

DISTRICT GOVERNOR'S NEWSLETTER D9670



February is World Understanding Month



DISTRICT SECRETARY

Graeme O'Brien (Susannah) – RC
on Singleton on Hunter
305 The Inlet Road, Bulga, 2330
T: 02 6574 5185 M: 0427 251 060
E: graemeobrien@bigpond.com

DISTRICT TREASURER

John Drinan (Anne) – RC of Single-
ton on Hunter
Wahgunyah, 413 Glendon Brook
Road, Glendon Brook, 2330
T: 02 6577 6156 F: 02 6577 6060
M: 0418 976 283
E: jnadrinan@bigpond.com

ATTENDANCE OFFICER

Garry Hamblin (Sylvia)
Rotary Club of Singleton
PO Box 545
SINGLETON 2330
T: H 6573 1940 B: 6572 1927
F: 6572 3299 M: 0428 721 927
E: sch.survey@hunterlink.net.au

NEWSLETTER EDITOR

Collin Kelso (Julie)
Rotary Club of Cessnock
PO Box 4 CESSNOCK 2325
T: 4998 6000 M: 0417 455 234
E: collin@data2info.com.au

BULLETIN ASSESSMENT OFFICER

PP Ray Robinson (Neva)
Rotary Club of Singleton
3 Carroll Street
SINGLETON NSW 2330
T: 6572 2883
E: neva.robinson@bigpond.com

DISTRICT GOVERNOR ELECT

Greg Bevan (Lorraine)
Rotary Club of Cessnock
14 Grattan Street
Kurri Kurri NSW 2327
H: 02 4937 2495 F: 02 4932 4069
M: 0417 000 323
E: gandlbevan@bigpond.com

DISTRICT GOVERNOR NOMINEE

Don Stephens (Marjorie) – RC of
Dubbo West
10 Baird Street, Dubbo NSW 2830
H: 02 6882 5226 F: 02 6882 4273
M: 0418 219 185
E: donjstephens@bigpond.com

DISTRICT PUBLIC OFFICER

Steve Jackson (Janette) – RC of
Maitland Sunrise
T: 02 4990 3964 M: 0419 421 154
E: jacksonsj@bigpond.com

February 2009

DG Alex McHarg (Pam)
Rotary Club of Singleton-on-Hunter
1 Sister Luke Place
SINGLETON NSW 2330
H: 02 6573 1647 B: 02 6571 1233
M: 0409 321 403 F: 02 6573 1617
E: alexander.mcharg@bigpond.com



DG Alex Reports.....

I offer congratulations to two worthy recipients of Australian Day Awards.

Rotarian Lyn Thorpe, who was named Lake Macquarie Citizen of the Year in recognition of the humanitarian work she has carried out.

Loop the Lake Challenge, organised by the Rotary Club of Warners Bay, Lake Macquarie Community Event of the year.

I know all Rotarians in District 9670 join with me in offering congratulations to both these worthy recipients. If there are any other Rotary recipients of Australian Day Awards, I congratulate you and please, let me know.

World Understanding Month, I am an engineer and sometimes my thought processes are different to others. Is World Understanding the thing we should be aiming for, or is it World Acceptance. Rotary has been promoting World Understanding for some time, achieving understanding of someone's position is one thing and accepting it is something else. I am sure the opponents of the conflict we have seen in the Middle East in the last months have an understanding of the others position and it is obvious they have not accepted it. As well as understanding we need acceptance and it is hard to accept the recent loss of life in one of Rotary's programs which has as one of its aims, the building of World Understanding. The loss of two YEP student's lives on the streets of Portland, Oregon USA, the victims of what appears to be a random act, is hard to understand and will be hard for their families to accept. I know we all feel for the families of the YEP students involved in this tragedy, I also know we must keep going if through the work of the Rotary Programs we are to achieve World Understanding and hopefully acceptance of the differences between the Peoples of this World.

The District Conference is not far away and I hope you have all sent your registrations in. The sooner you get them in is the better for the Conference Committee as it allows them to finalise their work in presenting the Conference for your enjoyment. Else ware in this newsletter you will find some information on the Conference Theme and the Rotary Iron Man Event.

Trusting you all enjoy good health and harmony till we meet again, which if not before will be in Forster.

