



Issue Number 24

19 December 2015

Last week I promised you a motorcycle story and true to my word here is a story that will knock your socks off !

Recent experience for many young people living in the Strathalbyn district was coping with depression, and having the intensity of this poor mental health exacerbated by a number of suicides from among their friends.

Under the leadership of Nick Grosvenor, a group of 12 young men planned to make their lifestyle outlook more positive for themselves and for their community, as well as making a difference for others by contributing to mental health research through Beyond Blue. These brave young people have stood up to recognise they needed help, and they were most fortunate to live in a caring community which rallied willingly to help them. The basic challenge was to plan a journey from Strathalbyn to Darwin using Honda 110cc Postie Bikes as their means of transport. For the less technically experienced readers, this means riding a very long way over rough roads, on a bike with very narrow tyres, limited suspension, and a very low powered engine. Challenge is the correct word to use, a challenge to achieve a very difficult task and test their resolve as individuals and as a group. Local and wider sponsorship and donations poured in, providing encouragement for this group of lads who had grown up in Strathalbyn, to put their all into achieving extraordinary outcomes.



As you would expect, there were many and varied adventures along the way. Avoiding being sucked under huge road trains, fixing mechanical breakdowns on the side of the road, and remaining alert over long stretches of rough road, were some of the tests to be met. Communities all across Australia wanted to be part of the action in welcoming the riders, providing food and accommodation, and of course contributing to the growing donations for Beyond Blue.

Over the 4200km the little Hondas spent 13 days whirring away, taking 12 young men on a healing journey of a lifetime, contributing around \$65,000 to Beyond Blue mental health research, which is astounding ! Story by Sam Cozens.



Noarlunga East Tonga Ambulance Project

This brand new, purpose built, ambulance will be taking an ocean voyage early in the New Year to be on duty in The Kingdom of Tonga !

There are 103,000 people on this archipelago in the Southern Pacific Ocean, with 70% of the population on the main island of Tonga'patu.

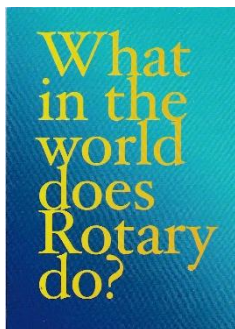
This project to provide an ambulance and support training, was undertaken to culminate an international community service initiative by a group of Paramedics from the SA Ambulance Service.

Using a matching grant through District, and with generous assistance from the Rotary clubs of Tailem Bend, Blackwood, Coromandel Valley and Campbelltown, the Rotary Club of Noarlunga East was able to purchase a LWB Toyota van. This vehicle was fitted out and modified with extra lighting and warning devices by the SA Ambulance Service vehicle workshop staff (in their own time). We were fortunate enough to also have a donation from First Care Medical Services of stretchers and associated equipment giving us further savings for other parts of the project.

This ambulance, along with other medical goods and equipment will be transported in a shipping container to Tonga early in 2016, with the assistance of donations from the Rotary Club of Noarlunga, and Donations in Kind (DIK).



A pertinent reminder and nice segue into the next item...



Rotary.... where people help people and achieve extraordinary things.

Many, many copies of a multiple fold information brochure on Rotary have been circulated to Assistant Governors, and in due course will be available for all members to distribute among their community friends and family.

Please help spread the word about Rotary by giving out these brochures.

DATA PROJECTOR

Our District equipment now includes an Epson EB-1776W 3000 Lumen data projector which can be borrowed through DG Dick Wilson.

The advertising phrase for this equipment is remarkably accurate, "The Ultra Mobile, Ultra Bright Solution for Busy Executives"

So put it to good use for your special events.



District 9520 commenced this Rotary Year with 50 clubs and 1315 members.
Over a period of 5 months District 9520 still has 50 clubs but now has 1337 members.
This represents a membership growth of 1.6% which is close to the world average of 1.3%



Rigby Readers

Some 20 boxes of Rigby Readers have been sourced from the Norwood Primary School, and are now offered for re-use to Rotary education projects that are either planned or are in operation. There are multiple copies of books with common themes, designed for students learning to read in English.

