IT IS CONTINUING TO BE ANOTHER BUSY YEAR FOR ARH and I acknowledge the continued commitment of all Australian Rotary Clubs, Districts, Rotarians and supporters to our principal focus of research into the treatment and prevention of Mental Illness in Young Australians as well as our Rural Medical and Nursing and Indigenous Health Scholarships. And all this is in addition to our ongoing research into a vast array of medical topics under our Funding Partner Scholarships. There is no doubt that the ongoing financial support and commitment of Rotarians around Australia provides the backbone for all the great results achieved through ARH on behalf of all Australians.

A major focus for the Board for the past year has been the future direction of ARH. With the confirmation of ARH as a Project of the Rotary Districts of Australia, there is no doubt that Rotary will continue to be a major source of support for ARH for the conceivable future and that we need to maximise that support. There is also no doubt that ARH needs to diversify its support base within the broader community and within the corporate world. While our Vision 2020 strategic plan continues to evolve, considerable progress has been made in our understanding of ARH’s position within the business and community environment and of the potential promotional and marketing requirements for the organisation into the future.

A continuing area of support for ARH both within Rotary and within the broader community are our marketing and fundraising events across the country. These will include the ARH Food and Music Race Day at Hawkesbury in October and our annual ARH Golf Day at Riverside Oaks in February 2017, as well as numerous individual Rotary club events around the country.

And of course there is our annual ARH Hat Day event on the Friday of Mental Health Week in October. This year on Hat Day on 7 October 2016, through the vision and passion of our Vice-Chairman Greg Ross, all Victorian Rotarians are being encouraged to participate in a major promotional and fundraising campaign with the Victorian public to “Lift the Lid on Mental Illness”.

Behind the scenes, preparatory work is in hand on a major promotional event for ARH in 2017, as we Muster for Mental Health around the country, in a tag along style Hop On - Hop Off tour to coincide with the Darwin Institute in early September 2017. Full details will be announced in the coming months.

In addition, we held another successful ARH Cocktail function in Hobart in May this year in association with our May regional Board meeting. It was a privilege to hear from a number of our medical researchers and to feel the passion that they have for their chosen areas of research.

And this year, with the earlier date for our annual Rotary Zone Institute at Penrith at the beginning of September, we have already held our annual ARH Chairman’s Dinner in association with the Institute. The dinner was one of the best attended events ever, with well over 150 participants appreciating a presentation by our Honorary Medical Adviser Professor Michael Sawyer OAM, and is developing into a major fixture on the Institute program.

It was my privilege at the dinner and at our subsequent AGM to recognise Professor Michael Sawyer OAM as a Life Member of ARH, Keith Henning OAM as the recipient of the ARH Medal, and District 9810 as the recipient of the Dick White District Achievement Award.

Also at the AGM, the ARH Board for the coming year was confirmed as continuing directors Phil Armstrong, Graeme Davies, Des Lawson, Greg Ross (Vice-Chairman/Chairman-elect), Kevin Shadbolt, Colin Thorniley, Barbara Wheatcroft, and myself.
Chairman’s Report  Continued from cover

(Chairman), plus incoming directors Jane Cox and Brian Beesley. I wish to acknowledge the significant contributions made to the Board over the previous 3 years by retiring directors Laurie Barber and Peter Williams, whose efforts were recognised by the presentation of a small gift at the Chairman’s Dinner.

Sadly, ARH has lost another of its stalwart supporters of many years’ service, with the passing of PDG Fred Hay on 6 September 2016. Fred served as a Director of ARH for more than 6 years and was the instigator of the ARH Christmas Cards. He will be fondly remembered for his significant and ongoing contributions to ARH.

