

Welcome to the December edition of the District Governor's Bulletin.

DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH



DG Di North & David

I have just returned from Yangon, Myanmar where I was a Rotarian Observer on the **Interplast Surgical Mission** that our District sponsored through funds raised with David's partner's project.



Interplast (which stands for International Plastic Surgeons) is a not for profit organisation that travels to developing countries in the Asia-Pacific region to perform surgery on patients who would otherwise have no access to this medical care. In these communities people with any physical abnormalities are generally considered cursed. Children with physical abnormalities typically are not allowed to attend school and when they grow up people will not do business with them so they do not have jobs. They therefore live in poverty.



Interplast repairs bodies and rebuilds lives so that these patients become accepted in their communities and become useful, contributing members of their society. What sets Interplast apart from other organisations doing similar work is the training that they provide. Not only do they do life changing surgery today, but they leave a legacy for tomorrow.



The doctors in Yangon Hospital have been trained to perform surgery on cleft lips and palates, burn scar contractures and do this very well, so this surgical team travelled to Myanmar to do much more complex facial surgery requiring microsurgery. They performed surgeries on patients with such things as complex facial tumours (see photo to the left), squamous cell carcinoma in the cheek, a motor vehicle accident victim who had severe facial disfigurement (top right), a young woman who had her scalp torn off in a workplace accident, and a patient with cancer in the cheek, which is very common in many Asian countries due to the high incidence of chewing betel nut (pictured to the right). These surgeries would be a challenge in our hospitals, let alone in an operating theatre in a developing country.



The surgical team (pictured right at Singapore airport and inside the operating theatre) comprised three plastic surgeons all from Melbourne, two anaesthetists (one from Melbourne and one from Adelaide) a ward nurse and a theatre nurse (both from Melbourne). Most of the team had been to Yangon Hospital before so they all worked well together.



They had all taken annual leave or conference leave to travel to Myanmar for this work.

Thank you so very much to all those clubs who so generously donated money to this surgical mission to allow it to go ahead. You all deserve a huge pat on the back. Congratulations!

We are so fortunate here in Australia with our health system. In the Yangon Hospital, family and friends were relied upon to bring food and any other needs into the patients as the hospital did not supply any food, sheets or towels. The medications available were very basic, and the patients were charged for them. Basic dressings, antibiotics and anaesthetics were available but pain management was limited to paracetamol, tramadol, ibuprofen and diclofenac. There was no morphine available. The patients there are very stoic.



We were very fortunate to have the services of a local nurse, Sue (pictured right), who had been appointed as interpreter so that the patients and local medical staff knew exactly what was being said to them.



I would love the opportunity to come to your clubs to tell you more about this surgical mission. Some clubs have already booked dates with me.

Conference 2020 – the Early Bird rate of \$240 finishes on 31st December



Rotary
Districts 9675 & 9685
WOLLONGONG - 20-22 MARCH

REGISTER NOW for CONFERENCE 2020 at the
Wollongong Entertainment Centre 20th to 22nd March 2020.

Click here to register

or go to the CONFERENCE 2020 website
<http://bit.ly/reasonsconference2020>

For the latest CONFERENCE 2020 information see "District Links" on this page for the current Newsletter

Saturday (Day and Dinner) – \$200
Registration for the Saturday Plenary sessions and Dinner includes the Conference plenary sessions on Saturday only (incl. morning tea, lunch & afternoon tea) and Saturday Dinner.
Does NOT include any other sessions or events.

Saturday (Dinner Only) – \$110
Registration for the Saturday Dinner includes Saturday Dinner. ONLY
Does NOT include any other sessions, catering or events.

Saturday (Day Only) – \$100
Registration for the Plenary sessions includes the Conference plenary sessions on Saturday only (incl. morning tea, lunch & afternoon tea)
Does NOT include any other sessions or events.

Sunday (Day Only) – \$50
Registration for the Sunday Plenary Sessions includes the Conference plenary sessions on Sunday only (incl. morning tea on Sunday).
Does NOT include any other sessions or events.

New Rotarians (joined on or after 17 March 2019) Full Conference – \$200
For New Rotarians, joining Rotary on or after 17 March 2019 in Districts 9675 & 9685.

Full Registration (incl. Friday Night, Saturday, Dinner and Sunday) – \$240 until 31 December 2019

\$280 AFTER 1 JANUARY 2020

Includes all Conference sessions (incl. Friday Night Dinner, Saturday morning tea, lunch, & afternoon tea, Dinner and Sunday morning tea).

Conference 2020 ... some of our impressive Conference speakers!

