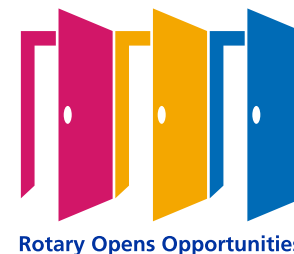


# Roach Rattlings

D9670 District Governor  
David Roach

Issue 4 • October 2020



## From the DG's desk ...

Our Congratulations to the Virtual Alice Springs Zone 8 Conference Committee for a great conference run over two days.

Our local MHERV award winning film clip was highlighted during this presentation, which included several of our local Rotarians as leading actors in this film.

Adrian Roach was also prominent in a presentation about membership. The relaxed and varied presentations highlighted ordinary people doing extraordinary deeds for the betterment of our local and wider communities of the world. I encourage everyone to view these presentations which

should now be available on the Rotary Zone 8 and the RDU websites.

Jennifer Jones, RI President Nominee Designate, was also part of this Conference and I believe she made two key points which resonated with me; firstly, she attributed this belief to her brother that *'to change the world for the better you need to be part of that change'*, which fulfils the role of Rotarians. No change can be affected if you sit outside the circle and make comments about how it should be. Secondly, she made comment about Rotary's Strategic Plan and highlighted the objective for the need of *'Adaptation by Rotary'*,

which reinforces the first concept of being part of the 'making a difference' cycle. I ask you to ponder these two viewpoints!

There is evidence that the NSW Kids Guardian Directorate is now conducting random audits of NSW Rotary Clubs and several clubs within D9670 are, or have been, audited. Please ensure all your child protection documentation is in order. Clubs should have registered as employers on the Kids Guardian website and checked all WWCC applicable for their members.

Could all clubs send the Rotary Volunteer Declaration Form completed by individuals in their clubs as soon as possible to Neil Sharkey, our District Child Protection Officer, as mandated by our insurer AoN.

Amanda and I are impressed as we visit clubs via Zoom, and enjoy reading club newsletters which highlight the transformation and adaptive ability of clubs to provide service through innovation. This ensures Rotary is meeting the needs of their local community. Congratulations and well done.

Could I please ask each Club Board to meet and consider their Rotary Goals for the 2020-21 year. There are 25 established goals and clubs



need to meet 13 of these to achieve a Presidential Citation. These can be found on the RI website and I encourage all clubs to be part of this goal setting.

Compliance is an important component of Rotary and our club operational structure. I encourage all Rotarians and Clubs to comply with Governmental and Rotary legislative requirements to ensure the wellbeing of members and coverage by our insurer AoN.

The Rotary International website appears to be operational again and I encourage members to log on to complete online training modules, available to both increase Rotary knowledge and to improve club practice.

Best wishes for the month ahead.

*David Roach*

## In this issue...

|   |    |
|---|----|
| The District 9670 Immortal Pin .....                        | 2  |
| IPDG Graeme & Sue around the traps 2                        |    |
| Isda's Column .....   | 2  |
| The Rotary Clubs of Belmont & Wallsend-Maryland .....       | 2  |
| Volunteer Team of the Year .....                            | 3  |
| Yarnings .....  | 3  |
| Australian Rotary Health .....                              | 4  |
| Rotaract Roundup .....                                      | 4  |
| The Value of Fellowships to your Rotary Experience .....    | 4  |
| Month of Club Charter .....                                 | 5  |
| Some comments from D9670 Youth Exchange Students 2020 ..... | 7  |
| Singleton Sunrise .....                                     | 8  |
| Rotary Themes .....   | 8  |
| Zone C Area Governor Report .....                           | 9  |
| Zone D Area Governor Report .....                           | 9  |
| Music on the Brain .....                                    | 10 |
| Who are Provisional Rotary Newcastle Discovery? .....       | 11 |
| Interact Prospects for Rotarians .....                      | 11 |
| Stop Press – District Conference .....                      | 12 |

**Deadline for next issue:**  
**25 October 2020 • Email articles to:**  
**yezfidar@outlook.com**



## The District 9670 Immortal Pin

The District 9670 immortal pin was an initiative of PDG Alex McHarg at the end of his year as District Governor.

It was in a response to a request from the Chair of the Rotary Foundation to the District Governors of all districts to promote the **Permanent Fund (Endowment Fund)** of the Rotary Foundation.

At that time, there were many recognition pins for various donations to the Annual Programs fund, but nothing for a donation to the Endowment fund unless it was a substantial gift (US\$10,000.00).

PDG Alex took on board a saying of the Endowment Fund that a gift to the Endowment Fund was the gift that kept on giving.

It is only the earnings of the Gift that are spent on the humanitarian work of the Rotary Foundation, the gift itself is never spent but remains invested.

This led to the name of the Pin, **Immortal**, as the gift is immortal in



funding the humanitarian work of the Rotary Foundation.

As we near the end of Rotary District 9670, we can keep the name alive by displaying a District 9670 immortal pin, along with our other Rotary recognition emblems.

PDG Alex has some 300 pins still available and they can be gained by making a gift of **AU\$100.00 to the Rotary Foundation Endowment fund** and letting him know of this gift.

