

E NEWS D9650

OCTOBER 2021



SERVE TO
CHANGE LIVES



THIS ISSUE

Deep Thoughts from David
District Grants
Lift the Lid on Mental Health

DEEP THOUGHTS FROM DG DAVID

District Medals

Commemorative recognition for those Rotarians that clubs feel have gone far and beyond what is required as a Rotarian. Those people that are asked to go 'a mile' and then quietly go another. These people may not have necessarily held an office in Rotary but are always there when needed and always are willing to help when it seems no one can.

During my COVID interrupted District Governor club visits, I have been approached by Rotarians who tell me that they know just the person worthy of this award. Rotarians, please think about members in your club that you wish to nominate for the District Medal and let your Cluster's Assistant Governor know who they are.

The Medals will be presented to recipients at the District Conference March 18-20 in 2022. It will be a 'big deal' so if you can, please keep your club's nomination a secret from the recipient but ensure that they get to the conference to receive their due recognition.

There are a few simple criteria apart from being someone who goes that step further in service above self. They must be a Rotarian or Rotaractor or someone who has recently stood down as an active member.

It must be understood by the clubs that ideally there is only one member awarded per club however, under certain circumstances more than one medal 'may' be given. PDG Phil Hafey has put forward a workable formula for clubs. The potential number of medals per club is equal to the number of votes that the club has at AGM's etc: 1-37 members = 1 medal. 38-62 members = 2 medals and 63+ members = 3 medals.

When submitting a nomination to your AG, please include just a few lines describing why you feel this Rotarian is a worthy recipient of a District Medal.

E-NEWS CHANGES HANDS

Laura takes a break

Over the last few years our District has been very fortunate to have Laura Telford at the helm of our 'E News'. Laura's expertise and knowledge has made it a wonderful publication that both informs and entertains our Rotary and Rotaract members. All this time Laura has had a 'fulltime' job as well as her many senior Rotaract roles.

District 9650 wishes to thank you Laura for the work you have put into the 'E News' and for your generous accessibility to Rotarians for content and copy. This will be Laura's last E News. However, I'm sure we will be seeing her around and hearing from her soon.

We wish you all the best as you concentrate on your work and future Rotaract duties.

Laura has kindly offered to help with the 'handover' of the 'E News' editorial role to our new Editor, Sari James.

Sari is a past Rylarian and a member of the Young Leaders 9650 Rotary Club. Sari has experience in producing newsletters for community and other not for profit organisations.

Welcome Sari to your new and important role in the District. Please make Sari feel welcome by sending her snippets of news and photos from your club's latest activities.

Articles can be sent to Sari via email at sari.james24@gmail.com



E-NEWS

CONTACT

If you have something for the E-news please email editor Sari James at sari.james24@gmail.com before 5pm on Friday to make sure it will appear in the next edition!

VACCINATIONS WORK

As with any drug or vaccine, separating fact from fiction is critical. But this is now harder than ever with so much noise surrounding the safety of Covid-19 vaccines. Despite overwhelming evidence of the safety and life-saving benefits of the vaccine, extravagant rumours of its dangers circulate on both social and mainstream media. As Rotarians, where do we sit in this debate? As Rotarians, what is our role?

Fighting disease is one of Rotary's major causes. Just as we won't stop working until polio is eradicated globally, Rotary is at the forefront at tackling the Covid-19 pandemic. Rotary International have called every Rotarian to action: combat the force of vaccine resistance and misinformation. Our advocacy in our communities is critical – we need to spread the message about the power of vaccines to save lives.

The major barriers to Covid vaccination continue to be the patient's concerns about the side effects and the fears that the vaccines haven't been adequately tested. How do we address this?

The use of mRNA in vaccines has been studied for decades – with long trials testing their safety. This meant the technique could be quickly adapted for the pandemic. Despite the record speed at which they have been developed, Covid-19 vaccines have still been subject to the same checks, balances, and scientific and regulatory rigour as any other vaccine - and shown to be safe. No corners were cut on testing for safety and efficacy. The trials were just fast-tracked thanks to unprecedented funding. It is the bureaucracy and funding that have been fast tracked, not the science.

