

Rotary
District 1320



CONFERENCE HANDBOOK



**CREATE HOPE
in the WORLD**

Rotary  **TOGETHER WE CAN...**
District 1320

**23rd and 24th March 2024
Macdonald Aviemore Resort**

Conference Committee

DG Narek Bido, DGE Daibhidh Wallace, Team Lead Jim Hettrick, Depute Team Lead Lorna Dick, Secretary Andy Slater, Treasurer David Wheeler, Registrars Olive Geddes & John Macpherson, Speaker Liaison Louise Begbie & Linda Noble, IT Callan Dick & Alex Blair, Publicity & Promotion Colin Vooght & David Atkinson, Showcase Wendy Badger, Printing & Procurement Jonathan Moore, Health & Safety Jim McCulloch, Chief Steward James Gibbons.

Environmental Impact Mitigation

On the lead up to Conference, using the pages of News for Clubs and on the Conference Facebook pages. Our mascot, Avie the Capercaillie, has been promoting vehicle sharing or the use of public transport in order to minimise our carbon footprint.

In a further effort to offset the impact, your conference team have secured, a donation of 250 trees, from a Borders Wholesale Plant Nursery.

These trees will be of a suitable variety to match the terrain into which they are being planted. They will be delivered in September, which is an ideal time to plant and allow the young trees to become established. Their final destination will be decided upon under the direction of the District 1320 Environment Team, working in partnership with Borders Area clubs.

The Conference Team would like to say a huge thank you Cheviot Trees Ltd.



Jim Hettrick

Team Leader D1320 Conference '24

Welcome to Aviemore from DG Narek and the Conference Team, for the Inaugural Conference of Rotary District 1320 Scotland South.

'Together we Can' is the clear message for this weekend.

'Create Hope in the World', was the vision so eloquently set out by the then, RI President Elect, Gordon McNally, in his presentation to the world and the 2023/24 cohort of District Governors



It's not a giant leap, to see how those two tag lines could be spliced into a thread, that will run through all of the presentations by the fabulous team of speakers, that accepted our invitation to join you on our journey this weekend. Incorporating physical and mental health and wellbeing, youth activities, the potential for real mutually beneficial partnership developments, a level of delegate participation that we have not been able to achieve before, all in an amazing venue. What's not to like?

Without any real proof, I suspect that every Rotary Conference Team Lead since the first Rotary Convention in August 1910, has added the caveat. Conference is an ideal opportunity to meet old friends, but more importantly to make new ones. That is perhaps more relevant this year than ever before given that we are all a part of the new, dynamic, forward looking, Team 1320 Scotland South.

Finally from me, I enjoy being a Rotarian, I have fun being a Rotarian, the team have enjoyed putting conference together. Please, if you do nothing else this weekend, have fun and try to make at least one new friend and develop one new partnership opportunity, for your Rotary.

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Welcome from DG Narek Bido

I am delighted to extend to you, a very warm welcome to the inaugural District 1320 Conference on the 23rd and 24th of March 2024.



The Conference is a unique opportunity to celebrate the first year of our New District and highlight the remarkable work undertaken by Rotarians to make a positive impact on our world. It is also a great occasion for us all to come together and enjoy some good speakers, great company, good food, and ... all in the beautifully relaxed surroundings of Highland scenery with the Cairngorms looming beyond.

"Together We Can" is our Conference theme and it signifies the power of unity, collaboration, and the belief that, as Rotarians, we can make a significant difference in the world.

Our District Conference Team is genuinely dedicated to offer you:

- **Inspiring Fellowship:** Connect with fellow Rotarians who share the same passion for service and community development. Forge new friendships across our New District and strengthen existing bonds during this unique opportunity for fellowship
- **Interactive Sessions:** Immerse yourself in thought-provoking discussions and presentations led by exceptional speakers. Gain insights, share experiences, and develop strategies to amplify the impact of our collective efforts

Welcome from DG Narek Bido

- **Celebrating Achievements:** Take pride in the accomplishments of our clubs as we showcase the tangible outcomes of our service projects. Our hard work and dedication deserve to be acknowledged and celebrated!
- **Fun-filled Activities:** A conference wouldn't be complete without moments of joy and laughter. Enjoy entertainment, music, and activities designed to create a vibrant and uplifting atmosphere.

