

District Conference – 21st – 22nd March in Echuca/Moama

Register for District Conference now: http://www.9810rotaryconference.org.au/registration1.html

We have an excellent program of speakers lined up for you. It is going to be a wonderful and enjoyable weekend away. Looking forward to seeing you there.

District Governor 2022-23

Nominations are open for the role of District Governor 9810 for 2022-23. I would strongly encourage anyone who is interested in doing more in Rotary to put forward their nomination as it is a very rewarding and enjoyable role. We are also looking for people to be on the nomination committee.

If you have not seen the nomination forms for either the role of District Governor or to be on the nominating committee, please ask your Club President or Secretary to pass the details onto you.

February is Peace and Conflict Prevention/Resolution Month

What does Peace really mean? Several elements are useful in defining **peace**. On an individual level, **peace** may start with having calmness within oneself. Expanding outward, **peace** entails agreement and harmony among people. At its largest scale, **peace** is to live without violent conflict or war.

Rotarians around the world are aiming to achieve these elements of peace all year round, with the focus in February, highlighting the need to ensure that we have peace within ourselves and with each other, to enable us to bring peace to the world.

As Rotarians within D9810, we do this in a myriad of ways. We address domestic violence by supporting local women's outreach and support services, with donations in kind to help these women get started in their new life.

Interact is a wonderful way of getting our youth of today to work in harmony with each other.

Internationally we support groups such as Rotarian Action Group Against Slavery, we have multiple projects looking at education, poverty, inequality and lack of access to education, all of which are underlying causes of conflict. If we can address these issues, we can start to bring peace and conflict resolution to the fore.

Have a sensationally FUN year.

Shia

DG's Footnote

Who was the Rotarian on Tuesday 11th Feb walking around Melbourne Water Docklands offices with a District Directory in their hand?

DG is curious to know who else in the District works at Melbourne Water.

From the Editor

Welcome to the fourth edition of the District Newsletter for 2019-2020.

Understandably this edition has several articles on bushfire relief projects as Rotarians go about initiating projects for affected areas and residents, humans and animals!

One of the bushfire relief efforts is centred at DIK, who are becoming a regular (and welcome) feature of the newsletter.

DG Shia has requested that details contained in her letter to Presidents of 3rd January 2020 regarding the payments to Rotary bushfire relief accounts be sent out again. The information is on page 4, including details for East Gippsland, Albury/ Wodonga/Upper Murray, and RAWCS.

I hope you enjoy the articles making up the remainder of the newsletter, with just space to squeeze in a late request from Jackie Gleeson (RC OCH); see page 18.

I leave you with the Rotary theme for 2020-2021, announced recently by RI President Elect Holger Knaack.

Gordon Pyke Editor (RC Monash)



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Rotary Opens Opportunities

Rotary Connects the World - Bushfire Masks

Check out the following delivery chain for a shipment of bushfire masks:

Direct Relief Santa Barbara California - Qantas - DHL - Donations In Kind West Footscray - Red Cross / CFA / Rotary – The people who need them.

Now read how this eventuated:

On 7th January Rotary Melbourne received a phone call from a Representative of Direct Relief, which is a Santa Barbara based non-profit, nonpartisan organization with a stated mission to "improve the health and lives of people affected by poverty or emergency situations by mobilising and providing essential medical resources needed for their care."

Direct Relief had already been in touch with the Australian Red Cross and on the basis of precommitment from the Red Cross they shipped 24 pallets containing 97,500 P2 / N95 masks to Melbourne utilising air cargo capacity donated by Qantas and ground transport by DHL. The connection with Rotary is that Dean Axelrod, Associate Director, Partnerships & Philanthropy at Direct Relief is also a Rotarian, and is President Elect for the Rotary Club of Santa Barbara. At Dean's suggestion, a call was made to Rotary Melbourne, resulting in a number of swift actions initiated by Rotary Melbourne:

- To assist Direct Relief, Rotary Melbourne offered to facilitate access to storage capacity at the Rotary DIK warehouse in West Footscray. Storage capacity was available and the shipment of 24 pallets arrived at the DIK warehouse on 9th January. We were fortunate that we were filling a container of beds for Somalia and had some room to take them in. The beds went in the morning and the pallets arrived in the afternoon!
- At the same time District 9800 Governor, Grant Hocking wrote to Australian District Governors to advise of the availability of serious quantities of p2 masks and seeking input from Australian Rotary Districts and Clubs on the immediate needs of their communities for these masks.
- This resulted in the immediate distribution of around 34,000 masks to North Eastern Victoria and East Gippsland.
- Another 20 pallets on the ground in Sydney are destined for D9685 in the Blue Mountains and for 9675 in the Southern Highlands.
- The next consignment of 30 pallets has arrived and distribution Is underway.

The plan is unfolding and we're confident that the bulk of the remaining stock of masks will be distributed over the coming weeks including Port Macquarie and Canberra.

And it's not only masks.

We had a team of members from the new Rotary Passport Club of Melbourne and other volunteers sort and pack 5 pallets of medical consumables under the guidance of a veterinarian member. These have been delivered to the Victorian Dept of Agriculture's Central Vet Store for issue to animal welfare agencies seeking assistance.

We have also despatched 50 cartons of new industrial clothing to Traralgon for use in the forthcoming cleanup with the balance of these going into Southern NSW for the same purpose.

Continued on Page 4

Rotary Connects the World - Bushfire Masks

Continued from Page 3

This and the other support DIK is providing for this disaster could only happen because of the generosity of the Rotary Clubs who help to fund your store and the volunteers who do the work. These Clubs have already made a significant contribution to Bushfire Aid.

Des Shiel D9810 DIK Contact (RC Lilydale)



Shipment received - ready for next step - distribution.

Bushfire Relief - How You can Assist

To assist those in East Gippsland, the East Gippsland Rotary Fire Aid project has been created.

Donations can be made to the following account:

Rotary Club of Bairnsdale - Project Account Bendigo Bank BSB 633-000 Account Number 165960451

(The Rotary Club of Bairnsdale is managing the funds, as they are set up to receive donations from multiple sources, divert the money accordingly and report back to D9820 on how the funds raised have been distributed.)

For Clubs within D9810 who would like to donate funds towards the Bushfire relief that **District 9790** (Albury/Wodonga and Upper Murray) will be contributing to, donations should be paid into the Rotary District 9790 bank account, please put your Club and Bushfire as reference :

DISTRICT FUND Bendigo Bank BSB 633-000 Account Number 140378365.

For those of you wanting to make donations to other fire affected areas of Australia RAWCS have changed their home page to:

Rotary National Bushfires Appeal – DONATE NOW

When making a donation you can request the money goes to certain area or it will go into a pool and be distributed across the country on a needs basis.

Koalas Can't Read - More DIK Bushfire Support

The Rotary Clubs and people who support the Donations In Kind Store should feel proud that they are already making a significant Bushfire Aid contribution.

Veterinary Supplies

We are helping animals injured by the bushfires in a very practical way.

It's not always obvious from the media but the Victorian Government has a well-developed program to care for injured animals and treatment commences as soon as the conditions are safe to do so. Large amounts of medical equipment and supplies are needed to treat the animals. In the past the procedure was to identify what was needed, contact the suppliers, identify what was available, then negotiate the price and delivery.

Veterinarian Dr Charles Foster a member of our newest Rotary Club, the Rotary Passport Club of Melbourne, met with Dr David Middleton, President of the Australian



Koalas can't read and they don't care if the medical supplies were originally intended for a human.

Veterinary Association (AVA) at the DIK Store. David was very impressed with the amount of material available from DIK and very grateful for Rotary's offer to donate much of what they need.

Together they created a wishlist for the AVA and Agriculture Victoria emergency response teams who are working with other Vet teams, Wildlife Shelters, etc. in the bushfire areas. The Rotary Passport Club of Melbourne then organized a team to pack the goods requested. Instruments and medical supplies worth many thousands of dollars have been donated to help this great cause which has freed up funds to be used in other areas.