Finally, I wish to acknowledge the many Rotarians from around the country who are so committed to supporting the important programs of ARH. Their work is led by our ARH Rotary District Committees under the direction of our Australian Rotary Health District Representatives and their District Governors. The efforts of all these Rotarians are essential in promoting and maintaining the awareness of the programs of Australian Rotary Health throughout our communities. Similarly, the dedicated work of our research grant and scholarship recipients into their respective fields of endeavour can only occur with the continued support and guidance of the members of our volunteer Research Committee, under the leadership of Professor Ron Rapee. And our Board continues to benefit from the specialist advice of our Honorary Medical Adviser, Professor Michael Sawyer OAM, and Honorary Treasurer, Ron Beslich. We are indebted to them for their ongoing time and effort on our behalf.

I must also acknowledge the continued effort and commitment of our dedicated staff, led by our CEO Joy Gillett OAM. I am continually impressed by their hard work and enthusiasm which goes far beyond that of most employees! It is our staff who make our programs work so successfully and we are indebted to them for their service.

Jeff Crofts, ARH Chairman

Farewell and Thanks to Our Retiring Directors

On Wednesday August 31, Australian Rotary Health held its annual dinner at the Penrith Rotary Institute. It was an evening of reminiscing and recognising the contribution of some valuable individuals who passionately help our cause at ARH. We also acknowledged the work of two of our retiring ARH Directors, PDGs Laurie Barber and Peter Williams.

PDG Laurie Barber has taken the time to reflect on his time as a member of the Board.

“I recently retired from my position as a board member of Australian Rotary Health, after having served the stipulated term of three years.

However, I acknowledge that, being from a country town, I haven’t been able to do as much as I would have liked.

My wife and I are gold companions of Australian Rotary Health, partly due to my wife’s mother and several of her relatives having died from motor neurone disease.

I have seen a young Rotarian die from motor neurone disease, leaving a young wife and her young sons.

Any research, whether into motor neurone disease, mental illness or any other condition, is not just confined to Australia. It belongs to the world, whether it involves a Rotarian in Australian or a tribesman from Africa.

That is the beauty of ARH. I think it is way ahead of other Rotary programs because it can be personal.

I know Rotary has many programs that improve life for other people and that is the beauty of Rotary.

It is a bit like a candy shop. You can enter and make a selection – only whatever selection you make you know it is going to make life better for someone.

I have seen an immense number of projects put forward and often sent to the medical committee for consideration.

I have seen Hat Day for October 7 considered and an offshoot for Hat Day – called Lift the Lid – discussed. I have seen scholarships discussed.

But mostly Australian Rotary Health is something conceived in Australia for the world. Any research we do in Australia is for the world, and that is why I like it.

It is not just another Rotary project. It is for you and me and for all those people throughout the world who never get the chance for good health – because in some areas research seems to be a word for another era.

I urge you to continue your support of Australian Rotary Health. It is ours.”
In Memory of PDG Fred Hay

Sadly, Australian Rotary Health Life Member PDG Fred Hay passed away on 6th September 2016 after a short illness.

Fred Hay was appointed an Alternate Director of the Australian Rotary Health Research Fund on 7th October 1985 and was elected a Director on 8th January 1988.

During the 6 years of his term of office as Director – 1988 through 1994, his efforts to initiate considerable interest in the Fund at club, district, State and National level were nothing short of remarkable.

His enthusiasm during that time resulted in Victoria being the largest contributing State nationally and his own District the largest District nationally. His early one-man efforts with the Christmas Cards were staggering and his contribution to this project enormous.

In 1992 when Fred received a Rotary Christmas Card from an overseas friend he thought it could be adapted for the benefit of ARHRF. The Christmas Cards sold – initially in District 9810 - were different from the general run of greeting cards – they were the great works by Australian artists which had appeared in the Australian Impressionist and Realist Art book. So successful was this venture in the first year that it was expanded into other districts.

The annual marketing of the Christmas Cards continued with sales of over $1 million, managed by the Rotary Club of Waverley Victoria and only stopped last year.

In 1994, Fred was named a Life Member of Australian Rotary Health by unanimous decision of the Board.