"Together We Can" is not just a theme; it is a call to action, a testament to the strength of our Rotary community. Your presence will make this event truly special. Let's come together, celebrate our successes, and inspire each other to continue making a positive impact.



Message from Gordon McInally

Rotary International President

As you attend your District Conference, do not forget your vital importance to Rotary.

We have been handed the reins of leadership at an historic moment. Rotary has a chance to capture the world's attention and realize possibilities beyond our expectations. But we must build on the work that has gone before us if we are to reach our goals, such as defeating polio and empowering girls and women.



Rotary offers people of action a chance to connect and find a sense of belonging, and this fellowship gives us hope that we can create lasting change. But in the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.

To make matters worse, in many parts of the world, asking for help — especially in the realm of mental health — is considered a weakness. But nothing could be further from the truth. It is brave to be vulnerable and to admit you don't have all the answers. Reaching out for help is courageous — and continuing on a path towards wellness is even more so.



Message from Gordon McNally

Rotary International President

Join me in making Rotary a source of strength for all of those who feel they have no hope, within and beyond our membership. Let this be the year we Create Hope in the World, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves.

I hope you take the knowledge gained at this District Conference back to your clubs to help them succeed through the remaining months of this Rotary year and beyond.

Remember that your work can and will Create Hope in the World.



R. Gordon R. McNally
President, Rotary International 2023-24



Bryn Styles

RI Representative

Greetings from Canada, it is an honour and privilege for Randy & I to be asked to represent RI President Gordon McInally and Heather at their own district conference. We are looking forward to meeting as many of the D1320 Rotarians and guests as possible.



The Conference Team has chosen a wonderful theme – Together We Can! This fits in so well with RIP Gordon's theme of Creating Hope in the World. And it also fits with Rotary's vision statement, but more of that at the Conference.

A district conference is an opportunity to recharge and rejuvenate your enthusiasm for Rotary. We oftentimes get wrapped up in the day-to-day activities and forget the larger picture of what Rotary does. A conference allows you to hear speakers on a variety of topics and see the wonderful work that is being done, not only in your own district, but worldwide. And, of course, it also allows you to see old friends and make new ones from around your district. Fellowship is just as important as service, for without one, we wouldn't have the other.

Randy & I are very relaxed and don't stand on formality. I urge and encourage you to introduce yourselves to us – to share stories and share your thoughts about Rotary and any concerns you may have. You will hear about my passions for Rotary during my presentation and I want to hear about yours. And remember - Things go better when YOU are here! Thanks for attending.

Rotary Global Scholars

We are delighted to welcome two of our 2023-24 Rotary Global Scholars to District Conference:

- **Rian Matsui** from District 2590, Yokohama Naka Rotary Club, Japan. She is studying for an MSc in Comparative Education and International Development at Edinburgh University. She is hosted by the Southern Scotland Hub.
- **Yoko Shibata** from District 2580, Tokyo North Rotary Club, Japan. She is studying for a Masters in Climate Change, Finance and Investment at Edinburgh University. She is hosted by the Rotary Club of South Queensferry.

The scholars can be contacted through the District's Global Scholars Coordinator PDG Lindsay Craig (lindsayallanraig@gmail.com or 07906077999).

We will also welcome a returning 2021-23 Rotary Global Scholar to Conference:

- **Beth Dorrans**, was a Rotary Global Grant Scholar supported by District 1230 from 2021-23. She was hosted by District 7070 while studying for a Masters of Public Health at the University of Toronto, Canada.

