



WELCOME TO THE

District 9790 Monthly Newsletter



A word from DG Stephen

**CELEBRATING CONNECTION, GROWTH, AND IMPACT: REFLECTIONS ON OUR
MULTI-CLUB VISITS**



As we conclude our Multi-Club visits, Carol and I are filled with gratitude for the incredible experiences we've had across the district. It has been an absolute privilege to engage with so many passionate Rotarians, each dedicated to making a meaningful difference in their communities.

One particularly memorable evening was our visit to the Koetong Pub, where we hosted Corryong and Tallangatta. Against the backdrop of a dramatic storm—thunder rolling, lightning flashing, and cows lowing in the distance—we experienced the warmth of true country hospitality. Surrounded by dedicated Rotarians, we witnessed firsthand the impact of Rotary's service in regional communities. It was a night of camaraderie, inspiration, and an enduring reminder of why we do what we do. Wow!

↓ In this newsletter you will find:

Latest district news, what's on, projects and much more!
Keep Reading!



HIGHLIGHTS THIS MONTH



COVER, 3 DG STEPHEN'S NOTES



4-7 2025 DISTRICT CONFERENCE



8 THE CAMBODIA AND DISTRICT 9790 - PARTNERS
IN EDUCATION PROJECT, JANUARY 2025



9 TOCUMWAL ROTARY TAKES A STAND AGAINST
DOMESTIC VIOLENCE



10 PAUL HARRIS NIGHT AT BROADMEADOWS



11-13 YOUTH NEWS



14-22 WHAT'S COMING UP, DEADLINES AND
NOTICES

Photo credits: Stephen O'Connell OAM: Cover and 3 (supplied); Robyn Angus: 8 (supplied); Lorraine Greenwood 9 (supplied); Michael Church: 10 (supplied); David Redfearn: 11; Linda Gidlund: 12-13 (supplied)

Cover: DG Stephen with Rotary Youth Exchange Rebound students (supplied by Stephen O'Connell OAM)

DG's Column (continued)

A Well-Deserved Honour

We are thrilled to congratulate the Rotary Club of Southern Mitchell on being recognized as the Mitchell Shire Community Group of the Year. This prestigious award is a testament to the club's outstanding commitment to serving their community. Their efforts have not gone unnoticed, and we celebrate this well-earned recognition. The dedication of Southern Mitchell exemplifies the very best of Rotary.

Rotary Youth Exchange (RYE) Rebound Weekend – Beechworth

Carol and I were honoured to attend the RYE Rebound Weekend in Beechworth. Our District Youth Exchange team is truly the best in the Zone, and they proved it once again by hosting a fantastic event. We were fortunate to present certificates to the students and help them prepare for the District Conference—and yes, they will be providing some special highlights for you all! Their enthusiasm and dedication to the Rotary Youth Exchange program are truly inspiring, and we can't wait for everyone to see the impact they are making.

Exciting Milestones and Momentum!

The impact of our collective efforts is evident in the latest numbers:

- **Membership Growth:** We are up 35 net new members this year! This demonstrates the power of engagement and the strength of our clubs in attracting and retaining committed individuals.
 - **PolioPlus Giving:** Our giving has soared by an astounding 81% this year! This remarkable increase reflects our commitment to eradicating polio worldwide, whilst also providing infrastructure and on-the-ground support for other health related issues.
 - **Recognition Beyond Our Borders:** Our work in District 9790 is gaining interest at both Evanston (Rotary International headquarters) and the Zone level. Our innovative membership strategies and leadership initiatives are catching attention beyond our district.
 - **Expanding Our Influence:** We are excited to be sharing our D9790 membership strategies with other districts and will be presenting at the Zone Conference on the Gold Coast later this year.
- These milestones are a testament to the dedication and passion of every Rotarian in our district. Together, we are building stronger clubs, transforming lives, and amplifying the impact of Rotary.

Join Us at the D9790 District Conference!

Please buy your tickets to the D9790 District Conference by visiting

<https://rotary9790.org.au/sitepage/conference-2024-2025>.

It promises to be a great event, and tickets are selling fast! See you there as we celebrate Rotary!

Let's continue to unite, inspire, and transform as we embrace the opportunities ahead.