Work Clothes for Volunteers

Cleaning up after a bushfire is dirty work and District 9820 identified the need to supply suitable clothing for the volunteers and your store was happy to assist. RC Camberwell members and partners answered the call and with help from the usual suspects, 122 cartons of work clothes were packed; 32 have been shipped and the others are in reserve.



Donations In Kind is not a Disaster Aid organisation, but this does not prevent us helping when someone identifies a specific need. DIK is focused is on helping to solve a problem and the cause is not highly significant.

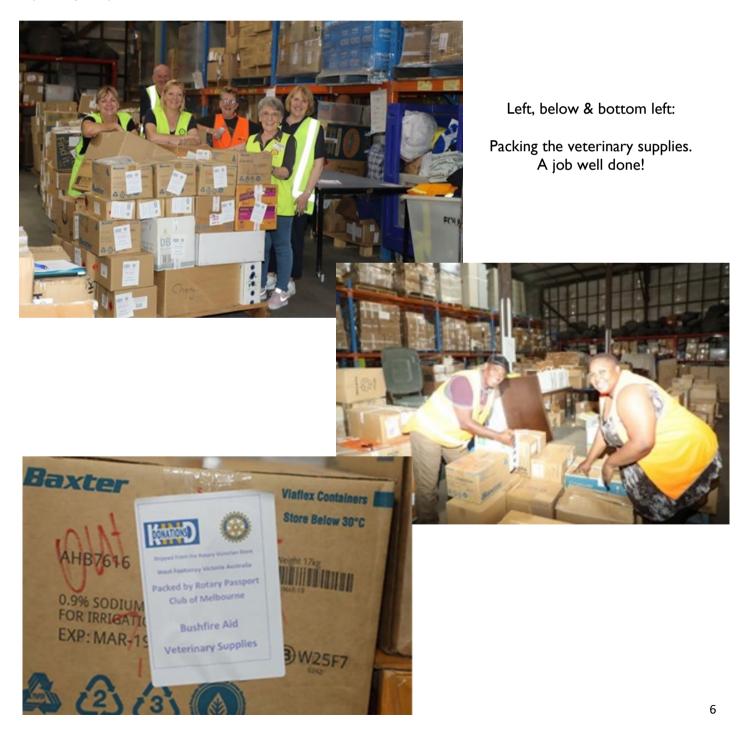
Koalas Can't Read - More DIK Bushfire Support

Continued from Page 5

Clubs and Districts should have a Disaster Plan. Natural disasters happen regularly and the only unknown is the time, location and the particular cause. Each one is different but with some effort we could identify common problems that are often not addressed by the specialist organizations. We can choose to be reactive and fund organizations to buy the goods when the problem happens, or support DIK and have goods available for free to give to the people who need them, when they need them.

We look forward to working with you in 2020 to help many more people in many locations.

Des Shiel D9810 DIK Contact (RC Lilydale)



Sapphire Coast Bushfire Recovery - Help!



A call for assistance from

the Rotary Clubs of

Bega, Merimbula & Pambula

Rotary Clubs in the Bega Valley are reaching out for your help.

Many Rotarians have strong connections with the Sapphire Coast in NSW where the bushfires have been truly devastating for our local towns of Eden, Pambula, Merimbula, Bega, Cobargo and Bermagui.

What you can do...

Donate

Combined Rotary Clubs of the Sapphire Coast Bushfire Relief and Recovery Project

Our Rotary Clubs have set up a project fund through the Rotary Australia Benevolent Society (RABS), managed by RAWCS. You could donate online and be assured that all funds will go directly to our local people and communities.

https://donations.rawcs.com.au/75-2019-20

Alternatively, you could donate to the **Rotary National Bushfires Appeal** and specify the Bega Valley to receive your donation.

https://donations.rawcs.com.au/68-2019-20

Donations to these projects are tax deductible.

Visit our towns

If you have a spare caravan you no longer use, consider donating it to a bushfire affected family in need.

