



Australian
Rotary
Health

Rotary International, District 9520 Governor's Newsletter

The Challenge of Change!

Issue 10, May 2013



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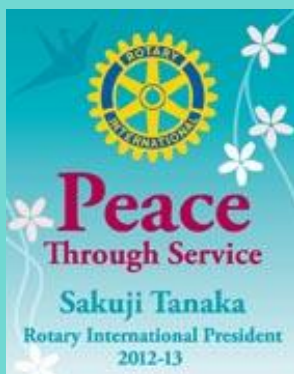
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Marion,
a home of a Governor



Roy's Blog:

On the Rotary Calendar May is Australian Rotary Health Month !

Thanks to everybody for being involved in a great conference.

The venue was great and the guest Speakers were varied and professional. Special thanks to PRID Stuart Heal, RI President's Representative, whose four presentations (which included the Foundation Breakfast) were spectacular and in every instance hit the spot!



The conference commenced on the Thursday ANZAC Day Dawn Parade, and from that time forward the pace never slackened!



The Team

During the conference we gave a number of awards to Rotarians.(see page 2 for details) .

I know we have already thanked all who were involved in the organising of this event - for posterity I, again, wish to register my sincere thanks to Richard and Darrell and all the Team for a great effort.

This month we are asked to celebrate ARH. At the conference we were privileged in giving Nettie and Ian a ARH award in recognition for their efforts in raising over \$30k year to date and \$10,500k for this conference.

Special congratulations to PP Dick Wilson (Liz) for being selected as DGN as from July 2013. (Dick will be DG in 2015-2016)

Looking at my diary for the month of May - it will be a busy one for Marilyn and me. We look forward to celebrating successes of the year with all the clubs; thank you for the invitations to your special events.

..... Cont. on page 2

During the conference we gave a number of awards to Rotarians.- Bob Arnold, Dave Mellen, Satish Gupta and David Binks all receiving PHF awards. We visited Mitcham Rotary Club on Monday 1st May and presented to Geoff Bailey a PHF award. Norwood Rotary Club received the 100% PHF club award.



Congratulations to all clubs who received a District Award - please keep these awards until June 2013 and return, either to me or to Secretary Jerry for us to arrange engraving.

Foundation Citation for Meritorious Service was presented to Euan Miller – Congratulations! - this award was last presented in 1988/1999 year to PDG Terry Edwards. Well done and congratulations to all Award Recipients.

Don't forget PETS and Assembly in Mildura 25 and 26 May. Then we are into the "Changeover Season"

Please enjoy the many conference photos being shown in this newsletter - you deserve the accolade.

All of the pictures taken by Jan and Jenny are now on a special website - You can see some 400 pictures and download them as you wish – see page 7 for instructions.

Cheers



The Heals and The Armstrongs



What Paul Harris Said:



Friendship and Understanding

"It has been the way of Rotary to focus thought upon matters in which member are in agreement, rather than upon matters in which they are in disagreement. Rotary has satisfactorily demonstrated the fact that friendship can easily hurdle national and religious boundary lines."



Paul P. Harris, page 61 from "[This Rotarian Age](#)" 1935





Mark and Debra Huddleston

Meet: AG Mark Huddleston

Mark was born in Adelaide, where he has spent his whole life. As a teenager he was a keen electronics enthusiast, and his first job was with an electrical appliance store in Norwood, where he completed an apprenticeship in radio electronics. Initially, he worked in the electronic repair industry and later in electronic component distribution and wholesaling

Debra is a Nuclear Medicine Technologist at Flinders Medical Centre. Her role involves preparation of radioactive materials, scanning and processing. Mark says, "Debra is definitely the smart one!"