It was also Fred Hay who made the suggestion that Australian Rotary Health acknowledge the contribution of Ian Scott, the founder of the ARHRF, with an enduring recognition. From this the introduction of PhD scholarships, named “Ian Scott Scholarships” commenced. From 2000, initially with one Ian Scott Scholar, there are now each year more than 10 Ian Scott Scholars researching various areas of mental health.

In 2003 Fred was named as one of the four inaugural ARH Medal recipients along with ARH honorary solicitor PP Loch Adams (now deceased), Professor Michael Sawyer OAM member of the Research Committee at that time and Fay Jackson advocate for Mental Health and ARH.

Fred continued to be very involved in Australian Rotary Health – not only through the Christmas Cards but by promoting ARH at every opportunity with enthusiasm and commitment.

Until last year, Fred was organising annual ARH meetings within his own club, inviting ARH researchers and students to attend and speak. These meeting were attracting up to 100 attendees from around Melbourne. Fred also became interested in the ARH Indigenous Scholarship program and his club became keen supporters.

Fred will be sadly missed by everyone involved with Australian Rotary Health.

ARH Welcomes Two New Directors

At the AGM, held Thursday September 1, we welcomed PDGs Jane Cox and Brian Beesley as the two new ARH board members.

They replace outgoing Directors PDGs Laurie Barber and Peter Williams. Jane represents Districts 9780 and 9790, while Brian will cover Districts 9650 and 9670. We welcome them in joining Australian Rotary Health.
Research Companion PhD

Dr Monika Wadolowski from the National Drug and Alcohol Research Centre at UNSW has been recognised in the media recently for her further study on the impacts of parents supplying alcohol to teens.

Monika was previously funded by Australian Rotary Health to research parental modelling and supply of alcohol. Monika was awarded the Whitcroft Family PhD Scholarship, which she completed in 2013.

In April this year, Monika told ABC Radio her earlier findings suggest parental supply is just one factor to future drinking habits, however further examination has found children who are supplied a sip of alcohol by their parents, are no more likely to drink a year later.

Dr Wadolowski said other factors, such as problem behaviour and the influence of peers, were more likely to encourage drinking in teens.

Funding Partner PhD Scholarship

Dr Bevan Main from the University of Melbourne was awarded a Funding Partnership Scholarship from Australian Rotary Health and the Rotary Club of Mornington in 2012 to investigate Parkinson’s Disease.

During his three-year study, Bevan focused on understanding the underlying mechanisms that control neuronal cells in Parkinson’s disease, his ultimate goal being to find ways to improve the quality of life of sufferers. One of the key features that drives the progression of the disease is neuroinflammation - the inflammation of nervous tissue. In his PhD thesis work, Bevan discovered a novel potential therapeutic target that initiates/regulates inflammation and inhibition of this receptor reduces neuronal cell death in the brain.

Bevan has received a number of awards for his work, including the Royal Society of Victoria, Young Researcher of the Year 2014, and won the 2014 University of Melbourne 3-Minute Thesis Competition. Last year he was invited to give an international presentation of his work in New Mexico, U.S.A.

Since finishing his scholarship in 2015, Bevan now works as a Postdoctoral Scholar at Georgetown University in Washington D.C.

Lift the Lid on Mental Health

Spring has sprung and that means it’s time to start seriously thinking about what kind of hat you’re going to wear for Hat Day on Friday October 7.

Hat Day is a chance to lift the lid on mental health, a topic that holds a lot of stigma and is not brought up in conversation often enough.

Due to this there are many who suffer in silence and sometimes go untreated out of fear of being marked as different. To give you an idea, 4 in 16 young Australians experience a mental health issue, but 3 in 4 won’t seek the help they need (source: Headspace). We need to change this, and we hope Hat Day will play a part in changing the attitudes of society.

To get involved you can host your own Hat Day event at work, school or your local club, whether it be a morning tea or movie night. It’s also a bit of extra fun if you set a particular theme!