Despite frenzied reporting of the very rare major side effects to the inoculation with the AstraZeneca vaccine, this vaccine is also extremely safe. The risk of a fatal blood clot is approximately one in one million. There are many medications prescribed and medical procedures performed every day that have far greater risks to our health. For instance, for every one million women receiving the combined contraceptive pill up to 1,200 will develop a blood clot. For every 4,500 plane flights over four hours, one passenger will develop a blood clot.

But how do we address our colleagues and friends or relatives who are skeptical of Covid vaccination? Conversations and social media disputes are often emotionally charged. They are rife with people denigrating and ridiculing those who are vaccine-hesitant – but these reactions often do more harm than good. The disagreement between those for and those against vaccination has become something of a culture war, with many claiming the vaccine hesitant are simply ignorant or selfish.

If we are to have any hope of convincing Covid vaccination skeptics of the comprehensive safety and importance of immunisation, we must approach these differences of opinion with sensitivity. It's essential to engage in a two-way conversation with these people and to respect their concerns. Psychologists specialising in medical information argue that when we communicate with vaccine-hesitant, it's often more important to make a personal connection with them rather than simply spitting out facts and statistics. And it's counterproductive to be drawn into a passionate argument.

Rather than focusing on myth busting and pointing out the falsehoods of misinformation, it's far more productive to focus on simple, positive statements: "The vast majority of the medical world strongly supports vaccination." "UK surveys of people who were initially Covid vaccine-hesitant show that more than half have now received their first jab."

Describing our part in the promotion of Covid vaccines, Past RI President, Holger Knaack says:

"We do this for ourselves and for our future generations. We do this as part of our obligation to support our world as it faces our most significant challenge of this generation."

As Rotarians it is our duty to support Covid vaccination and to communicate lifesaving information in the most effective way we can.

Dr Ray Hodgson

LATEST ARH

NEWS

The latest edition of Australian Rotary Health news is now ready for viewing:

<https://mailchi.mp/australianrotaryhealth/your-latest-news-from-australian-rotary-health-2097146>

CAN YOU HELP?

Missing Person - Lost contact - Youth Exchange Program 2001

Kelly Garland went to Denmark from District 9650 in 2001 and her host families are trying to make contact with her now. If anyone knows where she is or a contact email/mobile please contact Di & Ken Hall 0411704654

CHATS BY ROTARACT AUSTRALIA PODCAST

Season 2 of the Chats by Rotaract Australia Podcast has officially launched. Host Laura Telford interviewed past RI President Ian Riseley. Check it out on all places where you listen to podcasts.

Let's
LIFT
THE
LID on
MENTAL
ILLNESS



with Australian Rotary Health

DISTRICT GRANTS OPEN SOON

Applications for District Grants are now available online using the new DacDB (District and Club Data Base) system. As the District data bases have changed to the new DacDB system all applications will now be completed online. Club members who will be entering the details for their project need to complete an online training session in the near future as the closing date for applications is 31 October, 2021. To qualify for a District Grant clubs must:

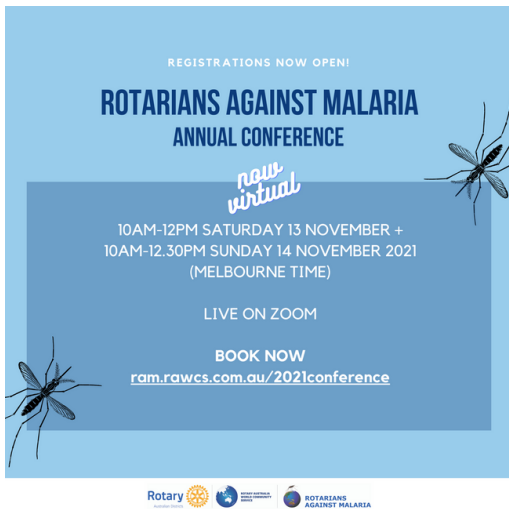
1. Input goals into Rotary Central
2. Review and sign the Memorandum of Understanding
3. Attend a Grants training session (a minimum of 2 members must attend)
4. Submit a "first round application"
5. Clubs must be current on all past grant reports.

Grant funding for \$4,000 per club is available depending on the amounts requested, so this figure may vary as the available funding is shared proportionally.