Yours in Rotary,

Stephen & Carol O'Connell
District Governor & Partner
Rotary District 9790



Rebound Weekend group shots

2025 District Conference

CONFERENCE UPDATE FOR FEBRUARY 2025

Conference Dates April 11, 12 and 13, 2025

Venue: Commercial Club, Albury: <https://commercialclubalbury.com.au>



TO REGISTER: go to <https://www.trybooking.com/events/landing/1269916>
or scan the QR code.



SHOWCASE (HOUSE OF FRIENDSHIP)

- ❖ Attendance prediction: 400+
- ❖ Venue: 618 Dean Street, Albury, NSW, Australia, New South Wales 2640
- ❖ Areas available for use for Showcase exhibitors.
- ❖ Limited sites available
- ❖ Full day Conference Saturday 12th April. Half-day Conference Sunday 13th April.
- ❖ House of Friendship open to general public.
- ❖ Operating hours: all day Saturday and half day on Sunday)
- ❖ Sponsorship packages available including donations in kind.
- ❖ Each attendee receives an information bag at registration desk.
- ❖ Promotion of sites throughout the Conference program.
- ❖ For enquiries please contact Gordon Shaw, email: gordonsac@bigpond.com

CONFERENCE PROGRAM FEATURE - Steve Bowen OAM

Steve is an integral part of the Albury Wodonga community who has dedicated much of his time to volunteering.

Steve moved to Albury as an infant and attended Hume Public & Murray High Schools. Married and proud father to four children (and their partners) and energetic Pa to his three grandkids.

He is the Managing Director of Bowen's Entertainment and has won many business and performance excellence Awards over the past 35 years, and has recently been inducted into the Albury/Wodonga Business 'Hall of Fame'.

Steve is a founding member and former Chairperson (currently Vice Chairperson) of the DJ Alliance Australasia Inc.

He was a founding Board member of the local charity 'Country Hope' from 2003 to 2010 supporting children with cancer and other life-threatening illnesses.

Steve is a past board member of Aware Industries, Former Ambassador of Kirinari (aged care & disability support) and a strong advocate for people of all ages and abilities.

Steve was Albury Citizen of The Year in 2007, is a firefighter and Vice President of Glenellen Fire Brigade.

Steve is currently Deputy Mayor of Albury City.

Steve has a passion for inspiring youth and has a motivational presentation he calls the "Boomerang Theory... What you throw out, is what comes back!"



ACCOMODATION IN ALBURY

CHECK OUT VENUES with the Albury Wodonga website:

<https://www.visitalburywodonga.com/stay-here/>

•Book ahead to ensure you don't miss out.

OPENING CEREMONY

5pm Friday 11 April- The Opening Ceremony features a performance by the internationally renowned Flying Fruit Fly Circus. The Fruit Flies, as they are affectionately known, were established in Albury Wodonga in 1979. They are one of the world's leading youth arts companies, a celebrated producer of contemporary circus-based theatre for young people and a national centre of arts training excellence. You will see our very own Exchange students in action in a jaw dropping flag ceremony, meet the International President's representative, network and more.

Stay in touch with the Conference, program updates and more on the District 9790 web site at <https://rotary9790.org.au/sitepage/conference-2024-2025>

What sets your club
apart from others??
Tell us about it

Create a slideshow

Showcase what is
the best thing about
your Club

Lets celebrate Club
Innovation

Record an interview

An opportunity for
using this as a public
image initiative

Each will presentation
be televised at
Conference

HIT THE HIGH NOTES WITH...

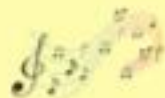
Club events &
Community
Projects

The recording needs to
be only 1 minute long

Lets have fun with this
and make it entertaining

There are prizes to be
won - voting and winning
Clubs will be awarded at
Conference

Rotary  District 9790



Hit the high notes

@ District Conference 11-13 April 2025
Unite. Inspire. Transform

Alison & Amanda from RC of Albury Wodonga Sunrise are
here to help - rotaryalburywodongasunrise@gmail.com

DISTRICT 9790 CONFERENCE 2025 - ALBURY NSW

Guest Speaker



Rotary

says **NO** to
**DOMESTIC
VIOLENCE**

Dave & Robii's program "Say No to Domestic Violence" is now a Zone 8 Rotary project and in partnership with NSW Police. In Ballina many businesses, schools etc wear purple each Friday.