James Knight



James Knight

James Knight is a best-selling author of 13 non fiction books, spanning cricket, history, travel, social issues, and human interest stories. His latest book, released in July 2019, is the widely acclaimed 'Back On Track' which tells the story of Iarrikin social worker, Bernie Shakeshaft and the multi-award winning BackTrack Youthworks, in Armidale.

A former journalist James has worked for Networks 10, 9, 7 and Fox Sports, and written for publications including The Sydney Morning Herald and CNN Online.

He is a recreational marathon runner and off-the-beaten-track traveller who has worked as a volunteer in community centres in Ecuador and Ethiopia. He regularly visits schools, both in Australia and overseas, to conduct storytelling workshops, and is working on an international Not for Profit storytelling project for school children.

Munjed Al Muderis

Associate Professor Munjed Al Muderis – Orthopaedic Surgeon, Hip, Knee, Trauma and Osseointegration

2020 NSW Australian of the Year

Born in Baghdad, Munjed had to flee Iraq as a 27 year old doctor having refused the orders of Saddam Hussein to mutilate army deserters' ears.

Munjed endured a life-threatening journey to Australia. After spending 10 months in Curtin Detention Centre, he embarked on a mission to become an Orthopaedic Surgeon. He is now a world leader in the revolutionary technology of Osseointegration. As a leading surgeon in this complex reconstructive and robotic surgery, Munjed has helped more than 550 amputees world-wide by improving mobility, reducing pain and overall enhancing their quality of life.



Associate Professor Munjed Al Muderis

Rebecca Tolstoy AM

Founding Chair and Director | Path of Hope Foundation
Western Australia, Australia | 2012 - Present

"Rebecca Tolstoy AM has been dedicated for more than a decade to serve the needs of families that are dealing with abuse. Her leadership has contributed to making Path of Hope a meaningful program that serves a need. It is a model for the Rotary motto of Service Above Self, and she is a true servant leader."



Rebecca Tolstoy

Rob Edwards

What's the flight attendant say?

"When the oxygen falls from the roof we must put it on ourselves before we help others." Many of us forget the easy day-to-day things to look after ourselves first. The session is fun, motivating and you will leave with a swag of immediate actions to perform and feel your best.

Rob is one of Australia's leading speakers and regularly delivers his keynote "It's All About You" across Australasia – find out more here:

<https://robedwards.co>.



Rob Edwards

Turia Pitt

Turia Pitt is living proof that, with the right mindset, anything is possible.

Caught in a grassfire while competing in a 100km ultramarathon in 2011, Turia suffered full thickness burns to 65% of her body. But surviving is the least of her achievements. One of Australia's most admired and widely recognised people, Turia has gone on to become a bestselling author, two time Ironman and humanitarian – raising well over a million dollars for not-for-profit Interplast. Through her online presence, books and online programs, Turia has inspired millions to live with more confidence, drop their fears and smash epic goals.



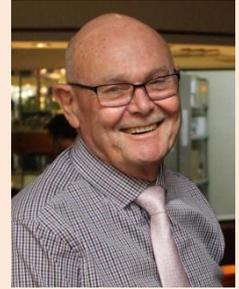
Turia Pitt

Spotlight on Melvin Gray – Rotary Club of Blacktown

This month I would like to present to you another of the hardworking Rotarians from our District, the president of the **Rotary Club of Blacktown, Melvin Gray** (pictured right).

Mel was born in Brighton England in 1948 and arrived in Australia in March 1961.

He attended St. Marys High School followed by 18 months of a Carpentry Apprenticeship, but was also the lead singer in his own band for 12 of these months whilst doing his apprenticeship. Finally the band took precedence. Mel won a talent quest to work for Con Lianos (Laurel Lea's Father), as lead singer for musical tent shows touring Australia. He performed at all the major shows around country and regional areas as well as the main shows in Brisbane, Sydney, Melbourne and Adelaide.



Mel served in Australian Army 1967-1968. After a medical discharge he started his own transport company doing interstate furniture removals, then overnight interstate express and then Sydney local and Newcastle. Mel semi-retired in 2000 and started a dog grooming business until he finally retired in 2015.

Mel joined the Rotary Club of Blacktown City June 1993 and his Rotary service includes:

- ❖ President: 1998-1999; 1999-2000; 2012-2013 (half year January to June); 2016-2017; 2019-2020
- ❖ Club Youth Service Director numerous times
- ❖ Club newsletter editor from 1997 till 2016
- ❖ Club Treasurer
- ❖ Club Secretary
- ❖ Service for District 9690
- ❖ Assistant Governor 2001-2002
- ❖ Community Service Director 2004-2005
- ❖ ARH chairman 2005-2007
- ❖ Newsletter editor 2008-2013

Mel received Paul Harris Fellow (PHF) recognition in 2000, followed by a PHF Sapphire in 2008 and a second Sapphire in 2011. He was recognised as an Australian Rotary Health (ARH) Companion in 2006 and received an ARH Medal in 2017.

