Number 5 November 2026

THE SOCIAL PRESCRIPTION Rx



Welcome to the November edition, and a brief look at another month of Rotary clubs across our District doing amazing things.

Following the Meri-bek lift the lid walk, Meredith and I were able to drive across the Nullarbor to attend the Rotary Youth Exchange (RYE) Australia conference in Fremantle as Meredith is the treasurer of that committee. Along the way I was able to attend meetings of the Whyalla-Norrie Rotary Club on the Eyre Peninsula, and the Kojonup Rotary Club in WA where I was fortunate to catch up with a second cousin whom I hadn't seen since 1982! The conference itself included international speakers and interesting breakout sessions that highlighted the strong commitment of RYE committees across Australia and overseas. Their dedication to, what I believe is one of the best programs that Rotary undertakes, was evident as they continue to build world peace and understanding, one exchange at a time. At a local level, I attended the second RYE Orientation weekend for students heading overseas early next year. This event saw three Districts (D9780, D9790, and D9800) come together for a joint program and I congratulate the three committees for their willingness to collaborate for the benefit of the students. It was also a privilege to present the D9790 students with their blazers.

Official newsletter of
District Governor Paul Miegel

CREATE LASTING IMPACT

Rotary

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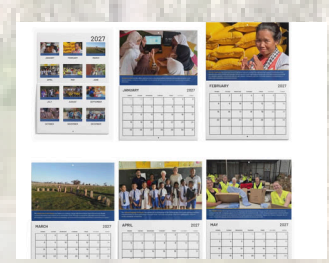
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Photo credits: Cover: sBipan Adikhari; 3: Paul Miegel (supplied); 9: Penny Paxman (supplied) 10: Australian Rotary Health and David Redfearn; 11; Bipan Adhikari; 12 Peter Elias (supplied)

Cover: DG Paul congratulating Craigieburn Rotary on 40 years of service to its community (Image: Bipan Adhikari)

Paul's overdose

Following the conference, it was necessary to fly back to Melbourne to undertake District Governor Elect (DGE) training for the 2027-28 year. It was a pleasure to reconnect with my fellow classmates and their positions on their respective journey. I was expecting similar information to that presented at the Gold Coast last year, however I was pleasantly surprised by the updated content especially the focus on bringing districts together in preparation for the mergers that will occur immediately following our year as District Governors.

I participated in the Rotary Club of Albury's Rotary Young Driver Awareness (RYDA) program aimed at high school students as they attained their learners permits. Another great example of Rotary supporting young people. I also attended Benalla Rotary Club's "day in the gardens" which was another wonderful example of Rotary bringing the community together.

One of the highlights of the past month was the opportunity to attend a celebration of the 40th anniversary of the charter of the Rotary Club of Craigieburn. It was great to see so many people reconnecting and reminiscing on the efforts of 40 years of service to the Craigieburn community.

As November is Foundation month, it has been an honour to present Rotary Foundation donor recognitions to the Rotary Clubs of Appin Park Wangaratta, Bright, Deniliquin, Heidelberg, Lavington, Milawa Oxley, Mooroopna, Mount Beauty, Southern Mitchell and Strathmore.

November also saw recognition for 40 years of service for Gerard Hannan from the Rotary Club of Pascoe Vale, and 50 years of service to PDG Richard Luke from the Rotary Club of Heidelberg. Congratulations to these dedicated Rotarians for their commitment to their clubs, their communities and our organisation.

Following on from world polio day, December is the month that Rotary clubs focus on disease prevention and treatment, with clean water at the core of good health. It is also AGM season for many Rotary Clubs, and I encourage all clubs to elect their President for the 2027-28.

Remember to have fun and enjoy your Rotary journey!

Paul Miegel
District Governor 2026-28





emerge
Women and Children's Support Network

EARLY INTERVENTION · CYCLE-BREAKING

Back on Track

An Australian-first early intervention program for primary school-age children, breaking the cycles of family violence before they take hold.



