



Rotary Opens  
Opportunities



## THIS ISSUE

Musings from DG Debbie

RICON update

RYLA update

Mental Health Ball

## CALENDAR

- 22 May R C South West Rocks Changeover
- 23 May District Management Meeting
- 29 May R C Barraba Changeover
- 30 May District Assembly Port Macquarie
- 5 June Hastings Rotaract Changeover
- 5 June Armidale AM Changeover
- 6 June R C Lower Midcoast Changeover
- 7 June R C Kempsey Changeover
- 7 June R C Warialda Changeover
- 8 June R C Moree on Gwydir Changeover
- 8 June R C Wauchope Changeover
- 10 June R C Nambucca Valley Changeover
- 11 June R C Moree Changeover
- 12 June R C Armidale North Changeover



## MUSINGS FROM THE DG

This week's congratulations go to DRR Laura Telford for being the Rotaractor of the Year. Wow great achievement Laura and thank you for your leadership in showing the way forward to others.

Micro credentialing Rotary roles is something I spoke about a few months back. The idea is to credential Rotary roles, so that board members can gain RPL's for career advancement. I have been speaking with the fabulous Sue Crewe from Armidale Central and UNE, RIPE Jesse Harman and the new sub committee at UNE who are paving the way forward.

All credit to Sue Crewe for outlining the way forward and to Rotary for opening an opportunity for anyone upskilling or advancing their career paths. This will be particularly useful to many Rotaractors and younger Rotarians who have given it a go at board and committee level. I think this is an excellent way of helping younger people realise their dreams whilst encouraging them to join Rotary or Rotaract. Many universities and employers look very carefully at potential applicant's CVs to see if they are community minded and look very positively at that candidate when they see a commitment to their towns, villages, and communities, and wanting to give back. I believe it says a lot about their character when they value helping others.

Assembly Narrabri is this Sunday, and I had the pleasure of welcoming everyone there via zoom. I look forward to seeing many Rotarians in the coming weeks inland during their changeovers. For those not in the know, the Oxley Highway from the coast to Walcha and beyond was very badly damaged in the recent floods. There is one-way traffic as far as Mount Seaview, but the rest of the road is closed to traffic because of landslips and roadways that have disappeared down the hillside and will need significant engineering before traffic can recommence. As an example, it used to be a quick 2 hours from my home to Walcha. It is now 4 hours at least via Dorrigo or Gloucester.

Upcoming District Assembly

Please respond to District Secretary Patti Parsons and let her know you are attending in good time.? It is important to know well in advance to ensure the venue is adequate and we comply with COVID restrictions. Also, we need to know how many to feed! (very important)

Sunday 30th May 2021 Charles Sturt University, Ellis Parade Lake Innes Port Macquarie

Australia and District 9650 support to India

As the tragic situation in India unfolds many people are asking, "what are we In Australia doing to help" I am pleased to say that we are looking at providing substantial help to India. The current DG's together with our Rotary Australia Foundation Chair Maurie Stack, The Bendigo and Adelaide Bank's Community Enterprise Foundation, and another company are coordinating a plan to provide significant help. My counterpart in District 9800 Phil Archer, says that we are raising vital funds to secure and send across medical oxygen. We are in consultation with districts in India to decide the next urgent requirement. More to come about this shortly.

End Polio Now – article by PDG Bob Aitken AM RI END POLIO NOW Coordinator, Zone 8, 2018/23 Rotary Club of Lower Blue Mountains, NSW

WORLD LEADERS TAG 2023 FOR THE LAST CASE OF POLIO!

The END POLIO NOW 'end game' is under way ...

Exciting news is that senior leaders with the Global Polio Eradication Initiative and the World Health Organisation have agreed that our world should see the last case of wild polio virus by the end of 2023.

Then, with the completion of the required three-year polio free period, our world should be declared 'polio free' by the end of 2026!

This rationalisation is the start of the planning process by GPEI, based on current facts and figures and what our leaders learn behind the scenes.

RI Past Vice President Mike McGovern, Chair of Rotary International's PolioPlus Committee, told a zoom meeting of RI END POLIO NOW Zone Coordinators on May 11 he had never been more 'optimistic' about the ultimate success of our 45 years plus campaign.

'All the signs are there,' he said.

## E-NEWS CONTACT

If you have something for the E-news please email editor Laura Telford at [laura.telford@rotaract.org.au](mailto:laura.telford@rotaract.org.au) before 5pm on Friday to make sure it will appear in the next edition!