Bill Lobban

Convener of Highland Council



Councillor Bill Lobban has been the Elected Member for Badenoch & Strathspey for 13 years and he and his family have lived in Aviemore for over 40 years. Since 2017 Bill has served as Convener of the Highland Council, having been appointed for a second term following the 2022 Local Elections.

Committee Membership

Bill is a substantive member of the Badenoch and Strathspey Area Committee, the Council's Corporate Resources Committee, Pensions Committee, Planning Review Board, South Planning Applications Committee, Investment Sub Committee, Appeals and Disputes Committee, Central Safety Committee, Governance Review Steering Group, and Staff Partnership Forum. Bill is also a substitute member of the Highlands and Western Isles Valuation Joint Board. In addition to the above, Bill has also served as Chair of the Council's Redesign Board.

As Convener of the Highland Council, Bill is a Commissioner of the Northern Lighthouse Board and in 2018 joined an Inspection Voyage visiting lighthouses on the North-West coast of Scotland.

Local Board Membership

In 2019 Bill was appointed as a Director of Cairngorms Mountain Scotland Ltd and is also an adviser to the Board of Grantown Museum.

Alex McIntock

Andy's Man Club



After experiencing my own mental health struggles and an attempt on my life I discovered ANDYSMANCLUB.

Everything about ANDYSMANCLUB resonated with me and it ignited a passion within me to help make a difference particularly in men's mental health. The power of talking has become a huge part of my life and I was honoured and humbled to be asked by Elaine and Luke to join the team, overseeing Scotland.

I will continue to do what I can to challenge the stigmas in our society to help reach that one man and to help promote ANDYSMANCLUB every day with passion and commitment.



Prof June Andrews OBE FRCN FCGI MA LLB

Dementia Expert Academic & Author



Prof June Andrews OBE FRCN FCGI MA LLB is qualified to advise on issues involving older people, their health care and carers, how to age well, the quality, finance and economics of care home and home care, dementia, staffing, and policy issues around frailty and the ageing population. With experience in the NHS as a nurse and a manager, in care homes, as a trade union leader, in Scottish government and at a university, her views are independent and authoritative, based on evidence about what works and wide knowledge built over many years of advising families, professionals, organisations and governments nationally and internationally on policy and practice in this area and how to deal with a personal crisis or more generally the economic and social issues arising from the aging population. June has been recognised for her capacity to explain complex issues, whether finance, politics, neurology or human emotion, in plain language. Her talks are described as refreshing and often amusing, though deadly serious and based on evidence. Her book “Dementia – the One Stop Guide” has sold almost 50,000 and has a number of international editions. She is adviser to the Dementia Services Development Trust and has produced broadcast material for them and for the BBC. Currently her top queries are from families in turmoil caused by a parent with dementia and how to choose a care home.

David Duke MBE

Street Soccer Scotland



David is founder and CEO of Street Soccer Scotland and Street Soccer London, non-profit social enterprises that use football to help create positive change in the lives of socially disadvantaged adults and young people.

Most recently, he has set up Change Centre Scotland, a sport and education centre with a vision to tackling isolation, homelessness, supporting mental health and well-being by creating on site personal development and self-management support.

Alongside his own social enterprises, David regularly sits on Government task forces and advisory groups, is an Advisory Board Member for UNICEF (Scotland) and also an advisor to AR26 Charity, founded by Scotland Captain and Liverpool FC star, Andy Robertson.



Morag McLean

Jaipur Limb Project



Based in the West Highlands of Scotland, Morag joined RJL in August 2023. Morag has over 25 years operational, management and strategic experience in the public and voluntary sectors, including time working with the Armed Forces. Morag started her professional life with the focus on learning and development and later within health and social care settings.

Morag's recent work has been with locally based and national charities, running a rural charity supporting unpaid carers for over 12 years, followed by a move to Macmillan Cancer Support developing Macmillan's What Matters to You Digital Storytelling Project, working with people affected by Cancer from across the UK. Latterly Morag worked with Samaritans Scotland as Project and Partnerships Manager for West Highlands.

