a donation to ARH is always worthwhile, as many child and maternal health research projects are funded by ARH, including the important areas of child and maternal mental health!

DG Amanda

Rotary makes high-quality health care available to vulnerable mothers and children so they can live longer and grow stronger.

We expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation — all of which can be prevented.

How Rotary makes help happen

Rotary provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

Healing scars of war

In the mountains of Poland, 26 children traumatized by violence get a chance to be kids again at Rotary camp where psychologists mix escape and therapy.

Sustainable programs

- Rotary programs improve women's
- access to skilled health personnel: doctors, nurses, midwives, or
- community health care workers.

Clean births

- Rotary members distribute clean birth kits and train health workers in safe
- delivery of babies.

Keeping children alive during their first year

- Rotary members teach mothers how to
- breast-feed, promote immunizations
- and regular checkups, and distribute
- insecticide-treated bed nets.

Lifesaving Hospital Equipment

Clubs in Japan and Brazil used a Rotary Foundation global grant to equip a hospital with lifesaving neonatal equipment.

Telemedicine

Through the use of technology, doctors are bringing health care to women and children living in rural Nigeria.

Technology allows virtual doctors' appointments for people in rural Nigeria

By Anne Ford

On a visit to southern Nigeria last October, Dr. James K. Gude of Sebastopol, Calif., and Mikel Cook of the Rotary Club of Sebastopol Sunrise learned how hard it can be to bring medical care to rural areas. “We drove 20 or 30 miles from the Federal Medical Centre of Yenagoa to a satellite hospital, and it took an hour,” recalls Gude, an honorary Rotarian who is medical director of Sebastopol-based telemedicine services company OffSiteCare. “Big chunks of the road were flooded, and there were people all over the place; we were going through villages and trying not to hit anybody.”

That laborious journey illustrated the reason for their visit – to help make health care available to people in isolated areas. In rural portions of Nigeria, a country with only one physician for every 2,500 people, many Nigerians seeking health services have to make trips much more arduous than the drive Cook and Gude undertook. The result, of course, is that a great many people simply don't receive care. While it

would be ideal to get more doctors in remote regions, that would take years.

Gude and the Sebastopol Sunrise Rotarians are part of a larger effort to bring technology to bear on the problem, using telemedicine – the use of information technology to provide health care from a distance – to bring doctors to patients virtually. And, **thanks to a global grant from The Rotary Foundation**, a team of health care professionals from Nigeria has been trained in telemedicine.

Telemedicine has been around for many years, but only as internet speeds have gotten faster has it become practical. Telemedicine allows physicians to connect with patients remotely, as well as to consult with colleagues all over the world. At its simplest, it consists of a chat via online video, but it can also allow a physician to examine a patient remotely using a robot.

The [Sebastopol Sunrise Rotarians](#) have been involved with telemedicine since 2012, when then-President Gail Thomas (a former senior official in the U.S. Department of Health, Education, and Welfare) proposed it as a club priority. “We decided that we wanted to make a long-term commitment to telemedicine because it guides treatment and it saves lives,” says Cook, a computer consultant. “It counters the global tendency for physicians to concentrate in big cities, leaving the countryside without easy access.”

Since then, the club has worked with other Rotarians and with Gude to bring telemedicine technology and training to several hospitals around the world, including facilities in Uganda, the Democratic Republic of Congo, and Zimbabwe.

...continued...

April: Maternal & Child Health contd

Participating hospitals can use their telemedicine capabilities to consult with Gude and his medical colleagues on particularly difficult cases. For example, a patient in Congo avoided an unnecessary procedure to remove his spleen, thanks to his physician's ability to tele-consult with Gude and his network.

Along the way, Thomas and Cook helped found a nonprofit, Global OffSite Care, devoted to bringing Rotarian resources together in support of telemedicine projects worldwide. Gude, whose company provides telemedicine services to several hospitals in Northern California, has been an enthusiastic and knowledgeable volunteer.

The Nigeria connection began in 2013, when Princess Frances Kemelagha, a psychiatrist at the Federal Medical Centre in Yenagoa and a member of the Rotary Club of Yenagoa, learned about Global OffSite Care at the Rotary International Convention in Lisbon and was instantly captivated.

So it was that in August and September 2015 – **thanks to a global grant** and the efforts of Rotarians from Sebastopol, Rancho Cotati, and Santa Rosa East, plus the Sonoma State University Rotaract Club and others – she and five colleagues flew to Northern California for 11 days of training under Gude in telemedicine best practices.

