



Roach Rattlings

D9670 District Governor
David Roach

Issue 3 • September 2020



From the DG's desk ...

On behalf of District 9670, it is with great pride that we congratulate Jennifer Jones as the nominee for the position of RI President 2022-23, the same year that we become the new District of 9660. Jennifer is a remarkable leader and I am sure she will progress the core values of service, fellowship, diversity, integrity and leadership whilst meeting the challenges which we face in our daily Rotary service.

This month, Amanda and I have maintained contact with clubs through zoom meetings including: Singleton on Hunter, Nelson Bay, Belmont, Scone, Cobar, Newcastle Enterprise

and my own club Rylstone-Kandos. I congratulate each of these clubs for their outstanding commitment to Rotary and recognizing the needs of their local community. I know many clubs across the District are examining their structure and adapting to models which enhance a sense of community and support through service. I urge each club to do a skills audit of their members and to seek avenues within your community where these skills can be used to promote community well-being.

This month Neil Sharkey, our District Child Protection Officer, has prepared an excellent question and answer

article to enhance an understanding of the important responsibilities which clubs have regarding Child Protection. I commend this article to you in this edition of the "Roach Rattlings".

It is my pleasure to congratulate Syann Williams, who has recently graduated as a Peace Fellow and returned to District 9670. Syann has been kind enough to provide an article for this month's edition which is inspirational – please take time to read her amazing journey to this Fellowship.

The District Foundation AGM was held on 23rd August and I wish to congratulate and acknowledge the following Office Bearers of the Foundation Committee who will promote the TRF across our District, continuing the outstanding work of the Foundation: Chair PDG Janette Jackson Cessnock RC, Secretary/Chair Stewardship PDG Don Stephens Dubbo West RC, Treasurer Malcolm Knight Maitland RC, Chair Grants Jacky Gendre Raymond Terrace RC, Chair Paul Harris Society Joan Latter East Maitland RC, Chair Polio Plus Kerry Hayes Warners Bay RC, Chair Scholarship PDG Helen Ryan Nelson Bay RC, Chair Fundraising Stephen Crane Kurri Kurri RC.



Last month Amanda and I attended the Zoom AGM of RAWCS Eastern. Our own PDG Brian Coffey, the current Chair of RAWCS Eastern, was elected to this position again unopposed. Congratulations Brian. It was of great interest to see the diversity and 'Do-Goodery' of the various projects undertaken by the clubs within our Region.

A reminder that there are many new on-line training modules located in My Rotary – Learning Centre. I encourage members to login and undertake some of these training opportunities. Could members who have commenced modules in the Learning Centre please go back and complete these learning opportunities.

Best wishes for the month ahead.

David Roach

In this issue...

Covid 19 Fails to Stop Nelson Bay Rotary Club	2
Presentation of District Awards.....	2
Isda's Column.....	2
Yarnings.....	3
Jennifer E. Jones.....	3
District 9670 Rotary Peace Fellow Syann Williams.....	4
District 9670 Youth Protection Officer – Neil Sharkey.....	5
Youth Exchange	6
ARH - Early Warning	6
mherv	7
Rotary Themes:.....	7
mherv – Video Success.....	8
District 9670 Membership Chair.....	9
Do-Goodery Conference	9
Month of Club Charter	9
Get Well Soon	9
Making Masks a Winner for Morisset Rotary Club.....	10
Membership Goals	10
Zone C AG Report.....	11
Zone Membership Report.....	11
Zone D AGReport.....	12
24/7 Mental Health Services.....	12

Deadline for next issue:
23 September 2020 • Email articles to:
yezfidar@outlook.com



Covid 19 Fails to Stop Nelson Bay Rotary Club

The Covid 19 pandemic failed to halt the hardworking members of Nelson Bay Rotary Club contributing a phenomenal \$96,300 in the past 12 months to a wide variety of charitable causes, including medical research, bushfire appeals and local community groups.

The funds were raised at local community events organised by Nelson Bay Rotary. The contribution is quite outstanding considering the Club has been adhering to Covid 19 restrictions for the past 4 months, meeting weekly only by Zoom video conferencing.

At the Club's annual changeover meeting, held virtually in late June, 2019/20 President Arja Levonpera presented her report as follows...



Despite a year severely disrupted by the Covid 19 Virus, which resulted in our Annual Charity Golf Day being cancelled and regular face to face meetings discontinued from mid-March, the Club continued with existing sound programs and participated in two additional fund-raising events - The *Judy Mitchell Memorial Fundraiser* in aid of Motor Neurone Disease raised \$27,200 and

The *Bushfire Relief Appeal* raised \$16,151.

Income this year came mainly from Bunnings BBQ's, Binoculars at Gan Gan and minor catering events.

Other activities for the year included:

- Raising \$2000 for the End Polio Program at "Ride like a Girl" movie night
- Hosting a Friendship Exchange Team from United States, District 5610
- Honouring the 2018/19 \$20,000 commitment to the HMRI Indigenous Ear Health Project headed by Associate Professor Kelvin Kong and pledged a further \$10,000.
- Installation of the long-awaited Town clock honouring the late Bart Richardson, a well known local and long serving Rotarian.
- Assist at the Newcastle Science and Engineering Challenge and State Finals held in Newcastle, organise the Science Discovery Day for Year 6 Primary students held at Tomaree High School, commencement of outdoor meeting area at the Yacaaba Women's Refuge Centre

In addition to the above, Nelson Bay Rotary Club's contribution to Rotary's own charity The Rotary Foundation has now exceeded over \$100,000US.

Some of this money has been returned to the local community for local projects in the club's fitness and exercise trail which extends from Corlette to Little Beach. The

remainder of the contribution has been distributed for overseas projects, including eliminating Polio.

New President for 2020/21, Liz Friend, made the following remarks after being inducted at the Changeover meeting. Liz plays an active role in Rotary and other community organisations.

President Liz said that, as we emerge from COVID," Rotary will have to make adjustments like any organisation, and, as a Club we can see this as an opportunity to re-think and find solutions that will help us attract new members and retain existing members".