In 2000 Mark and Debra bought a catering franchise which they ran for five years. Their business was recognised as Australia's Best New Caterer and, also, twice "Franchisee of the Year". Although an enjoyable and successful business it was tough on their time – with late nights and weekend work. Following the arrival of their first child Aaron they sold the business in 2005. For some years, Mark and Debra were planning their new venture, SugarFreeZone – a dedicated retailer of sugar free confectionery and gourmet foods, and opened a shop on Goodwood Road at Daw Park in October 2005. Their second child, Elise, was born in 2006.

Demand for their products was steadily growing Australia wide, and the mail order side of this business was rapidly overtaking the personal shopping. They closed their shop in 2010 to concentrate solely on mail order distribution. This allowed Mark much more flexibility and time with their children, and an opportunity for Debra to return to full time work at FMC.



www.sugarfreezone.com.au

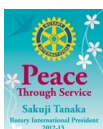
Mark's Rotary journey began in 1986, when at the age of 18 he joined the Rotaract Club of Prospect. and later, the Rotaract club of Edwardstown where he met Debra. Mark was club president in 1994/95. Mark and Debra were married in 1995. Mark and Debra were both invited to join the Rotary Club of Edwardstown in 1997, and each held numerous positions in the club, however, Debra resigned in 2007 to spend more time as a mother.

Mark was recognised as a Paul Harris Fellow in 2006, and was club president in 2006/07. He had also developed a keen interest in The Rotary Foundation, and worked on a number of Matching Grants for the Edwardstown club. In 2009 Mark joined the District 9520 Rotary Foundation committee as Grants Chair. In 2011 he was appointed as Assistant Governor for Group 6. Mark is passionate about promoting Rotary and making it attractive to younger professionals. He feels we need to concentrate far more on the future of our organisation, and far less on the past. His many Rotary highlights include attending the Centenary RI Convention in Chicago in 2005, and being selected to attend the inaugural Future Leaders Seminar at the Brisbane Institute in 2011.



Mark is a keen home handyman. He also enjoys watching test cricket and his beloved Crows. He plays competition tennis.

Mark is very proud of Debra and their "nuclear" family, and we, here at Rotary, are very proud of Mark. ... And we reckon, he is, definitely, a smart one too!



Doing Good in the World

Just as my life changed when I set off from my village to work in a Tokyo glass factory, it changed again in 1975 when I was invited to join Rotary. I am grateful for the teacher who set me on a new path as a young man, and I am grateful to the man who set me on a path of service. I am sure that many of you feel similarly. I truly believe that the purpose of life, and what brings the greatest and most enduring happiness, is to be useful to others, and Rotary has brought me so much joy. I am honoured to be able to pass that joy on to new generations.

In Rotary, we give of ourselves, and through Rotary, that gift is multiplied, and its effects ripple on.

Sajuki Tanaka, President, RI





May is Australian Rotary Health Month

The Wheels of Health !

By DGN Dick Wilson & PP Ian Parsons



Dick, Nettie and Ian

Thirteen intrepid riders gathered in foggy Summertown to enjoy breakfast on Anzac morning before embarking on the "Black Dog Ride" to the D9520 Conference in the Barossa Valley.

Spirits were high, legs were pumping and it was down to Balhannah and then off to Angaston via Mt Pleasant. A total of 86km with a couple of slower riders taking advantage of the 'sag bus' in the hands of Nettie Mitchell bringing up the rear.

Colin Rettos (RC Marion) had a small dingle "falling over a cliff" - these were his words, the fall was unwitnessed and the cliff was a sloping bank less than 1 metre high! Colin lived to fight

another day and pressed on - the lure of pizza and beer in the Forties Cafe in Angaston lured him on to greater heights.

And after a good lunch and a few reds, some of the 'pro' riders departed on their trusty steeds to ride back to Adelaide!

The ride was a success and culminated in DG Roy announcing that over \$5000 had been raised for Australian Rotary Health. Later contributions increase this amount to \$10,500.

Congratulations and thanks to all the Clubs and individuals who have supported this great Australian project for Australians. To mark the great contribution that Ian Parsons and Nettie Mitchell have given over the years, DG Roy presented each one of them with an ARH Companion Award. A fitting end to a rewarding day!