THE PROBLEM: family violence is cyclical, and behavioural cycles start young

- **The evidence is clear:** children who go on to use violence as adults are, more often than not, victim-survivors of violence themselves as children.
- Family violence **disrupts** healthy attachment, development, physical and mental health, and education outcomes.
- School is a **protective factor**, but family violence is hugely disruptive to a child's ability to safely participate in it.
- The most significant factor associated with a child using violence is **exposure to adults who use violence.**

THE PROBLEM: our system waits until kids offend to intervene

- There are **significant gaps** in the specialist family violence system, which does not provide early intervention as part of the crisis recovery model.
- Most system interventions target older teenagers, and act only after a child has already had **contact with the justice system.**
- Waiting misses the **critical window** to intervene, before behaviours and trauma symptoms become harder to treat.
- Waiting increases the likelihood of avoidable costs to the **justice, education, health and family violence systems.**

Why this matters for national reform

If we want to genuinely end violence, not just respond to it once it has occurred, we must break the cycle. Embedding early intervention like Back on Track structurally across the system is how we achieve this - targeted, evidence-based violence prevention, not just response.

Back on Track is:

✓ An evidence-based, early intervention program for primary school-age children and their safe caregiver, delivered as a cost-effective, semester-long, whole-of-family model.

✓ Delivered by the specialist family violence system, where the trauma-informed expertise already sits.

✓ The only service in Victoria delivering prevention at primary-school age within the specialist family violence system.

emerge
Women and Children's Support Network

Philanthropic support to drive cycle-breaking innovations

Back on Track launched in 2025 thanks to the generous philanthropic support of the Kelly Family Foundation. Every family who completed the program reported measurable, lasting change.

> ***No one would help us. Everyone saw my son as the problem. I was scared he'd end up in jail like his dad.***
>
> *Parent participant, Back on Track*

75
children and safe caregivers accessed **Back on Track** and its extension program, **Mini Messy Bots**

90%
of children **completed the program** and connected to ongoing therapeutic and case management support

100%
re-engaged with school, supported by an individualised learning and behaviour plan

100%
of parents reported significant increases in the **safety of the family home**

Before the program

- All participants using violence at home, and many at school
- High proportions of children excluded from kindergarten or school, due to their behaviour
- All families reported unsafe home environments for the whole family
- All parents reported low confidence in parenting, and high levels of shame and trauma

After the program

- All children showed a significant decrease or complete cessation of challenging and aggressive behaviours
- All children re-engaged with kindergarten or primary school
- All parents reported significant increases to the safety of the family home
- All parents reported greater ability to respond to behaviours, co-regulate, and attune with their child

Back on Track is ready to scale

With sustained investment, Back on Track can reach more children earlier - breaking cycles of violence before they take hold, and easing pressure on the justice, education and health systems downstream.

Support Our Work | Donate

The Good Medicine

Rotary District 9790

2027 DISTRICT CONFERENCE

Corowa: March 19, 20 & 21



Friday

Pre-conference Program- Friday 19th March

- Golf- 18 Holes (Corowa Golf Course)
- 18-Mini Golf (Club Corowa)
- Lawn Bowls (Corowa Civic Centre)
- Paint and Sip (Corowa Civic Centre)
- Rutherglen Wine Tour (Tour of 3 Wineries)

Conference Opening and Welcome Reception

A welcome drink and fingerfoods on the lawn of Cofields Winery

When: Friday 19th March, 5.30pm- 7.30pm

Where: Cofield's Winery, Distillery Rd, Wahgunyah.

Register Now

Saturday

Conference Day 1: *An array of inspiring speakers and the first District "Murray Cod (Shark) Tank" presentation.*

When: Saturday 20th March, 9.00am- 4.30pm

Where: Federation Room (Level 3), Club Corowa, Betterment Parade, Corowa

Morning Tea, Lunch and Afternoon Tea are included in the ticket price

Gala Dinner and Entertainment- *A separate ticket is required*

When: Saturday 20th March, 6.30pm - 11pm.

Where: The beautifully restored 105 year old, heritage-listed, flour mill that is now home to the Corowa Whisky and Chocolate Factory.

Sunday

President's Elect Breakfast: *A separate ticket is required*

This Breakfast is reserved for the President's elect

When: Sunday 21st March, 7.30am - 8.30am

Where: Miss Birdie Resturant, Club Corowa, Betterment Parade, Corowa

Conference Day 2: Inspiring Keynote speakers and the second instalment of the District "Murray Cod (Shark) Tank" presentation.