Areas of Focus for District Grants now include "Caring for the Environment" which relates to activities that strengthen conservation and protection of natural resources and ecological sustainability. More details are listed in the District 9650 Directory on page 55 "Seven Areas of Focus"

DISTRICT GRANTS TRAINING

Training for Grant applications will happen very soon on line so club members attending (as required) need to have details of their planned projects, plus the budget, ready for their Grant application. This will enable their application to be submitted whilst training, or at least establish a draft form of the project and the budget. For this to happen clubs need to make decisions about their project and funding prior to the training session so their attendees have all the necessary details in readiness.



DISTRICT DATABASE ON THE MOVE

Thank you to those who have completed the first of the training in the use of the new database. We have held 22 zoom sessions and trained 85 members from 50 clubs. If your club missed out on the training, please contact Di Hall and arrange a suitable time to undertake the training session.

The 'old database' on rotaryd9650.org.au site will be discontinued except for the WWC information and verification. Eventually that will be transferred to DacDB.

Please make ALL NEW ENTRIES or adjustments on Dacdb.com from now on.

Member TYPE clarification: Honorary members who do NOT want to receive any Club or District communications (eg ENews, Club Bulletins, RI updates etc) should be marked as their Member Type on their Profile page as Honorary - Club Only. This Member type will then be displayed on the Other Members Tab

Future Training

Sunday, 10 October 7 pm - Bruce Hemmett and I will set up a zoom to answer your queries, solve your problems (technology) etc. To receive the zoom link, please contact Di Hall 0411704654 or dihall605@gmail.com or on PMail

Grants Training for those who are planning to submit a District Grant application will be notified to clubs.

It's coming back!!



1 - 3 April 2022

Lake Keepit

for students Yr 7 - 11

CALLING ALL VOCATION ACTIVITIES

I am seeking all new and old vocation activities to construct a more detailed list for D9650. Whether you run a huge vocation activity that the district publicise and know heaps about or whether you run a small vocation activity within your community- I'd love to know about it.

All you have to do is email me:

The activity

Date/time of year

Whether it is open to community or to district.

emily_ryan_30@hotmail.com



Applications Open Now
30th April - 7th May 2022
Lake Keepit Sport & Recreation Centre
Between Tamworth & Gunnedah
Application form on D9650 Webpage
www.rotary9650.org.au/RYLA

Invest in your Community
Jamie Hunt (RYLA2015) & future RYLarian Callum
Helping to plant 1000 trees in the Tamworth region
to celebrate 100 years of Rotary in Australia



ANOTHER RYLA SUCCESS STORY!

Rotary Youth Leadership Award: what an experience! If you were to ask me what RYLA was, I don't think I could define it with words. RYLA is a feeling. RYLA is a subconscious internal change. It's personal growth. My name is Nicole Tisdell and I work for Manning Support Services (MSS) in Taree. We offer a range of services to young families, to older people and their carers, and to those experiencing financial hardship. I attended RYLA in 2021 after MSS offered me the opportunity to attend at no personal cost. They informed me that they would be paying for me to attend from their allocated training budget. As this was a great opportunity I thought "why not give it a go".

Upon arrival to RYLA we were all signed in and had our phones and keys taken away. We were shown to our cabins and told we could explore and get familiar with the place we would be staying. I took this opportunity to go for a walk and meet a few people that were in the cabin across from me.

At lunch time we all convened in the hall to go through what would be happening during our stay at RYLA. We were all given a manual with a schedule for our day-to-day activities. The activities included talks from special guests, team building exercises, free time, social activities and more.

Each day at RYLA was unique from the previous day. Not having a phone every minute of that day made me so much more present in the moment and able to fully comprehend everything happening around me. I could completely throw myself in to every activity and get so much more back from it.

RYLA focuses on the individual. While it is advertised as 'leadership training', it works from the ground up. It was said so many times "if you can't lead yourself, how are you going to lead others?" I so strongly agree with this statement, and this is exactly what RYLA does. RYLA makes you get to know yourself at the deepest level. It gives you the time and training to learn who you are and how you can be the best version of yourself. When I attended RYLA I was a Finance Officer with MSS. Within 5 months of my return, I was promoted to the Manger of Administration. I truly feel that my time away with RYLA has played a very large role in me receiving this promotion. I have received compliments from fellow employees regarding my personal and professional mannerism since my return from RYLA. While I cannot explain the changes, I can feel them in everything I do.

I am extremely grateful to the Rotary Club of Taree for offering this opportunity to MSS, and to MSS for selecting me to undertake this training. It is personal growth I will carry with me for life and would advise anyone else with the same opportunity to jump at it. You will not regret it and you will benefit from this for the rest of your life in ways I haven't even realised yet.

Nicole

LIFT THE LID AND WALK FOR MENTAL HEALTH

If your club is looking for a new Community Service project, we've got just the event for you.

As we approach our annual Mental Health Month campaign, we're encouraging everyone to get outside for a walk and help us Lift the Lid on Mental Illness. Whether you live near a scheduled event or even if you are in a lockdown area, we've found a way to get everyone walking this year!

Mental health should be on everyone's agenda and that's why the Lift The Lid Walk for Mental Health is just that, a walk, not a race. It offers members of our communities an opportunity to get together, to have a chat, "Lift the Lid" on mental illness, and in the process, raise much needed funds for mental health research.

With the amazing support of Rotary clubs so far, we've already grown to 15 locations committed nationally to holding Lift the Lid Walk events in their communities in 2021. We're growing every week and you can see these locations on our website.

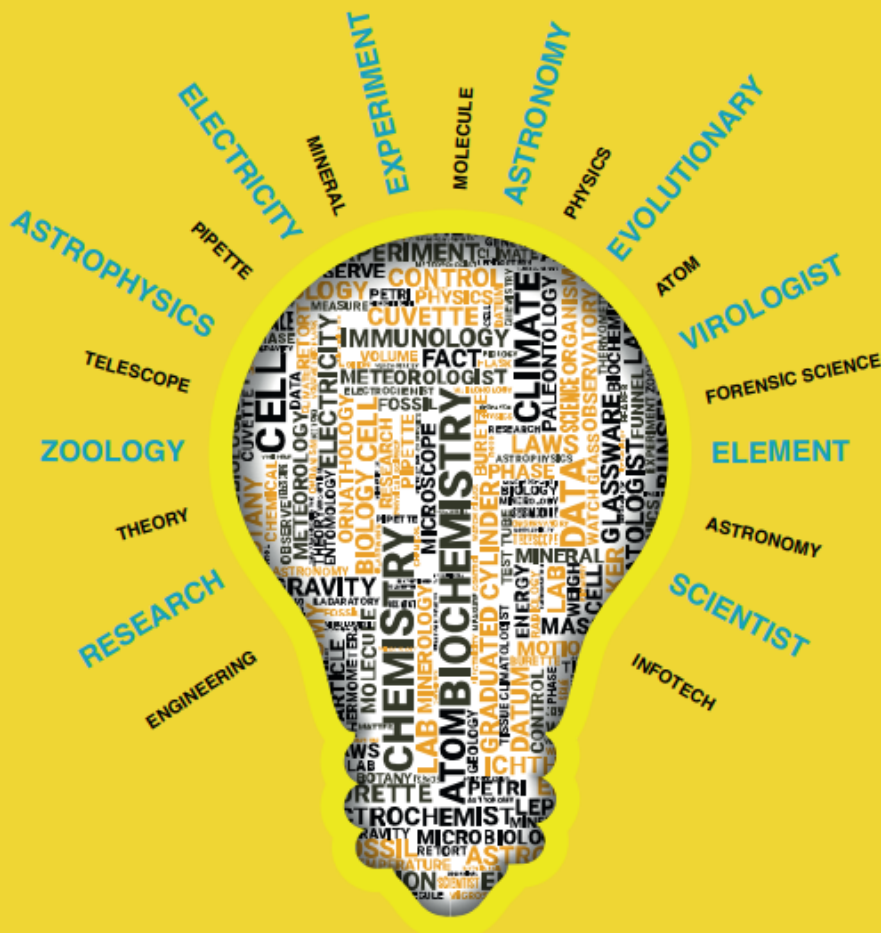
After all the ups and downs this year has thrown at us, we thought it was really important to try and get as many people involved as we could. However big or small your club is, in addition to our traditional event options, this year we can get you walking through our new extra simple, virtual neighbourhood format. All you have to do is register your club's interest to be involved, pick a date and encourage your members and friends to register and get walking.