Morag is committed to supporting people, organisations and communities reach their potential and now works on a freelance basis with a focus on fundraising, leadership, learning, development and digital storytelling.

Alongside working roles Morag is a Trustee with North Argyll Carers Centre and The Swan Song Project.

Nadine Pemberton Jn Baptiste FRSA

Diversity and Inclusion



Nadine Pemberton Jn Baptiste FRSA, is a Thinking Environment advocate, Thinking Partner, lawyer, and coach. She is committed to making the world more inclusive and to creating spaces where people can think independently, think well, and make the best decisions they can.

Qualified as a lawyer for over 20 years, Nadine has extensive experience transforming complex organisations, and advising and delivering on major UK Government projects. Her most recent role is as an Executive Director at the Construction Industry Training Board.

Nadine is a Council Member & Trustee at the Nursing & Midwifery Council, the independent regulator for nurses, midwives, and nursing associates. She is also a Board Director for Out for Equality, a US non-profit providing strategy and support to grassroots LGBTQ+ organisations and activists worldwide.

A Rotarian since 2012, Nadine is a Board Member of District 5150's Rotary Club for Global Action, and has previously been a member of the Sheffield, Westminster International and Leeds White Rose Rotary Clubs.

Nadine Pemberton Jn Baptiste FRSA

Diversity and Inclusion



In 2020, Nadine started Rotarians against Racism, a global community of Rotary family, friends, and supporters, all committed to being a voice for peace and to taking action in the fight against racism.

A Paul Harris Fellow and a founding member of the Rotary International DEI Taskforce, Nadine has also held roles as Assistant Governor for Rotary in London (District 1130) and Rotary in East Midlands & South Yorkshire (District 1220); and is a Past President of Westminster International Rotary Club.

Nadine's pronouns are she / her / hers.

Colonel Angus Loudon MBE CStJ

St John Scotland



Angus Loudon was educated at The Edinburgh Academy. He graduated from The University of Edinburgh in 1981, and was commissioned from RMA Sandhurst into The King's Own Scottish Borderers in January 1982. His military career saw him serve across the world including in the UK, Germany, The Netherlands and Kenya, and with operational tours of duty in Northern Ireland, Kosovo, Bosnia, Iraq, Afghanistan and Cyprus. He was appointed MBE in 1994 for service in Northern Ireland.

On leaving the Army in 2015, he was appointed as the Chief Executive Officer of St John Scotland, where he has responsibility for the delivery of all the charity's operational output, including patient transport services, public access defibrillators, CPR training and support to community first responders, along with St John Scotland's international work in the Middle East and Africa. He was made a Commander of the Order of St John in 2021.

Angus has three adult children and recently became a grandfather. When not working, he has a range of charitable trusteeships. He lives in East Lothian, and enjoys many outdoor activities, often in the company of his two spaniels.

Andrew Sharkey

Former Chief Commissioner Scouts Scotland



Andrew Sharkey is a dedicated and passionate individual whose life's work revolves around service to others. Professionally, he is the Headteacher of a large Secondary school in Central Scotland. His thirty years in education has also included a three-year stint as the Education Manager on the Scottish Schools Digital Network (Glow).

As a volunteer, Andrew's lifelong dedication to the Scout movement is inspiring. Joining the Scouts at the age of 7 he has remained an active member throughout his life. He has led a local Section all of adult Scouting 'career', and currently is the Explorer Scout Leader and Group Scout Leader of 2nd Lanark, where his wife and two sons are also active members.

Up until September he was also the lead volunteer in Scotland, serving as Chief Commissioner of Scouts Scotland for five years, guiding 50,000 members through a challenging and transformative period in the movement's history.

Andrew's Rotary journey started with the Rotary Club in Shotts, which supported him, aged 20, to attend a Scout High Adventure Base in Minnesota, USA. This experience highlighted the international nature of service and the striking similarities between the Rotary's and the Scout movement's commitment to serving others.