When: Sunday 21st March, 9.00am- 12 midday

Where: Federation Room (Level 3), Club Corowa, Betterment Parade, Corowa

Morning Tea is included in the ticket price

The Good Medicine

Rotary District 9790

2027 DISTRICT CONFERENCE

Corowa: March 19, 20 & 21



ACCOMMODATION

Greenacres Motel
91-99 Federation Ave, Corowa
Ph: 0490 539 769



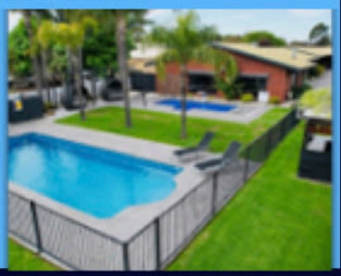
Accommodation has been booked at the motels listed. You **must** **call your preferred motel directly** and mention the "Rotary Conference".

There are also four Caravan Parks and Air-bnb accommodation available.

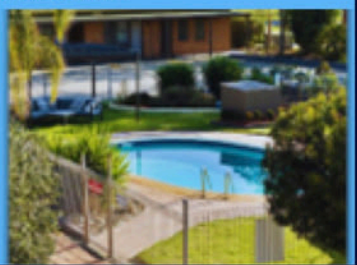
Motel Menere's
146 Federation Ave, Corowa
Ph: 02 60331066



Federation Motor Inn
330 Honour Ave, Corowa
Ph: 02 60332022



Statesman Motel
2 Edward Street, Corowa
Ph: 02 60332411



Heritage Motor Inn
25 Edward Street, Corowa
Ph: 02 60331800



Have you been following the map?

Ever tried to get somewhere without having a map to refer to? You end up taking a few wrong turns, having to ask people who know the way for instructions, finding yourself in all sorts of difficulties and to top it all off, wasting incredible amounts of time.

A couple of years ago PDG Stephen O'Connell and his wife Carol created the Membership Action Plan – known locally as the MAP.

It's a guide to achieving your membership potential and becoming a club that is offering more to potential members. This is the third year it has been made available to clubs.

When you are trying to get somewhere, it's so important to know where you want to end up and one of the earliest questions in the MAP gives you the chance to set some club goals. A quick survey of about eight clubs showed that only one of them had actually agreed on the goals they had for their club for 2026-27.

Thinking membership, your goal is not just about deciding how many new members you will attract to the club in a given year. Rather, it's about the tools you'll use to attract them.

Will it be a project that contributes to your community and attracts potential new members? One club helped out in a natural disaster and built its club from the ground up, based on those that had become involved in their efforts. Another – Southern Mitchell had a clean up campaign in their district – simple but effective.

Will it be focusing on a minority group in your area and making its members welcome?
Has your club got a goal to promote something important in your community? The RC Seymour has had a full on public awareness raising campaign going for many weeks to promote Say No To Violence day in November.

Do you need to create a small committee of your members to focus on growing membership?

Have you checked that existing members are enjoying being part of your club?

Have you tried a Small Experiment (see past articles for more ideas)? One club took a stall at their local market last week, arrived with lots of Christmas cakes to sell and talked to three prospective members – all in one morning.

Are you trying new ways to reach people in your community and include them in all that you do? Remember that a Membership Initiative Rebate is still available from District. Just complete the application form and submit it to the District Membership Committee. If it's approved keep receipts and you can claim a total of expenses (up to $25 for each member of your club) and let us know how your initiative worked.

There's lots of resources here **https://rotary9790.org.au/sitepage/membership-committee** including forms for some of the membership tools mentioned here.
Have fun!

Penny Paxman
District 9790 Membership Committee

Membership Initiative Rebate

- **Up to $25 per club member (based on 1 July 2026 membership figures)**
- **Submit proposals to Penny Paxman: ppaxman@outlook.com**
- **Membership Committee considers applications on the third Sunday of each month**
- **1 December 2026: Deadline for approved initiatives to be completed and receipts submitted for the next District dues rebate**
- **Small Experiments Worksheet available to help clubs get started (contact Penny Paxman)**

Have an idea? Give it a go!

Have you been following the map?



Seymour Say No to Violence campaign publicity



Selling Christmas cakes and attracting new members



Southern Mitchell Clean Up Campaign

Australian Rotary Health's Highest Honour

The Australian Rotary Health Medal is our highest award for meritorious service after Life Membership. From this year it carries the name of Joy Gillett OAM, who led Australian Rotary Health as CEO from 1990 to 2025.

This year, the Board has awarded the Joy Gillett OAM Australian Rotary Health Medal to two people, a researcher and a Rotarian. Together they show both halves of what we are: research worth backing, and the Rotary community that backs it.