Volunteer

Volunteer with **Blazeaid** – they've set up camp at Cobargo and are looking for volunteers. Go to <u>www.blazeaid.com.au</u> for more information and to register.

A Request to Interplast

Rotarian Ron Brooks, Rotary Club of Forest Hill, contacted the District Interplast Committee to see if it could assist with:

"A 12 year old boy in Port Vila, Vanuatu, whose two lower limbs have been amputated below the elbow. The boy is having difficulty eating and drinking, dressing himself, playing and attending school. While there was an offer of support, unfortunately it was not able to assist the young boy."

The District Chair contacted Interplast Australia & New Zealand which sought information regarding the injury and need for amputation. It seems that the boy was injured by a tree falling on him and his arms were badly damaged. Local treatment was provided, but as an infection had set in, both lower arms including hands had to be amputated.

Interplast's Surgical committee sought advice from colleagues who work in prosthetics and other areas. As a team may be going to Vanuatu next year; dependent on funding, then it would be better suited to reviewing the case further, particularly as they would be able to see the patient and gain further knowledge on damage to the upper arms and general health of the young boy.

Update – Interplast has reached local partners in Port Vila and the Children First Foundation. They are advising on any options that may be available, for this young boy.

When news comes to hand I shall pass it on. But what an incredible medical organization Interplast is! It has developed partnerships with countries and other medical services while focusing on what will make a difference in the lives of those in need of medical services in the Asia Pacific Region.

Many thanks to Ron for referring this young boy.

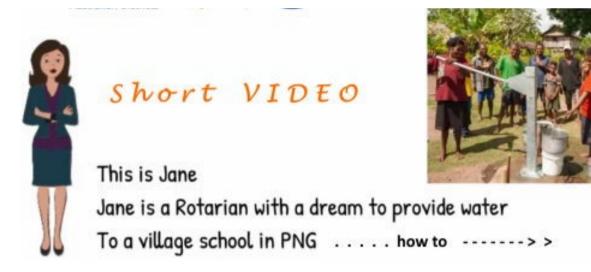
You too can assist repairing and rebuilding lives!

PP Liz Guiver District 9810 Interplast Chair (RC Warrandyte Donvale) And Committee: Brian Hodgson, Harvey Lane, Peter Lewis, Geoff Weeks & Bob Williams.



RAWCS & RABS Explained (By Video)

The below links are worth checking out for information on RAWCS (Rotary Australia World Community Service) and RABS (Rotary Australia Benevolent Society).



https://drive.google.com/file/d/IprWWnnistvBm8crRPKbVAZoN-kzid7nC/view?usp=drivesdk

Dick and Pippa Smith generously donated another \$1,000,000 to Rotary

What a fabulous thing to do . . .

What does it mean for my Rotary Club though?



Compassionate Grants: https://drive.google.com/file/d/1VgCwie9YXZaZt7Z35Fcrc3SfYsag27v0/view?usp=drivesdk

> For further information visit the RAWCS website: http://rawcs.org.au/rawcs-southern-region



Rotaract at International Assembly

The International Assembly is Rotary's annual training meeting giving leaders from around the world the chance to share ideas for strengthening clubs and improving communities.

2020 was the second time Rotaractors were invited for several days. D9810 was truly unique to have not just one, but TWO Rotaract leaders among the 60 Rotaractors from around the world. Bianca Lobo and I (Monash Rotaract) had an amazing time, sharing ideas, meeting new friends, and appreciating the difference that Rotary is making around the world.

There were three things, tied into Rotary's Strategic Plan (https://my.rotary.org/en/learning-reference/ about-rotary/strategic-plan), that we discussed in General Sessions and in breakouts:



DGE Alma Reynolds, DRR Netania Lim, past RA Chair Bianca Lobo

I. Growing Rotary. Membership is a key concern and connected to increasing our impact and expanding our reach. We can do this by using new club models (satellite, passport, business, etc) and being creative with how we problem-solve.