# MUSINGS FROM DG DEBBIE CONT.

'For the first time, recent sampling along the Pakistan/Afghanistan border (60 sites) has found no trace of the wild polio virus. It has been 14 weeks since the last case of the wild polio virus was reported – and only two cases this year.'

Chair Mike said his optimism was still tinged with caution, given we were close to zero cases a couple of years ago, but emphasised 'all the signs were encouraging'.

Given that good news, RI Past President and Rotary Foundation Chairman Elect John Germ, brought the meeting back to reality with the warning that end of Rotary year fund raising was vitally important for Rotary teams to maintain the pressure in 2021/22.

'We will need every cent of the Gates Foundation US\$100 million matching grant to continue funding every aspect of our campaign. To quality, RI must raise US\$50 million by June 30 and, at this time, we are lagging by US\$4,482,000 compared to the same period last year,' he said.

'Some 26 of our 41 regions are down on Polio giving and only 128 Districts (less than half have donated 20% of their DDF to Rotary's priority project.'

Past President John urged EPN team leaders to go back to their coordinators and urge them to work with RI Directors and TRF Trustees in their Regions to stir fundraising support.

'Challenge your own fellow Zone Coordinators, District Governors and other senior leaders to join the cause and give personally as an example to Districts and Clubs.

'Encourage your teams to lean on the non-givers' he urged.

'There are still too many Rotarians who have never given personally to END POLIO NOW,' he concluded.

## ARH News

Introducing "Ask the Experts" ARH asked one of their experts, Dr Maria Di Biase: "Where do voices in the head come from? Turns out the answer is quite an interesting one.

This is a good question, the answer to which is not straightforward. In fact, after more than 200 years of research, the picture is still far from complete. One long standing theory is that auditory hallucinations – voices in the head – come from inner thoughts and speech that someone incorrectly attributes to a source outside their own body. Why does this happen? The basis of auditory hallucinations is neurobiological, that is, there is an event or multiple events that take place in the brain and this manifests the experience of hearing voices. For example, altered electrical activity in the brain can disrupt the way that brain regions communicate with each other. This 'disconnection' may result in spontaneous inner speech that is misperceived as coming from the outside world. Dr Maria Di Biase ARH Researcher 2014-2017

Your question could be the next one ARH features on "Ask the Experts"! Email your questions to: [news@arh.org.au](mailto:news@arh.org.au)

40 years ago, Australian Rotary Health (ARH) was established as a charitable fund by Rotarian PP Ian Scott and the Rotary Club of Mornington, Victoria, to research the mystery of Sudden Infant Death Syndrome (SIDS).

Since those early days, our work has continued to expand and has made an impact not only across the country, but also internationally. With the support of Rotary Clubs and Districts in Australia, we are so proud to be a part of creating better health for all Australians. Research and advancements in knowledge funded by ARH provide both preventative and curative solutions for a broad range of health conditions.

Since 2000, our research focus has been on mental health. In 2012, this focus narrowed to the Mental Health of Young Australians (Aged 0-25), and in 2013, projects focussing on the Prevention of Mental Illness were included. Programs such as Cool Kids and Mental Health First Aid are just a couple of examples of our funding leading to positive outcomes.

Lift the Lid on Mental Illness is our national campaign for mental health research and awareness, and every year on World Mental Health Day (October 10) we celebrate Hat Day to raise funds for vital research into mental health.

We also provide scholarships for rural medical and nursing students and Indigenous health scholars; ensuring that the next generation of Australians have access to vital health services and information.

In just 40 years, we have achieved so much. We are inviting you to help us mark this milestone year and invest in the future by supporting our work today.


Every dollar counts.

Celebrate ARH 40th Birthday – In 1988 PDG Geoffrey Betts AM was elected as the second chairman of ARH. That year they also achieved a goal of raising \$2 million for research. Celebrate 40 years of ARH by donating to their birthday fundraiser or signing up to their Hat day/40th Birthday webinar in October.

[https://australianrotaryhealth.org.au/event/australian-rotary-health-40th-birthday-and-hat-day-webinar/?utm\\_source=Australian+Rotary+Health+Newsletter&utm\\_campaign=1d7e2cb454-EMAIL\\_CAMPAIGN\\_3\\_5\\_2019\\_16\\_2\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_6072cfc998-1d7e2cb454-264825873](https://australianrotaryhealth.org.au/event/australian-rotary-health-40th-birthday-and-hat-day-webinar/?utm_source=Australian+Rotary+Health+Newsletter&utm_campaign=1d7e2cb454-EMAIL_CAMPAIGN_3_5_2019_16_2_COPY_01&utm_medium=email&utm_term=0_6072cfc998-1d7e2cb454-264825873)

## DISTRICT ASSEMBLY IN NARRABRI






**RYLA**  
Rotary Youth Leadership Awards

**Please ask them back....**

We urge ALL Clubs to invite the RYLArian(s) they have sponsored in 2021 to return & give a presentation at Club level.