TICKETS VIA
[HTTPS://WWW.TRYBOOKING.COM/EVENTS/LANDING/1269916](https://www.trybooking.com/events/landing/1269916)



Dave & Robii Harmon
CO-CREATORS OF "SAY NO TO
DOMESTIC VIOLENCE"

Guest Speaker brought to you by...


Bobbi McKibbin from Solar Integrity in Wodonga is proud to support these speakers having facilitated the installation of solar energy in women and children emergency accommodation, and being co-founder of Australian Women in Solar.



www.solarintegrityaw.com.au

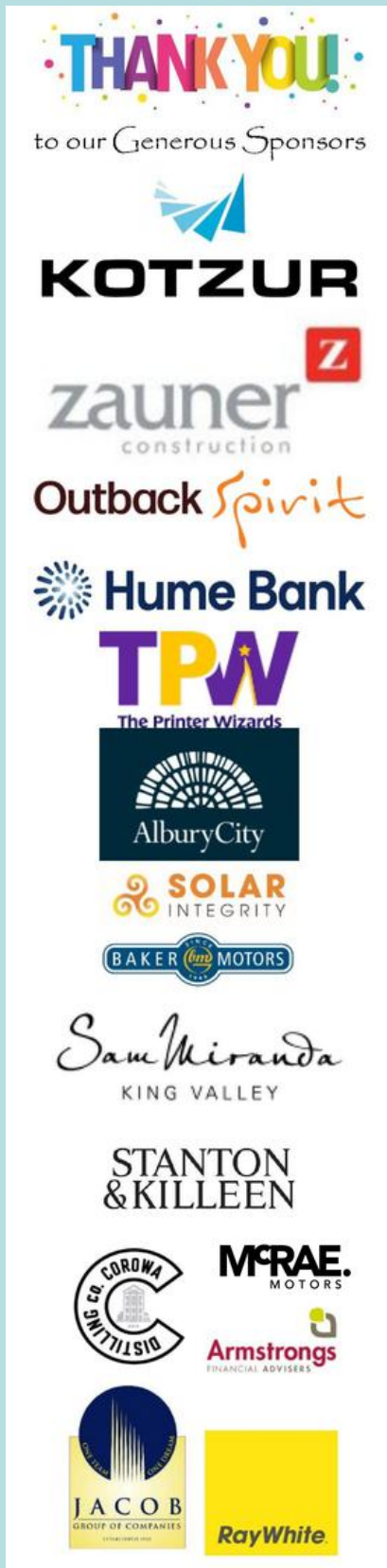


Rotary  District 9790

Hit the high notes 

4

@ District Conference 11-13 April 2025
Unite. Inspire. Transform



Kotzur - Gold

Hume Bank, Outback Spirit - Bronze

Solar Integrity - Domestic Violence Speakers

Baker Motors - Gala Dinner

Corowa Whisky & Chocolates - Speaker Gifts

AlburyCity - General Donation

Jacob Toyota (provision of vehicle for speaker transport) - In Kind

McCrae Motors - In Kind

Stanton & Killeen - Welcome Function - In Kind

Ray White - Donation

Armstrongs Financial Advisers - Donation

Printer Wizards Print sponsors - In Kind

Zauner Construction - Lauren Jackson - Speaker

Sam Miranda Wines - Wine sponsor for Dinner

Solar Buddy Project - Rotary Clubs of Belvoir - Wodonga and Corowa

The Cambodia and District 9790 - Partners in Education Project, January 2025



Young volunteers organising games

The Partners in Education Project had a successful trip to Siem Reap, Cambodia thanks to our dedicated and enthusiastic group of 17 volunteers. We also wish to thank the Cambodia Rural Students Trust (CRST) www.cambodiaruralstudentstrust.org and the Rotaract Club of Siem Reap www.facebook.com/rotaractsiemreap for providing such caring and effective project management and guidance to our group as well as the volunteers of AKF <https://www.afk-ngo.org/> and 48 Couleurs School in Siem Reap <https://en.48couleurs.org/>.