Please contact Chandra Sluggett chand.sluggett@gmail.com if you think you can put this material to good use.

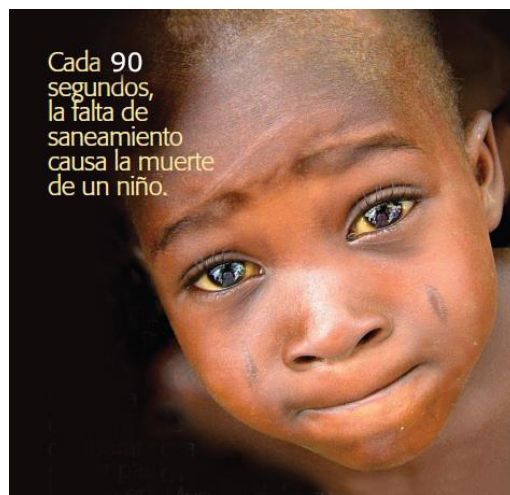
Water and Sanitation Rotarian Action Group, wasrag

Diarrhea remains the leading cause of death from water-related diseases among children.

Every 90 seconds a child dies from a disease caused by lack of access to safe drinking water, inadequate sanitation and poor hygiene.

Among children, diarrhea remains a leading cause of death from water-related diseases. In developing countries, diarrhea accounts for 21 percent of deaths in children under 5 years.

Improving sanitation would reduce infant mortality related to diarrhea third. Just by promoting hygiene measures such as washing hands, that could reduce mortality by two thirds. Moreover, this improvement would help accelerate economic and social development in countries where poor sanitation is a major cause of lost work and school days because of illness.



Make a difference to these statistics by helping the people behind these numbers.

Please go to www.wasrag.org and "Join Wasrag". Your membership fees: \$25 for an Annual or \$100 for a 5-year membership - are our main source of revenue. You will also find many projects described at the link given above.

Rotary In Motion



RIDE FOR ROTARY

**MAKE A DIFFERENCE IN THE WORLD!
AND get the opportunity to ride and chat with
Stuart O'Grady and Patrick Jonker.**

The Rotary Club of Encounter Bay are holding a fund raising ride on 7th February, 2016 under the patronage of DG Dick Wilson.

- VENUE:** Start 8.30am and Finish 10.30am at EAT@Whalers, Encounter Bay, Victor Harbor.
- THE RIDE:** Riding along the coast to Finiss and back at a capped steady pace, with the opportunity to ride your own distance and turn back at any time. There will be several accredited ride marshals on the ride for anyone who needs help. (See attached map)
- THE SPRINT:** For those wanting to add some excitement there will be a sprint on Flagstaff Hill Rd. The first person to finish (excluding Stuart & Pat!) will win a prize.
- THE COST:** \$50 per rider, which includes coffee and a muffin. Your ticket will be entered into a lucky draw for prizes donated by Victor Harbor Cycles, Supreme Cycles and Mr. Menswear.

The aim is to be back at Whalers by 10.30am, for coffee and muffins, where Stuart and Pat will be around for a chat. Stuart will have one of his Scappa Bikes there to drool over and chat about the Velo Precinct, his new venture in Victoria Park

Tickets are available from Victor Harbor Cycles 8552 1417 Supreme Cycles 8554 5100 Mr Menswear 8552 2356



Welcome to the Lobethal Lights.

For the last 50 plus years, the townspeople of Lobethal have banded together and decorated their homes with coloured lights. President Russell Camens recalls, many years ago the coloured globes as they are today were not available. Plain globes were coloured by dipping them in tinted clear paint. Most homes within the Lobethal township have an array of attractive lights, which adds to the combined spectacle.

President Russell attended the Official Opening of the Lights of Lobethal with AG Susanne Marie, and they were impressed by the guest speakers and the many visitors. People come from far and wide to view the Lights, and many are treated to the BBQ meal supplied by the members and friends of the RC of Onkaparinga. This service by the Rotary Club has been in operation for the past 26 years, providing fine food and drinks across what is now an extended season celebrated each year. An outstanding effort for a small club.