Registration for the 2021 Rotary Virtual Convention and Preconventions is now open. You can go to the convention website to access registration. Once you click on the REGISTER or REGISTER NOW button, you will be directed to the official registration site, Cvent, where you can complete the registration process and learn more about registration and program details.

The special registration rate of \$49 is available till 7 May 2021. After that, the registration fee is \$65.

- The 2021 Virtual Convention will open innovative opportunities to learn and to engage with the family of Rotary, near and far.
- Together, we'll inspire action, strengthen our commitments, work on our challenges, and celebrate our successes.
- Join us virtually to explore how our digital network makes our global relationships more powerful.

Register now – cheapest RI Convention you will ever attend!

Maurie Stack  
2021 Rotary International Convention Promotion Team

# DEBBIE'S MUSINGS CONT.

Rotary Opens Opportunities | 12-16 June 2021.

This year's virtual convention will be better than ever, opening more innovative opportunities to learn and engage with the family of Rotary. In the virtual convention space, you will be able to network in virtual lounges, meet new partners in service, and join fun activities with Rotary members from around the world. There are twenty not-to-be-missed breakout sessions planned, covering topics including member engagement, developing leadership skills, Rotary's new area of focus: The Environment and much more.

Exciting new activities this year include meet and greets with leaders, virtual cooking classes, Rotary trivia contents, a virtual photo booth, a 5K walk, and a DJ dance party.

The Virtual House of Friendship will be your place to connect with fellow Rotarians about projects, chat with staff, shop, sign up for the 2022 Rotary International Convention and explore exhibitor booths.

District Changeover – Saturday 26th June 2021 Panthers Port Macquarie 6 for 6.30pm.

We will be sending out invitations to our changeover and would love it if we could get as many of you supporting as possible. This will be a fun evening where we can wine and dine and enjoy some fabulous after dinner entertainment from Matt Zarb from the Taree on Manning Club. We heard a little from him on the Sunday morning at Conference and I am certain people will be very happy to listen to more. Let us get behind this event, celebrate the last year and welcome DGE David Mayne and Heather to theirs. The 26th of June will be a special night for all.

Commemorating a Centenary of Rotary in Australia

The book to mark the centenary of Rotary in Australia - 'HUMANITY IN ACTION: Celebrating 100 years of Rotary clubs in Australia and island neighbours' - is now complete.

Five hundred and twelve pages of historical text, stories of Rotary achievements through the various eras, dozens of pages of club, district and personal data - along with an amazing gallery of dated and modern images went to the printer during the first week in March.

ORDER YOUR COPY OF 'HUMANITY IN ACTION' FROM – \$25 plus postage - PDG Harry Durey – Phone: 0407 005 910; email: hdurey@bigpond.com

Remember,  
Opportunities are like sunrises – If you wait too long you miss them!

## HASTINGS ROTARACT HOSTS GALA BALL

Hastings Rotaract is proud to officially announce our new (and final) date for our Mental Health Ball on Saturday May 29th at Panthers Port Macquarie. This event will be masquerade themed in efforts to unmask mental health in our community. Please come along from 6pm to enjoy the festivities.

Tickets are \$60 per person or \$450 for a table of eight which includes a two course meal, entertainment and a drink on arrival. Please see the attached for further details.

Book your tickets now via <http://events.humanitix.com/copy-of-mental-health-ball>

### THE Santos SCIENCE EXPERIENCE

Where Science meets fun!  
For students in Year 9 and 10

This is a Rotary sponsored Science program 'held over 3 or 4 days to engage students in a wide range of fascinating science activities under the guidance of scientists who love their work.'

The programs are held during the school holidays and in every state at many universities. You can elect your program as you apply.

Check out the website [www.scienceexperience.com.au](http://www.scienceexperience.com.au)



Applications for NYSF 2022 are OPEN, Planning has already begun to offer another brilliant Science program for current Year 11 students in January 2022. It's time to find the students in your community who will benefit! It would be fabulous if every club found ONE student – fabulous for Rotary and Rotaract but more

importantly, fabulous for the students! [www.nysf.edu.au](http://www.nysf.edu.au) Any club who would like more information. [dihall605@gmail.com](mailto:dihall605@gmail.com) 0411704654