*PDG Alex McHarg*

Rotary Club of Singleton on Hunter

**Mob 0409 321 403**

Email:

[alexander.mcharg@bigpond.com](mailto:alexander.mcharg@bigpond.com)

## IPDG Graeme & Sue around the traps

With some COVID-19 restrictions freed up, IPDG Graeme and Sue attended the recent official Changeovers for RC of Newcastle Sunrise, and RC of Wellington.

A special treat and honour for the Newcastle Sunrise RC breakfast meeting was to present Wendy Hawthorne with her International Service Award. Well done and congratulations, Wendy. Very well deserved.



## Isda's Column

WOW! September was an exciting month for me. IPDG Graeme and Sue took me to lots of places.

I got to catch up with Sunny from Newcastle Sunrise, who's been working ever so hard – he's a pup with many hats. Molly from Wellington – well, she just seems to be always MIA or AWOL, and mysteriously just turns up with the goodies. As for Bob from



L-R: Ben Johnson, CEO/Co-Founder; Mark Holmes AM MVO Brigadier (Ret'd), Chairman; Graeme; Sue and Isda; Ken Lloyd OAM MSs JP with Jaegar, National Kennel Master/Co-Founder

Mudgee, I think he must be ADHD.

I was so excited to go to Canberra. I was a bit sad missing out on catching up with my clobber, Digger. He got caught up with that covid stuff interstate.

I bet you can't guess who I did get to meet? Jaegar! He belongs to Ken. Ken looks after all the pups and



Sunny (Newcastle Sunrise RC) and Isda

kennels at Integra. Mark and Ben were there too, and all of us had such a good bow wow.

We pups need to keep working hard to keep on track. We're ever so grateful to everyone who is helping us along the way.



Jaegar and me having our own little bow wow

Donations to Integra Service Dogs Australia can be made, either direct to ISDA: [www.isda.com.au](http://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  
with "Rotary" as transfer description;  
will really help all my friends.



**INTEGRA**  
SERVICE DOGS AUSTRALIA

## The Rotary Clubs of Belmont & Wallsend-Maryland

Recently Nanette, Anne, Pam and Bruce (Belmont Rotary Club) joined with George from The Rotary Club of Wallsend-Maryland to remove graffiti from a wall in Swansea.

They were able to use a powerful water blaster from the Wallsend-Maryland Club to remove some stubborn graffiti.

This is strong evidence of clubs working together.





# Yarnings

## A Conversation from “the other half”

This month has flown so quickly, already up to our fourth month in the Rotary year! So many interesting interactions with Clubs and members, attendance at the Zone 8 Conference, as well as discussions with local, national and international people doing interesting work in the Rotary and community space during challenging, changing times.

I probably have more questions than answers for people these days. Some that spring to mind are:

- What are your Memorable Rotary Moments in: Meetings? Membership? Making a difference? We call these your M&M's! More to discuss about this in future **Yarnings**.
- What do you want to get from your Rotary membership? Are your needs and wants being met? What do you want to get from YOUR volunteering? Is it time for your Club to do a Club Health Checklist (available on-line)? You may be surprised about the answers, conversations and idea-sharing that happens! This is a good way to identify what's happening in this time of change. Can your Club change to meet new needs and focus?
- Does your Club need to change at all? There is no one style of club that suits all needs anymore; but how will your club meet member and local needs and expectations if we don't adapt? Rotary has

to Adapt – even Paul Harris acknowledged this truth!

- Has anyone decided to join Toastmasters now Rotary partners with this organisation? It's not just for business people and older folk; in fact Toastmasters is also a brilliant way to develop confidence and skill in younger people in the early stages of their career! What a great opportunity!

Enough questions for the moment.

I mentioned recently in meetings with Clubs that IPDG Graeme Hooper is the District's Coordinator for our Rotary Alumni. The Alumni are people who have benefitted from the generosity of our District Clubs to attend programs such as Youth Exchange, RYPEN, RYLA, NYSF, Adventure in Citizenship, MUNA, GSE, NGSE, Relayid, and many more. Could I please ask Clubs to

forward any information you hold on these Alumni to IPDG Graeme on: [governor2019-20@rotary9670.org.au](mailto:governor2019-20@rotary9670.org.au)

This request is for several reasons: to start a District database of past participants; to reignite contact with people who may wish to now join Rotary or Rotaract in any of the varied types of Club formats now available such as passport and e-clubs; to have a list of people we may be able to contact into the future to speak at Club meetings, Conferences or as part of our promotion for the value of Rotary programs available. Every Club has some knowledge and memory of these participants, but as a District we have poor data collection which would be useful for our Public Image. And.....if you happen to have a good story about an Alumni member, I'm sure that Glenda would love it for The Natter (as a link), as would Katrina for the Roach Rattlings.



## Volunteer Team of the Year

I have just been informed by PDG Helen Ryan that some time ago she nominated the **Rotary Club of Cobar** for the *Volunteer Team of the Year* and she informed me that she is delighted to say that they were recognised as the winners of the *Volunteer Team of the Year for the Orana division* and now progress to the finals to be held in Sydney in December. The Rotary Club of Cobar are now contenders for the Volunteer Team of the Year in the state of NSW. Congratulations to the Rotary Club of Cobar and we wish them every success in December.

## October is Economic and Community Development Month:

what activities are members and Clubs doing in this service space? It's not just about overseas aid; what is happening at community and national level in Australia? Glenda and Katrina would love to know your stories.