AND, Warrnambool will again be holding an ARH "Black Dog Ride" in March 2014 – come and join the fun!"

We encourage your support for next year's Ride to Conference through the 'Valleys to the Sea' at Warrnambool. We challenge all Clubs to get behind this project with donations and riders. All Clubs' donations will be credited to the individual Clubs and will surely inspire the team's performance.





It All Happened in Barossa ...





Adventures on High Seas! New Club in the Middle of the Ocean By PP Don Will

On 31st March 2013 the RC of Male' had a magnificent Charter Event at the Nasandhura Palace Hotel on the foreshore of Male' Harbour. This occasion was certainly one of the most significant in the Rotary World this year, as around 50 international Rotarians, including the RI President Sakuji Tanaka, shared the excitement of 30 newly inducted Maldivian Rotarians embark upon their career in Rotary service. The Maldives is the 207th country to become part of Rotary's international family.



PP Barb Adams, RI Pres Sakuji, DG Roy, PP Don Will, PP Jack Garrett and Rtn Ranesh of the RC of Eastwood at a beach BBQ on Villingili Island in the Maldives.

I had the pleasure of being in attendance along with four Eastwood Rotarians. The connection is that our Local Rotary Club was the one who had the idea and made it happen. In 2011 Ahmed Ranesh was invited to the RC of Eastwood, firstly as a Guest Speaker and then to become the world's first Rotarian from the Maldives. When Eastwood Club discovered that there were no Rotary Clubs in the Maldives, they made the decision to change that, and within 18 months their dream was realised, working both from afar and also visiting the delightful island country in the middle of the Indian Ocean.

Despite the international image of a tropical paradise, with turquoise waters, brilliant coral and sea life (and this certainly does exist), the reality of the Maldives is that of a country in need to help to provide safe drinking water to many island communities, and improvement in education of marginalised students and resourcing of schools. Now with local Rotarians to manage and ensure sustainability of any assistance we can provide, a new horizon has been opened up for International projects.

Already a desalination project to provide water for a community of around 750 people can be conceived and with the help of the Rotary Clubs of Eastwood, Magill Sunrise and Brownhill Creek the Matching Grant funding is now in place. A total of \$35,000 was found in about two weeks in March prior to our visit to the Charter Function. Subsequently I understand other Clubs are committing funds prior to end of this Rotary year for the next project in the Maldives.

RI President Sakuji spent three days with us in the Maldives, and was particularly concerned about education needs and what our organisation can do about it. I am certain we will in the future see assistance coming from other areas in the world to address these problems.

Quick Facts

Maldives, officially the **Republic of the Maldives** and also referred to as the **Maldivian Islands**, is an island nation in the Indian Ocean consisting of a double chain of twenty-six atolls, orientated north-south, that lie between Minicoy Island (the southernmost part of Lakshadweep, India) and the Chagos Archipelago.

The chains stand in the Laccadive Sea, about 700 kilometres (430 mi) south-west of Sri Lanka and 400 kilometres (250 mi) south-west of India.

Capital and Largest City is Male.

Population January 2012 (Est) 328,536, Area 298 sq.Km, Water 97%



Websites, Websites, Websites. Do we need them ?

By PDG Bruce Richardson



Have you ever thought of why we need a District website and a Club website? When I became Chair of the District 9520 Internet committee this was the first question that I considered and it raised many issues.

Where is the publicity for Rotary in our District? Yes, we get media attention on some occasions, we are able to communicate more in the country than the city, we have various forms of letter drops and other publicity but in reality we do not have a regular promotional tool to communicate with the public. Or do we?

A club website is the front door to the public and your members to keep them informed of current projects and upcoming activities. A District website is also the front door to our Rotary programs that exist within our clubs, both locally and internationally.