District Governor 2008-2009

Rotary Club of Belmont Annual Charity Golf Day - March 13

Our Annual Charity Golf Day coming up on Friday March 13 at Belmont Golf Club. The funds raised will be going to Newcastle Branch of Prostate Cancer Foundation.



For information contact
Barry Watson RC of Belmont
Tel: (02) 4945 9763

RC of Belmont
PO Box 70
Belmont NSW 2280

Rotary Club of East Maitland Help Needed Again

You may recall that back in 1999-2000 this District was involved in bring a young Fijian baby boy to John Hunter Hospital for operations to allow him to walk. The youngster was Kishen Chand from Ba in north eastern Fiji. This young lad again needs our help as his family has lost all its possessions in the recent devastating floods.

If you can assist please send your donation to the Rotary Club of East Maitland who will be coordinating this assistance.

District 9670 Foundation Raffle

1st Prize: \$3000 worth of Travel,
from Harvey World Toronto

2nd Prize: \$1600 worth of L.G.
Appliances from Joyce
Mayne at Warners Bay

3rd Prize: 12 mixed Bottles Petersons
Wines donated by Robert
Hertogs (Toronto Rotary)

**All Dollars raised earn
R.I. points for your Club**

Tickets are now distributed to all
Clubs

Drawn District Conference in Forster –
March 2009

GSE News!

It's close to happening – GSE visit in 2009! The Italians are coming!

The team to visit from District 2100 will begin their tour on 15th March. I must pay a very large tribute to the wonderfully hard-working Club contact-people, who had only about one month (and that included the festive season and the holidays!) to get the Club itineraries organised, as we did not receive information from Italy about the team till early December! But we did it! I was able to send off the information which is required in different parts of the world in time, and that was a relief!

Our hosting Clubs will welcome Team Leader : Rtn. Dr. Renato Tizzano, Ms. Emanuela Alvaro, Ms. Rosanna Mendola, Dr. Maria Cafiero, and Ms. Alessia Zona. The team is an all girl team, with a male leader. There are two medicos, two lawyers and a journalist, and I'm sure that the program which our Clubs have developed will give them a great "look" at our Rotary District.

Please note that the District Welcome to the visitors will take place on Monday, 16th March, and is being hosted by the combined Clubs of Belmont and Warners Bay. It is a dinner meeting, 6.00pm for 6.30, at the Sixteen Footers Sailing Club at Belmont. The good people at Nelson Bay will host the farewell to the visitors. Please note that the farewell is on the Tuesday after Easter, and our very busy Helen Ryan says that all who intend to attend must pay prior to the day – see the Nelson Bay "advertisement". Easter is a very busy time in the holiday area of Port Stephens, and to secure the booking, the money must be up front!

Our own team is working hard with its preparations – decisions about uniforms, about the presentations, about gifts, and fitting the language lessons into their busy lives. Team Leader is Rtn. Gerard McMillan, from the Rotary Club of Singleton, and his team is two ladies and two gentlemen: Annalise Iserief (RC of Maitland Sunrise), Khalil Khay (RC of Newcastle Sunrise), David McKinnon (RC of Morisset) and Kate Ramzan-Levy (RC of Toronto Sunrise). You will be able to meet them at District Conference.

With PETS and District Assemblies looming, perhaps now is the time for in-coming Presidents to start the discussions about "to host or not to host, that is question" (with great apologies to Mr. Shakespeare!). The team next year will visit at about the time of District Conference, so the planning will be for about the same time in 2010!

Janette Jackson.



LOOP THE LAKE

The LOOP THE LAKE Bicycle challenge conducted annually by the Rotary Club of Warners Bay, and assisted by six other Lake Macquarie Rotary Clubs, was recognised in the Australia Day Community Awards on 21st January, 2009. The City of Lake Macquarie named LOOP THE LAKE as the Australia Day Community Event of the Year 2008.

As a recreational bicycle ride around Lake Macquarie, LOOP THE LAKE has been conducted in March each year since 1997 and is now recognised in New South Wales as a range of other Rotary charities major event on the cycling calendar.

Entries in LOOP THE LAKE have been increasing each year since its inception, reaching a record 2280 in 2008, when a massive \$79,000 was raised for the John Hunter Children's Hospital and a range of other Rotary charities. In the twelve years it has been conducted, over \$600,000 has been raised.