Through the very generous support of the District Grants Committee, Rotary Clubs across the District as well as Rotarians nationally, the team was able to support students and teachers at 5 different schools.

A special aspect of the visit was our interaction with the young university students of CRST and the Rotaract Club of Siem Reap which manage a range of the local projects and guided us on their communities' needs.

An important part of international volunteering is working with and learning about the local community. We learnt that Cambodian students often walk distances of 5+ km to get to their nearest school after an early morning start working on home chores. It was therefore an honour to see the joy on the faces of 41 students who received a bicycle through the project.



Project team and CRST students at campus



Secondary school students and their bikes

The project also supplied 50 classroom desks, 120 solar lights for home study, a village street library, boxes of teaching resources, support for teaching English language skills. In addition, the team provided 10 refurbished laptops for the CRST students who are undergraduates at Siem Reap University and a CRST university scholarship.

An aim of this project was to showcase the power of Rotary to our broader community. To that end, we recruited 17 people including people from our friendship circle, our professional network and the local university! One of the highlights of our trip was sharing international community service with 4 young Australians under 21 years of age. It was fun to see them interacting with the Rotaract Team and have them work with us in classrooms and on the sporting field. We sincerely thank those volunteers for their willingness to fund their travel, donate funds and resources and participate with such a spirit of love and fun. Your efforts are deeply appreciated.

Working through RAWCS enabled us to reach out to the wider Rotary community through their website. RAWCS provides a robust and transparent way of managing project funds and reporting on expenditure of donations which is crucial when asking the wider community to support a Rotary project. As project managers we were thankful to have the RAWCS staff guide us on matters of Rotary policy, insurance etc.

Finally, we would not have been able to undertake this project without our fellow Rotarians. The project was a collaboration of 9790 Rotary Clubs including Ivanhoe, Pascoe Vale, Rutherglen, Bellbridge Lake Hume, Moreland, Eltham and Heidelberg and we would like to thank them for their support and confidence in the project.

Robyn Angus Project Manager
Lisa Wait Assistant Project Manager

Tocumwal Rotary Takes a Stand Against Domestic Violence



On Friday 29th November 2024, the National Day to 'Say No to Domestic Violence and Yes to Respectful Relationships', the Rotary Club of Tocumwal launched their local campaign to raise community awareness of the shocking impact of domestic violence on the lives of their community members. The day started with many retailers around the town wearing purple 'Say no' shirts, especially the staff at the IGA store and Haynes Butcher shop.

Tocumwal Rotary Op Shop provided beautifully painted purple chairs, covered in purple fabric, to go into shops in the town as a reminder, and a community member knitted a very large purple scarf to wrap around the big Murray cod that is well known landmark in Tocumwal. The Op Shop was decorated with purple balloons and signs to attract attention – it looked great!

D9790 DGN, Paul Miegel, travelled from Corowa to officially launch the campaign, highlighting the work that Rotary Zone 8 is doing to address the problem and congratulating the Tocumwal Club on this great initiative. The members of the public who attended the launch were welcomed by President Colin Jones, and a local police officer spoke about the grim statistics relating to domestic violence in the community.

Newspaper and television media people were there to highlight the importance of the message, with an item included in the regional TV news that evening. A sausage sizzle held outside the Rotary Op Shop in the centre of the town was very popular, with the sausages sponsored by Haynes butchers and the bread donated by the Tocumwal Bakery.

Members of the Tocumwal Girls' Shed made bags to be filled with an array of personal items donated from local retailers, including IGA, the local pharmacy and butcher. Members of the local community also provided items for the bags which were given to Senior Constable Nat Jones from NSW Police to support people leaving domestic violence situations.

The evening of the launch, a local hotel hosted a 'Purple Night', with customers asked to dress in purple as they sipped their purple drinks, ate purple fruit tingles and supported purple raffles. It was a great celebration for the Rotary members who were so impressed with the community support they received. An important part of the campaign is the distribution of posters and pamphlets to assist people to make the right decisions if they are helping a victim of violence. The posters include important contact phone numbers and information about counselling, and other community support.

Congratulations to the Rotary Club of Tocumwal for their compassion, care and enthusiasm in launching their SAY NO campaign.