Australian Rotary Health CEO Yvonne Keane AM presenting the Medal to Distinguished Professor Ron Rapee AM at Macquarie University

Distinguished Professor Ron Rapee AM

Few people have shaped the research we fund as Ron has. Australian Rotary Health backed his research into childhood anxiety at Macquarie University across eight grants over fifteen years, and that research forms part of Cool Kids, now thirty years old and helping children and families in Australia and around the world.

Ron chaired our Research Committee from 2013 to 2016, and he has stayed on as a member ever since, helping us choose the research we fund for children today.

On 3 November we surprised him with the Medal at the Lifespan Health and Wellbeing Research Centre Conference, among the colleagues and students who know his work best. Our thanks to Dr Lauren McLellan, Associate Professor Carly Johnco and the Lifespan team for making room in their program.



Rosemary Freeman being presented the Medal by Australian Rotary Health Director Bernie Bott at Moreland Rotary

Rosemary Freeman

Rosemary has been District 9790's Australian Rotary Health Chair since 2017-18, and she has shown what one District Chair can do.

She has led the Moreland Lift the Lid Walk, now the Merri-bek walk shared with the Coburg and Pascoe Vale clubs, and helped clubs right across her district start walks of their own. She has brought our researchers to her walkers, and taken the conversation about mental health into local schools.

Over many years she has encouraged the clubs of District 9790 to come together behind Indigenous Health Scholars, helping students through university who will go on to care for their communities.

Her nomination came from within our own team, who named her as their standout choice. We were pleased to present Rosemary with her medal at a meeting her home club of Moreland.

Rotary Districts of Australia | Australian Rotary Health | LIFT THE LID on mental illness

Australian Rotary Health

WE FUND HEALTH RESEARCH

Celebrating 40 Years of Service: Rotary Club of Craigieburn



On 10 November 2026, members, friends, partners and community leaders gathered at Global Hume Learning Centre, Craigieburn, to mark a milestone: 40 years of the Rotary Club of Craigieburn serving our community.

The club was chartered in 1986 by a small group of local people who wanted to make a difference where they lived. Craigieburn has grown since then from a small township into one of Melbourne's fastest-growing communities, and the club has grown with it. Over four decades, members have run fundraisers, supported local families and schools, backed youth programs and lent a hand wherever one was needed.

More than 135 people attended the celebration, including MPs, community leaders and local entertainers. The keynote speaker and special guest was Sergeant Jim Stafford, a Tactical Flight Officer with the Victoria Police Air Wing.

The evening was a chance to look back and say thank you. We honoured past presidents and long-serving members whose time and energy built the club. We also thanked the families, businesses, council and partner clubs who have stood beside us.

"Forty years is a tribute to everyone who said yes when the community needed help," said Club President Bipan Adhikari. "Our job now is to make sure the next forty years are just as strong, and to welcome new people who want to serve."

Thank you to everyone who joined us and made the night so special. If you'd like to be part of the next chapter, come along to one of our meetings. You'll be very welcome.

Rotary Club of Craigieburn, District 9790: Service Above Self since 1986.

Supporting children's education in Nepal



A small package means so much to the underprivileged children in Nepal. For the relatively low amount of $75 per student per year, the RAWCS project 67-2017-18: Sindhuli Primary Schools Fund (RAOAF) is giving 860 primary school students in 15 public schools the essentials needed to be in school. The program provides each student with school supplies and clothing, including: track-suit, school shirt, jumper and coat, shoes and socks, school backpack, books and pencils.

Probably something we may take for granted; however, having all the children dressed in the same uniform creates a sense of equality. The Headmistress, Sarmila Baral, wrote *"On behalf of the entire family at the Shree Siddhakali Basic School, Keware, we extend our sincere gratitude and heartfelt thanks to Rotary for the generous donation of learning support materials to our students. Your kind support with these educational materials has not only brought joy and smiles to our students but has also greatly motivated and encouraged them towards their studies. For many of our students from economically disadvantaged backgrounds this support is truly invaluable.*

The selfless service and commitment of Rotary Clubs towards the uplifting of education in community schools is highly commendable – we are truly inspired by your motto 'Service Above Self".