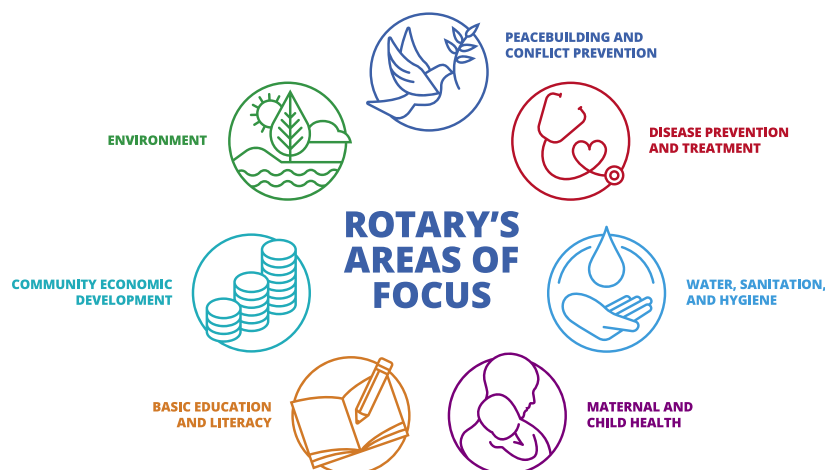
Since then, Kemelagha says, she has seen the training's effects in better outcomes for both patients and doctors. Thanks to telemedicine, a 75-year-old patient from a remote

village was found in need of a potentially lifesaving pacemaker. The colleague consultations via telemedicine are having other unexpected benefits. "Our resident doctors are learning so much more that they are beginning to pass their exams with ease," she notes.

During a follow-up visit to the Federal Medical Centre last October, Cook and Gude found the Nigerian team making good use of their new telemedicine capabilities. Those include a donated InTouch Health robot, a device that allows the remote physician to see and examine the patient and even hear the sound transmitted from a stethoscope to aid in making a diagnosis.

"The need for telemedicine can never be overemphasized," says Kemelagha. "Health care should be for everyone – for the underprivileged, for the underserved, for the remote areas – not just for the rich."

• Read more stories from [The Rotarian](#)



"Our Club" ...in 100 Words (i)

Rotary Club of Kurri Kurri

Our club was chartered in 1956 and we currently have 18 active members.

Some of the things our club is particularly proud of include;

- The renaming of the Kurri Kurri Rotary Park to "Col Brown Rotary Park" in recognition of our dear friend and a club member of over 40 years.
- The Breakfast Club that provides a nutritious start to the day for children in 4 of our local schools.
- The "Bags 4 Brains" project (second year); in collaboration with school staff it provides the essentials for the start of the school year for disadvantaged children in a number of local schools.
- Our very successful annual Grocery Grab raffle.



Zone A • Area Governor Report



As I write this, **Rotary Club of Dubbo South** members, along with keen cyclists are halfway through their **Tour de Oroc** event.

There are 25 riders, as well as support crew, who will journey over 1100 kilometres around the western towns, including Mudgee, Walgett, Bourke, and Cobar, to raise funds for **Macquarie Homestay**.

Macquarie Homestay provides affordable accommodation for patients and their families, while using the services at Dubbo Hospital.

The services could range from pregnant women to cancer treatment.

However, more funding is required to expand the worthy facility. We hope they come back safely, and the event was highly successful.

Wellington Rotary held another successful **Vintage Fair and Swap** meeting, where 4,000 people walked through their gates, and had a great outing with their families, watching street parades, and viewing displays of antique steam engines and classic cars.

The club is ably assisted by the **Rotary Clubs of Charlestown and Dubbo**.

This event will hopefully have enabled Wellington Rotary to raise \$20,000 for their community.

Due to better weather conditions and a reduction in farmers seeking support from **Cobar Rotary Club**, they have made the difficult decision to finish up the **Drought Relief** program, which has been running for three and a half years.

The program has provided over \$1 million to drought-stricken farmers.

Around \$800,000 was spent by the Club itself, to provide farmers with fodder, grocery packs, bottled water, fuel, fresh meat and dog food vouchers.

Another \$200,000 has paid for medical expenses, children's Christmas presents, payment of bills, and equipment repairs.

Much of the funds were spent locally in Cobar, or surrounding district, which enabled to keep these businesses going through the drought.

The Club members will now have a rest and we will wait to see what the club gets involved with next.