Lorraine Greenwood



Celebrating Paul Harris

Paul Harris Night at Broadmeadows

Celebrating our founder Paul Harris's birth has become Broadmeadows Rotary's signature event. This annual dinner not only honors Harris with a special tribute but also showcases Broadmeadows Success Stories through inspiring guest speakers.

Our 18th annual dinner will be held on Wednesday, April 16, at the Glenroy RSL, featuring Noel Turnbull, a Glenroy High School and University of Melbourne alumnus. Noel's career spans journalism, military service in the Royal Australian Artillery, work as a Parliamentary Press Secretary, and leadership in public relations, where he built Australia's largest PR consultancy. An accomplished author, he has written about Port Melbourne and the PR industry. Noel joins an esteemed list of past speakers, starting with Kevin Sheedy in 2006. Over the years, we've celebrated Broadmeadows achievers, including three judges—Emilios Kyrou, Victoria's first Greek Judge; Justice Irene Lawson; and Supreme Court Judge Frank Vincent (Mr. Murder)—as well as MPs Frank McGuire, Anthony Cianflone, and Neil O'Keefe.

Our author lineup includes Steven Carroll (The Age Literary critic), John Carroll (former teacher turned writer), and Caroline van de Pol (university academic). Other notable speakers have been Bruce Guthrie (former editor of The Age), Brendan Donohue (Channel 7 political reporter), and education commentator Kevin Donnelly. A standout moment was Michael Burn bringing the Melbourne Cup, a symbol of success.

Join us on April 16 for another inspiring night with Broadmeadows Rotary and Noel Turnbull's remarkable story (see page 17 for details)



Kevin Sheedy 2006



Michael Burn with Melbourne Cup 2014



Rotarian Ben with President Sam Mellili and PDG Don Cox

Broadmeadows Rotary is set to celebrate the 17th Annual Paul Harris Birthday Dinner, a tradition that began in 2006 after inspiration from a Moreland Rotary event. Despite challenges like COVID, it continues to attract outstanding guest speakers and appreciative audiences.

Held around April 19, Paul Harris's birthday, the dinner serves a dual purpose: honoring Harris with a tribute by former District Secretary Michael Church and recognizing a Broadmeadows local who has overcome challenges to make a significant community impact.

The event has featured notable speakers, including Kevin Sheedy (not quite a Broady boy but our first speaker), Frank McGuire, and Bruce Guthrie, who have shared inspiring stories of their upbringing and success. Broadmeadows has also produced accomplished judges like Frank Vincent and Emilios Kyrou, as well as authors and academics such as Kevin Donnelly and Steven Carroll. Last year, former MP Neil O'Keefe entertained with stories from the Hawke-Keating era, and last year's guest was crime writer John Carroll.

Memorable moments include Michael Burn bringing the Melbourne Cup to the dinner and insightful tributes to Paul Harris, covering his early life, career, and friendships. Michael Church has spent years researching Harris's story, adding depth to the event's tradition.

Broadmeadows Rotary takes pride in celebrating both Paul Harris's legacy and the achievements of local community members. Can any club match our lineup? Join us for our 17th Annual Paul Harris Birthday Celebration on May 8!



Bruce Guthrie in 2009



President Charlie welcoming Rotarians, partners and friends of Rotary



Youth News

Youth Programs Contacts

Rotary Youth Exchange (RYE) – Meredith Miegel, M 0417 246 546, Email: chairperson@rye9790.org.au

Rotary Youth Leadership Award (RYLA) – Linda Gidlund, M 0418 173 279, Email info@ryla9790.org.au

Rotary Youth Program of ENrichment (RYPEN) – Contact Sally West, M 0402 361 551, email sallywestrotary@gmail.com or rypen@rotary9790.org.au

Rotex – Contact Rotex by email: rotex9790@gmail.com, see the Rotex District 9790 Facebook page.

Albury North - Rotary Youth Program of ENrichment (RYPEN) – Nathan Stuart, M 0412 707 770, Email - msgnathans@gmail.com



If you would like further information please email Youth Programs Chair Nat Hood on nat990151@gmail.com

Youth News

Rotary Youth Exchange and Rebounds

Inbound. Outbound. Rebound. I'm thinking 'rebound' as in 'a basketball rebound.' Within Rotary Youth Exchange the meaning is unique. A Rebound is an Outbound student returning for their overseas sponsorship. Well, that is how I understand it anyway!