Mel also helped to set up a PhD Researcher investigating Arthritis from 2005 to 2008.

Mel is very well known in Rotary circles (and beyond) for his bike riding excursions. Some of his push bike solos include:

- ✚ Blacktown to Burke in 2005;
- ✚ Broken Hill to Blacktown in 2007;
- ✚ Blacktown to Bega and back to Bomaderry in 2008;
- ✚ Parramatta to Parramatta 2009 around district 9690 visiting all clubs while the Great Australian Bike Ride had a layover at Parramatta;
- ✚ Blacktown to Forbes taking the city to the country in 2009 for the Great Australian Bike Ride; and
- ✚ Bowral to Blacktown in October 2016 to raise funds to set up ARH Research PhD, investigating Prostate Cancer.

Mel is once again serving as Club President this year. The **Rotary Club of Blacktown** is involved in the Grace's Place Project building a Residential Counselling Centre for Children and Young people left behind after a homicide. Grace is the mother of Anita Cobby. Their recent Anita Cobby Dinner raised \$80,000.

University of Wollongong (UOW) Rotaract Club

As December rolls around, the **UOW Rotaract Club** starts to prepare for the New Year. Already, the Club has ambitious new ideas in place to help progress their personal development agenda and work towards their next major fundraiser.

The major event the Club is focussed on is the **Australian Rotaract Convention** in February 2020. This is the first time the Club has decided to participate in the National Convention and next year the Club will be working to have several members in attendance. **UOW Rotaract Club** members are expected to walk away from this event inspired and ready to implement new ideas for events, new ways to conduct themselves in a professional manner, learn new skills to make members better leaders in the community, secure new relationships with other clubs and Rotaractors throughout Australia, and continue to establish themselves on the national Rotaract scale. This is an exciting opportunity and will be a positive start to the 2020 year.

The Club's next major fundraiser will be the annual **Human Vs Zombies** event to raise funds for **'End Polio Now'**. This fundraiser has successfully run for many years and will bring together people of all kinds for a fun-filled day of tag using nerf guns around the University of Wollongong Campus. Last Year, the event saw people coming from as far as Melbourne to skirmish with sharpshooters and infected zombies. In 2020 the Club is holding the event again, with the aim of raising thousands of dollars to donate to eradicate Polio. With the help of our incredible Rotaractors and Rotarians, this will be a fun and energetic event that will help teach members important managerial and professional skills.



Daniel Williams (pictured above/centre), UoW Rotaract Club President, at a BBQ organised by the Rotary Club of Corrimal.



Rotary Peace Fellowship

Last month I told you about **Sahba Clara Delshad** who had been selected as a Peace Scholar to Thailand. This month I am very pleased to announce that **Rotary International** has accepted another Peace Scholar from our District. **Olivia Wellesley-Cole** (pictured right) is an Australian of Sierra Leonean origin. She has been working as an international aid worker since 2007 with United Nations agencies and various international Non-Government Organisations (NGOs). She has worked in more than 10 countries affected by conflict and by climate issues including drought and flooding, in Africa and South-East Asia. Olivia also worked in the medical emergency of the Ebola response in West Africa in 2015.



She is currently working in Ethiopia where she has been for two years, working with an international NGO, and was recently presented with a certificate for her work (see photograph).

Olivia said that being awarded a **Rotary Peace Fellowship** is a great honour. Olivia is looking forward to using this to reflect on the work she has undertaken since 2007, drawing lessons from the different contexts and applying developing paradigms of peace and conflict. Olivia will be studying a one to two year Master's Degree Program at the International Christian University in Japan. We wish her well.

For more information on Olivia please have a look at this article published by the University of Sydney.

[\(Woman of the World - Olivia Wellesley-Cole\)](#)

District Annual General Meeting

The District Annual General Meeting was held on 15 November at Bankstown Sports Club. Thank you to **PDG Stephen Humphreys** who chaired this meeting and to **PDG Keith Roffey** who was the Returning Officer.

The Presidents' Meeting followed the AGM. Congratulations must go to our very capable District Trainer **Cheryl Deguara** who was the recipient of PHF recognition with three rubies for her Rotary Service of over 20 years.