RC of Onkaparinga members wish you the reader, blessings for the Christmas period and a prosperous New Year. President Russell Camens.

District Conference update.

Renmark, 28 April – 1 May, 2016

Registrations are flooding in for next year's District Conference as Rotarians take advantage of the Early Bird registration fee of \$260.

REMINDER: Early Bird registrations close on THURSDAY, 31 DECEMBER, 2015.

If you intend to forward your registration papers to the Registrar by post please allow 5 days for delivery. Showcase slots are being taken up rapidly too, with 9 of the 17 already taken. If you would like to exhibit your project or special interest, please submit an application before all the slots are taken.



We are privileged to have artist, teacher, former ABC personality (*This Day Tonight*, *Nationwide*), arts administrator and arts curator, the much loved **Winnie Pelz** as our Master of Ceremonies for the Conference. Winnie's amazingly diverse career has gone the full circle, back to her roots as a practising artist. From the Conference theme, "*Facing the Challenges of Tomorrow Today*", will flow interesting and challenging sessions across politics, health, the environment and youth with an especially pertinent session to the challenges of the Riverland, "*Renmark Challenges*".

Renmark has a strong sense of civic pride, epitomised by the outstanding Renmark Hotel, which has been owned by the community since 1897.

Excitement is growing in the community in anticipation of the 500 or so Rotarians, partners and friends who will descend on the town. It's going to be a great Conference!

Robert Koehne.

Chairman Conference Organising Committee.

Australian Rotary Health Annual General Meeting.

Australian Rotary Health (ARH) celebrated the service of hardworking individuals and Clubs at their Annual General Meeting, held just before the Zone 8 Institute in November. On behalf of ARH, thank you to all of our friends and supporters.

There were a few highlights from 2015:

- Our 200th Indigenous Doctor graduated
- Over \$1 million donated through Bequests
- The most Mental Health Research Project Grants funded in one year - 20 Grants
- New PhD Scholarship celebrating the ANZAC Centenary, for PTSD in veterans and families



ARH Medal

The ARH Medal for 2015 was awarded jointly to David and Karen Brown, who were an integral part of the Great Australian Bike Ride (March-October, 2009). Since then David and Karen have remained involved in numerous bike rides and David is now holding a committee membership in the District 9810 Ride to Conference. The 2016 fundraising from this ride, will reach \$1 million in total donations since it started.

District Achievement Award

The Dick White District Achievement Award was presented to District 9650. We acknowledged the support of District 9650 Governors and, in particular, their partners for naming ARH as the "Partner Project" in each consecutive year from 2011/12 to 2015/16 and before that in 2008/2009 and 2006/2007. The support from this fundraising has supported multiple research and scholarship projects and has made a significant contribution to donations not only in the District but also in Australia.

Pictured right: ARH CEO Joy Gillett, 9650 DG Maurie Stack, ARH Chairman Jeff Crofts



RYLA and RYPEN Training Weekend

The St Francis of Assisi school was bustling with excitement and activity on the training weekend for our 2016 RYLA and RYPEN leaders. Here, our future directors and secretaries were subjected to various workshops and activities to prepare them for their roles as nurturers of a new group of leaders. By the end of the weekend our mentors, both new and experienced were well equipped and eager to fulfil their roles, and even exceeded their own expectations.

More details will be given in the DG Newsletter early January 2016.

This is the final "The Herald" for 2015.

A combined DG Newsletter/The Herald will be published Saturday 2nd January 2016, with "The Herald" Issue 26 following on Saturday 9th January 2016.

A number of clubs have yet to let us all know something that is newsworthy, or the achievement of some Rotarian which is outstanding. "The Herald" spans the District and it is my wish that the stories also are widely representative. Enjoy your end of year festivities, and make sure your My Rotary records are current. Editor Sam.