Challenges and learning are expressed in many ways as a result of being on 'exchange.' The value of the program is in the results. Here are a couple of results. Their parents expressed the result as having created 'global citizens'.

After spending a weekend with the students, I know they are truly grateful for the Rotary Youth Exchange Program.

Thank you to all the Sponsoring clubs. Thank you to my teammates! Their efforts are enormous!

*Linda Gidlund, RYE Orientation Team
Rotary Diamond Creek*

Nova KariKari, 2024 Outbound Rotary Youth Exchange to France sponsored by Rotary Corowa, quote from final Nova's final Rotary Youth Exchange report.

"When I arrived here in France it was bucketing with rain and funnily enough, I was driving to the airport this morning it was also raining crazily. However, unlike the weather, I have changed a lot since the beginning of this year. I became even more independent (which I didn't even think was possible), and I started to think differently observing the world and my surroundings with more care and curiosity.

Having been launched into a completely new world I learned how to adapt to new situations and also how to take on adversity and become stronger on the other side of it. I was continually challenged to be the one to take the further step and make choices that enhanced my exchange year. I went where the wind took me and appreciated every single moment of it."



Nova doing work experience in France in a pharmacy owned by a host father.



Last task of the Rebound Weekend: the finale - group photo after being presented with the Rotary Youth Exchange Certificate by DG Steven and Carol.

Youth News

Rotary Youth Exchange and Rebounds

Ethan Murgatroyd, 2024 Outbound Rotary Youth Exchange to Brazil sponsored by Rotary Kyabram, quote from Ethan's PowerPoint Rotary Youth Exchange Rebound Weekend presentation.

"My achievements and growth... during my time in Brazil I underwent a lot of growth physically and mentally. I would argue mostly mentally but most of my family think I grew a few inches in height [Ethan's sense of humour]. I feel like I matured so much during the year that now that I'm back I sometimes feel I would have placed in certain situations, mostly with my friends. My biggest achievement during the year I think was my [Portuguese] language progress throughout the year.

Thank you! Last year was the best and most difficult year of my life and I loved every second of it. I already miss Brazil and cannot wait to go back. Thank you, Rotary, for this amazing opportunity and my friends and family for their support."



Ethan sharing his music talent in Brazil. Ethan, a Metal fan, attend Metal events in Brazil. Music is so international.



Lillian on a sailing adventure while on Exchange.

Lillian Thompson, 2024 Outbound Rotary Youth Exchange to Denmark/Danmark sponsored by Rotary Hive, quote from final Lillian's final Rotary Youth Exchange report and a quote from Lillian's PowerPoint.

"It feels weird to say or think that my time in Denmark is coming to an end, and as I look back on my year, I am reminded of so many amazing memories I made with people I have come to love. It is only now I truly understand how the summer team felt leaving the Europe tour and Denmark. There is so many mixed emotions and odd feelings. I have built a life in Denmark, and while I'm excited to be reunited with my family back home, I am not ready to say goodbye to my life here in Denmark. Especially my last month's here have been wonderful, and I will be forever grateful for my year.

My challenges and advice – feeling stuck in time, adjusting to new lifestyles in different families, live in the moment and take your time and just ask."

JOIN ROTARY SUNBURY TO WALK & TALK FOR MENTAL HEALTH

 **SATURDAY
1 MARCH**

 **TIME
9:30 AM**

**STARTS FROM
ROTARY PARK
LIGAR ST, SUNBURY**

WITH THANKS TO OUR PROUD SPONSORS

BRONZE PARTNERS



BUY TICKETS



LIFT THE LID WALK

— PHYSICAL HEALTH FOR MENTAL HEALTH —



WWW.LIFTTHELIDWALK.COM.AU/SUNBURY





Shine On Recognition Awards

Sat. May 3rd 2025

Deakin Geelong
Waterfront Campus

Hosted by
Rotary
Geelong East

RECOGNISING THE CONTRIBUTIONS OF PEOPLE WITH DISABILITIES

★ Objective

The primary objective of the Awards is to celebrate the successes of people with disabilities and acknowledge the contributions they make in their communities.