Cheryl has previously served as:

- Three times a Club President at different clubs;
- District Secretary for Districts 9750 and 9675 for 9 years;
- Member of the District Training Team for many years;
- Assistant Governor 2014-2017;
- New Generations Chair 2015-2019;

Cheryl has championed projects in the areas of Mental Health with such things as running Mental Health First Aid workshops and various indigenous initiatives such as the book project she runs each year at District Conferences.

Cheryl is the Project Coordinator for **Australian Rotary Health** and has been able to set up Indigenous Health Scholarships, Australian Rural Medical Scholarships and Nursing Scholarships securing sponsorship from Rotary Clubs.

This year Cheryl has been a vital member of my District Team as District Trainer and District Chair Coordinator. Cheryl has brought many new and innovative ideas to training with PETS, District Assembly, Training Seminars on Membership, New Generations, Community Service, the Rotary Foundation, Vocational, International, and New Member Learning Seminars. Cheryl has been of invaluable assistance to me during my year as District Governor.



It gave me the greatest pleasure to present this recognition to Cheryl, as a way of saying a huge thank you from me and from all of us who have benefitted from her training.

Some interesting guest speakers gave short presentations to continue to keep our Rotary clubs informed.



David Hirsch (pictured left), the Chair of **Sydney City Rotary Club's** Peacebuilding Group, spoke about what his group does to help build peace in the world. *Sydney Rotary Club is our District's first accredited Peace Building Club*. The group works closely with the Institute for Economics and Peace. David is an Ambassador and workshop facilitator with the Institute for Economics and Peace. David was on the Executive Committee of the Sydney Peace Foundation from 2003 to 2017 and was Chair from 2014.

John Given OAM (pictured right) gave a report on the very successful **10th annual NSW Police Officer of the Year Awards** held on 8th November where over 500 people attended. John showed a video of the history of these awards. Her Excellency the Honourable Margaret Beazley AO QC, Governor of New South Wales and her husband attended the event this year; such is the calibre of these awards.





Our Youth Exchange student, **Nina Shan**, from Taiwan, told us her story, how she has settled into Australia with school, family and Rotary. Nina arrived in Australia on 18 August and is being hosted by the **Rotary Club of Sydney Cove**.

Club Presidents were then given the opportunity to speak for a minute about their projects and events. Once again I was struck by the variety of amazing projects happening around our district and the number of hardworking Rotarians that keep them going. Thank you one and all!

The Rotary Foundation Dinner

The **Rotary Foundation Dinner** was held on 11 November at the Waterview Function Centre in Bicentennial Park, Homebush. This was a joint district event with both **District Governor Kalma (District 9685)** and I attending. Many Past District Governors attended as well, which made the night very special with their support.

The guest speaker was **Past Rotary International President Ravi Ravindran** who is the incoming Rotary International Chair of The Rotary Foundation. Ravi was accompanied by his wife, Vanathy.



DG Di North, Past RI President Ravi Ravindran, his wife Vanathy and DG Kalma.

Ravi and Vanathy had been in Brisbane the previous night and were heading to Melbourne the next day – no time for any sightseeing! There were many presentations on the night. I would like to congratulate **Richard McDonald** from the Rotary Club of Kings Cross for achieving Major Donor status for his giving to the Rotary Foundation.

Banners were also presented recognising the three clubs in our District which, in 2018-19 gave the highest per capita amounts to the Rotary Foundation. Congratulations go to the **Rotary Clubs of Camden, Parramatta City and Mt Druitt**.



PDG Stephen Humphreys – Rotary Club of Camden with DG Di



DGs Kalma & Di with PDG Barry Antees – Rotary Club of Parramatta City and Past RI President Ravi Ravindran



DGs Kalma & Di with PDG Graham Wilson – Rotary Club of Mt. Druitt and Past RI President Ravi Ravindran

We were introduced to **Bethany Castle**, a Global Scholar, who is being hosted by the **Rotary Club of Randwick**, and is studying at the University of NSW. Bethany told us about her life, her studies and her experiences. We were also introduced to **Sabha Clara Delshad** who is one of our Peace Scholars. Please read the November edition of the DG bulletin for more information on Sabha.



Bethany, DG Di & Sabha

ShelterBox

Have you always wanted to take on a challenge for a worthy cause?

ShelterBox's Tasmania Trek could be your next adventure. ShelterBox has announced its latest adventure, the ShelterBox Tasmania Trek 2020 from 7 to 11 November 2020. You will be able to trek through the rocky mountain peaks, buttongrass moorlands, glacial lakes, waterfalls, the dense rainforest of **Cradle Mountain** and its beautiful surrounds.