2. Promoting Rotary. Enhancing our engagement and expanding our reach requires recognition of our participation and dedication. We are ALL brand ambassadors, and we hurt Rotary's brand by not presenting a consistent brand to the world.

3. Leading change. We were reminded of models that support change, and that change is an iterative process. That is, we must be willing to try new things, evaluate and gain feedback, and then take the next step forward. Rotary will thus have the adaptability to bring us into the future.

Focussing on these three key themes will also help us better communicate Rotary's Strategic Plan.



60 Rotaract leaders with RI President-Elect Holger Knaack

Rotaract at International Assembly

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Bianca and I are so thankful for this once-in-a-lifetime opportunity, and we hope to be able to share what we've learned with our district and beyond. As leaders, we have an incredible opportunity and responsibility to use our influence to better the Rotaract experience, and we don't take our privilege lightly.

Once again, we thank the District for their ongoing support of young leaders.

Netania Lim District Rotaract Representative 2019-2020 <u>netania@monashrotaract.org.au</u>



RYLA Oceania 2020

I'm lucky enough to be one of the participants of the Inaugural RYLA Oceania program. Put simply RYLA Oceania is an extension RYLA program for RYLA Alumni aged 25 - 35 from Australia and New Zealand, who have a desire to continue their leadership journey.

We started off the year with our 'Retreat Week' that was held in Sydney. We heard from 17 amazing guest speakers, participated in mentoring sessions, and commenced working on our community projects.



It was an absolutely amazing experience, I gained so many incredible insights, and made some fantastic personal and professional connections. The most exciting aspect of RYLA Oceania is that it's a 12-month program. For the rest of the year we will use the skills we learnt during the retreat week to continue our personal and professional development and help the greater community through our project work.

RYLA Oceania has given me a new excitement for life and I look forward to reflecting on of all the gains we have made at the end of the program.

Amelia Savige Whitehorse Rotaract

ARH News - February

ARH Funded Program Helps Dyslexic Children Cope Better

A recent Australian Rotary Health (ARH) funded study has revealed that a new mental health program is effective in reducing the use of unhelpful coping strategies among children with dyslexia.

<u>Dr Mark Boyes</u> and his team at Curtin University were awarded an ARH Mental Health Research Grant in 2018 to conduct a pilot trial of the 'Clever Kids Program', a mental health program for primary school children who struggle with reading and spelling.

Forty children with dyslexia were recruited to the trial, with twenty participants receiving the Clever Kids program compared to twenty participants who were part of a wait-list control group.

Dr Boyes said after attending Clever Kids, children reported improved coping skills.

"They were much less likely to use unhelpful coping strategies like avoiding problems, not telling people about their problems, and blaming themselves for their problems," Dr Boyes said.

"There were also promising findings for self-esteem, emotional problems, and peer problems. After attending Clever Kids, children reported higher self-esteem and parents said their children had fewer emotional and peer problems."

Dr Boyes noted however that while these findings are promising, these changes were substantially smaller than the changes in coping skills.

"These changes were smaller than the changes in coping skills, and we need to do a bigger study to confirm if Clever Kids improves self-esteem and reduces emotional and peer problems," Dr Boyes said.

Another strength revealed from the trial was that children with dyslexia reported that they liked the program and found it to be helpful.

"They really liked meeting other children who were also struggling with reading and spelling. Children also liked activities involving drawing, movement, and paying attention to their bodies. They did not like activities involving sitting at tables reading and writing as much."

"We believe the program could be improved by having shorter sessions or including more breaks during sessions and reducing the number of activities that involve reading and writing."

Dr Boyes said there is a very clear parent demand for programs addressing and promoting the emotional wellbeing of children with reading difficulties, and the results of this pilot study indicate that a bigger evaluation of the Clever Kids program is feasible.

"We are delighted to have secured funding from the National Health and Medical Research Council to conduct a larger trial of the program".

The Clever Kids pilot study is a world-first to use a rigorous randomised control design to test a program promoting mental health among children with dyslexia.





ARH News - February

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It is also the first time an evaluation of a mental health promotion program for children with dyslexia has assessed potential mechanisms associated with mental health and emotional and behavioural problems directly.