To find out more and register for this year please fill out the Expression of Interest Form and return it to us.

WE ALL HAVE SOMEONE TO WALK FOR!!!

THE Santos SCIENCE EXPERIENCE

A nationwide STEM outreach program
for year 9 and 10 students in 2021



Learn
about careers
in science and
technology

Perform
interesting
experiments
in a university
laboratory

Hear
leaders in
science,
technology and
engineering

Enjoy 3 or 4 days in which you will be introduced to some of the wonders of science and technology

Located at campuses nationally.

Cost is \$190 (inc GST) for 3 days and \$260 for 4 days.

Programs are non-selective.

Sponsorship may be available through Rotary or the National Office.

Further information and application forms are available from:

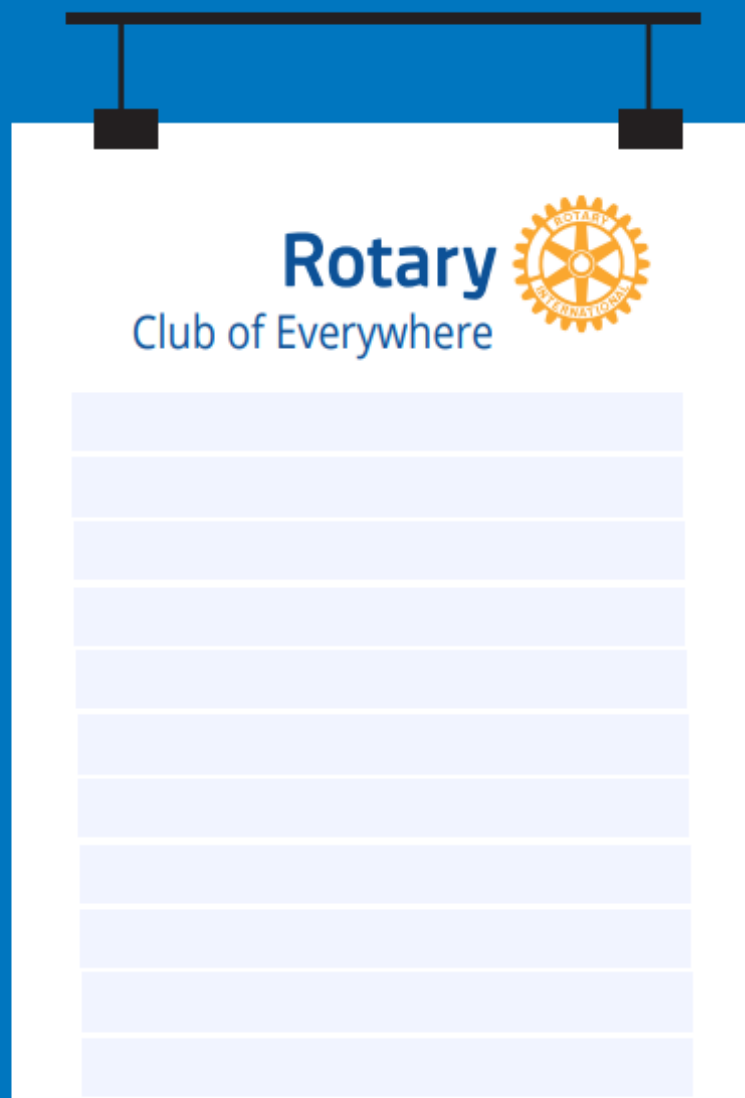
www.scienceexperience.com.au

Early application is advised as we have only limited places available in all programs
The Santos Science Experience, PO Box 158, Monbulk Vic 3793. Ph: 03 9756 7534.



The Clem Renouf

End Polio Now Club



Each year,
well over 100,000
Rotarians around the
world donate to Rotary's
number one objective,
ending polio. That's about
10% of members.

Our club is leading the world, with 100% of our
members each personally contributing \$10 or more.

We are going to **END POLIO NOW!**