Nicole Shanks,
Assistant Area Governor



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"I SPEND 99 PERCENT OF MY TIME NETWORKING LOCALLY, BUILDING A STRONG WEB PRESENCE, ESTABLISHING BENEFICIAL RELATIONSHIPS WITH LEADERS IN MY FIELD, SPEAKING TO BUSINESS AND CIVIC GROUPS, AND PARTICIPATING IN CHARITABLE COMMUNITY OUTREACH ACTIVITIES. I SPEND THE OTHER ONE PERCENT TRYING TO REMEMBER WHAT IT IS I ACTUALLY DO FOR A LIVING!"

Zone B • Area Governor Report

Well, all the clubs are out and about in their community doing various projects.

Kurri Kurri Club

Have been sharing their “Bags 4 Brains” school bag school project by doing presentations to a number of clubs. The program consists of supplying a backpack filled with pencils, crayons, rulers, drink, and a lunch box. This may vary in the backpacks supplied to secondary schools.

The club has hosted the **MHERV** van this month and are preparing for the **Nostalgia Fair**.

Kurri Kurri Sunrise

The club recently had a de-stash sale to raise funds for the club. After the passing of former member Don Brown, who was charter president of the club, members decided to donate to Pelaw Main primary school in Don and his wife Shirley name. They have also continued their support of the Kurri Coalfield Diabetes Group. Also, the club will be at Kurri Kurri Primary school during the Nostalgia Fair.

Cessnock

With the club out and about doing their work with the needy by a weekly BBQ and morning tea at Marthaville Cottage has seen a number of local businesses recognise the work the club is doing and now are becoming sponsors to help the club to do their work. The club is still doing BBQs to raise funds and are working on the Little Wings program which will see an official launch shortly.

Singleton Rotary

This month saw the club hand over 1000 books and magazines to the local hospital library. The club has been having a variety of club guest speakers to keep members up to date the way different groups/organisations are also working in the community. The club also recently ventured out of town on an observation drive ending up at Karuah - well most of them ended up there and I believe a few ended up elsewhere. The club is

also continuing its BBQ's in support of the a number community groups and events.

Singleton on Hunter

The club is starting a new community project - Fresh Start Male Hygiene Packs - for both youth and adults. The club has partnered with the local High School and Singleton Neighbourhood Centre. Each pack is valued at about \$20 and Jennings Printing has also become a sponsor. The club has also bought 2 CD players to assist the local aged care Nurse. The MHERV van will also be at Bunnings at Singleton Heights this month.

Singleton Sunrise

This club has been working with the local Catholic primary school to run their ROTA Kids program, even though during the Covid times the club may have had to do it from a distance. The club is continuing to grow with the induction of a new member this month. The club has booked a room at the Services Club to host a get together to watch the

upcoming District Virtual conference. I must thank the 3 clubs for their efforts in raising money for Polio by coming together to watch “The Duke” at the local Singleton Cinema.

Scone Rotary

The club is looking to how they can be involved in the community events coming up in the area.

The club is also collecting goods to assist students in the flood affected area around the Lismore area by establishing a contact through the schools there.

Muswellbrook Rotary

Well, this club has just started a new community project with a monthly BBQ linking with different groups from business and the wider community to offer a free dinner for the needy. Also, the club has joined with another community group in making meals for the needy who come to a local hall kitchen to collect them. This is helping to let the community know that Rotary is alive & well in Muswellbrook. The

Club is currently finalising their annual MUNA program for our District.

Denman Rotary

The club recently held a BBQ lunch to farewell their member Phil Miles & his wife Nina who are heading overseas to live. The club has recently supported a number of local schools through donations to needy students.

Merriwa Rotary

This club is actively working with both local primary & secondary schools to assist the youth of their area. The club is also putting the finishing touches to their long-term project - the park for the younger members of the community to keep them active. The club is still looking to start a gardening/fresh food project with the local High School.

I hope all clubs support the upcoming PETS training for next year's board.

If your executive cannot be available to attend, maybe another member may wish to represent the club.

Regards

Phil Gorton, Area Governor

“Our Club” ...in 100 Words (ii)

Rotary Club of Warners Bay

At home on beautiful Lake Macquarie, RC Warners Bay is full of amazing Rotarians.

Our major project is **MHERV** [Men's Health Education Rural Van], though it wouldn't be possible without the support of so many Rotary Clubs & others who volunteer to host the project when it comes to their town.