Don't forget **October 24th is Polio Eradication Day** – what are you doing as a member or Club to celebrate and advertise this? And please remember that November is dedicated entirely to The Rotary Foundation – got any plans???

So....only two more questions (I promise):

- After an enlightening conversation via Zoom with Melanie Lewis from D9685 about her work on the new Focus Area of Supporting the Environment, we are looking at setting up a team to support our

Clubs and District in “**Environment and Sustainability**” - anyone interested? If so, please contact me at: [amanda.roachdg21-22@gmail.com](mailto:amanda.roachdg21-22@gmail.com)

- Similarly, I'm asking if anyone is interested in joining me to reinvigorate Relayid in the District – this is aimed at personal and leadership development opportunities for young people with disabilities. Interested? Please contact me on my email above.

Well, lots of food for thought in this newsletter. Thank you for taking the time to read it all.

Cheers, Amanda



## Australian Rotary Health • Latest News

### Less Than 2 Weeks Until Hat Day! 10th October 2020

You can help **Australian Rotary Health** 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 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.

Waratah Rotary Club has lead the way with a very generous donation of \$1,000 to this year's **Lift the Lid Hat Day** campaign.

We know clubs and businesses are doing it tough in these pandemic times,

however mental health research carried out by ARH is needed more than ever.

We trust all Clubs in District 9670 will participate in a Hat Day event in 2020. Every dollar counts and **100% of donations made go directly to the Lift the Lid Mental Health campaign.**



## Rotaract Roundup

The **Total Rotaract** has been very involved in their school community, helping to organise RUOK day events. The Total Rotaract group organised the drone footage of everyone creating the shape of RUOK and enjoyed a BBQ.

Coming up next month they are participating in raising funds for The Polished Man, an event that

raises awareness and funds to end violence against children through the simple act of painting a single nail. More information can be found on their fundraising page: <https://my.polishedman.com/tocalrotaract>

Meanwhile, the **Rotaract Club of the Hunter** has recently teamed up with the East Maitland Rotary Club to remove graffiti in the local

area. They had a great day out and are offering their painting services to any other club that might like to team up.

Remy Brougham



## The Value of Fellowships to your Rotary Experience

Research indicates that people, by large, join and stay in Rotary for friendship and service. This message was reiterated by Jennifer Jones on Sunday during her presentation to the **Zone 8 ANZ Alice Springs Virtual Conference**.

Outside the club environment, you will find plenty of like-minded people – many with similar interests.

**Rotary Fellowships** offer members, family and friends the opportunity to pursue their vocation, interest or profession with those same people.

Rotary sanctions 65 fellowship passions varying from Bird Watching and Stamp Collecting to Flying, Surfing, Doctors and legal profession.

These international groups are a fun way to make friends around the world, join a global community built around a hobby or profession, and enhance your Rotary experience.

District 9670 has members in numerous of these Fellowships.

Recently, members were successful in chartering a D9670 branch of **BREW (Beer Rotarians Enjoy Worldwide)**, the fastest growing and possibly the largest fellowship in Rotary.

We hope to see the social gatherings and fundraising for water and sanitation attract District, friends, corporate and general interest that may benefit membership.

The most recent **BREW** venture was for **Oktoberfest** on **Saturday September 26 at 5pm** – live from Malt N Hops Brewhaus brewery at Beresfield, where all members and friends were invited – COVID-19 conditions applied.

New Zealand launched the international festival which was an international Zoom meeting lasting 24 hours as it traveled the world. D9670 was next off the rank, hosting the Australian leg.

The **Recreation Vanners** are another group well known to us, from their Thursday night efforts at the District Conference in Foundation fundraising. The RV group have a muster set for December in the Hawkesbury.

For details on BREW or connection or any Fellowship please contact me, or refer to <https://www.rotary.org/en/our-programs/more-fellowships>

Brian Coffey

**D9670 Fellowship Chair**



Rotary Fellowships



# Month of Club Charter

As part of an initiative to promote District Clubs they will have the opportunity to highlight themselves in the month they were Chartered.

The following clubs were Chartered in September:

**Dubbo** – 2 September 1936

## Rotary Club of Cardiff Inc. Celebrating 55 years of Service in 2020

Many things have changed over the last 55 years. Initially we met on a Friday evening and we hosted many visiting Rotarians doing a make up! Prior to COVID restrictions, we had evening meetings at Wests Cardiff on Monday nights. These days we have

## Rotary Club of Toronto

The Rotary Club of Toronto was founded in 1957 and while we might not be a big club numbers-wise these days, we have a good mix of seasoned and newer Rotarians. We always have something on the go with a good mix of members who focus on bigger international projects and members who focus on smaller local community projects.

*Photos 1 & 2:* come from the Christmas party we held last year at Cafe Deja Vu Toronto. The food was fantastic, and a good time was had by all.

*Photos 3 & 4:* were taken during our annual joint fundraiser with Toronto Sunrise. In the picture (3) Toronto club members Warren, Mellissa, and Alison joined by friend of club Clarice (Rotary Club of Waratah) labeling the clean skins that are to be sold. In the picture (4)

**Raymond Terrace** – 8 September 1953

**Toronto** – 17 September 1957

**Cardiff RC** 3 September 1965

**Wallsend Maryland** – 4 September 1996

online meetings on alternate Mondays via 'Zoom'.