"We need to build an awareness of Rotary, letting others know that Rotarians are people of action and show how our Club can provide tangible ways to serve others".

She said that from early on many people, young and old, were trying to find ways they could help others and COVID restrictions have changed us - for the better. We looked at what we valued: family, community, work-life balance, and health of course.

This provides our Club with an opportunity to tap into this volunteer spirit and to reach out to those in our community who may also be looking for an opportunity to serve others.

Our Club moved to Zoom meetings and this provided many new opportunities, such as being able to include members and speakers that might not otherwise be available. Zoom technology has also allowed us to join other Rotary meetings and conventions, anywhere in the world.

Presentation of District Awards – the real thing continued!

IPDG Graeme and Sue continue to make the most of COVID-19 opportunities to present District Awards. They recently caught up with PDG / PP Brian Coffey of the Rotary Club of East Maitland and presented Brian with the PDG Doug Mathews trophy.



Isda's Column

There's not a lot to report this month with this coronavirus thingy still hanging around. And I wonder what all my little furry friends around the District are doing?

Jasper finally got to come out of isolation and he's now gone to another

much loved home. It all happened when he came along and helped me supervise those Morisset Rotarians who have all been ever so crafty and busy in their Maskateers workshop.

By the time you all get to read this, lucky me, I will have been on a little holiday. IPDG Graeme and Sue and me, we found a nice little spot by the sea and enjoyed some fresh salt air to recharge a bit.

Oh I do hope all those puppy guardians are staying safe.



Donations to Integra Service Dogs Australia 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 with "Rotary" as transfer description; will really help all my friends.



INTEGRA
SERVICE DOGS AUSTRALIA

Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has been nominated to become Rotary International's president for 2022-23, a groundbreaking selection that will make her the first woman to hold that office in the organization's 115-year history.

Jones will officially become president-nominee on 1 October if no other candidates challenge her.

Jones says she sees Rotary's Action Plan as a catalyst for increasing Rotary's impact.

"As we reflect upon our new strategic priorities, we could have never envisioned that our ability to adapt would become our North Star during what is arguably the most profound time in recent history," Jones said in her vision statement. "Silver linings rise out of the most challenging circumstances. Using metric-driven goals, I will harness this

historic landscape to innovate, educate, and communicate opportunities that reflect today's reality."

As the first woman to be nominated to be president, Jones understands how important it is to follow through on Rotary's Diversity, Equity, and Inclusion (DEI) Statement. "I believe that diversity, equity, and inclusion ... begins at the top and for us to realize growth in female membership and members under the age of forty — these demographics need to see their own reflection in leadership," Jones said. "I will champion double-digit growth in both categories while never losing sight of our entire family."

Jones is founder and president of Media Street Productions Inc., an award-winning media company in Windsor. She was chair of the board of governors of the University of Windsor and chair of the Windsor-Essex Regional Chamber of Commerce. She has been recognized for her service with the YMCA Peace

Jennifer E. Jones – RI President Nominee



Medallion, the Queen's Diamond Jubilee Medal, and Wayne State University's Peacemaker of the Year Award, a first for a Canadian. Jones holds a Doctor of Laws (LL.D.).

A current Rotary Foundation trustee, Jones has been a Rotary member since 1997 and has served Rotary as RI vice president, director, training leader, committee chair, moderator, and district governor. She played a lead role in Rotary's rebranding effort by serving as chair of the Strengthening Rotary's Advisory Group. She is the co-chair of the End Polio Now Countdown to History Campaign Committee, which aims to raise \$150 million for polio eradication efforts.

Jones recently led the successful #RotaryResponds telethon, which

raised critical funds for COVID-19 relief and was viewed by more than 65,000. Jones has also received Rotary International's Service Above Self Award and The Rotary Foundation Citation for Meritorious Service. She and her husband, Nick Krayacich, are members of The Rotary Foundation's Arch Klumph Society, Paul Harris Society, and the Bequest Society.

The members of the Nominating Committee for the 2022-23 President of Rotary International are: Robert L. Hall, Dunwoody, Metro Atlanta, Georgia, USA; Bradford R. Howard Oakland Uptown, California, USA; Per Høyen, Aarup, Gelsted, Denmark; Peter Iblher, Nürnberg-Reichswald, Zirndorf, Germany; Ashok Mahajan, Mulund, Mah., India; Sam Okudzeto, Accra,

Accra, Ghana; Eduardo San Martín Carreño, Majadahonda, Madrid, Spain; Takeshi Matsumiya, Chigasaki-Shonan, Chigasaki Kanagawa, Japan; Michael K. McGovern (secretary), Cape Elizabeth, Maine, USA; José Alfredo Pretoni, São Paulo-Sul, São Paulo, Brazil; Saowalak Rattanaich, Bangkok, Thailand; Hendreen Dean Rohrs, Langley Central, Surrey, British Columbia, Canada; Kenneth M. Schuppert, Jr (chair), Decatur, Alabama, USA; Ravindra P. Sehgal, Belur, West Bengal, India; Noel Trevaskis, Merimbula, Tura Beach, Australia; Giuseppe Viale, Genova, Genova, Italy; and Chang-Gon Yim, Daegu-West, Daegu, Korea.



A Conversation from "the other half"

It has certainly been a pleasure speaking with Clubs and individuals via Zoom or phone over the last month.

DG David and I have found this very educational, as well as entertaining, as the DG Official Visits have been arranged in new ways using technology, and it has been fun participating in some of the activities Clubs have included for our catch-up.

We applaud the way in which Clubs are adapting to "the new reality"; and thank you to the new Area Governors for the efforts made getting to know their Clubs and supporting them on behalf of the District Governor.

Some of the issues Clubs are identifying are around the way in which our communities are dealing with Health

issues and coping – reluctance to general access of services; isolation of the people identified as being at risk; increase in issues of Mental Health and presentations at ED services and helplines; increasing weight gain and access to exercise alternatives; access to food sources or decrease in household wholesome food due to reduced income.

This is all most concerning.