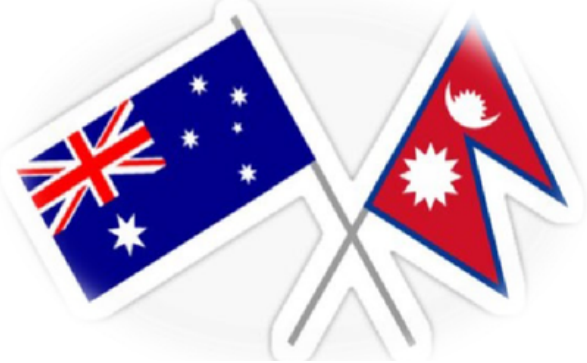
This message from Sarmila provides validation that the Sindhuli Primary Schools Fund which was established to assist in the education of poor and disadvantaged children of lower castes in regional Nepal is meeting its objective.

Peter Elias from the Rotary Club of Albury recently travelled to Nepal with Bruce Duffy from the Rotary Club of South Wagga, and RAWCS project manager for the student program to assist the Rotary Club of Kathmandu and the Rotaract Club of Sindhuligadhi in the distribution of the school packs. Although we were able to continue with the distribution schedule, the mood in the country was very sombre. I am sure you are aware of the horrific flash flooding in the Rasuwa area. At present the government bodies and NGOs are working on a range of recovery and rebuilding projects; many children in the affected areas will need additional support in returning to school in November. While in Kathmandu we took the opportunity to meet with District 3292 Nepal and Bhutan District Governor, Vishnu Karkee, to discuss the possibility of extending the school sponsorship program to include schools affected by the recent flood disaster, which DG Vishnu fully supported. It was agreed the current focus is on the immediate disaster response however a student sponsorship could in fact provide longer term assistance.

Therefore, we would like to immediately expand the program to include three small schools in the Rasuwa District. This would involve 125 children this year and a further 120-150 students per year over five years.

If you would like to sponsor a student in Nepal, please follow the link below to the RAWCS tax-deductible donation.
Click on **RAWCS | Donation** or
https://donations.rawcs.com.au/67-2017-18

Peter Elias
Albury



Amazing 2027 Calendar offer!



The Rotary e-Club of Change Makers launched a 2027 Project Calendar, with each month showcasing a project that their club either hosts or proudly supports.



The calendars are available now and make a lovely Christmas gift for family and friends.



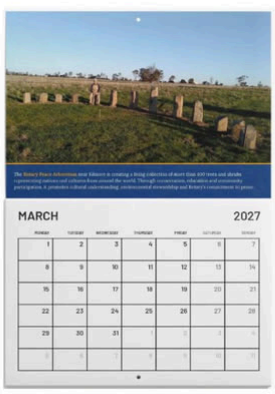




Calendar details:

- **Stapled hinge calendar**
- **$15 per calendar, plus postage**

Postage will be calculated according to the quantity ordered and delivery destination.







All profits will be directly distributed among the projects featured in the calendar.

Orders can be placed by emailing: cafletcher@westnet.com.au

Community Car Raffle 2026



Enable other charities to raise funds.

Increase Rotary impact:

Do you know a charity in need of funds?

The local cemetery trust, pregnancy support, croquet club, world vision, land care group, fishing club, whatever your non-Rotary charity is, the Rotary Club of Mooroopna invites **charity organisations** to use our car raffle as ***their fund raiser.*** Not for profit organisations are welcome to apply. Rotary Clubs from anywhere in Victoria or NSW are also welcome to apply

First Prize: An automatic KIA Stonic Sports valued at $30000. On-road costs included.

Prizes 2,3 and 4: $1000 vouchers winners' choice for either groceries or hardware.

Proceeds 60/40: The on-selling organisations receive 60% of the proceeds and Mooroopna Rotary Club receives 40% of the proceeds. Mooroopna will fund the entire prize pool and all other costs. Zero risk for your charity.

Ticket price: $5.00 per ticket or 5 tickets for $20 **Ticket sales:** From September to December 20th for on-sellers. **Raffle draw:** December 31.

The charity will be selling physical tickets in books of 25. There is no requirement to sell all the tickets you request. Unsold tickets can be returned. The charity will also be listed for on-line sales through Rafflelink.