RC Cardiff chartered the Rotary Clubs of Warners Bay and Wallsend Maryland.

Membership has been up from today's numbers, but it has been mainly lower over the past decade. Pleasingly though, we have introduced two new members to the world of Rotary so far this year.

Toronto club member Dennis is packing up the newly labeled bottles. Our wine sales are the main source of club funding each year and thankfully 2020's round was yet another success.

*Photo 5:* is of IPDG. Graeme Hooper presenting our Toronto Club member Erica Henley with her Rotary International Zone 8 Outstanding Humanitarian of the Year Award at our recent changeover dinner.

*Photo 6:* is of Club member Erica taking delivery of dialysis treatment chairs for Operation Hope Australia's shipping project to Northern Iraq. Donors were Singleton Health via The Rotary Club of Charlestown. Toronto club members Erica and Maureen are in the photo.

*Photo 7:* is of Club members Gordon and Melissa Trigg attending the 2019 Camp Quality Escarpade as a support vehicle, something Gordon has done for the past 28 years.

Over the years we have hosted many Youth Exchange students from overseas. This also includes short term hosting with New Zealand.

In July this year we farewelled our exchange student Aleksander from Norway. What an outstanding young man and an excellent representative of his country. He spent 6 months with our club and 6 months with RC Newcastle Sunrise.

We have been able to achieve a few small projects so far this year:

- In association with Survivors-R-U's, we presented 20 food hampers to the residents of Ronald McDonald House. Due to the COVID restrictions, we saw this as an alternative to the gourmet meal we normally provide twice a year.
- In support of Rural Aid, and in association with RC Toronto, we also helped to deliver food supplies

to our farmers via the distribution centre at Murrurundi. The supplies were purchased from Survivors-R-U's, so this activity benefited both local and country folk.

- Our club is on the planning committee, along with RC Warners Bay and RC Toronto Sunrise, for a major event next year to promote Rotary in the Lake Macquarie and Newcastle areas.
- We are looking forward to a 'Zoom' Poetry Night next month with Warners Bay and Charlestown clubs.
- We are also looking forward to the return of Bunnings BBQ's at Boolaroo and Wallsend, where we assist RC Wallsend Maryland.
- Our President William Cullen is also planning a major community project to benefit our local and surrounding residents.

We consider ourselves to be a Boutique Club (now 10 members) primarily working to benefit our local community. We annually support Shelterbox and we have on occasions also been involved in overseas projects (e.g. Tanna Island RAWCS project).

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## Month of Club Charter contd...

### Rotary Club of Dubbo

The current President of the Rotary Club of Dubbo, Carla Pittman is proud to follow her father in the leadership of the club. Glenn her father was President of our club in 2004-2005 and remains an active member of our club whilst she fulfils this Presidential role some 15 years later.

Dubbo Rotary Club may be small but our worth should never be measured by numbers or \$\$ signs. The Rotary Club of Dubbo continue to thrive in the current environment with a pandemic proving to be only a minor barrier.

Over the last few months, the club has looked for the positives in a forced change of new normal and have maintained connection with members and community whilst remaining vigilant and safe.

The club has maintained a weekly meeting via zoom and more recently still conducted meetings with the option of a small group on site as well as being able to zoom in.

Since July 15th we have successfully completed over 100 hours community service by:

- providing meals for patients at Macquarie Homestay,
- assisted with the local AFL canteen
- staffed the gates at the Dubbo Turf Club.

Through a strong sense of community, the little club is confident that it will still be as vibrant and committed to service above self for another 84 years to come.

*Carla Pittman, President*

### Rotary Club of Wallsend-Maryland

#### At the Beginning...

As the only remaining Charter Member of the Wallsend-Maryland Rotary Club, I have been asked to reflect on the formation of the Club.

The original Wallsend Rotary Club handed in its Charter in June 1993. Reforming a club in the Wallsend area could not occur for three years. Howard Grigor was the District Governor for 1995-6. During his year he chartered four new clubs and started the process for three more, including Wallsend/Maryland. (Note the (/) was not changed to (-) for some years.)

Membership of Rotary District

9670 grew by approximately 200 during Howard's year. Past District Governor Doug Mathews was one of the members who moved to Cardiff Rotary Club following the closure of Wallsend. To the best of my knowledge, it was at the 1996 conference that Doug and Howard started to negotiate the formation of our club. It was about Easter that year the first interest meeting took place. I believe the meeting was at Doug's home.

Cardiff Rotary Club, which had been sponsored by Wallsend Club, became the sponsor for Wallsend/Maryland Club. The first meeting was held in April 1996 and the venue was a coffee shop in the Wallsend Plaza, run by



Betty Carlin, a prospective member. It was early in May that Howard, my long-time friend, suggested I should join Rotary and gave me a list of clubs to consider. I had met Doug Mathews, as my father-in-law, John Algie, had been a member of the Wallsend Club for many years and had written the Club's history. The opportunity to be a charter member of a 'Club with History' attracted me to Wallsend/Maryland.

Terry Morgan, who had been a Past President of Wallsend Rotary Club, was our leader.

This officially became a reality on 4th September 1996, when 21 charter members were accepted by Rotary International and recognised as a Rotary Club.

Terry Morgan went through to Charter Dinner in October. He then became the Charter President. Jennifer Brockwell, the Charter Secretary, had been a member of the Rotaract Club sponsored by Wallsend Rotary Club. Anthony Foate was Charter Treasurer. Ron Passlow was Vice President and I believe he had Rotary experience. Jeff Smith was Sergeant-at-Arms. Brian Pattinson (Dubbo) was then District Governor.



Friday 25th October 1996 was Charter Night. A dinner was held at Northville Lodge, Edgeworth at a cost of \$30/head. Attended by 140 Rotarians, guest and friends.

Past Members of the Original Wallsend Rotary Club were invited. John Algie attended and his invitation shows the menu:

**Entree** – Prawn Cutlets with Sweet Mango Curry; or Chicken, Almond and Shallot Filo Parcels

**Main** – Roast Seasoned Beef with Light Bordelaise; or Roast Loin of Pork with Dark Gravy and Apple Sauce

**Dessert** – Fresh Fruit with Clotted Cream in a Meringue Basket; or Profiteroles filled with Grand Marnier

Patissier and Smothered in Chocolate Tea, Coffee and Chocolates

Doug Mathews attended the Club's meetings. He was a constant source of encouragement and guided the members through the learning stages. The meetings continued at the coffee shop until Betty closed it, about a year later, due to ill health. The venue then moved to the Wallsend Bowling Club. Ron Passlow was President in 1997-98. I was President in 1998-99. About

half way through my year we changed our meeting place to the Kingsland Restaurant in Wallsend.

#### Charter Members & Classification:

*Jennifer Brockwell*, Registered Tax Agent; *Betty Carlin*, Restaurateur; *Robert Comyns*, Real Estate Agent; *Conrad Curry*, Solicitor-Litigation; *Anne Doolan*, Health Food Retail; *Anthony Foate*, Tax Consultant; *Bruce Gunn*, Civil Engineer; *Barry Guttridge*, Retail Nursery Furniture; *Doreen Hopkins*, Alternative Therapies; *Brian Johnson*, Concrete Manufacture; *Adrian Kiely*, Solicitor-Personal Injury; *Audrey Mathews*, Past Service; *Bob McGuigan*, Postal Manager; *George McLoughlin*, Insurance Advisor; *Father John McPherson*, Orthodox Monk; *Terry Morgan*, Solicitor-Conveyancing; *Ron Passlow*, Christianity Salvation Army; *Jeff Smith*, Funeral Director; *Steve Smith*, Bank Manager; *Bob Stewart*, High School Principal; *Steve Troyer*, Christianity Baptist; *Judy Wybom*, Direct Sales Nutrimetics  
Roger Holt, who had previously been a Rotarian, joined the Club shortly after Charter night.

*PP George McLoughlin*



## Some comments from D9670 Youth Exchange Students 2020

### Ava Slee – France – Rotary Club of Newcastle Enterprise



**Photo:** Ava and Chenonceau Castle

My exchange in France has opened my eyes to a different culture. The amazing food, cities, landscapes

and my wonderful families who have enabled me to experience the real French way of life. I have been lucky enough to travel around France with my families and on a bus trip to the south of France with other exchange students. I feel especially grateful for this now, thinking about how my exchange could have ended early because of coronavirus.

My favourite thing about France is definitely the food, I have tried snails and frogs' legs but my favourite food I've tried is saucisson, a type of charcuterie.



### Hartley Lucas – Poland – Rotary Club of Mudgee Sunrise

I've had the opportunity to have so many unique and incredible experiences, for which I am so grateful. The Exchange has given me so many things, but I would say the best thing about it has been the people I have met - the other exchange students, the Polish people from my school, and host families. The people and friendships this year so far have been amazing especially with exchange students, you all share a common interest of the exchange

and travelling so you share that connection lifelong. Just a week after I arrived in Poland, I went to Austria on a ski trip for a week and I was able to meet about 13 other exchange students! This trip was definitely one of the highlights of my exchange as I saw snow for the first time ever here and actually learnt how to ski a little, and the alps in Austria were so pretty. I think it was here where I saw the best landscape when we went up to the highest point for skiing and we were above the clouds it was unbelievable. However in Poland I've also visited some beautiful places.

### Nicholas Hay – Sweden – Rotary Club of Belmont

My exchange has been interesting. The best thing about the exchange is the beautiful landscapes and wildlife. Places like Åre and Vermdalen were some highlights of being here.

I think the best thing about Sweden would be the way of life and the attitudes of people here. I have learnt a lot about myself, life and people. The experience has really opened my eyes to a lot of things over the months, for instance the way that people think and the treatment of people across different places and the support that people have.



**Photo:** Nicholas have a winter dip!!

### Jeslyn Bowman – Germany – Rotary Club of Greenhills Maitland

**Photo:** Jeslyn and friend high above Dresden

German culture is totally different from Australian culture, especially to me, because I actually have mix cultures, Asian and Australian, and now I learn about European culture! They are more straight forward, very efficient, they are really direct and organised!

I love their foods, my favourite so far is Kartoffelpuffer which is a pancake made out of potato! You can put many things on top, sweet or savoury. I personally love it with apple sauce.

Up to now, I don't have a chance to explore many places, but from some places I visited, I really like Dresden, it is so beautiful there and is rich with history and one of the most incredible building is the Frauenkirche, we could climb all the way to the top and see all over Dresden!

If you want to learn about yourself, understand about other people, learn about giving your tolerance to others so together we can have a better world, a peaceful world; then doing a student exchange is one of the best choices that you can make!





## Singleton Sunrise

Not even social distancing measures were able to prevent the Rotary Club of Singleton Sunrise from their Father's Day initiatives in 2020.

Singleton's third and youngest Rotary Club continued its proud tradition of dropping Father's Day packages to residents of local aged care facilities.

All have been impacted by the coronavirus and in particular the elderly especially throughout these times and so the club decided to continue this tradition.

President Stacy was joined by her predecessor Wendy Love, dropping off gifts across Singleton's local aged care facilities.

Despite this year only being allowed to drop the packages at the front door, it is a very fulfilling tradition for the club.

Earlier in the week, PDG Brian Coffey paid a visit to congratulate the group on their 'Citation with Presidential Distinction'.

This award is given out by an International President for clubs that receive certain benchmarks that are set every year by Rotary only 10% of Clubs in every district will get a citation and only five of our groups received one in the past year for our district.

There are three types of 'Citation with Presidential Distinction' honours categorised in silver, gold and platinum.



Photo 1: Stacy Munzenberger and Wendy Love pictured dropping off gifts at the Elizabeth Gates and Alroy House Village Aged Care Services.

Photo 2: Past District Governor Brian Coffey & Carol pictured with the five presidents of Rotary of Singleton Sunrise.



Photos 3 & 4: Lillie and Josie Neuss were made Immortals together with Kevin McGree, Karen Stout and Michael Titow.

Singleton Sunrise achieved about 16 goals to achieve platinum.

Singleton Sunrise is also proud to announce that Lillie & Josie Neuss, Kevin McGee, Karen Stout and Michael Titow were presented with Immortal Badges as recognition to those that contribute \$100 to the Endowment Fund. Congratulations to all.



## Rotary Themes: October & November



### October - Economic and Community Development

This month also includes: *International Day for the Eradication of Poverty* on the 17th and *World Polio Day* on the 24th of October.

- Develop Micro Credit system
- Organise Awareness Seminar on Self-Employment at Colleges/Universities
- Organise Trade Exhibitions
- Organise Buyers-Sellers meet
- Take up Entrepreneurship Development Program
- Organise Consumer Forum, a Public Meeting



### November - Rotary Foundation Month

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.





## Zone C Area Governor September Report

### Zone C – Chris Walmsley

September began with a zoom meeting with the Board of Paterson Rotary Club. Members of the Board have been working together on their 2020-21 Planning and Goal setting in preparation for the District Governor visit at the end of the month. They have adopted the new RI club constitution and are looking forward to their next club picnic meeting in Tucker Park.

One of my highlights this month was to join the members of Salamander Bay Rotary for breakfast, which is conducted over 2 sessions at Eviva Café to allow all members to attend and abide by social distancing rules. During the breakfast, I shared information about the Area Governor role under the theme of 'service' while members shared the exciting projects that they are pursuing despite Covid 19. One of these is their Sensory Garden Project in partnership with the Salvation Army. This project certainly ticks the box of the new 7th Environmental area of focus as well as developing links with the community and associated businesses.

Attending a zoom meeting with the Rotary Club of Greenhills/Maitland is always very informative and enjoyable as they explore ideas to support their community. Membership Chair Kiarni has been analysing and devising action plans from their Club Health Check Survey ready for implementation over this Rotary year. Continuing support of the Nondugl project is also well in hand to assist this community after their loss of the Maternity Wing by fire recently.

Last Monday evening I joined Dungog Rotary Club for their dinner meeting. This Rotary Club was chartered in 1950 but due to Covid restrictions their 70 year celebration has been postponed till 2021. Despite these restrictions the club is back to meeting face to face and good fellowship was most apparent and welcoming. The club have been most pleased to support the Integra Service Dogs program recently, as many of their annual projects have been unable to proceed. I appreciated their **"Thought for the Week"**: *People who wonder whether the glass is half full or half empty are missing the point: Its Refillable!*



A 2nd zoom meeting was conducted with Maitland Club Presidents and Rotarian Sharon from Raymond Terrace Rotary on Friday evening to discuss and exchange ideas in preparation for Rotary's Centenary Celebrations in 2021. I look forward to further planning sessions as we continue to develop partnerships and promote Rotary in the wider Maitland community.

Finally, a huge congratulations to the Rotary Club of Rutherford/Telarah for their very successful Bunker and Back Bike and Run program last Sunday. The sun was shining and the participants were very pleased to be able to support this great fundraising project to support HMRI's ovarian cancer research program. Club members should be very proud of their efforts in these difficult times, extensive planning and team work shone through!

Chris Walmsley



## Zone D Area Governor Report

### Zone D – Craig Henningham

I write these few lines immediately following the wind up of the 2020 Zone Conference. While disappointed at not being able to travel to Alice Springs and join a large crowd, I was most impressed by the way Noel Trevaskis and his team were able to bring the event to our computer screens.

It was a most inspiring event and the speakers were interesting and informative. *One of the great reminders for me was that Rotary is a service organisation and not a fundraising organisation and that we should be having fun.*

Looking back through my diary since the last report, a few DG visits have had to be re-scheduled, so I don't have as many meetings to report on as I might have done.

I was invited to join Wallsend-Maryland for a meeting and was given the opportunity to say a few words. I was most pleased that what I had to say on the subject of us moving towards the new district was well received.

The Rotary Club of Newcastle is running an interesting Club membership support program. Unfortunately the meeting time clashes with my work hours, so I've only been able to zoom in once. It was encouraging to hear about what they are discussing.

Earlier this month, I was invited to zoom in with the Rotary Club of Waratah to learn about an exciting project they're working on. This involves personal headsets with pre-programmed playlists for dementia patients. By all accounts the results of this project look most encouraging. I'm looking forward to hearing of further progress.

Plans for the Warners Bay – Cardiff – Toronto Sunrise project are progressing well. It's looking as though the event, an English style "fayre" will take place in May next year and other clubs in the area may well find an opportunity to be involved. I'm hoping to celebrate Rotary's 100 years in Australia during the day.

Speaking of Warners Bay, that Club recently held their DG visit with a hybrid meeting at Club Macquarie. DG David and DGE Amanda zoomed in, as did a number of members who were not able to attend.

A proposal for Peace Poles for a number of local Primary Schools was discussed and well received.

The club is also holding a weekly, mini cycle ride along parts of the lake. Numbers should build up as more cyclists become aware of it.

Craig Henningham.



# Music on the Brain

For many of our aged population living with dementia, the way can take even longer. Sadly, dementia sufferers can undergo many devastating changes to their lives. They begin to feel anxious within their once familiar surroundings, and have trouble comprehending where they are, and why they are there. They find it harder to hold a conversation and lose their concentration quicker. It is even more distressing, when they eventually do not recognise the loved one who has just sat down next to them, and has said, "Hi Mum, I'm your son".

After watching an ABC Catalyst documentary, titled 'Music on the Brain', <https://www.abc.net.au/catalyst/music-on-the-brain/11016280>, the Western Australian Rotary Club of Geraldton-Greenough saw a wonderful opportunity to help the dementia residents in their local aged care facilities.

The documentary demonstrated how music played through headphones can have a positive effect on people with memory loss. The music downloaded on each individual headphone were songs the residents once listened to, and songs that hopefully they would connect to once again.

The ABC documentary showed the instantaneous reactions the residents displayed, when they heard music played through the headphones. For example, the song mentioned above was in this video, and it caused an instant, and positive, reaction for a resident in the documentary. You could almost see the exact moment the fog lifted, and his brain switched

on. And then, when he began to sing the words (besides bringing tears to the people watching the video), it brought a hope to Rotarians that perhaps with our help, more dementia sufferers could benefit from Music on the Brain.

Geoff Wood along with his club, Rotary Club of Geraldton-Greenough, began to source a supplier of headphones. Through the generosity of a wholesaler, they managed to purchase 400 of them for an amazing price. They talked to aged care facilities in their area to see how the headphones could be included in their music and wellbeing programs. The comments they received from the facilities who trialled them were positive and encouraging. Their club was mentioned in their local media and the program started to get traction. It soon attracted interest further afield as other Rotary clubs became aware of it.

One of these interested clubs was the District 9670 Rotary Club of Dubbo Macquarie. Peter McInnes, and his fellow members, carried out research on how their club could use these headphones. They found their aged care facility already had a music program in place, and their club decided to donate money instead towards the established program. This outcome was still a win/win result, as Rotary was still supporting music for their dementia residents. The club said that it will perhaps look into other facilities around there area that could benefit from the program. But in the meantime, they will be watching with interest to see how the next Rotary

club takes up this venture of Music on the Brain.

Which leads us to the Rotary Club of Waratah. At a pre-COVID club's Community Engagement get together, a Friend of Rotary mentioned the research she had previously undertaken, on how music, when played through a headphone, can stimulate the brain of a dementia sufferer. Soon after this meeting Clarice Hamling, from the Waratah Club, heard Peter McInnes mention 3 important words at a District zoom meeting - headphones, music, dementia.

These words started a conversation between the three Rotary clubs. Geoff gave Clarice the name of the headphone wholesaler they used. After contacting them, and mentioning 'Rotary, dementia sufferers and Geoff's name', delivery was organised for 50 headphones and memory cards to the Waratah Club, at a discounted price. The club was fortunate to receive a wonderful donation from the Wellbeing Science Institute, and this money was used to pay for the headphones and cards.

At a recent Rotary Club of Waratah's zoom meeting (with our DG, DGE and AG's, President and Past President of Dubbo Macquarie, Past President of WA's Geraldton-Greenough, Wellbeing Science Institute, and some of our wonderful Friends of Rotary), we watched a snippet of the ABC documentary. After this we talked about where the club was at with the headphones, what was needed to get them ready for delivery



*"It's a long way.....to Tipperary, it's a long way ..... to go....."*

to Woodlands Lodge, Wallsend. Also, what roles our volunteers could assist with, either with the preparation of the headphones and music, or at the aged care facility itself to help the staff implement the program.

Liz, the Care Manager from Woodlands Lodge, also attended our zoom meeting. Woodlands has agreed to be our first aged care facility to trial the program and was appreciative that her dementia residents have been given this opportunity. She is looking forward to integrating the headphones into their wellbeing programs. Liz is confident, that with music chosen by the residents or their loved ones, they should be seeing some positive results from the use of the headphones. The Rotary Club of Waratah is looking forward to working alongside the Wellbeing Science Institute to collate these results on the trialled Music on the Brain program at Woodlands Lodge.