On another note though, we have heard wonderful stories about the assistance Clubs are able to give in their local communities to those challenged by food insecurity via food banks, delivery of hampers and vouchers, feeding those who are (increasingly) homeless in our towns and cities, and shopping

programs for delivery of produce and goods to the vulnerable in their homes.

As we have been stressing in our meetings with you, it is important at this time to look at service above fundraising for our Club activities, as the capacity to find avenues for raising the funds we traditionally donate here and abroad is significantly reduced and difficult.

It is particularly important to look after our Club members and our local communities in the first instance and not to be in distress attempting to find money which may not be available.

However, if you have some funds available please consider donations for our Australian Rotary programs supporting Health research and delivery,

such as: • Australian Rotary Health ARH (remember Carol Coffey's "Lift the Lid Program"?), • The Rotary Foundation (think about general contribution as well as specific programs such as End Polio Now), • Rotarians Against Malaria (research and vaccine development), • ROMAC (providing medical support for those unable to access locally), • End Trachoma ...and many more which fit into our areas of service.

Of course, there is also the joint **Centenary Project with New Zealand "Every Child A Future"**, focusing on vaccination across our backyard, the Pacific Islands which is very worthwhile

Even a few dollars donated to any of the above will make a difference!

I commend to you also to have a read of the August edition of "Rotary Down Under" – what a wonderful collation of articles, from the life of Sir Clem Renouf, through to interesting articles on Purple House and other indigenous health programs, our own Erica Henley from Operation Hope, Malaria research up-dates, and environmental issues examining how this fits into the 7 areas of service. These publications are definitely worth a read when they arrive in your mailbox or Inbox – don't overlook the great content!

That's all for now.
Amanda



District 9670 Rotary Peace Fellow Syann Williams



In late 2017, I was contacted by my cousin, Toni Gemmell from RC Warners Bay, who drew my attention to the Rotary Peace Fellowship which was then seeking applicants for the August 2018 intake.

Although I had not spoken to her for some time, Toni knew I had field experience in humanitarian and disaster response in international conflict and post-conflict zones around the world. Her brief email and subsequent support of the District 9670 Selection Committee opened up a whole new world of possibility, shifting my focus from conflict to peace.

My professional life had commenced as a litigation lawyer in Darwin, after which I decided to embrace humanitarianism. Moving to Mongolia in 1998, I was initially General Manager of an NGO protecting street children and children in prison for 2 years, and then the Coordinator of the United Nations Disaster Management Team responding to a national winter disaster. During the next few years in Sydney, I became a professional actor, established a voice training business, and attained a Masters' of International Relations from Macquarie University in NSW. However, the call of the field persisted. For the following decade, I worked as a Protection Officer with the UN Refugee Agency (UNHCR), protecting the human rights of communities

displaced by conflict in Muslim Mindanao (Philippines), South Sudan, and Myanmar. When Toni contacted me, I was working in Fiji for 2 years as a Humanitarian and Policy Advisor to the Fiji Government, writing national policy on humanitarian coordination and tsunami preparedness after TC Winston in 2016. So before she alerted me to the possibility, the furthest thing from my mind was a Rotary Peace Fellowship.

Rotary Peace Fellowship

After a quick glance at the website¹, I knew that the Rotary Peace Fellowship was a path I had to follow. Each year, the Rotary Foundation fully funds and supports 130 academic applicants for peace programs that will enable them to pursue peace through international service. Five Rotary Peace Centres offer Masters' degrees programs: University of Queensland (Australia), Bradford University (United Kingdom), Duke University & University of North Carolina (USA), Upsala University (Sweden) and International Christian University (Japan). Professional Development Certificate Programs are offered at Chulalongkorn University (Thailand) and Makerere University (Uganda). Fortunately my application was successful, and I was granted my choice to study in Tokyo at International Christian University (ICU).

I chose to study in Japan as it is a non-Western and fascinating culture, and I felt certain it would attract students from a variety of other Asian cultures. With a 2-year Masters' program, I hoped that the ICU program would

give me glimpses into world views that I could not otherwise easily access. Fortunately, this was in fact the case. In addition, each Rotary Peace Fellow has a Japanese Host Counsellor who supports and socializes with them in-country, and the ICU Rotary Peace Centre² organises 3 weeks of intensive Japanese language classes and a whole raft of exciting cultural events. I discovered Japan in a way that tourists could never do and feel it has changed me deeply for the better.

Peacebuilding in Australia

As one of 1,300 Rotary Peace Fellows in 115 countries, I proudly returned to Sydney in early August 2020, keen to put my peace credentials into action. Whereas prior to Covid-19 I might have been tempted to look to international peacebuilding, the Black Lives Matter movement made me keenly aware that peacebuilding begins at home. In my opinion, there can be no more pressing peace issue for Australians than that of reconciliation with Indigenous Australians, and now is exactly the right time to work together on that process.

From my Newcastle home-base, I now seek to establish myself as a Peace Practitioner and Researcher with a focus on peacebuilding with Indigenous Australians through arts-for-peace. This path continues the research I conducted for my Masters' thesis, in which I conducted field research in Northern Ireland on the use of collaborative dance, music and theatre to build understanding and peace at a community level.

Although my background as a



Masters of Peace Studies proudly presented by me!

lawyer, facilitator and trainer is based on dialogue, my research has demonstrated how collaborative community arts can offer other highly effective means of communication and connection that words cannot. I would like to work with Rotary District 9670 to assist Indigenous and non-Indigenous communities address their own peace needs through a range of arts-based peacebuilding initiatives and would be delighted to provide further information on request.

In conclusion, I am deeply grateful for how one timely suggestion by my Rotarian cousin and the support of Rotary at many levels has led me to become a Rotary Peace Fellow.

I am now reporting for duty so that the support given to me through Rotary can be magnified and multiplied to further peace in Australia where it is so genuinely needed.

21 August 2020

Syann Sue Williams

Rotary Peace Fellow
Newcastle NSW

Mobile: 0425 283481

syannwilliams@hotmail.com



Matriculation Day at International Christian University, Year 17 Rotary Peace Fellows outside ICU Chapel.