Results from the study are expected to be released by April 2020 before being submitted to a peerreviewed journal. Dr Boyes hopes to present these findings at the Society for Research on Learning Disorders Conference, held in Norway on 18-19 June 2020.

The project was conducted with support from the Dyslexia-SPELD Foundation (DSF), who developed and run the Clever Kids program.

We thank the Stan Perron Foundation for co-funding this project.

Media contact: Jessica Cooper – (02) 8837 1900 or jessica@arh.org.au

Link to article on ARH website:

https://australianrotaryhealth.org.au/program-helps-dyslexic-children-cope-better

Mutunyi Farmers Training Centre

Why did we fund a farmers training centre with a matching District Grant with the Rotary Club of Meru, Kenya? Basically, to meet the need to train subsistence farmers, skills to produce food, thereby allowing them to feed their malnourished families, particularly their children. Lack of good food production is a major concern for the Kenyan Government.

How did we become aware of this need? We initially had responded to a call for support from the Rotary Club of Healesville for their goat farm project with the Rotary Club of Meru, Kenya. Subsequently we supported the Healesville Club when they progressed to develop a dairy cattle farm project. In both instances, we helped fund purchase of stock for these projects. Subsequently Fr. Jason Micheni, a Rotarian in the Rotary Club of Meru, Kenya, visited our Club thanking us for our support. During his talk he mentioned that there was a crying need for a farmers training centre. The Kenyan Government would provide land for food production and agriculture trainers if facilities for such a training centre were established on the land.

In responding, what did we address in meeting this need and providing these facilities? The site needed to be fenced to protect it from wild animals and roaming rogues. It needed to have concrete ponds constructed for fish farming, the provision of fingerling fish, incubators to produce chickens, purchase of fertilised eggs for these incubators, protective enclosures for the chickens to produce eggs and chicken meat. Also included was the building of bee hives and purchase of bees to establish an apiary. In the main these items are contributing to protein production. In support of the above items a water supply with a pump, reticulation and water storage was needed. Fortunately there is the Mutunyi River adjacent to the site. This river has a constant flow being fed by the year round snows on Mt Kenya, Africa's second highest mountain. The Mutunyi Farmer's Training Centre is on the lower eastern slopes of Mt. Kenya.

Mutunyi Farmers Training Centre

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All the above is now a reality and we are now moving into the second stage of the Project. This in the main addresses production of fruit and vegetables. Included will be provision of a shade area where instruction can be undertaken with protection from the tropical sun and rains, a secure store for seeds, seeds for growing vegetables, six different types of fruit trees for an orchard, farming tools, an irrigation system, a green house and a solar panel array. The last item was included when it became apparent that frequent failures in power supply caused poor hatch numbers from the incubator.

Plans anticipate that there will be sufficient food produced to allow some to be sold. These funds earned will allow the centre to become self-supporting.

We used RAWCS (Rotary Australia World Community Service) to safely transfer funds to the dedicated project account in Kenya.

You too can participate in our project through RAWCS, as tax deductable donations are welcome and can be made through our RAWCS account at <u>info@rawcs.com.au</u> nominating account 63-2017-18.

Tony Hough RC Glen Waverley



Right: Fr. Jason at the newly loaded chicken incubator.

Left: Fr. Jason (left) leans against one of the newly completed and curing fish ponds.



Anyone for Golf?



Shot-gun start 1.00pm (East Course) Registration from 11.30am

Cost : \$60 per person (Includes light lunch in Sports Bar)

Texas Ambrose Competition

On-line bookings: trybooking.com/551819

Donated

\$500 to winning team's Club

project

RC Forest Hill

Prize winners to be announced during Conference

Enquiries:

Wil Cornelissen 0419301472 or email: wil.cornelissen358@gmail.comDon Kerley0417 546 381 or email: dkerley@bigpond.net.au



From the Bay to the Hills



MUNA - New Venue

SAVE the DATE!