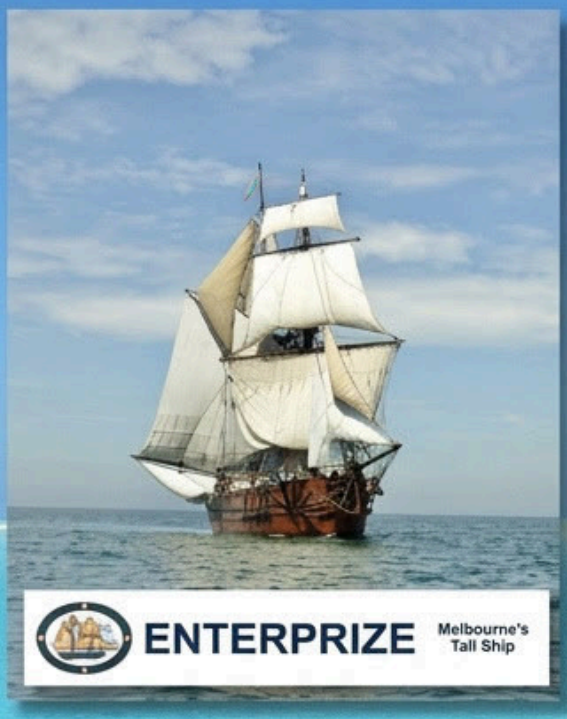
To register interest please contact Richard Speedy at rspeedy@iinet.net.au

Rotary
Club of Mooroopna

Rotary Districts of Victoria

Youth Sailing Challenge

Melbourne Sailing Challenges:
12-15 January 2027 & 3-6 April 2027



Do you, or someone connected with your club, know a young person aged 15 to 18 years that would benefit from facing the **life-changing challenges** experienced from learning to safely sail a tall ship at sea? And would your club sponsor them?

Cost to club: $1,400

Check out our video at:
vimeo.com/828257288

For more information visit:
www.youthsailing.com.au

Contact: Suzanne Zammit (Rotary Altona)
M: 0450 090 794





Intiiative of Rotary District 9510



LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH



Sat 27 Feb 2027

-

9.30am

Rotary Park
Ligar St
Sunbury

WALK & TALK EVENT SUNBURY

WITH THANKS TO OUR PROUD SPONSORS

DOME TRAFFIC
Grant Property
DOME SECURITY
Altaire SERVICING
THE GATEHOUSE
Sunbury Connected Communities
CHERY SUNBURY
1 AUTO ONE
Paul Millett
Sunbury square
SUNBURY SOCIAL CLUB
BALLCOURT HOTEL

BUY TICKETS

WWW.LIFTTHELIDWALK.COM.AU/SUNBURY

Rotary Club of Sunbury Inc

Rotary Districts of Australia | AUSTRALIAN ROTARY HEALTH



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.

Rotary Months

November 2026
Rotary Foundation Month
5 November — World Interact Day (World Interact Week is celebrated Monday through Sunday during the week of 5 November, Interact's anniversary)

December 2026
Disease Prevention and Treatment Month
15 December — Last day for early registration discount for the Rotary International Convention

January 2027
Vocational Service Month
10-14 January — International Assembly, Orlando, Florida, USA

February 2027
Peacebuilding and Conflict Prevention Month
23 February — Rotary's anniversary

March 2027
Water, Sanitation, and Hygiene Month
World Rotaract Week is celebrated Monday through Sunday during the week of 13 March, Rotaract's anniversary

April 2027
Environmental Month
30 April — Rotary International Convention registrations and ticket cancellations are due

May 2027
Youth Service Month

June 2027
Rotary Fellowship Month
26-30 June — Rotary International Convention, Barcelona, Spain
30 June — Club Excellence Award nominations are due

The Social Prescription is the official newsletter of Rotary District 9790 Inc. www.rotary9790.org.au ***Publisher/Editor:*** **David Redfearn** ***Art Director:*** **David Redfearn** ***Advertising:*** **David Redfearn** ***Other duties as required*****: David Redfearn**

NOTE: **All photographs/images submitted must include detailed captions i.e. names of people, event locations etc. It is presumed that the supplier of the photograph/image has approval of the owner of said copyright to reproduce the photograph/image**

Closing date is 11 December 2026 All articles and photographs images to: dredfearn@vtown.com.au

NOTE**: The views expressed in this publication represent those of the contributor/s and are not necessarily those of or shared by the District, the Committee, any Club, the Members or the magazine**

This bulletin is designed on Canva (www.canva.com)

CREATE LASTING IMPACT

Rotary