You can make a donation or buy merchandise any time of the year at: www.hatday.com.au

100% of funds raised will go towards mental health research.
In March, District 9630 held their annual District conference and Australian Rotary Health District Rep. Roger Crawfoot was there with an ARH stand in the main hall to spread the message about the kinds of research we do.

District ARH Co-ordinator Vicky Stewart received a cheque of $3,500 in June on behalf of Australian Rotary Health. The funds were raised by the Rotary Club of Nambour. The club’s amazing efforts and the work of Australian Rotary Health were also featured in an article by the Sunshine Coast Daily.

Friday October 7 is HAT DAY

Shine a light on Mental Health by registering an event
www.hatday.com.au

District Governor Melodie Kevan presented a Distinguished Rotary Service Award to Alan and Diane Wright for their years of great service as District Representatives for Australian Rotary Health. Both were recognised for their promotion of all ARH activities, within the district and their club, as well as their involvement with Indigenous Student Scholarships.

Health worker and volunteer Sylvia Shepherd was presented a Bronze Friend Certificate from Australian Rotary Health at the Rotary Club of Drummoyne meeting in August. The club also donated a $500 cheque to ARH.

L-R: President Elect of the Rotary Club of Nambour, Greg Hale, District Australian Rotary Health Co-ordinator Vicky Stewart, Peta Kenesey from the Bendigo Bank and Treasurer, Doug Chetwynd

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2016 EVENTS CALENDAR

FRIDAY OCTOBER 7
HAT DAY
Host a Hat Day at your Club or workplace and raise funds for mental health!
www.hatday.com.au

FRIDAY OCTOBER 7
LIFT THE LID
Rotary Clubs of Victoria will be collecting donations across the State to significantly increase research into mental illness prevention. Support the Lift the Lid campaign today:

SUNDAY OCTOBER 9
AUSTRALIAN ROTARY HEALTH WINE, FOOD & MUSIC RACE DAY
Head to Hawkesbury Race Course (NSW) for some food, wine and horseracing. Contact ARH Office on: 02 8837 1900 or admin@arh.org.au for tickets.

WEDNESDAY NOVEMBER 16
AUSTRALIAN ROTARY HEALTH GOLF FOR RESEARCH
Join us for a round of golf, lunch & novelty course prizes at Camden Lakeside Golf Club (NSW). Book tickets: 02 8837 1900 or admin@arh.org.au

THURSDAY DECEMBER 8
ARH SYDNEY CHRISTMAS DINNER
Reflect with us on a year of ARH achievements over dinner and drinks this December at Epping Club (NSW). Contact the office on: 02 8837 1900

WEDNESDAY FEBRUARY 22, 2017
AUSTRALIAN ROTARY HEALTH GOLF DAY
Come along to Riverside Oaks, Cattai (NSW) for a day of golfing for charity. Contact us on: 02 8837 1900

BEGIN JULY 2017
MUSTER FOR MENTAL HEALTH
Round up your Rotary Club and join us on the Muster for Mental Health ‘Hop On Hop Off’ 12 drive journey around Australia, hitting the road in July 2017.
Express your interest to Terry Davies on: terry@arh.org.au

North Ryde Fun Run
The Rotary Club of North Ryde hosted their 3rd annual North Ryde Fun Run event at Macquarie University (NSW) on Sunday August 28, and it was a tremendous success.

There was a cheerful vibe on the day, with Rotary Clubs, colleagues and friends dressing up in their most colourful and funky attire as they got involved in either the 5km run or 2km walk for charity.

For the second year in a row, Ray White Real Estate North Ryde, claimed the Corporate Challenge title, with over 25 staff members getting out there in their bright yellow wigs and sunglasses. Superman even made an appearance, winning the 5km event!

There were around 220 participants and 50 spectators there on the day, raising up to $12,000 so far for youth mental health and treatment research and programs. A large portion of that money will go to Australian Rotary Health.

Missed out this time? Keep an eye out for next year’s event:

Australian Rotary Health extends its thanks to everyone who supported the North Ryde Fun Run.