District 9810 Model United Nations Assembly



Will be held in the Isabella Fraser Room, State Library On Saturday 2nd May and Sunday 3rd May 2020



Updated information was forwarded to Clubs on 8th February.

For any queries please contact the MUNA Co-Chairs Dr Daryl Moran and Jenny Moran at <u>MUNAD9810@gmail.com</u>

Ultimate Rotary Tour!

The Rotary Club of Pakuranga invites you to join the Ultimate 18 Day Rotary Tour of New Zealand <u>11th September to 28th September 2020</u>

The Tour Key Points and Highlights are:

- The Tour includes 2 meals in Rotarians homes, and 2 Rotary Meeting visits.
- The Tour size is limited to 26 persons. (Within a 30/33 seater coach.)
- Accommodation will be 4 to 5 star and includes all breakfasts.
- Two night stays in all big city stopovers and 'not too early' start times.
- The 18 day Tour includes both the North and South Islands of New Zealand.
- A professional 'Top Tour Guide' will travel with you throughout the Tour.

The following are some of the 62 items that are included within the tour price:

- An official Rotarian Welcome at the 'Grand Millennium' Hotel, Gift packs, Guided Tour of Auckland.
- Entry to the Auckland Museum, Visit to the 'Auckland Sky Tower', Tea Tour and Tastings at Zealong Estate.
- Guided Tour of 'Hobbiton'; Guided Tour of 'Rainbow Springs' and 'Kiwi Encounter', Guided tour of Te Puia, including a Maori Cultural Performance and Hangi dinner, visit to the Huka Falls, Wine tasting in Napier.
- Guided Walking Tour of downtown Napier, Sightseeing Tour of Wellington, Guided Tour of 'Weta Workshop'.
- Ferry from Wellington to Picton, Hanmer Springs, Lake Tekapo, Lake Pukaki, Arrowtown, Queenstown. Invercargill, Milford Sound.
- Sightseeing Tour of Dunedin, Orientation Tour of Christchurch City Centre.

Here are some of the typical comments received from Rotarians on previous tours:

"This was a great trip. We enjoyed every moment and really appreciated the opportunity to see some things that larger tour groups couldn't have seen." **PDG Greg Bevan and wife Lorraine of District 9670 (NSW, Australia.)**

"Sharron (the Tour Guide) is the very best tour guide we've ever experienced." PDG Barbara Tracy & husband Jim from District 5180 (Greater Sacramento, USA.)

"I found it useful not to have late nights included – the days were long enough for 'oldies'. I have already recommended your tour to someone in our Club."

Special 'Early-Bird' Fares:

NZ\$7,750 per person for two people sharing a room. (Approximately AUD 7,300)

NZ\$9,750 per person for a single person in one room. (Approximately AUD 9,200)

Please email: <u>peter.hawkins@xtra.co.nz</u> to request the 8 page full Tour details.









Key note speaker



Change the Way

Thursday 5 March, 2020, 6pm-8pm Sandy by the Bay, Beach Road, Sandringham

Join Libbi Gorr and our panel to discuss the impacts of gender inequality and actions we can make to 'Change the Way'. Everyone is welcome to attend.

FREE EVENT - BOOK NOW!

changethewayevent.eventbrite.com.au Inquiries via Connect Health & Community p. (03) 9575 5333







SUICIDE PREVENTION NETWORK recognise, protect, prevent

South Eastern Suicide Prevention Network Bunnings sausage sizzle fundraiser



South Eastern Suicide Prevention Network are holding a Bunnings sausage sizzle to raise funds for our 2020 community awareness and education programs.

We would appreciate your support:

PLEASE come along a *BUY* a sausage or two, <u>OR</u> consider *VOLUNTEER/NG* to assist us on the day, if you have a few spare hours! We'd appreciate it. Please advise us if you can volunteer via email <u>sesuicideprevention@gmail.com</u>

<u>Where:</u> Bunnings South Oakleigh 1041 Centre Road (Links Shopping Centre) <u>Date:</u> Friday 6 March 2020

<u>Time:</u> from 8:30am - 4:00pm