We are very proud to work with other local Rotary Clubs presenting an amazing community event for a second year. Come along to **Lake Mac Autumn Fair at Speers Point Park – April 30th**. <https://www.facebook.com/LakeMacAutumnFair>
2022 saw the commencement of **North Lake Mac Rotary Satellite Club of Warners Bay**.

For our local schools: Peace projects – installing Peace poles, and “Speak for Peace” public speaking competition for Stage 3; backpacks, books donations, delivering Year 12 care packages prior to HSC 2021, and promoting Rotary youth projects.

Supporting community with: Survivors R Us, Oz Harvest, Landcare, and Sustainable Neighbourhood Committee.

See more about RCWB at www.warnersbayrotary.org.au



Zone C • Area Governor Report

At the end of February, I attended a very special evening to celebrate the **90th Anniversary of Maitland Rotary Club**.

The club was the second to be chartered in our present District on 23 February 1932.

Over the past 90 years all major Rotary programs have been supported most especially the *Rotary Foundation*, *Australian Rotary Health* and *Rotary Youth Exchange* just to name a few.

President Doug welcomed the many past and present Rotarians from clubs across the District who attended and, together, we all shared in the great fellowship of the evening.

Congratulations on a very successful celebration!

During my first visit to the Rotary Club of Rutherford/Telarah for 2022, I was fortunate to be updated on their present community programs and enjoy a very knowledgeable Guest Speaker from the PCYC, sharing the past history of this wonderful organisation but also to learn about the variety of programs they now presently offer to our local youth.

Past President Gillian presented the PCYC with a \$500 cheque to support their ongoing youth programs.

I also enjoyed visiting the Rotary Club of East Maitland and, on this occasion, was able to share information about the **Maitland Sunrise Shelter Bag program** and display and share a shelter bag with club members so that they could assess its suitability as a club program.

After this first-hand experience East Maitland are now keen to support the program and are hoping to gain corporate sponsorship to further support the **Homeless in the Maitland Community**.

The club's new catering van had its first outing over a recent weekend to support the *Stockton Triathlon* in some trying weather conditions and from club reports much was learnt whilst enjoying member fellowship.

Assistant Area Governor Pam and I accompanied DG Amanda and PDG David to Dungog Rotary in mid-March and enjoyed an informative visit with club members.

Dungog Rotary have inducted 2 new members this year a welcomed addition to support club activities. The club was very keen to learn about the **RAWCS Flood Appeal** as they understand through past experience the devastation and loss due to floods.

DG Amanda was also able to advise Club President Peter and Secretary Bev on procedures to secure a RABS grant to support a young community member.

Meeting with some fellow Rotarians at the recent official opening of the New Maitland Hospital was a special occasion. I had the privilege to witness the opening of this very important community facility, and also meet State and Federal government dignitaries to share the current and future Rotary plans to support our communities. Hopefully some strong links have been made!

Both Pam and I are looking forward to meeting with Incoming Presidents and Secretaries at the upcoming PETS training in April to assist with their club planning and activities as we merge into our new District 9660 from 1 July.

Chris Walmsley, Area Governor



Zone D • Area Governor Report

I was looking forward to reporting on several **Clean-up Australia** events in this issue. Unfortunately, the inclemency of the weather over that weekend left many areas too soggy to be safely covered. Congratulations to those clubs that did manage to get out there and I understand that some other clubs will do their clean-up at a later date.

Over the last couple of weeks, I visited Newcastle and Newcastle Enterprise and Cardiff, all with DG Amanda and IPDG David.

DG Amanda addressed all three clubs, giving the latest news regarding the new district, membership, the restructure of the current district trusts and the upcoming Conference.

IPDG David spoke about the regionalisation model and its progress to date.

MHERV was at Morisset Bunnings on the 16th and 17th of the month.

I called in and met Bill, the registered nurse. He's quite a character and has the ability to put blokes at ease while carrying out the basic health checks that might just save their lives.

That evening I visited Morisset Club and heard PDG Graeme Hooper talk about the history of MHERV and what's needed to keep it going successfully.

With little more than four weeks left until the **Lake Mac Autumn Fair**, planning is getting down to the fine details.

Most of the attractions, entertainers and vendors are booked and clubs have their games and stalls ready. There will be good representation of Rotary programmes with stands for RAWCS, End Polio, Shelterbox, Shelterbag all confirmed.

MHERV in a box should be there too. Now we just need good weather.

Remember that I'm here to help so don't be afraid to get in touch!

Craig Henningham, Area Governor