Lunch on a Tokyo Harbour boat, one of the many social occasions with Rotary Host Districts and Rotary Peace Fellows.



Rotary Host Counsellors and Rotary Peace Fellows from District 2770.

¹ <https://www.rotary.org/en/our-programs/peace-fellowships>

² <https://rotaryicu.wordpress.com/>

District 9670 Youth Protection Officer – Neil Sharkey

Allow me to address a couple of questions that have come up from clubs in our district. I appreciate that the child/youth protection throws up some uncertainty with people regarding what their club needs to do to be compliant.

1. “Is it mandatory for all Rotary members to have a Working With Children Check?”

No it isn't. Members have a choice. However, any members who are non-compliant can under no circumstances be one-on-one with any young people in a Rotary situation. EG Youth Exchange students, RYDA students, kids at a school BBQ or charity function, working bees where children are present etc. The list goes on.

2. “What happens if there is a complaint against a non-compliant member by a young person?”

If proven, criminal proceedings may be brought and a civil claim may ensue. Our insurer, QBE, has a \$25,000 excess on such claims. There are currently historic abuse claims around the world and yes, also in Australia. There is no statute of limitation on abuse of minors.

3. Who keeps the records and for how long?”

District and clubs may be asked for details on members many years hence. It is essential we keep these

records accessible. (See attached instructions on what you need to do re WWCCs and Rotary's Form 3 Declaration.)

4. “Our club doesn't get involved with any youth matters, so why should members get a WWCC?”

If you are involved with such activities as above, even though there may be parents/carers/teachers present, there are still potential opportunities for unacceptable conduct by adults.

5. “What about spouses and partners?”

If they are to have any one-on-one contact, they need both forms completed. This also applies to host families of exchange students, including any over 18's living in the house. Otherwise, it isn't necessary.

6. “What do I do if I have concerns about the conduct of a club member or associate?”

If you have such concerns but without any proof, make a note of your concerns (day/date/time/place/details). You might wish to discuss your concerns with your president or myself or DG David (without needing to disclose identities at this stage). Remain watchful. Young people are vulnerable and rely on adults for protection and to behave in appropriate ways towards them.

Allow me to stress that adults with inappropriate proclivities involving young people come from all walks of life and socio-economics. They usually have an extraordinary ability to hide this from others.

Recent details from the recent Royal Commission clearly indicated this. You may find yourself witness to abuse involving someone you know in your community who you cannot believe would do this.

CHILD WELLBEING ALWAYS COMES FIRST.

You must take appropriate action with appropriate authorities. Your discretion is essential regarding details and identities.

No doubt there will be other queries arise. Please feel free to contact me with such concerns. Also, a huge thanks to those clubs who have already sent in their details.

My email is: neil_shark@hotmail.com

I am indebted to Jim McCreadie from my club, West Dubbo, for the “How to” that follows...

Working With Children Checks

Individuals:

Members can start by filling out the application form online and then taking it to a Service NSW office or motor registry.

They will be issued with an Application Number while their application is being processed.

After a successful application the applicant will receive an email with the Working with Children's Check number.

The email should be forwarded to the officer in the club keeping the records of WWCCs so that the number can be verified ie letting the Children's Guardian know to which Rotary club the member belongs and its validity.

There is no cost for volunteers.

Clubs

Clubs are deemed to be employers and must keep accurate records of members WWCCs.

The club must register with the Children's Guardian and provide two names of members who may be contacted if necessary. This site will take you to the log in page to register:

<https://wwwcheck.ccyp.nsw.gov.au/Employers/Registration/Create>

The club will be given a number and a password.

The club officer responsible for keeping the records of WWCCs will need to log in to this site to verify members clearance:

<https://wwwcheck.ccyp.nsw.gov.au/Employers/Login>

A table is available on the website to use to keep a record of WWCCs. Clubs must send accurate records to the District Youth Protection Officer, Neil Sharkey email:

neil_shark@hotmail.com

Form 3 – Rotary Youth Volunteer Information And Declaration Form

This is required *in addition to* the WWCC, when members will be involved in youth activities – especially if they are going to be in a situation where they may be alone with a young person such as transporting, hosting or mentoring.

The form is available on the District website.

The club officer responsible (or willing helpers perhaps) will need to contact the referees listed on the declaration.

Accurate records need to be kept of these and forwarded to the **District Youth Protection Officer**. The Form 3 for each volunteer can be scanned or photographed and emailed to neil_shark@hotmail.com. Or you can bundle them up and send to Neil at 114 Bultje Street, Dubbo 2830



I hope you find this helpful.

Youth Exchange – a very different experience in 2020!

The Rotary Youth Exchange Program (YEP) is an amazing and rewarding program. Some Rotarians, however, have always regarded the Youth Exchange Program as a glorified and expensive program for our secondary school students. It is never this – it is 12 months where students learn many things – another language, a new culture, about a new country, how to get along with others, how to appreciate your host families etc.

Well, 2020 has been this learning experience but certainly something else! Students have had to learn to be resilient!!! To be able to survive in the home of a host family for weeks on end; sometimes with no opportunity to walk even down a street.

Imagine leaving home in a hot summer and arriving in Scandinavia in the dead of winter... Add to this trying to learn a new language and attending school for a month or two, then being in lockdown!! Your lessons from your classes are online but in the “new” language – how can you manage? Imagine only having the host family to talk to... as you have not made many close friends yet! This lockdown could be for 4 weeks, perhaps 6 weeks!! Our students have developed skills to cope with this and more!

In January 2020, District 9670 sent thirteen students overseas for a “year of a lifetime” - 12 months away from family and friends in the care of Rotary International a long way from home. But what a changed YEP experience from

those who had arrived home in Australia in the previous week in January!

Three students have already returned home from overseas as a result of their Host District personnel making the difficult decision, based on the spread of covid-19, to terminate their exchange for fear of the students getting ill and/or the poor availability of host families.

Soon Hartley Lucas from Mudgee will make her sad trip home, leaving her Host District 2231 in Poland. News reports indicate there has been another increase in covid-19 cases there and at this stage Hartley is the only YEP still in Poland. Getting a flight home is very difficult!!! Then there is the two weeks stay in quarantine.

These students who have returned have not really wanted to leave – they had not completed their exchange year and their expectations have not been met. The students who are still in their host countries also wish to remain where they are. None of our students have been able to travel on the usual EuroTour, the tour of the Amazon, the tour of Scandinavia etc. Some have been fortunate to see many parts of their host country but others only their town or village.

A few Zoom meetings have been organised to allow students to talk with many of the YEP Committee as well as each other. They are fortunate to have other means of linking up (Facetime, Skype, whatsapp etc) with parents,



other outbounds and friends here but it is not the same.

The 2020 YEP students return home with heightened skills in resilience – they are more self aware, able to be more flexible and able to focus more, they are able to find positive emotions (and to sustain these for a longer period of time) and they can make the connections to cope.

Thank you to the students for supporting each other and to their families who have trusted the Rotarians overseas to look after their children. A special thank you to all of District 9670 Rotary Clubs who have sponsored these young people and to those individual Rotarians who have maintained their role as a student counsellor.

Stay tuned to hear from the students themselves... hopefully in the next Roach Rattlings.

Pam Wellham

Chair, Youth Exchange Program

Rotary District 9670

Name	Sponsor Club	Host District	Country	Returned
Olivia Andrews-Klowss	Warners Bay	D2310	Norway	Early April
Kristin Wolsey	Newcastle Sunrise	D4590	Brazil	Late June
Paris Young	Maitland Sunrise	D4760	Brazil	Late June

ARH - Early Warning



Australia has endured a very traumatic 2019/20, with drought, fires, floods and then Covid-19.

Mental Health is of paramount importance, with a large percentage of the population suffering from mental health issues.

Mental health doesn't discriminate as far as age is concerned. Australian Rotary Health, founded 39 years ago to fund research into child Sudden Infant Death Syndrome (SIDS) now concentrates primarily on Mental Health Research.

Some \$3 million dollars has been allocated this Rotary year for further research.

Contributions from Rotary Clubs ensure this vital work continues and ARH needs your support.

It is recognised that many have had their fundraising activities curtailed. The **2020 Lift the Lid Hat Day** scheduled for **10 October 2020** is an excellent opportunity to raise some funds for this vital research.

Rotary Clubs are encouraged to ask Community members to join them at a Hat Day event, either face to face or virtual to support, not only Rotary, but their local community.

The Federal Government has recognised the importance of mental health issues in the community, with research performed ARH playing a key role.

District 9670 representative Chris Bartlett (Nelson Bay Rotary) can provide a raft of information, including free Hat Day Kits. An informative power point presentation is available for Clubs, while District representative is available to attend meetings (either in person or on zoom) to update members on Australian Rotary Health.

Chris can be contacted via District website, or at Chiju@bigpond.com or **0488 552 486**



mherv – Men's Health Education Rotary Van

Many Rotarians in our District will already have heard that the **mherv** project (RC Warners Bay and RC Rutherford Telarah) won joint 1st in the Zone 8 video competition. A feather in our District cap!

But since March, **mherv** has been on hold pending a break in the COVID-19 pandemic which is having an historical impact on the lives of people throughout the world.

Despite an attempt to get **mherv** back on the road in August, when we had planned a tour out west and to the north of the state, well away from the hotspots, we were unable to get started.

Understandably perhaps, some clubs who had been invited to host the project for a couple of days were proving to be a bit COVID-shy. For this reason we were unable to get going and instead hope to re-commence touring in January 2021.

For most of this year many clubs have become a little dormant ... some have hibernated, many have zoomed as best they can, but it means that Rotary hasn't been 'out there' in the community as usual. We know

that factors like our visibility and understanding by communities of the work we do, have a direct influence on membership.

The **mherv** project will be particularly useful when the pandemic subsides. It's a way of flying the Rotary flag in rural and regional communities. For clubs hosting **mherv**, there's not much they have to do to have a project in town that not only saves lives, but highlights in physical and media terms the kind of work Rotary can do.

Jacqui Dann (RC Warners Bay) has joined the **mherv** team and will be focussed on working with host clubs to provide material and raise the interest of the local media prior to **mherv's** arrival in town.

Jacqui has press releases, stories, photographs, videos and audio grabs to help clubs get the most out of their local media.

It is however important that local clubs who are invited to host a visit respond quickly and positively to Operations Manager Les Corrigan. His job to

recruit the clubs and share the details with RN Rob on the road is always a nail-biting experience as he waits for clubs to confirm their interest in having **mherv** save a life or two in their town. Using statistics gathered by the project, **mherv** has so far saved over 300 lives, and the grief of as many families.

When **mherv** gets back on the road, strict infection control measures will still be in place both for Rotarians and for those being tested... not for COVID ... but for problems like high blood pressure, that kills without warning-symptoms.

The **mherv** project is partnered by the Royal Freemasons' Benevolent Institution, which for four years has sponsored the cost of nursing services to the tune of (approaching) half a million dollars so far.

If Les gets in touch with you ... and invites your club to assist... just say yes and say so quickly.

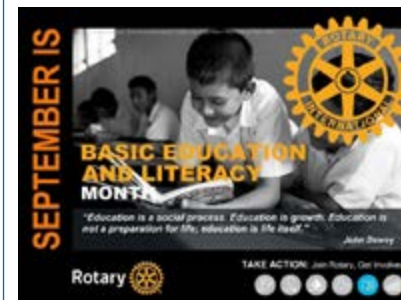
The **mherv** project costs around two thousand dollars per visit... none of which is sought from the clubs on the road. It's almost a gift ... and waves the Rotary flag strongly in rural and regional towns throughout NSW.

Adrian Payne

Member of the **mherv** management team



Rotary Themes: September & October



September - Basic Education & Literacy

Promote Literacy – It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with Rotaract clubs.

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges



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



mherv – Video Success

Among the many Rotary success stories, the Men's Health Education Rotary Van (**mherv**) is a notable example of inter-club cooperation that comes out of our District, but which works with clubs in all Districts around NSW.

Many will know that **mherv** was recently the subject of a video that was judged equal first in the 2020 Zone 8 video competition... *This is the story of the making of the video...*

While at the 2019 Zone conference in Christchurch, PDG Brian Coffey felt that after viewing the video competition entries for that year, District 9670 must surely have some production talent around the clubs, and that we could do better ... so much so that "we would win!" He never lost that confidence and of course he was right!

His first contact was with Martin McGrevy from Charlestown club. After 30 years making corporate videos, Martin retired from a career with NBN Channel 9 where he was making commercials. Next came Adrian Payne from Warners Bay club. At the time Adrian was team leader of the **mherv** project. What Brian may not have known is that Adrian too has significant TV production experience. Add Michael Wooller, also of Warners Bay, another retired video producer and editor and we had a team.

Brian suggested that he could put together the necessary locations and a talented volunteer cast from his club (East Maitland) and identify locations in and around Morpeth to represent the kind of rural community that

mherv so often visits.

Martin and Adrian spent the best part of a day in and around Morpeth doing a 'recce' with Brian, discussing the storyline, looking at locations and meeting people.

Subsequently, Martin and Adrian led the first day's shoot at Morpeth, meeting Glen Slade and his partner Kirsten who 'played' our farmer and his wife. Members of the East Maitland club Judy and Geoff Hicks and Trevor Lynch were Rotary receptionists at the van. For the camera, Glen and Kristen came across the **mherv** van in the street and would learn after tests by Nurse Rob Woolley, that Glen's character had high cholesterol and high blood pressure. 'He needed to see a doctor urgently'. In reality of course, it's this high blood pressure that kills without warning as there are virtually no symptoms.

Martin juggled both roles of director and cameraman. The second day's shoot was arranged to be at the Morpeth Medical centre. Dr. Laxmi Nahar is a member of East Maitland club and volunteered her husband Dr. Amrid to play the doctor in the video. It was a busy Sunday shoot where Carol and most of the Coffey family played waiting-room patients while Ann and Natalie, regular receptionists there also volunteered their time and played their own parts behind the reception counter.

Some time passed with most of the shots in the can but Martin wanted just one more day's shoot. However, sadly, waiting for the COVID storm to blow over, time got away from us

and the deadline for submission of the video was only a day or so away. Fortunately PDG Gina Growden (Zone 8 Public Image Coordinator) was able to arrange a few days extension.

The pressure was now on because Martin had to attend an important family occasion in Sydney on the weekend and the finished video was due on the following Tuesday! ... Adrian, Michael and Martin met urgently to make a plan! Armed with a hard-drive of the rushes from Martin, Michael went into 'lockdown' in the editing suite (his study) and burned the midnight oil to not only cut the story together but also to compose and play-in the background music. Adrian acted as a sounding-board for Michael's editing decisions and had earlier written the voice-over scripts and recorded them using Craig Henningham's excellent voice. (Craig is also a member of Warners Bay club).

Tuesday morning the finished video, exactly 2 minutes long (the specified maximum duration), was emailed to Gina to arrange the judgement!

The rest of course is history... However the team is currently working on a longer version which will be available on YouTube for clubs to play into live meetings or on zoom. In the future this will be particularly useful for new clubs who volunteer to host a **mherv** visit. It will also be made available to local media outlets to help promote **mherv** in each rural and regional town on future **mherv** tours.

Link: <https://vimeo.com/443270801>



Martin McGrevy (Charlestown Club) 'focussed' on the mherv van coming down the open road.

Michael Wooller (Warners Bay) burning the midnight oil in the 'editing suite'.



Carol Coffey D9670 Membership Chair

I am pleased to introduce the following Rotarians as members of the District Membership Committee.

I look forward to working with them in the future to enhance our membership.

D9670 Membership Team – Indigenous Liaison: Paul Hughes (RC Kurri Kurri) paul@plhughes.com



Paul Hughes is a member of the District 9670 membership team with the aspiration to reignite Rotary interest in the Nyngan area, supported by the Rotary Club of Warren, with a project to engage Aboriginal and identified disadvantaged youth of the towns.

Paul is a member of Kurri Kurri Rotary Club serving two 2-year terms as President, and recognised as a Paul Harris Sapphire and was awarded Cessnock 'Citizen of the Year' on Australia Day 2018. Paul acknowledges the support of the Rotary Club of Kurri Kurri in his receipt of this award

A Life Member of Kurri Kurri Minor League, and through his involvement with NSW Indigenous Rugby League, Paul is keen to pursue his contacts in the western region, particularly Nyngan, to set up a Rotary Satellite Club with the support of the Rotary Club of Warren. The catalyst to engage the communities will be the opportunity to commence a project in the towns whereby suitable young people will be identified and selected, to be billeted on the eastern side of the District.

The youth will experience the education and sporting opportunities available to them if they set goals and aspire to them; as well as possibly seeing the ocean for their first time.

Paul will be encouraged and supported by the District in this venture in cooperation with RC of Warren.



D9670 Membership Team – Young Member Liaison: Kiarni Telfer (RC of Greenhills-Maitland) Kiarni.telfer16@gmail.com

Kiarni was introduced to Rotary as a 17-year-old school student and participant in the Rotary Club of Greenhills-Maitland Year 12 'Real Schoolies Program' to Papua New Guinea.

From the first meeting, Kiarni knew that Rotary was what she had been looking for, as she wanted to help others.

Upon turning 18, Kiarni joined the Rotary Club of Greenhills-Maitland and took an active role within the Club and District. For such a young and new member, Kiarni has the impressive track record of organizing and attending fundraisers, participating in RYPEN, selection for Club Membership Chair and has joined a Fellowship.

Kiarni comes with enthusiasm to the District Membership Team with a goal of engaging new members, particularly young individual/groups, while assisting to maintain the health and functionality of current clubs and their members.