★ Awards

At a special presentation ceremony each nominee is recognised with an Award Certificate of Commendation.

The Award Trophy recognises those who, by their own commitment and actions, serve as 'shining' examples to us all.

★ Nominations

The Awards are made in two categories:

- Youth (15-25 years at closing date for applications)
- Adults (25+ years)

Nominees can come from all walks of life and all fields of endeavour. Anyone can nominate a candidate but nominations must be supported by a local Rotary club.

Focus on the Abilities
Shine On
of those with Disability

Nominate now!



Nominations close
31ST MARCH
2025



ROTARY DISTRICTS OF VICTORIA

Rotary International Southern Districts D9780, D9790, D9800, D9815

For More Information: 0409 239 773



Rotary

**Rotary Club
of Shepparton**

MOTOR SHOW

Market Day & Swap Meet

Gates open 8.00am entrants – General Public 9.00am

Presentations at 1.00pm



**Shepparton Show Grounds
Sunday 23rd March 2025**

Proceeds to local Rotary Charities and Projects

Major Sponsor

TOTAL PEST CONTROL

A **Flick** ANTICIMEX COMPANY





Rotary



Club of Broadmeadows

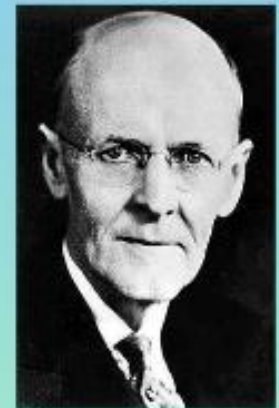


“IT SEEMED LIKE A GOOD IDEA AT THE TIME”

Guest Speaker, Noel Turnbull has retired after more than 50 years experience in journalism, communications strategy and issues management.

Noel is another former Glenroy High School student, a Broady Boy, who has achieved success in his life. We look forward to hearing his stories.

JOIN US FOR OUR 18TH ANNUAL PAUL HARRIS CELEBRATION



Bookings by April 8th

Glenroy RSL

16th of April 2025

6.30pm

\$45pp

Bookings: Margaret Partridge 0429 904 986

Payments: BSB 633 000 Acct 189773450

(Please add your name to transfer)

NOMINATIONS NOW OPEN

2025 Rotary Emergency Services Community Awards



Recognise their dedication by nominating them for the Victorian Awards that open 1st March 2025.

Emergency Services personnel can be nominated by colleagues, family, members of the community, and community groups.



The Rotary Emergency Services Community Awards (RESCA) recognises the outstanding Community Service of paid and volunteer members of the Victorian Emergency Services, and supports Emergency Services Research in partnership with the 'Emergency Services Foundation'.

Finalists from each agency will be recognised at the Victorian Awards Dinner where two winners will be announced. Victorian winners will also attend the National Awards Event.

Nominations close 30 April 2025

To find out more, go to: www.vic.rescawards.org.au/

Vic RESCA is proud to have the patronage of the Governor of Victoria, Her Excellency Professor the Honourable Margaret Gardner AC



Australian Red Cross



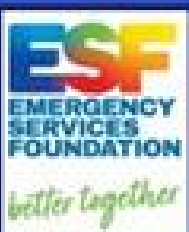
EMV



VICTORIA POLICE



WILDLIFE VICTORIA



SAVE THESE DATES IN 2025!

Key Dates in District 9790

4 May 2025

Assembly for Presidents Elect and boards, all members welcome

6 July 2025

**Changeover, Wangaratta Turf Club, all members welcome
Wangaratta**

**Yours in Service,
Emma Davis**

**District Governor 2025-2026 RI District 9790
+61(0)407 628 388 emma.jane.davis**

Albury Wodonga

BOOKFAIR

Sat 14th, Sun 15th JUNE, 2025

SAT 8.00am to 4.00pm

SUN 9.00AM TO 3.00PM

PCYC
Andrews Street,
North Albury

**\$2.00
Entry**



Rotary
Rotary Club of Albury North



ShelterBox

TREK 4 SHELTER

CAPE TO CAPE

2025

14 - 21 October 2025

Go the extra mile for disaster relief



SCAN HERE!