DG Ball - Fahrenheit

Music for the Conference Ball on Saturday evening is by Fahrenheit, a well-renowned band, made up of a talented team of creative musicians.



Based in the Scottish Borders, they have a storied history of live performances, musical arrangements, and professional recording sessions.

They pride themselves on their technical abilities and musical versatility, all while ensuring they provide a personal & professional service.

Fahrenheit have a large repertoire of songs, covering all styles of popular music from The Beatles, Black Eyed Peas, Amy Winehouse, Paulo Nutini and Adele to Eric Clapton and Elton John, and also offers a fantastic selection of ceilidh dances which is guaranteed to get the dance floor buzzing from the very beginning.

Activities in Aviemore area

| ACTIVITY | WHERE | DETAILS / BOOK VIA |
|--------------------|--|--|
| ARCHERY | Loch Insh Outdoor Centre, PH21 1NU | www.lochinsh.com |
| BIKE HIRE | On Conference Site | |
| CERAMIC PAINTING | Grantown-on-Spey, PH26 3EG | www.smartyart.co.uk |
| CINEMA | On Conference Site | www.macdonaldspeyvalleycinema.co.uk |
| ESTATE TOURS | Alvie Estate, PH21 1NE | www.alvie-estate.co.uk 01540 651 255 |
| FALCONRY | Rothiemurchus | www.rothiemurchus.net (Min Age 5yrs) |
| FISHING | Rothiemurchus | www.rothiemurchus.net |
| ICE SKATING | On Conference Site | www.aviemoreicerink.com |
| ICE SKATING | Loch Insh Outdoor Centre, PH21 1NU | www.lochinsh.com |
| KART RACEWAY | Aviemore | www.aviemorekarttraceway.co.uk (Min age 4yrs) |
| PHOTOGRAPHY | Alvie Estate, PH21 1NE | www.alvie-estate.co.uk 01540 651 255 |
| PONY TREKKING | Alvie Estate, PH21 1NE | 07831 495397 call Ingrid to enquire & book |
| REINDEER HERD | Glenmore, Aviemore | www.cairngormreindeer.co.uk |
| RIDING | Highland Trekking & Trail Riding, Glen Affric, IV4 7LY | 01456415323 |
| SHOOTING - CLAYS | Rothiemurchus | www.rothiemurchus.net (Min. age 14yrs) |
| SHOOTING - CLAYS | Alvie Estate, PH21 1NE | www.alvie-estate.co.uk 01540 651 255 |
| SKIING | Loch Insh Outdoor Centre, PH21 1NU | www.lochinsh.com |
| SNOWBOARDING | Loch Insh Outdoor Centre, PH21 1NU | www.lochinsh.com |
| SWIMMING | On Conference Site | 01479815275 |
| QUAD BIKE TREKKING | Aviemore | www.cairngormquadtreks.com |
| TREEZONE | Rothiemurchus | www.rothiemurchus.net (Min age 8yrs) |
| WILDLIFE PARK | PH21 1NL | www.highlandwildlifepark.org.uk |
| VARIOUS | Landmark, Adventure Park, PH23 3AJ | www.landmarkpark.co.uk |
| ZIP WIRE | Zip Park, Aviemore | www.g2outdoor.co.uk/winter/#activities |

Rotary Showcase

Aqua Box
Beautiful Scotland
D1320 International Team
D1320 Youth Team
E-club of Southern Scotland and Malawi tombola
End Polio Now
Global Sight Solutions
Jaipur Limbs
Lend with Care
Lochaber RC books
Mark Stoddart (Sculptor)
Mary's Meals
Project Red
Purple Community Fund
Rotakids
Rotary Foundation
Rotary Friendship Exchange
Rotary Malawi Network
Royal Zoological Society of Scotland / Highland Wildlife Park
Rudolph Project (Livingston Rotary Club)
RYLA
Scottish Mountain Rescue
Shelter Box
Smalls for All
Soaps for Hope
Street Soccer Scotland
Youth Exchange

Programme Listing

Saturday

10:00 Conference opens

- Welcome and Opening Remarks from DG Narek Bido
- Welcome from Bill Lobban - Convener of Highland Council
- Message from Gordon McNally - Rotary International President
- Bryn Styles - Rotary International Representative

10:57 Coffee Break

11:37 Late Morning Session

- Mark Stoddart - Sculptor
- Alex McLintock - Andy's Man Club
- Agnes Ritchie and Team - Rotary Resilience Wellbeing Initiative

12:35 Lunch

14:00 Early Afternoon Session

- Professor June Andrews OBE FRCN FCGI MA LLB - Dementia Expert
Academic & Author
- David Duke MBE - Street Soccer Scotland

15:09 Coffee Break

15:49 Late Afternoon Session

- Morag McLean - Jaipur Limb Project
- Nadine Pemberton Jn Baptiste FRSA - Diversity and Inclusion

16:45 Conference Closes for Saturday

19:15 for 19:30 DG Ball

Programme Listing

Sunday

09:30 Conference opens

- Welcome and Opening Remarks from DG Narek Bido
- Colonel Angus Loudon MBE CStJ - St John Scotland
- Andrew Niven - Lifes Experience
- Olive Geddes and Brian Johnstone - Partnership with St John Scotland (update)
- Community Award Presentations

10:55 Coffee Break

11:35 Late Morning Session

- Lindsay Craig & Rotary Global Scholars
- Announcement of Community Award Winner
- Andrew Sharkey - Former Chief Commissioner Scouts Scotland
- Bryn Styles - Rotary International Representative
- Closing Remarks from DG Narek Bido
- Baton handover to DGE Daibhidh Wallace

13:16 Conference Closes

Conference Notes

Please wear your Conference Badge at all times. Please be understanding as entrance will be refused to anyone without a badge.

Registration Desk

The Registration Desk is a ready point of contact for late arrivals / registrations / enquiries. When closed, Conference Office personnel can be contacted via our Stewards. Items of lost property can be handed in to the Registration Desk for attention of the Chief Steward.

Plenary Sessions

Plenary Sessions are open to all those who have registered as a delegate.

Dress Code

Saturday:

- Plenary sessions - informal dress
- DG Ball - the dress code can either be black tie, suits or smart jacket and trousers with comparable dress for ladies. Regalia may be worn if so desired but is not compulsory

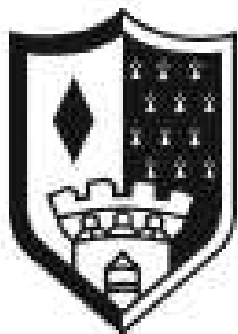
Sunday: Plenary sessions - informal dress

Religious Observance

Should you require information on places of worship, please contact the Conference Office.

Our Thanks

The Conference Committee gratefully acknowledges the generous support received to make this Conference successful:



MACDONALD
AVIEMORE

and all of our Speakers, Exhibitors and Delegates.

Before you leave Conference

On departing the restaurants after lunch on Sunday, will you please hand in your delegate badges and lanyards to the Stewards at the collection points.

Delegates who return their badges will help ensure that we have enough badges and lanyards for future conferences.



If you'd like to donate underwear, here's the brief:

Pants must be new. We collect all sizes, but those we need most are ladies size 8-14, children aged 3-15 or men size XS-L. And while we collect all colours, the ladies' pants in greatest demand are black – full brief, midi, mini or high leg (in the smaller sizes). We also collect new or gently worn (laundered) bras of any size, including sports and nursing bras but not cropped-top style or bikini tops. (By 'gently worn' we mean bras in good condition that still have good wear left in them.)

The collection point for your donations is at the 'Smalls for All' stand, in Showcase.