Hat Day isn’t the only reason October 7 is so important this year. It’s also a day to show your support for the ‘Lift The Lid’ campaign.

Lift The Lid is a mental health initiative developed by Australian Rotary Health and Rotary Clubs across Victoria. Through our research we are constantly looking for ways to prevent and cure mental illnesses such as depression and anxiety, but we can’t do it without funding.

If you live in Victoria, you can support our campaign by donating to your local Rotary Club or through the Australian Rotary Health website:

Alford Completes Quest
Over the years you may have heard of the Rotarian from Armadale, Western Australia who started his mammoth journey around Australia, riding a lawnmower. We are very proud to finally say Craig Alford has completed it!

Craig’s been working through his 15,000km goal since the Ride to the Other Side event in 2012. He completed the ride over 4 stints, finishing in final leg in July this year. He’s raised more than $320,000 for his efforts, and a portion will be donated to Australian Rotary Health. Well done, Craig!

ARH UPDATE
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City2Surf Legends

It’s now been 46 years since the City2Surf Legends first started making the 14km run from the city to Bondi Beach in City2Surf and on August 21 they were as keen as ever, heading out in their bright yellow Rotary shirts.

The City2Surf Legends comprise of a team of 31 men all aged in their 50s to 80s. Although two Legends, George Benger (87) and Lindsay McEachern (85), retired after last year’s event, ARH Ambassador Chris Edwards made a special visit to present them with their own Rotary Legend’s running shirt. We extend our condolences to family and friends of George Benger, who lost his battle with cancer recently.

The Legends are strong supporters of Australian Rotary Health and we thank them once again for their continuous efforts to raise funds for mental health research.

It was also great to see Rotarians and friends of Rotary participating in the brand new Australian Rotary Health blue running tops!

Visit www.arhsport.com for more info.

Friends & Companions

Emerald Companions - $50,000
Craig Alford
Rotary Club of Armadale, WA

Ruby Companions - $20,000
Elgin Brown
Rotary Club of Dural, NSW
Ernst Hug
Rotary Club of Maryborough, Qld

Gold Companions - $10,000
John Odium
Rotary Club of Jindalee, Qld.
Greg Ross
Rotary Club of North Balwyn, Vic.
Rosemary Everett
Rotary Club of Canberra Sunrise, ACT

Barbara Schilling
Rotary Club of Bentleigh, Moorabbin Central, Vic.
Graham Webb
Rotary Club of Kenhurst, NSW
Richard Johnson/Robert Hecker
Rotary Club of Adelaide, SA
Philip Scherer
Rotary Club of Holdfast Bay, SA

Rotary Club of Devonport, Tas
Liverpool Catholic Club
Rotary Club of Liverpool West, NSW
Peter M Lewis
Rotary Club of Bentleigh Moorabbin Central, Vic.

Companions - $5,000
Tony Cooper
Rotary Club of Canberra, ACT
Philip Arthur Kleining
Rotary Club of Adelaide, SA
Peter Sandercock
Rotary Club of Holdfast Bay, SA
Margaret Purcell
Rotary Club of Mareeba, Qld.
Deidre Stack
RI District 9650

Diamond Friends - $2,500
Joan Skews
Rotary Club of Wagga Wagga Sunrise, NSW
Donald Gordon
Rotary Club of Jindalee, Qld.
Gary Knight/Suzanne Thornley
Rotary Club of Parramatta Daybreak, NSW

Chris & Adrienne Warmington
Rotary Club of Toowoomba East, Qld.
Garth Willey
Rotary Club of Wandin, Vic.
Frank & Ross O’Neill
Rotary Club of Moree-on-Gwydir, NSW
Philip Clancy
e-Club of 9790 Latrobe
Ian McKay
Rotary Club of Warrnambool Daybreak, Vic.
Bill Lee
Rotary Club of Crows Nest, NSW
James Pollock
Rotary Club of Cleveland, Qld.