One of Australia's most magnificent 8-day walks awaits! Cape to Cape, WA.

Staying at iconic Margaret River, you will walk cliff tops and pristine white sandy beaches, with a glittering backdrop of turquoise waters. Watch dolphins off the coast, enjoy the exhilarating soundtrack of waves crashing on the shore, wonder at limestone caves, giant red granite boulders, colourful wildflowers, visit an historic homestead and be dwarfed by enormous shady karri forests.



To find out more and register, visit www.shelterboxaustralia.org.au/events/

ROTARY SOUTH PACIFIC CONFERENCE 2025

Don't miss your chance to win!

Rotary South Pacific Conference

31 October - 2 November 2025



CONNECT SHARE GROW
GOLD COAST 2025

DON'T MISS OUT:
Register before 30 June for
early bird rates and
a chance to win!

Rotary South Pacific  Rotaract South Pacific 

REGISTER NOW

Now is the perfect time to save your spot at the biggest Rotary gathering in our region.

The 2025 Rotary South Pacific Conference is an amazing opportunity to expand your Rotary network and learn from inspiring speakers. All Rotary and Rotaract members, and alumni of Rotary programs, are welcome to attend.

If you register before 30 June 2025, you'll not only pay a reduced early bird rate for the conference, you'll automatically go in the draw to **win two free tickets to the Gala Dinner on Saturday 1 November**.

One lucky person will have the cost of their Gala Dinner ticket – and that of another attendee – reimbursed or covered. **That's almost \$200 worth of tickets for free!**

Register now for your chance to win.

Good luck!

Register now

CALL FOR RESEARCH PARTICIPANTS

Phillipa Huynh, an Australian Rotary Health PhD Candidate, is conducting a study on The Risk and Protective Factors for Complex Trauma in Australian Rural and Urban Men.

Phillipa reports, "..Traumatic events can have a significant impact on someone's well-being and quality of life. By identifying what helps or harms men's mental health, the study could lead to better support and interventions for men dealing with the long-term impacts of traumatic experiences.

This research is especially important as men in rural Australia face higher suicide rates than those in cities. Understanding the unique challenges and strengths of men in both urban and rural areas could provide valuable insights for improving mental health care and reducing suicide rates in the community.

Your participation or support can help us make a difference in promoting the mental well-being of Australian men..."

RESEARCH PARTICIPANTS NEEDED

Researchers at Swinburne University are looking for men to take part in a study

Who? Adult men living in Australia, who have experienced prolonged **potentially traumatic experiences** at some time in their life such as:

- bullying
- growing up with someone with mental illness or drug/alcohol problems
- being exposed to violence
- emotional or physical abuse or neglect, or
- sexual abuse

What? Complete a survey (up to 60 minutes)

Opt in for a chance to win 1 of 8 \$50 eGiftcards





Scan QR code or visit:
<https://tinyurl.com/men-trauma>

For further information contact Phillipa Huynh: phuynh@swin.edu.au

Image: Freepik.com



ROTARY CALENDAR

Visit this calendar throughout the year to find award nomination due dates and convention and event information. Develop meeting agendas, projects, or public image campaigns based on these special occasions. All dates are subject to change.

February 2025

Peacebuilding and Conflict Prevention Month
9-13 February — International Assembly, Orlando, Florida, USA
23 February — Rotary's anniversary

March 2025

Water, Sanitation, and Hygiene Month
10-16 March — World Rotaract Week
31 March — Preregistration discount ends for the Rotary International Convention

April 2025

Environmental Month
30 April — Rotary International Convention registrations and ticket cancellations are due

May 2025

Youth Service Month

June 2025

Rotary Fellowships Month
21-25 June — Rotary International Convention, Calgary, Canada
30 June — Club Excellence Award nominations are due

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Hit the high notes

@ District Conference 11-13 April 2025
Unite. Inspire. Transform

Hit the high notes @ District Conference Unite, Inspire, Transform

Friday 11th - Sunday 13th April 2025

Don't miss out! Bookings close Wednesday 26 March!



Book here:

