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THE GUARDIAN

From the desk of
District 9670 Governor
Graeme Hooper
Issue 4: **October 2019**



From DG Graeme's Desk...

Rotary is truly an International organisation. Our World President, Mark Maloney, and his wife Gay are very humble and passionate people as our leaders, seeking engagement and connecting communities around the world. Sue and I had the privilege of sharing heart-warming conversations with them around the dinner table during their recent whirlwind visit to Sydney.

At the recent Oceania Rotary "Regeneration" Conference in Christchurch, a special keynote speaker was the Imran from the Linwood Mosque. He gave an impassioned plea for peace and cultural understanding; reflected on the way the Christchurch community rallied around and supported their community; and praised Rotary in their compassionate and ongoing giving to the Community.

This was also recognised by the Mayor of Christchurch, herself a Rotarian.

The Conference provided the opportunity for our current and future leaders from around Australia and New Zealand to come together and discuss the issues which affect our region.

As we enter October, let's not forget Rotary's role in strengthening and building our own communities and those in other countries. The tireless work Rotarians undertake is not lost as we strive for more sustainable and self-reliant villages and towns, to ensure everyone has access to provide for themselves by having the basic needs of shelter, food, clean water, good health and literacy.



Singleton Sunrise RC - Pres Wendy Love & DG Graeme tree planting at St Catherine's carefully supervised by IPP Karen Stout.

Photo courtesy: Singleton Argus



DGs Daryl Iseppi D9600, Kalma McLellan D9685, Graeme Hooper D9670 and Di North D9675, and their partners, felt very honoured to sit with RI President Mark Daniel Maloney and his wife, Gay, at the Sydney function on Monday 23rd September.

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“Paint it Red for Polio” End Polio Campaign Launch

On Friday 6th September, the ‘Paint it Red for Polio’ Committee – consisting of DG Graeme, the District Rotary Foundation, and Marketing and Communications Committees – held a very successful launch dinner at Brown Sugar Restaurant, Warners Bay.

The evening was a combination of great speakers, great venue, great food, great entertainment, the obligatory raffle, and great company. The purpose of the evening was to talk about our plans for activities leading up to World Polio day on October 24th; and ways that Rotary Clubs can raise Polio awareness, raise funds, and project the Rotary name into local communities.

PDG Peter Raynor, RC Warners Bay, was our first speaker. Peter is always passionate about Rotary and in particular, the END POLIO program. He spoke about Rotary’s association with polio and the “Iron Lung Roadshow” to travel throughout our District and beyond. The real revamped Iron Lung, on its purpose built trailer, was parked outside the venue during the evening for all to see.

Keep watch for details of this exciting project.

Our second speakers were Wendy and Barry Chaff. Barry contracted Polio at 8 years of age and now suffers Post Polio Syndrome. Wendy is Barry’s carer, and is secretary of the Post Polio Support Group at Toronto. This was the first time



Barry Chaff, assisted by Rotarian Toni McLean, giving his talk on Post Polio Syndrome.

Barry had spoken to an audience. It was a huge privilege to listen to him sharing his journey.

Our final speaker was Patrick Cashman, Hunter New England Health Immunisation Coordinator. Patrick is passionate about his work and was a truly inspirational speaker.

Our very talented Rotarian, Toni McLean, RC Warners Bay, kept us entertained to complete a fabulous evening.

Thank you to everyone who worked so hard to make the evening come together, and to the wonderful Rotarians who came along to share the evening with us.

Kerry Hayes

Drought Update

A heartfelt thank you to our Rotary Clubs who are continuing to support our rural communities. As individuals or for a Club social outing, why not take some time out in one of our rural towns, spend a few dollars to support the struggling small businesses, have some conversations, and enjoy every moment. These actions speak louder than words, and the money you spend is worth more than the goods you send.

I am confident there will be another Channel 9 nationwide appeal before



Warren, NSW
“when the rains come, we will dance”



About to pass through a dust storm between Bourke and Nyngan

DG Graeme

(See more photos “from the road” on page 9.)

Isda’s Column



Oh so many adventures! The Back O’ Bourke! Always wondered what was out there... But hey, I would have been a bit more cosy and had some hide-n-seek fun with my friends on the road trip if I had my blankie we could snuggle up with. Thank goodness **Sharon Chambers**, from RC Raymond Terrace, found it – so I’ll be right for when I go to Cobar. I have a small reward for her. It got messed up in the sewing room where those creative Rotarians make things for Rotary fundraisers.

Some of those pesky pups have been up to all sorts lately ... like ... um ... Bella roller blading in that science place, and the preemie pup planting trees, and McTavish, he got vaccinated on behalf of us all. I reckon he earned a bone for bravery! And that ShelterBox crew again with Truro Ted up to no good.

My puppy passport arrived in time for me to go on a big aeroplane to Christchurch where I met my other creature friends, great and small. There was Crunch the Croc, and Betty Bilby, and Murray the Wombat, and Piglet. From all around Aus they came. We even had Kitty Kea playing hostess. We all got into a spot of bother for having a lolly scramble and not paying attention and we couldn’t get them all back in the jar before the teacher came back.

Donations can be made, either direct to ISDA:

www.isda.com.au with your Club name or Surname + “Rotary”

...or, to District 9670: Your Club name + “PP19/20”

...or, via direct banking: Bendigo Bank BSB - 633 000 Account no – 167718972; will really help all my friends.



INTEGRA
SERVICE DOGS AUSTRALIA



Partner's Project 2018-2019

Australian Rotary Health - Lift the Lid

Supporting the mental health of our community, through research.

I have passionately supported Rotary for 20 years, but never wanted to join – that was Brian's release.

When I first sat down to consider my District 9670 Partners Project for 2018-19, the obvious choice was Rotary Oceanic Medical Aid for Children (ROMAC) due to our association with Charlie, and Brian's involvement as the ROMAC District Governor representative.

However, while attending the various Institutes, we went to an Australian Rotary Health dinner, where mental health issues started coming to the fore. As I told many clubs during our visits every one of my family has been impacted. Brian survived a life in the Police Force that changed him and often had dramatic impact; he turned those experiences into being a Peer Support Officer for others that did not cope as well, but depression eventually got him when he was told he could no longer work due to an injury. Funnily enough it was ROMAC and Rotary that helped him. Our youngest son had two bad accidents in Year 11 and Year 12 that severely impacted his confidence and scholastic achievement. It was an opportunity to do community service with Rotary, attendance at Rotary Youth Leadership Assembly (RYLA) and support of family, friends and Rotarians that assisted him. Our eldest son walked away from his beloved RFS volunteer tanker driver job after fighting fires in Canberra; it was only later that his Captain attended our house for a welfare check that we learned of how his truck and crew escaped peril on more than one occasion. For me, I still take medication to control an illness brought on by stress from workplace bullying, causing me to walk away from a job I loved and held for 28 years.

With my mind made up, I went with mental health research. Coming from a farm I was also acutely aware of the hardship of drought on the rural sector. I told every club that the drought response comes before my Partners Project. At the same time, we were being made aware of the mental despair that the drought was causing – so in reality we were on the same song sheet.

As we toured the District 9670 clubs, to say that I was overwhelmed with the responses and generosity from members and clubs to my projects is an understatement. Members and partners spoke to me that they too had suffered in silence, I received a beautiful email from a lady to say that I had inspired her to talk about her problem. This is her email: "Carol, I have been suffering depression and mental health problems for years. I was in tears hearing your speech last night. That gave me the confidence to speak up about my depression. I did this in front of my Rotary peers one month later, when I told them of my story. I received a standing ovation from the members. It was a super emotional night, tears rolling down my cheeks and a body that would not stop shaking.

Thank you, Carol, you are a champion! I feel a lot more at ease in my life".

It was an intensive 12 months of club and community service support I saw in our Rotarians, that made me decide in July 2019, that Rotary was just not for Brian – I am now a proud member of District 9670. I sincerely thank each of you for being with me, supporting the rural sector through mental health research and opening a new chapter for me.

An appreciative amount of \$50,000.00 was donated by you, for Australian Rotary Health "Lift the Lid".

The effects of the drought will be with us for many years, to know that through Rotary, you may have been able to help one person, what a great morale boost to your Club Service goals, this is.

Thanks

Carol

District Governor Partner's Project 2018-2019



DELIVERING BETTER MENTAL HEALTH

100% OF YOUR DONATION GOES TO RESEARCH

Roach Rattlings

At the end of August, the District Training Team - Craig Johnson, Julie Dixon and Craig Henningham, DGN Amanda and myself attended a two day training program run by District 9700 & District 9710 soon to become D9705.

The focus of the training was around the development/training and implementation of the Area Governor concept which will commence in our District in July 2020. This is a first for Australia and it was great to be part of this outstanding initiative which will ultimately benefit our District and the new District in July 2022.

As part of this weekend, the Training Team commenced preparation for a one day PETS/Assembly program (replacing the two day programs) known as BETS - Board Elect Training Seminar. This new concept will require those in the elect positions to complete online learning through MyRotary at the Learning Centre section prior to attendance at the one day seminar. More information will be sent out before Christmas.

For your diary The District Changeover for 2020 will be held in Mudgee on Sunday 21st June for a luncheon.

Cheers **DGE David**



Something you wouldn't know about DG Graeme & Sue, unless you asked...

Graeme's first car was a Morris Minor he bought from his gradad.

Sue's first wheelie purchase was a Honda – the two wheel variety.



mherv-in-a-box

Our District Men's Health Education Rural Van (mherv) project is currently deep in the rural west of the state. Thanks to our generous sponsor, the Royal Freemasons' Benevolent Institution, Rob Woolley our registered nurse and caravan-wrangler extraordinaire, is out there saving the lives of rural men who don't know they're crook.

Diabetes, high blood pressure, and high cholesterol have no symptoms, and left untreated, can kill. Too many rural blokes drop dead in the paddock because nobody saw it coming.



However, Rob and our trusty caravan can't be in two places at once ... but mherv can!

Warren RC wanted to have mherv at their Spring Festival on September 14th, but the van was already scheduled to be in Deniliquin on that day.

So *"mherv-in-a-box"* was despatched by mail to Rotarian Rod Sandell in Warren.

The box contains almost everything needed for a "mherv" men's health check, except the nurse and the caravan (or tent), both of which are available locally.

Warren RC recently inducted a new member and Registered Nurse, Eileen Murray, who provided the professional nursing services and was supported by Warren RC, working outside a large tent bearing a mherv banner, which also comes in the box.

"mherv-in-a-box" was used by Warners Bay RC at the local Bunnings on Fathers' Day. Warren will be the first time it has been used outside the home Club.

Warners Bay RC have been managing the mherv project for almost three years, and by the way, any Rotary Club that would like to take over running mherv, can receive a 'changeover' from Warners Bay RC. Please contact DG Graeme.

In the meantime, if your Rotary Club would like to have "mherv-in-a-box" to run some local health checks, please contact team leader, Adrian Payne on 0425 204 815 or adrian@villagescribe.com.au

For more information about the mherv project, go to: www.mherv.com.au

Adrian Payne



A Day at the Zoo for Drought-Affected Children

Wellington Rotary Club had set aside money for drought assistance in the Wellington district and were contemplating the best way to distribute the funds. A suggestion was offered from the Northbridge Rotary Club to sponsor a camp at Burrendong Dam for the rural children. This idea had a lot of merit but we thought that it alienated other children that were not from farming families.

We decided that the best way forward was to offer a fully paid trip to the Dubbo zoo for every primary school student within the Wellington education district. The total number of students amounted to 744.

The next stage was to cost the whole exercise which included the cost of the zoo entry, the cost of the buses and the cost of a BBQ lunch provided on the day by Rotarians. The final costing was over \$16,000, well above what Wellington RC had set aside. To achieve the funding, we asked Northbridge RC if they could provide \$5000 and we also requested funding of \$5000 from the Rotary Australian Benevolent Society which had drought appeal money for our District. Wellington RC was to provide the shortfall. Both requests were approved and planning progressed.

The first trip was conducted on Wednesday 11 September 2019 and subsequent trips will be conducted every Wednesday except for the holidays. Wellington RC invited Northbridge RC who were very keen to be a part of the exercise. Prime 7 Media was requested, and additionally, an ABC radio interview with the Northbridge RC President and the Wellington RC President.

As a result, the event was well advertised on the day providing the public with excellent awareness of what Rotary can achieve. The first zoo visit was an absolute success. The children were very excited with smiles all round. A very special mention of the work that the Wellington RC Youth Director, Beth Hattenfels, has done to make this such a great success, and also the support offered by Northbridge Rotary Club.

https://www.prime7.com.au/news/12116-zoo-trip?fbclid=IwAR2FCNJHG1F6xq8RamdZmbvjpVhMEs9j6OOCte_f0r3QR6gaeV1QYCJ8BPI

Greg Hart



DG Graeme & Sue's Road Map



July		
Morning	Midday	Evening
MYALL COAST	✓	Mon 8 July
TORONTO	✓	Mon 15 July
WALLSEND-MARYLAND	✓	Tue 16 July
MORISSET	✓	Wed 17 July

September		
Morning	Midday	Evening
BOURKE	✓	Mon 2 Sep
NARROMINE	✓	Tue 3 Sep
WARREN	✓	Wed 4 Sep
SINGLETON ON HUNTER	✓	Mon 9 Sep
SINGLETON SUNRISE	✓	Tue 10 Sep
KURRI KURRI SUNRISE	✓	Wed 11 Sep
NELSON BAY	✓	Thu 12 Sep
CHRISTCHURCH Aust/NZ Training + Conference	✓	Sun 15 – Sun 22 Sep
MUDGEES	✓	Tue 24 Sep
DUBBO WEST	✓	Wed 25 Sept
MUDGEES SUNRISE	✓	Fri 27 Sept

November		
Morning	Midday	Evening
NEWCASTLE		Mon 4 Nov
MUSWELLBROOK		Thu 7 Nov
DUNGOG		Mon 11 Nov
MERRIWA		Tue 12 Nov
WARNERS BAY		Mon 25 Nov

August		
Morning	Midday	Evening
DUBBO	✓	Mon 5 Aug
DUBBO MACQUARIE	✓	Tue 6 Aug
WELLINGTON	✓	Tue 6 Aug
SCONE	✓	Wed 7 Aug
RUTHERFORD-TELARAH	✓	Mon 12 Aug
RYLSTONE-KANDOS	✓	Tue 13 Aug
DENMAN	✓	Wed 14 Aug
CESSNOCK	✓	Thu 15 Aug
WARATAH	✓	Mon 19 Aug
NEWCASTLE ENTERPRISE	✓	Tue 20 Aug
PATERSON	✓	Wed 21 Aug
RAYMOND TERRACE	✓	Mon 26 Aug
NEWCASTLE SUNRISE	✓	Wed 28 Aug
NEWCASTLE HARBOUR	✓	Wed 28 Aug
MAITLAND	✓	Wed 28 Aug

October		
Morning	Midday	Evening
TORONTO SUNRISE		Tue 1 Oct
KURRI KURRI		Tue 1 Oct
SALAMANDER BAY		Tue 8 Oct
WILLIAMTOWN		Wed 9 Oct
SINGLETON		Thu 10 Oct
BELMONT		Mon 14 Oct
MAITLAND SUNRISE		Tue 15 Oct
EAST MAITLAND		Tue 15 Oct
GREENHILLS MAITLAND		Thu 17 Oct
COBAR		Mon 21 Oct
DUBBO SOUTH		Tue 22 Oct
CARDIFF		Mon 28 Oct
CHARLESTOWN		Tue 29 Oct



Another great reason to come along to Rotary International Convention is to attend one of the Host Organising Committee (HOC) Events, such as the **“Sunrise Walk for Peace”**.

Saturday, June 6, 2020 ...Join us at beautiful Ala Moana Beach Park, for our Walk for Peace. Starting at sunrise, participants will meet at the beach park at 6:30am and enjoy a leisurely 3-mile (5km) stroll around the park, as the sun rises over iconic Diamond Head Crater. Feel free to join us in demonstrating the internationality of Rotary, by bringing your nation's flag or wearing your national dress or colors... or bring a bathing suit to cool off in the ocean.

Included in the US\$25pp cost:

3-mile (5km) walk + Morning fitness activity (Zumba) + Live Hawaiian Entertainment

Bookings can be made at:

<https://www.hawaiiactivitiesales.com/hoc-activities-rotary-international/details/201320/sunrise-walk-for-peace-rotary-2020/>



Rotary International Convention

“Aloha Rotary”

Honolulu

6-10 June 2020

Check out the promotional video here:

<https://vimeo.com/313026044>

Register at:

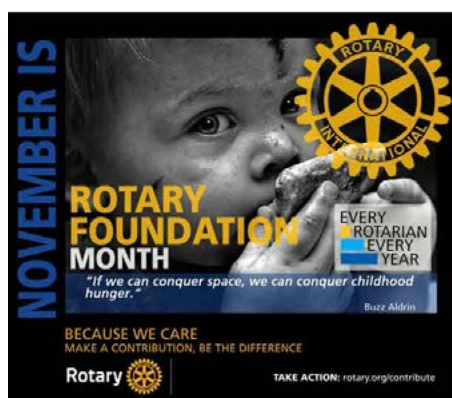
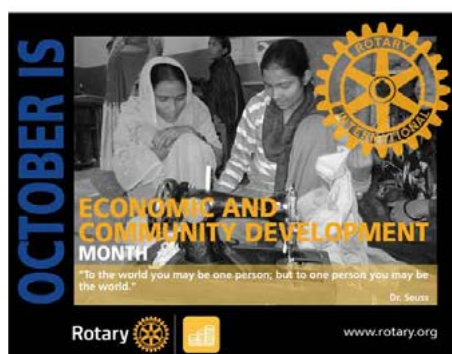
<http://riconvention.org/en/honolulu>

Katrina Henningham (& Craig)

RC Warners Bay

E: convention@rotary9670.org.au

Rotary Themes: October & November



District 9670 Conference: 20-22 March

Rotary
District 9670

Rotary District 9670 CONFERENCE

20th 21st 22nd March 2020

Breaking Through Barriers

Belmont 16s
Lake Macquarie



Have you registered for our “Breaking Through Barriers” Conference yet?
www.trybooking.com/ZWHT

An exciting program is being planned, by the organising committee, to bring you an exceptional Rotary experience.

Your early bird registration includes a discounted admission to the concert on Friday 20th March. Entertainment for the evening is being provided by the Australian Army Band Newcastle, and proceeds from the evening will be supporting Sue's partner project: Isda and PTSD.

Saturday evening's entertainment is again being provided by Australian Army Band Newcastle with dinner music, followed by a rev-up of the repertoire to party the night away.



Lost and Found

Found: Isda's blankie was found in the sewing room at Scone RC. The reward goes to **Sharon Chambers**, Raymond Terrace RC. Thank you and congratulations!



Lost: Isda, and some of her "partners in crime", got into the lolly jar during one of the DG training sessions at the Oceania Zone Conference, while DG Graeme & Sue weren't looking! As a result, some of the lollies got lost.

Reward for the correct response will be determined by lucky draw. Finder's, please email: districtnewsletter@rotary9670.org.au **before 23 October 2019** and let us know how many lollies made it back into the jar before the teacher came back.



Classifieds

Positions Vacant

The following District positions are still waiting to be filled. If you consider you have the right skill set, please contact

DG Graeme to express your interest:
0417 203 603 ...or...

governor2019-20@rotary9670.org.au

- ◆ Men's Health Educational Rural Van (MHERV) Coordinator
- ◆ Donations In Kind (DIK) Coordinator
- ◆ Rotary Oceania Medical Aid for Children (ROMAC) Coordinator
- ◆ Rotarian Action Groups Coordinator

Treasury

RI, RDU and District fees should all now be paid in full!

For donation payment details to DG Partner's Project, please see Isda's Column.

Notices

- ◆ Lift the Lid on Mental Health – October
- ◆ World Polio Day & "Paint it Red for Polio" – Thursday 24 October – Enjoy a train ride to Berowra with fellow Rotarians
- ◆ Graffiti Removal Day – Sunday 27 October
- ◆ Club Development Plans to be with their Assistant Governors and DG Graeme at least two weeks prior Graeme's official visit
- ◆ Governor 2022-23 Nominating Committee - Club Secretaries have been advised of the procedure required to nominate a Club representative for your Zone on the Nominating Committee. We are seeking a Rotarian from each Zone. Nominations Close on 15th October.
- ◆ **Deadline** for the next District Newsletter is **Wednesday 23 October**



Singleton Sunrise RC - For DG official visit, Pres Wendy Love and Rtn Ruth Rogers, with puppy tree planting help from Isda and her preemie puppy friend, at St Catherine's



World Polio Day "Paint it Red for Polio"

**Thursday
24 October 2019**



Train Trip to Berowra

Enjoy a day out with fellow Rotarians, wearing **red** "End Polio" t-shirts.



"End Polio Now" – Red T-Shirts
available at RDU Supplies

<http://rdusupplies.com.au/end-polio-now-shirt/>

End polio Train Times

For those that want to ride the Hunter network...