You may well ask, what next after the Rotary Club of Waratah's initial trial? If, as Rotarians, we can help bring joy to others in the way of music, then let's get that music switched on, and cranked up, in as many places as possible.

**Quote: "Where words fail, music speaks". Hans Christian Anderson**

Clarice Hamling,  
Rotary Club of Waratah



The headphone and memory card our club is using



Generic photo



# Who are Provisional Rotary Newcastle Discovery?



Provisional Rotary Newcastle Discovery is a **new passport club** in District 9670.

We are creating our club identity as we go, building our culture from the ground up. Our key strengths in this are our members.

We recently asked our potential membership base what drew them to the new passport club and the overwhelming response was that the flexible nature of this club was the most attractive feature.

This engagement with our members is something that we have really taken to heart and will form the foundations of which we grow the culture into the future.

Having completed two sessions for prospective members we can see quite clearly that we will have a robust and diverse membership base from which to grow. But one thing that has become abundantly clear to us as we grow the club – our model is particularly appealing to those who work, have a family, or study full time, which is why we value being a flexible club with a strong focus on social gatherings.

Modernity and inclusivity are integral elements of this club and we can see this in our members. Every single member is future focussed with passions that ring true particularly in

2020. Inclusivity, in particular, ranked highly in our recent poll on club priorities. With members from gender and sexually diverse backgrounds having strong representation.

However, beyond the values listed above, the key value we bring to both the district and our members is the ability to connect with other Rotary Clubs and members both socially and in a professional manner.

As a passport club, there aren't a huge amount of large internal club projects, but rather the opportunities for service come from other clubs. This opens avenues for clubs to bolster and strengthen the boots on the ground for existing projects and bring in fresh eyes and minds to planned projects or even at the concept stage.

Everybody in Provisional Rotary Newcastle Discovery truly looks forward to working with other clubs, and seeing our values come to life in the dynamics and culture of this new club.

If you do want to see more jump on over to our [Facebook Page](#) and like, or if you know of anybody who would be the perfect fit we would love you to point them in our direction!

We are also visiting clubs, both physically and virtually, to introduce ourselves.

If you haven't booked in a club visit and would like to hear from us directly, please email us at [rotarynewcastlediscovery@gmail.com](mailto:rotarynewcastlediscovery@gmail.com)



## Interact Prospects for Rotarians

As Rotarians, we have an array of opportunities of assisting young people within our communities. With our life experience and Rotary knowledge, we have much to offer.

**Interact Clubs** bring together young people aged 12-18 to develop leadership skills while discovering the power of Service Above Self. Interact Clubs can be formed within your local high school or can be community-based. Interact can embrace leadership skills and public speaking, and can lead to community work locally, nationally, and internationally. Forming an Interact Club may allow Rotarians to teach high school students many interesting life-skills outside their classroom commitments.

### ***Why should your club consider starting an Interact Club?***

- Support the youth in your area in a tangible way
- Make your school community aware of what your Rotary Club has on offer to staff and students through our youth programs
- Engage with teachers and parents (they may even join Rotary)
- One form only required to register an Interact Club with Rotary International

- Students often need your encouragement, not your funds
- All you need is a little time, an interest in young people and a Working with Children number.

In this District the Rotary Clubs of Cessnock, Kurri Kurri, Rutherford-Telarah, Toronto, and Waratah support Interact. This year pending and ongoing discussions with Charlestown, Maitland, Nelson Bay, and Warners Bay Rotary Clubs are on hold due to Covid-19 restrictions in schools. We trust 2021 will be the year of engagement with our young people again.

The District Interact Team is Chair Madeleine Atkins (Waratah), Karen Stout (Singleton Sunrise) and Stacy Jacobs (Cessnock), with support from District Youth Director Erin Marney (Warners Bay). We would be delighted to speak with your club about Interact at your convenience.

For more information please contact Madeleine Atkins, Email: [madeleineatkins@bigpond.com](mailto:madeleineatkins@bigpond.com) or Mobile: **0447 523 221**. Website: <https://rotary9670.org.au/sitepage/interact>



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30<sup>th</sup> September 2020

# STOP PRESS

DG David Roach

## District 9670 “DO-GOODERY” Conference

Dear Rotarians,

The District Conference Committee for 2021 meets on a regular basis. After careful consideration of all COVID-19 restrictions and implications currently in place and those that could be imposed by our regulatory authorities in the future with little lead time it was decided that the District Conference for 2021 will now be rescheduled to late May 2021 as a Virtual “Do-Goodery” Conference.

The decision to move the Conference to a virtual platform we believe ensures that the Conference will take place and everyone can have access to this “Do-Goodery” event.

The re-scheduling of the date allows the Conference Committee time to readjust its organizational operations to cater for a digital event.

We intend to open registrations in early February 2021 through our District website.

Thank you for your support with our change in format and date as we believe it to be the best way forward for all concerned. This approach highlights our ability as an organization to adapt to change in an environment requiring leadership to meet everyday challenges.

Looking forward to your attendance at our D9670 first virtual Conference.

David Roach  
DG 2020-21  
D9670