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 August:

Bourke – 29th August 1957

Muswellbrook – 30th August 1944

Get Well Soon – Peter Raynor

On behalf of the District I extend our best wishes to PDG Peter Raynor who has taken leave from all Rotary roles due to personal health issues.

Peter is maintaining his membership with the Rotary Club of Warners Bay.

The District acknowledges Peter's outstanding commitment to Rotary and the promotion of its core values and his personal fellowship with us all.

To Peter and Margaret (whose job it is to keep Peter on the road to recovery

- no easy task I should imagine) our support for a speedy recovery and we look forward to your fellowship in the future.

DG David



Do-Goodery Conference

MUDGEE

DISTRICT CONFERENCE 9670

Do-Goodery! People Changing Communities

Across the MUDGEE District

Save the date: 19th, 20th, 21st March 2021

Rotary PEOPLE OF ACTION

Rotary  **PEOPLE OF ACTION**

Rotarians, partners and friends, are invited to join District Governor David and Amanda to come and connect with friends old and new, enjoy a fabulous location and hear from dynamic speakers.

FEATURES INCLUDE:
Friday evening welcome dinner and local entertainment.
Speakers that embody Do-Goodery!
Saturday afternoon - Check out the local area.
Saturday evening - District Governor dinner.
A celebration of people of action.

DISTRICT CONFERENCE 9670

Conference Chair:
Phil Gorton
e. phil.gorton@gmail.com
p. 0411 462 810

MUDGEE2021

Registrations Open Soon

Making Masks a Winner for Morisset Rotary Club

The recent outbreak of CoVID in Victoria and the consequent focus on the voluntary use of masks in NSW spurred the Rotary Club of Morisset into action.

A dedicated team of mask makers dubbing themselves the Morisset Masketeers was formed with the initial focus to make and donate masks to local community-based service organisations with staff and volunteers who work with vulnerable folk.

Mask design was researched before settling on a fitted form with simple

pleats that combines the best of looks, comfort and relative ease of manufacture.

The materials and layering were based on the best advice from World Health Organisation, NSW Health and, of course, the ABC's Dr Norman Swan.

The Masketeers have had three working bees and have donated masks worth many hundreds of dollars to local groups. But in addition to this, demand for purchases of the masks, just through word of mouth have resulted in over a thousand dollars' being raised without even trying.

Social media reports about the Masketeers have been some of the most popular posts ever showing that this project is strongly and positively resonating with the community. This community engagement has led to materials being donated, people volunteering to sew masks and a number of enquiries from potential new members.

While continuing to focus on donations, the Masketeers are now also building stock to have a stall selling masks to the public in response to the many requests generated by our social media and website.

Morisset Rotary President Margaret Johnson said this project is a winner on all fronts.

"We get to help local community groups, to raise funds, to engage positively with the community, to attract new members and have a lot of fun and much missed fellowship while doing it."



Membership Goals

Has your club set a Membership goal for this year? Whose role is it to recruit and retain members? Is it the Club President's? The Club Membership Director's? Or is it the responsibility of every member of the club? When was the last time you invited a suitable person to join our organisation and share in the benefits of being a Rotarian? Membership of Rotary develops leadership, public speaking, social, business, personal and vocational skills as well as improving cultural awareness.

Why not challenge your club members to invite a potential new member to assist in a service project or (zoom) meeting, or reconnect with a member you haven't seen for a while who may have become disconnected?

The Zone 8 Membership Team is hosting two online forums to explore new styles of Rotary clubs as a path to membership development and growth. The forums in September and October will cover new types of clubs, processes for starting new clubs and

the factors underpinning their success. The forums are recommended for District Leaders, District and Club Membership Committee Chairs and others with an interest in starting new styles of clubs.

Thursday 3rd September 2020 and Thursday 8th October 2020 6-7pm AEST

District 9670 has a fantastic Membership support team. Not only do we have District Membership Chair Carol Coffey and her team, but we also have Assistant Rotary Coordinator Brian Coffey. Brian is a knowledgeable and experienced Rotarian who is there to help educate, motivate and guide you in your membership efforts. Like myself, Brian is available as a trainer and facilitator for club, district and zone events.

Adrian Roach

Rotary Coordinator
Zone 8 2019-21



NEW STYLE ROTARY CLUBS FORUM 			
SESSION 1: Thursday 3 September 2020 6 - 7p.m. AEST		SESSION 2: Thursday 8 October 2020 6 - 7p.m. AEST	
 Andy Rajapakse	 Nick Courtney	 Ario Gosselink	
 Karen Purdie	 Aydan Brinkman	 Rebecca Fry	
<ul style="list-style-type: none"> 3 years of Membership Growth Secrets Revealed! How We Started 4 New Clubs Tips & Trips New Rotary Generation Clubs (NRG) What is the Attraction? 		<ul style="list-style-type: none"> Starting a Club from Scratch A New Approach Innovation In Action The Rotary Social Impact Network 	
REGISTER for Session 1		REGISTER for Session 2	

Zone C Area Governor August Report

Zone C – Chris Walmsley

In late July, I had the pleasure of attending the Rotary Club of Rutherford/Telarah's Change Over Dinner, a face to face celebration at Maitland City Bowling Club. A most enjoyable evening with much collegiality and sharing of a successful 2019-20 year, it was very informative to learn about the many community service projects that Rutherford / Telarah Rotary members support across the wider Maitland area. Well done to President Gillian Weatherall who was inducted as President for the 2nd consecutive year.

The first DG visit in our zone was held by zoom with Nelson Bay Rotary in early August. President Liz Friend convened a Board meeting prior to the general club meeting, where DG David, DGE Amanda and I were introduced to the club's goals and

plans for this Rotary year. It was very gratifying that so many members were able to zoom in to share in the open discussion and even dressed for the occasion!

Another special evening zoom meeting was held at East Maitland Rotary to celebrate and recognise the wonderful year that Youth Exchange student, Raissa Moreira from Brazil has experienced during her stay with the club. Ra's powerpoint report was most entertaining and demonstrated the strong ties that she has developed with her Rotary community. It was also delightful that her parents could join the meeting, a very early start to the day for them in Brazil. The evening meeting culminated with President Glenda Briggs inducting new member Liz Holle, Ra's last YEP Host Mum.