Scone Depart.....	6:07am
Maitland Arrive.....	7:29am
Maitland Depart.....	9:01am
Dungog Arrive.....	9:50am
Dungog Depart.....	10:02am
Maitland Arrive.....	10:57am
Maitland Depart.....	11:40am
Newcastle Interchange Arrive.....	12:18pm
Newcastle Interchange.....	12:35pm
Berowra Arrive.....	2:42pm
(stop all stations)	
Berowra Depart.....	3:26pm
Arrive Hornsby.....	3:39pm
Hornsby Depart.....	3:53pm
Limited Stops	
Newcastle Interchange Arrive.....	5:49pm
Newcastle Interchange Depart.....	5:59pm
Scone Arrive.....	7:54pm

District Governor Club Visits...



1. Newcastle Sunrise RC - Rtn Helen Griffin, Sec Sue Norgard, DG Graeme & Rtn Teresa Zalewski; 2. Bourke RC - DG Graeme, Pres Pat Bates-Canty & Rtn Ross Earl; 3. Maitland RC - Sue, Rtn Geoff Secombe, DG Graeme, Pres George Wolstenholme; 4. Mudgee Sunrise - DG with Pres Joy Adams; 5. Warren RC - Pres Jan Hardman, DG Graeme & welcome new Rtn Eileen Murray; 6. Newcastle Harbour RC - DG Graeme and Pres Trent Stallworthy; 7. Mudgee RC - Pres Ross Hearne and DG Graeme; 8. Dubbo West RC - DG Graeme & Pres Chris Memory; 9. Kurri Kurri Sunrise RC - Pres Carl Lanham & DG Graeme; 10. Narromine RC - DG Graeme & Pres John Sinclair; 11. Nelson Bay RC - Pres Arja Levonpera, Sue & DG Graeme

District Governor out and about & Views from the road...



Science and Engineering Challenge State Finals - Emeritus Prof John O'Connor, Vice Chancellor and Pres University of Newcastle Prof Alex Zelinsky AO, DG Graeme, A/Prof Peter Howley STEMM Director University of Newcastle and National Challenge Director



DG Graeme & Bourke Rtn Victor Bartley visiting Fred Hollows grave



Typical landscape in the Bourke area with Mt Oxley on the horizon



Bourke - a stark reminder



Bourke Weir - dry as ... the fish have long gone



10 THE WESTERN HERALD SEPTEMBER 5, 2019



Narromine Wetlands (or Drylands)



Narromine Wetlands - geese coming in for a feed

Adventures of Isda and Her Friends...



1



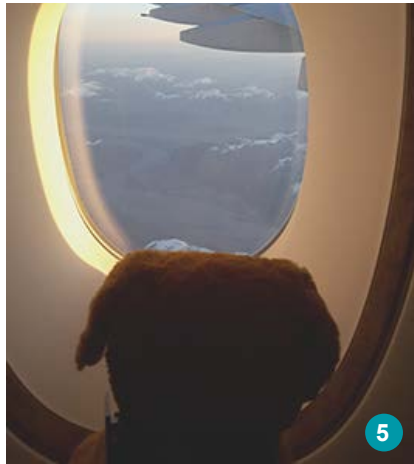
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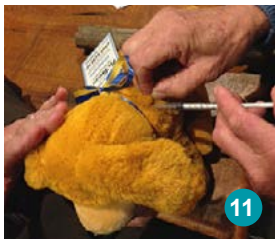
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8



10



11



12



13



14



6



7



9



15

1. Ready Set Go for Christchurch Oceania Conference; 2. Good thing they have pictures to help me pay attention; 3. I get to have inflight puppy school on geography, navigation, and how to tell the time; 4. And I even have my own puppy bowl of water; 5. WOW ... it's so pretty down there; 6. Betty Bilby & me having our brush with Rotary fame & the duck that missed the duck race; 7. Sweet as ... but what's happening mate ...; 8. hehehe ...Bella from Cessnock & me got to play on the Bledisloe Cup!; 9. Udson from Rutherford-Telarah missed his own meeting so he could have his moment of Rotary fame and catch up with Isda; 10. 1 McTavish from Paterson was very brave and got vaccinated on behalf of all the pups; 11. 2 McTavish - OOUCH - that hurt!; 12. 3 McTavish - It still hurts!; 13. 4 McTavish - Has someone got a bone for being so brave; 14. Nelson Bay RC - Rtn Judy Priestly with Nelson and Sue; 15. Bella the assistant from Cessnock - looks more like puppy play on an improvised skate board in a scientific playground.