I believe these are a vital part of our communication process and they need to be up to date with information that is happening in our clubs and District. Nothing is worse than a website that is out of date because the person who is making the enquiry is not going to bother to come back to the site unless they feel welcome and being informed.

Recently the Internet Committee distributed a survey requesting feedback on how involved each of our clubs are using the internet. To date only 20% of clubs have responded to this survey and that makes it difficult to form a view on the status of clubs who effectively use the website.



District Website has links to all District Clubs – You are invited to visit them?!

Another form of communication is Facebook. This is in its infancy stage in our district. It provides a valuable means to effectively communicate to younger members of our community as well as those older members who are computer savvy to keep in touch with current projects and activities of our clubs. Used in the correct manner it is able to take messages far and wide and enthuse and encourage members of the public to think about the projects of Rotary.

What is your club doing about your website and media communication methods? The members of the Internet Committee are available to support clubs and the District in the development of club websites and communication systems to keep members and the public informed.

If you need help, please, contact me or any member of the committee whose details are set out in the District Directory.

HOW TO DOWNLOAD YOUR PICTURES FROM BAROSSA CONFERENCE

Pictures are uploaded to District Picasa Album - follow this link:

<https://picasaweb.google.com/RotaryDistrict9520/>

Pictures are in 2 folders – Conference and the Friday Capers. You are free to download any of the pictures to your computer and print them yourself.

The resolution is reasonable for the web based pictures, however, if you want a high resolution picture for printing, please, contact Jan Vade jan.vade@internode.on.net. There will be a cost associated with mailing, prints etc. Any profit after the cost is deducted will be donated to the Rotary Foundation.



Marilyn's Corner:



It would seem Art shows are on the increase. I attended the Goolwa Art and Photographic show opening, held over the Easter Weekend, a very impressive

line up of art and photos and one of the best Promos I have heard for Rotary from President Roger. I have all the information for the upcoming Rotary Club of Unley Art Exhibition to be held in June.

It was interesting to hear the Judge at the Flagstaff Hill Art Show opening, talk about how these Rotary Art Shows are now almost the only outlet available to artists to exhibit their work with most of the Gallery's closing.

The Conference is over for another year, I hope all registrants found something to re invigorate their Rotary service and had FUN?

Great news about the Polio cases being so low thus far, we can look for more exciting news as the year goes by I hope.

Please remember END POLIO NOW when distributing your funds this year.

Have a great month of MAY.



OUR SPECIAL
D9520

FOUR WAY TEST
(ENJOY)

THE FOUR-WAY TEST FOLLOWED BY ROTARIANS WORLDWIDE IN THEIR PERSONAL, BUSINESS AND PROFESSIONAL LIVES, THE FOUR-WAY TEST WAS CREATED BY ROTARIAN HERBERT J. TAYLOR IN 1932.

IT HAS SINCE BEEN TRANSLATED INTO MORE THAN 100 LANGUAGES AND IS USED BY ORGANIZATIONS AND INDIVIDUALS THROUGHOUT THE WORLD.

THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO:

- 1) IS IT THE TRUTH?
- 2) IS IT FAIR TO ALL CONCERNED?
- 3) WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?
- 4) WILL IT BE BENEFICIAL TO ALL CONCERNED?

AND, IN ADDITION WE PROPOSE THE FIFTH WAY TEST:

- 5) IS IT FUN?

Have Fun, Enjoy Rotary !

The Voice of Rotary

Programme for April 2013

Broadcast on 1197AM RPH Adelaide each Tuesday 7.30-8.00 pm, From each Wednesday the broadcast program can be heard on-line at www.rphadelaide.org.au

Presented by: Chris Hughes and John Cox, Technical Assistance by: Antony Craven and Richard Parkes.