The next LOOP THE LAKE event will be conducted on Sunday, 8th March, 2009. The Rotary Clubs of Belmont, Bennetts Green, Cardiff, Morisset, Toronto and Toronto Sunrise will be joined this year by Rutherford/Telarah Club which will bring their catering van and provide tasty morsels for hungry



President, Wade Hooper
holding the Award

Do you sometimes worry about your Memory?

This is your chance to discover what you can do to keep your brain healthy
as you age



Wallsend Bowling Club
Fogo Street, Wallsend
Monday March 30, 2009
6 to 8 pm

Presentations by Alzheimer's Australia NSW and Educare Support Service
(Hunter New England Area Health)

***"Google"[®] your brain – A Journey of Discovery**

Deanna Sue, Hunter Regional Co-ordinator, Alzheimer's Australia

***Learn how to "Mind your Mind" to keep your brain healthy**

Beverley Watson, Community Development Officer, Alzheimer's Australia

***Experience "Mind your Body" for falls injury prevention and
positive ageing strategies**

Laraine Dunn, Dunn Fitness

Come along and hear what you can do to keep your brain healthy as you age. This is applicable to adults of any age.

Supported by the Rotary Club of Wallsend-Maryland for the benefit of all community members.
Enquiries to Pam Wellham, 02 4947 9886 or 0437 479 886

CLUB	Current	JAN	JAN
	M'ship	%	RANK
ADAMSTOWN/NEW LAMBTON	31	79	6
BELMONT	26	65.25	14
BENNETTS GREEN	NR	NR	NR
BOURKE	NR	NR	NR
CARDIFF	NR	NR	NR
CESSNOCK	28	76.38	9
CESSNOCK WINE COUNTRY	NR	NR	NR
CHARLESTOWN	28	64.00	16
COBAR	8	68.70	12
DENMAN	NR	NR	NR
DUBBO	25	76.81	8
DUBBO MACQUARIE	NR	NR	NR
DUBBO SOUTH	43	58.14	17
DUBBO WEST	NR	NR	NR
DUNGOG	NR	NR	NR
EAST MAITLAND	NR	NR	NR
HAMILTON	NR	NR	NR
KURRI KURRI	19	72.54	11
MAITLAND	30	65.00	15
MAITLAND SUNRISE	NR	NR	NR
MERRIWA	NR	NR	NR
MORISSET	NR	NR	NR
MUDGEES	NR	NR	NR
MUDGEES SUNRISE	NR	NR	NR
MURRURUNDI	NR	NR	NR
MUSWELLBROOK	NR	NR	NR
MYALL COAST	23	73.74	10
NARROMINE	NR	NR	NR
NELSON BAY	61	88.68	2
NEWCASTLE	NR	NR	NR
NEWCASTLE ENTERPRISE	24	68.00	13
NEWCASTLE SUNRISE	NR	NR	NR
NEWCASTLE HARBOUR	NR	NR	NR
NYNGAN	NR	NR	NR
PATERSON	NR	NR	NR
RAYMOND TERRACE	NR	NR	NR
RUTHERFORD / TELARAH	NR	NR	NR
RYLSTONE / KANDOS	NR	NR	NR
SALAMANDER BAY	NR	NR	NR
SCONE	9	100.00	1
SINGLETON	NR	NR	NR
SINGLETON ON HUNTER	NR	NR	NR
TORONTO	35	77.77	7
TORONTO SUNRISE	26	83.60	3
WALLSEND / MARYLAND	NR	NR	NR
WARATAH	17	82.35	5
WARNERS BAY	NR	NR	NR
WARREN	NR	NR	NR
WELLINGTON	NR	NR	NR
WILLIAMTOWN	15	83.33	4