Platinum Friends - $2,000
Brian Beesley
Rotary Club of Gloucester, NSW
Alan Cowan
Rotary Club of Taree, NSW
Janette Jackson
Rotary Club of Cessnock, NSW
Christopher Muir
Rotary Club of Brisbane, Qld.

Donald Gordon
Rotary Club of Jindalee, Qld.
John Seeliger
Rotary Club of St Peters, SA
Bryan Griffiths
Rotary Club of Rochester, Vic.
Colin Fuller
Rotary Club of Belconnen, ACT
Neville Hodgson
Rotary Club of Hunters Hill, NSW
Peter Thomson
Rotary Club of Mitcham, SA
Bruce Cairns
Rotary Club of Palm Beach, WA

Silver Friends - $1,000
Graham Koch
Rotary Club of Cairns Sunrise, Qld.
Andrew McArthur
Rotary Club of Stirling, SA
Mina & Larry Howard
Rotary Club of Blackheath, NSW
Bob Cleland
Rotary Club of Kenmore, Qld.

continued overpage...
Friends & Companions ... continued from previous page

Graeme Woolacott  
Rotary Club of Glen Waverley, Vic.

Therese Newell  
Rotary Club of Forbes Ipomoea, NSW

Heather Newbould  
Rotary Club of Cronulla, NSW

Graham Brown  
Rotary Club of Rossmoyne, WA

George Sloss  
Rotary Club of Goodwood, Qld.

Rachel Guillaume  
Rotary Club of Glen Waverley, Vic.

Ken Linfoot  
Rotary Club of Lower Blue Mountains, NSW

Bob Boss-Walker/Rob Moorehead  
Rotary Club of Port Macquarie, NSW

Lew & Jan Pretorius  
Rotary Club of Central Launceston, Tas.

Chris Hopkins  
Rotary Club of Jindalee, Qld.

Graham Blackett  
Rotary Club of Laurieton, NSW

Chris Curtis  
Rotary Club of Cairns West, Qld.

Lyn Muller  
No Club, SA

Colin Gramp AM  
Rotary Club of Barossa Valley, SA

David Firth  
Rotary Club of Pennant Hills, NSW

Mary Iwanko  
Rotary Club of Port of Brisbane, Qld.

James Wilcox  
Rotary Club of Longford, Tas.

Australian Rotary Health Donation Form

I wish to make a donation. My details are as follows:

Name: …………………………………………… Rotarian [ ]

Address: ………………………………………………………………………...

P/Code: ……… Email: ……………………………………………………………

Enclosed is my cheque for $………………………………

Please credit the …………………………… Rotary Club with this donation.

Signed: …………………………………………………

[ ] I authorise Australian Rotary Health, as a one-off donation, to deduct $………………………… from my credit card account.

[ ] I authorise Australian Rotary Health to deduct a monthly/quarterly/annual donation of $………………………… from my credit card.

[ ] Visa [ ] Mastercard [ ] AMEX [ ] Diners

Card No: ………………………………………………… Expiry: …… / ……

CVC Number ……… Signed: …………………………………………………

Australian Rotary Health Donation Form

Merchandise

I would also like to purchase the following merchandise:

Hat Day Bears @ $15 each or set of 4 - $50

$ _____________

Bears are: Chef, Doctor, Policeman, Nurse

Bear/s …………………………………

Eco Bags @ $1.50 each $

$ _____________

Colours include: Pale Blue, Latte, Lilac, Aqua, Pale Pink

Colour/s: …………………………………

Hat Day Clip-on Bears @ $2.00 each or 20 for $35

$ _____________

Hat Day Pins @ $2.00 each $

$ _____________

All orders include postage and GST

TOTAL $ _____________

Total for Donation and Merchandise

TOTAL $ _____________

Please fill in and return to address below:

Australian Rotary Health • PO Box 3455 Parramatta NSW 2124 • Phone 02 8837 1900 • www.australianrotaryhealth.org.au