May 7 th ☞	Mr John McMillan	"Experience of Rotary in South Africa"
May 14 th ☞	PP Trevor McGurk (RC of Stirling)	"Clean Water with the Point One Filter"
May 21 st ☞	Ms Joanna Giles (Helping Others Growing Foundation)	"Greening Nepal with Rotaract pt2"
May 30 th ☞	Rtn John (Jock) Thornton (R.C. of Burnside)	"Rotary in the Long Term"



Chris Hughes

Further Information available from Chris Hughes, Phone 8379 4633, Mob 0418 835 977, Email: emandcee@bigpond.com



Club Membership

	Mar 13	13 Apr	
Barmera	8	8	updated
Berri	20	21	updated
Blackwood	42	42	updated
Blakiston	10	10	
Brighton	21	21	updated
Broken Hill	18	18	
Broken Hill South	28	25	updated
Brownhill Creek	35	34	updated
Burnside	35	35	updated
Campbelltown	81	81	
Coromandel Valley	25	24	updated
Eastwood	26	23	
Edwardstown	31	31	
Encounter Bay	44	43	updated
Flagstaff Hill	23	23	updated
Glenelg	36	36	updated
Goolwa	32	31	updated
Hallett Cove	11	12	updated
Holdfast Bay	29	29	updated
Hyde Park	33	35	updated
Irymple	41	41	updated
Kent Town	19	19	updated
Larneroo	10	10	
Loxton	31	31	updated
McLaren Vale	6	7	updated
Magill Sunrise	27	27	updated
Marion	14	14	updated
Merbein	21	19	updated
Mildura	38	38	updated
Mildura Deakin	24	24	
Mitcham	45	45	updated
Mobilong	36	36	updated
Morialta	36	36	updated
Mt Barker	30	30	
Murray Bridge	50	50	updated
Noarlunga	11	11	
Noarlunga East	22	22	
Norwood	22	22	
Onkaparinga	25	26	updated
Red Cliffs	13	13	
Renmark	32	32	updated
Robinvale Euston	15	15	updated
St Peters	36	37	updated
Somerton Park	30	29	updated
South Mildura	13	13	updated
Stirling	36	36	updated
Strathalbyn	23	22	
Tailem Bend	23	23	
Unley	29	29	updated
Victor Harbor	37	38	updated
Waikerie	37	37	updated
Wentworth	15	15	
Yankalilla	10	10	updated
Balance	1444	1437	

Exchange Rate for May to be advised ...

Secretary's Corner :



Jerry Casburn

A reminder to all clubs with outstanding semi-annual dues payments that they need to be paid.

Some 8% of the clubs in our District were overdue with payments as at April 15th, please check if your club has paid and if not take appropriate action, thanks.

A new Rotary year looms and we need to make sure that Member Access has been updated to record those incoming and ensure that those officers have registered for member access. From time to time it is noticed that the officer information in the club's website varies from that provided in the RI database, so please make sure that both areas are up to date and correct. This will mean that Rotary Clubs are able to be contacted easily, so that they don't miss out on opportunities that arise, and that they receive all the information that is available to assist them.

If you need any help please, contact me. If I do not know the answer, I'll find out."

Jerry

Jerry Casburn,
District Secretary
District Governor Nominee

Welcome To New Members !



Pamela Vaughton
Kerri Sutton
Drew Schapel

St Peters
Hallett Cove
Waikerie

PHF Recognition

Dennis Nelson
Simon Brewer
Christine O'Nyons
Jan Vade (*Sapphire*)
Satish Gupta (*Sapphire*)
David Binks (*Sapphire*)
David Mellen (*sapphire*)
Geoff Bailey (*sapphire*)
Bob Arnold (*sapphire*)

Hallett Cove
Magill Sunrise
Marion
Marion (Hallett Cove Recognition)
Marion (District Recognition)
Glenelg (District Recognition)
Murray Bridge (District Recognition)
Mitcham (District Recognition)
Blackwood (District Recognition)

PDG Euan Miller – **Norwood, Meritorious Service Award** (District)