DG Reminder

Up coming Events

- Feb 15 9:00 am Membership Seminar, Hawks Nest Golf Club.
- Feb 15 1:30pm District Meeting, Hawk Nest Golf Club.
- Feb 22 9:00am Membership Seminar, Singleton RSC Alroy Complex.
- Feb 22 1:30pm District Meeting, Singleton RSC Alroy Complex.
- Feb 28 9:00am District Training, Mt View High School Cessnock.
- Mar 1 9:00am Membership Seminar, West Dubbo Bowling Club.
- Mar 1 1:30pm District Meeting, West Dubbo Bowling Club.
- Mar 11 7:00pm RAWCS Meeting, East Maitland Bowling Club
- Mar 16 6:30pm GSE Team from D2100 welcome, RC of Belmont & Warners Bay, Belmont 16ft Skiff Club
- Mar 20 District Conference, Iron Man Events and Welcoming Function.
- Mar 21 District Conference, Resolution Session, Plenary Sessions and Dinner Dance.
- Mar 22 District Conference, Plenary Sessions and Closing.
- Mar 28 President Elect Training Seminar, Cessnock
- Mar29 District Assembly, Cessnock
- Apr 4 PETS and District Assembly, Dubbo
- May 17 District Meeting, Dubbo (Venue TBA)
- May 31 District Meeting, Upper Hunter (Venue TBA)
- Jun 7 District Meeting, lower Hunter (Venue TBA)
- Jul 4 District Changeover.

RAWCS Meeting

The next meeting of D9670 RAWCS meeting will be March 11th, at East Maitland Bowling Club.

As usual, an invitation is extended to you and the coming DG's as well as the ADG's to attend.

Of course, all D9670 Rotarians are welcome to attend

NOTE: This return has been submitted early due to the newsletter being prepared early this month. Attendance returns still being forwarded will be added into the figures as they are received.

Health and Harmony Conference

20 to 22 March 2009

Forster Tuncurry Memorial Services Club

Health and Harmony was chosen as the Conference Theme as it covers the desired outcomes of all of Rotary's programs and is what we all wish for ourselves. We all wish for good Health and to live in Harmony with our families, our community, our environment and the world at large. To bring more to this theme at the Conference the competition for the District's Doug Greenwood Trophy, a competition held at the District Conference, it was decided to base it on Healthy Life Style activities. Some of which may surprise you as they are not all exertion, strain and sweat. Meeting with friends in an enjoyable environment is known to reduce depression, so just attending the Conference is a Healthy activity. Being Healthy and being Fit are two different things, although a certain level of fitness is needed to ward off illness, so we have,

The Rotary Iron Man

All delegates to the Conference will receive a Rotary Iron Man score card attached to their name badge and an information sheet in their registration package. The score card should be completed and returned before the start of Session 4 on Sunday morning. The score card is reproduced below.

All sections of the Score Card do not need to be completed, just gather as many points as you can to go towards your Clubs total number of points in the competition, the winning Club will be the Club with the highest percentage of points gained after being divided by the total membership of the Club.

So what are the Iron Man Events?

Play a Round of Golf or a game of Bowls on Friday before the Conference, just register and play. Or ride a bike, a traditional Iron Man event, on Friday or before the start of sessions each day people who ride for exercise just need to turn up to the Club on their bike and find a Sergeant to have their card marked. All are Healthy outdoor activities that improve fitness and reduce stress levels.

Eat Well at the Friday Welcome Dinner, a good time to lower the stress levels by relaxing and enjoy fellowship.

Great the Morning Tai Chi, the best time of the day to enjoy some gentle exercise.

Dance the Night at the Governors Dinner Dance, dancing is physical movement that improves muscle tone while gently exercising the lungs and heart

Relax, Clear the Mind, 2 sessions will be available for you to be taken through some simple relaxation and meditation techniques, 1:45pm and 3:45pm Saturday.

Walk the Wall and **Cross the Water**, are two walking events where you will need to walk a short distance in three areas to find the answer to the questions indicated on your score card, the questions will be on the information sheet supplied.

As well as the above points can be earned by having a Free Health Check, a service offered by the Forster Tuncurry Community Nurses. These will be available on Saturday morning from 9:00am up to and during morning tea. And a relaxing visit to the Local Craft Centre and/or Art Gallery will also earn you points.

There is a lot in the media now about the need for the Australian Community to change its life style as the effects of modern living is taking a toll on our health. This is not in Harmony with us living longer due to the improvements in modern Health care. I hope that taking part in some of the Iron Man events will encourage you to look after your Health so you can live your life in Harmony.

The Australian Government is also concerned about this and has developed a WEB site which is worth a visit. A part of this information is reproduced below.

Alex McHarg
DG 2008-2009

WEB Site
www.measureup.gov.au

The more you gain, the more you have to lose.

Our lifestyles can have a major effect on our health and well-being.

Unhealthy eating and drinking and not enough physical activity can easily lead to an increased risk of chronic diseases such as some cancers, heart disease and type 2 diabetes.

A quick and easy way to assess your risk is to measure your waist. For most men, a waistline measurement of over 94cm carries increased risk and over 102cm indicates greatly increased risk. For most women, a waistline measurement of over 80cm carries increased risk and over 88cm indicates greatly increased risk. The good news is it's never too late to benefit from a healthier lifestyle. Healthy eating and being active is good for your health and good for you. And the sooner you start, the better you'll feel.

Here are some simple measures you can take:

Go for at least 2 serves of fruit and 5 serves of vegetables every day.

Limit your intake of "sometimes" foods like unhealthy snacks and take-away foods.

Choose water as a drink.

Be active every day in as many ways as you can.

Avoid short trips in the car and walk or cycle instead.

Take the stairs instead of the lift.

Aim for 30 minutes or more of physical activity every day.

For more information and measures you can take to reduce your health risks, go to australia.gov.au/MeasureUp today.



AGM Notice

Notice is hereby given of the Annual General Meeting of Rotary International District 9670 Inc to be held at 0900 hours on Saturday 21st March 2009 in the Myall Lakes Room at Forster Tuncurry Memorial Services Club.

DISTRICT WEB SITE

Read this newsletter.

Check club and District events.

Check Club member information.

Link to RI, RDU, YEP, RYLA.

Check conference report and photos.

See the District profile.

THE ROTARY INTERNATIONAL WEBSITE

The site contains 6,100 pages and 5,100 downloadable publications and forms. To learn to use this website take a website tour, a power point presentation accessed from the Rotary E - Learning Centre at:

http://www.rotary.org/newsroom/downloadcenter/ppt/elearning/elearn_website_tour.ppt The tour highlights all the main features of the website and is a great way to become familiar with the wealth of information and the support that the RI website has to offer. Learn how to order a publication or simply download one. Also learn how the club locator can find you a club when you want to do a make-up away from home!

The Great Australian Bike Ride

Please give some thought to organising a bike riding event fund raiser with the proceeds assisting the Great Australian Bike Ride. This may be done even though the main event does not pass through your town. I am aware of some members of a District Club planning to ride their bikes part way to our District 9670 Conference at Forster. You may wish to join them.

Yours in Rotary,

PDG Don Whatham.

Director Australian Rotary Health





The 'SHARE' concept of funds distribution not only shares the funds that have been contributed to "OUR" Rotary Foundation during the preceding year, but is also shares the responsibility of the decision making on how those funds will be spent. But firstly, all contributions to the Annual Programs Fund (that is, contributions from individuals and clubs that are not specified for any other Foundation program) are invested for three years. The income thus generated is sufficient to meet the costs of running the Foundation and meeting program development costs – after which every cent that was contributed is available for use in the programs of the Foundation.

THIS MEANS THAT EVERY CENT CONTRIBUTED IS SPENT ON PROGRAMS. THIS IS PROBABLY UNIQUE IN A CHARITY!

The Trustees of The Rotary Foundation have provided that each district has responsibility for determining how one half of its contribution to The Foundation in the previous year is to be spent. This portion is known as the District Designated Fund (DDF) for obvious reasons. After each district has decided how it will spend its DDF it has two further years in which to advertise and promote its programs (such as GSE and Ambassadorial Scholarships) and to select and train the participants before the funds become available (after the 3 year investment cycle) and the programs take place.

The second half of the district's contribution in the prior year is allocated to the Foundation's World Fund. With this Fund the Trustees provide that every Rotary district, regardless of its contribution to the Foundation, is eligible for the matching funds for Matching Grants, 3H (and some other) Grants along with a Group Study Exchange every year. In addition, the Foundation's Peace programs are funded through the World Fund. This means that even districts from impoverished nations, who can provide little or no Foundation financial support, will nevertheless be able to benefit from 'Our' Rotary Foundation and participate in its programs.

The SHARE principle will remain as an integral part of the Foundation after the introduction of The Future Vision Plan.