This week, I was invited to attend the Rotary Club of Raymond Terrace's

zoom meeting and gave a presentation on the 'Role of an Area Governor'. One of the early highlights for me as an Area Governor, is learning about the wonderful service projects that clubs are establishing in their communities despite Covid19. Raymond Terrace Rotary have initiated a Mask Making project under the coordination of President Tracey Jonovski and I was informed that club member Ernie is a dab hand with the iron.

The Rotary Club of Maitland Sunrise has also become involved in making masks for the community, conducting several working bees over the recent weeks, while the Rotary Club of Greenhills will be at Greenhills Shopping Centre this Saturday handing out masks to the community as part of their service program.

Chris Walmsley

Zone Membership Report



Brian Coffey, Club and Membership Support – Districts 9650 / 9670 / 9675 / 9685

Rotary Zone 8 has put together an all Australia and New Zealand cast for what promises to be two very informative sessions for 'New Style Rotary Clubs'.

The first session is on Thursday 3 September at 6pm, featuring DG Andy Rajapakse from Queensland who has been at the forefront of his District's membership growth for the past 3 years, while PDG Karen Purdue will share some tips and hazards of her involvement in starting 4 new clubs. The evening will finish with the youthful Adan Erickson sharing his reasons, and those of the other

young members in his club, for joining Rotary.

The following month we will have a couple of our Kiwi neighbours sharing their approach to starting a new club from scratch and finish with the vibrant Rebecca Fry sharing her vast experience of the social network.

This is a free series open to and recommended for every member – please register from the live links – or if you have an issue contact me

Brian Coffey

Assistant Rotary Coordinator.



The Board of Rutherford/Telarah Rotary Club



President Peter North and the 2020-21 Salamander Bay Rotary Club Board



Zone D Area Governor August Report

Zone D – Craig Henningham

The opportunity to attend the Changeover Dinner for the Rotary Club of Wallsend Maryland on 23rd June, was a great way to kick off my duties as an Area Governor.

I was immediately impressed by the achievements of a relatively small club and how well the members are engaged with their community. Cheques were presented to a number of Rotary and community projects.

Wilma Simmons was able to pass the leadership of a healthy club onto Phil Gorton who will, no doubt, have his hands full being President and an AG at the same time. I hope your delegation skills are sharp, Phil.

Warners Bay (my own club) was next, a Zoom changeover on 29th June. I had the pleasure of being MC for the evening. The dress code was Activewear/Workwear with the theme "A year of commitment from everyone...to open opportunities in our community".

Rob Wooler, the Nurse who operates the **mherv** rig, was guest speaker and he gave an excellent presentation along with some funny stories. He was most surprised when presented with a Paul Harris Recognition for going beyond the call of duty in his work with **mherv**.

Outgoing President Les Corrigan was presented with a "Rotary Superhero" pin and certificate in recognition of his work during what has been for us all, a rather difficult time.

New president Barry Knowles outlined his plans for the year and committed to visit all the new board members to present their director's pins.

Morisset Club put together a most impressive Zoom changeover meeting with a "Formal on top, Pyjamas on the bottom" theme. Members took this quite seriously and there were prizes awarded for the best combinations.

An impressive report card was presented to the meeting, highlighting the club's achievements over the year and demonstrated an excellent engagement with their community. Outgoing President Peter Comino spoke about the year that was and new President Margaret Johnson spoke about her plans for the coming year. As an interesting side note, Margaret and I knew each other as teenagers in the Blue Mountains where we both grew up. It was great to re-connect as a result of Rotary.

The Rotary Club of Toronto held their changeover dinner on 20th July. Club member Erica Henley gave a great presentation on her work with Operation Hope Australia Ltd in Northern Iraq with her husband, Kim. This work is so significant that PDG Graeme Hooper was given the wonderful job of presenting Erica with the Rotary International Zone 8 (Australasian) Outstanding Humanitarian of the Year (which she shares with Sarah Brown from The Purple House in Central Australia).

Outgoing President Dennis Trigg spoke about all that the club has done over the past year before proudly handing the reigns to his daughter in law, Melissa Trigg, who outlined her intentions for the coming year.

Belmont Club held their DG Visit meeting, and had a board meeting beforehand, on 10th August.

This was my first bad experience with Zoom. I had left another meeting in time to log on but had no end of trouble getting access. When I did get in, I wasn't able to participate.

Fortunately DG David and DGE Amanda had a good meeting with the club and were very encouraging. I've been in touch with President Allan Large and am aware of what the club is doing.

I'm attempting to assist clubs with getting their Constitutions up to date. Some are on top of it and it seems that others still have to make a move. I sent all the information required to presidents to make the process as easy as possible. I've also asked for the current situation regarding child protection compliance.

Warners Bay has met with Toronto Sunrise and Cardiff to discuss a joint project which sounds quite exciting. Pam Dean-Jones attended the first of these meetings and I'll be joining the next meeting early September.

With the 100 year celebration coming up, I've asked clubs whether they are planning any specific events. Unfortunately, COVID has most people hesitant to make any plans. I think something relatively simple could be arranged, giving clubs the opportunity to join in if the situation allows, when the time comes.

I'm starting to fill the diary with visits and meetings. So far it has been a great experience, learning about what our local clubs are doing.

24/7 Mental Health Services Supporting You When You Need It Most



24/7 Mental Health Services

Beyond Blue <i>Anyone feeling anxious or depressed</i>  beyondblue.org.au  1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i>  kidshelpline.com.au  1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i>  mensline.org.au  1300 78 99 78	Open Arms <i>Veterans and families counselling</i>  openarms.gov.au  1800 011 046
Lifeline <i>Anyone having a personal crisis</i>  lifeline.org.au  13 11 14	Suicide Call Back Service <i>Anyone thinking about suicide</i>  suicidecallbackservice.org.au  1300 659 467


Is it an emergency?
 If you or someone you know is at immediate risk of harm, call triple zero (000)