You do all this while raising funds for ShelterBox Australia to **provide emergency shelter for families who have lost their homes to disaster**, enabling them to rebuild their lives. When you sign up, you'll join a team of other passionate ShelterBox Australia supporters who will trek with you.

To find out more click [HERE](#).

Global Grants

The demand for global grants has increased in all six areas of focus.

Therefore this past Rotary year has been a busy one for the Cadre program. Cadre members completed more assignments than ever while also developing the new long-term plan. They collaborated on Rotary initiatives including participating in Rotary's grant model evaluation, visiting Rotary Peace Centers, and reviewing the Rotary-USAID Partnership and WASH in Schools Target Challenge projects. There were 363 cadre assignments. Of these 223 were site visits and 140 were reviews. This amounted to \$21.9 million in Foundation awards evaluated (of \$57.8 million in total project funding).

The new Cadre Member Information report, available on My Rotary, helps Rotarians find Cadre members quickly and easily. You can search by area of focus expertise, language spoken, country, and district using this link: [CLICK HERE](#)

One strategic change at the Cadre is the reorganisation of the members into two teams - an evaluation and audit team and a grant planning resource team. The evaluation and audit team has financial auditors and those who have professional skills and technical expertise in an area of focus. Members of this team will help plan projects and carry out site visits and audits on the Foundation's behalf.

The new grant planning resource team's members have experience writing and implementing Rotary grants or professional backgrounds in community or international development. This team – which will be more active at the club and district level than the evaluation and audit team - encourages members to use the Cadre as a project planning resource and promotes the best practices to achieve high-quality, sustainable results. If you are looking for advice on your grant projects then The Rotary Foundation Cadre of Technical Advisers can help you. Please go to My Rotary for a report that lists Cadre members.

Be sure to look at the [Grant Management Seminar](#) now available in Rotary's Learning Center (NB. You will need to login to My Rotary as a first step). The nine courses in it explain the grant process from start to finish – critical information for any Rotarian interested in applying for a global grant. Grants reports are now available to all Rotary members in the [Reports area](#) of My Rotary. Clubs should be using this to manage their grants. A [guide to these reports](#) shows members how to search for grants by sponsor, participation, location, and more.

Rotary Citation

We are now nearly six months into the Rotary year so now is a good time to make assessments.

Is your club on track with the plans that you set out to do?

Information on the Citation is available [here](#). The brochure listing the requirements for the **Rotary Citation** is also available. The [Rotary Citation Achievement Guide](#) helps officers navigate MyRotary to track these achievements online. If you aim for the Rotary Citation this will help your club become vibrant, more active and more attractive to potential members.

Christmas

Thank you to all those clubs sending invitations for me to attend their Christmas Parties and other Christmas events. I will endeavor to get to as many of these as possible.

Congratulations to **Padstow Rotary Club** for organising the ever popular *Christmas Carols in Playford Park*, Padstow on Sunday night, 8 December.



Padstow Rotary Club has been running this very successful community event for 51 years. It was great fun to be invited to assist all these Rotarians doing a myriad of jobs from handing out programs, cooking the barbecue, selling lights, marshalling and running the lost children's department.

Everyone had a fun time.



I attended the **Rotary Club of Sydney Inner West's 'Rock into Christmas'**. This Rotary Club really knows how to rock the night away with their 1950s Rock 'n' Roll band. It was a great night.



Some helpful direct links to important websites...

Conference 2020 Registration	Conference 2020 Registration
District Directory	District Directory - Login
District Website	Rotary District 9675 Home Page
Manual of Procedure	Rotary District 9675 Home Page
District Constitution	Rotary District 9675 Home Page
District Regulations	Rotary District 9675 Home Page
District Speaker List	District 9675 Speaker List
Rotary International	Rotary International Home Page
RI South Pacific & Philippines Office	Resource Guide for Club Officers

Important dates for your diary...

5-11 January 2020	RYLA (Rotary Youth Leadership Awards)
12 February 2020	Launch of 2021 Centenary Celebrations – Government House
15 February 2020	District Membership Seminar
17 February 2020	Maroubra Rotary Club's 60 th Anniversary
21 February 2020	Presidents' Meeting
29 February 2020	Nutbush Dance (details in the next Bulletin)
20-22 March 2020	District Conference (Early bird registration closes 31 December)
27 March 2020	Cronulla Rotary Club's 70 th Anniversary
28 March 2020	Dapto Rotary Club's 60 th Anniversary

I would like to take this opportunity to wish you and all your family a very happy Christmas and best wishes for the New Year.

Yours in Rotary – Connecting the World

Di

Dianne North
District Governor

