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Message from the District Interact Committee



Most Rotary Clubs recite The Four-Way Test each meeting or have it prominently displayed. Words like “fair”, “beneficial” and “good will” resonate with Rotarians and Rotary has long been an international organization that brings diverse peoples together in a spirit of cooperation and respect. But in a world where racism is rife, Rotary leadership has recognized the need to evolve and expand our definition of diversity in an ever-changing world and therefore have recently issued the new DEI statement:

“As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all

backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity. Rotary will cultivate a diverse, equitable, and inclusive culture in which people from underrepresented groups have greater opportunities to participate as members and leaders.”

Interact Clubs, like Rotary Clubs, comprise people of various backgrounds, from various economic and social circumstances, including various faiths. What binds the people in our Interact Clubs together? It is their desire to ‘build good will’, to do deeds that are ‘beneficial to all concerned’, to be ‘fair’ and ‘truthful’. The Four-Way Test is the antidote for racism. By supporting Interact to build a better tomorrow, today, Rotarians help shape a more tolerant world – just as ‘The 4-Way Test’ advocates.

UPDATE: Iroquois Ridge Interact Club, Oakville



During these unprecedented times, the IRHS Interact Club has been able to excel in creating and managing an array of events and programs in which the students of Iroquois Ridge High School have happily engaged. These events and activities have truly aided in establishing a community of students at our school that are eager to make a difference, and become future leaders.

Near beginning of the school year, the IRHS Interact Club launched an Elementary School Tutoring Program, which aims to connect elementary school students with qualified and passionate high school students. Not only does this program enable students to improve and excel in various subjects, but it also allows for students to bond with one another, which is crucial in these times of disconnection. The students at Iroquois Ridge have demonstrated outstanding commitment as virtual tutors, and as a result, we have received lots of positive feedback from parents and students. Thus, we are aiming to continue this very successful program for the remainder of the school year, in hopes of igniting brilliant minds, and developing key relationships.

As a club that has a goal of providing unique opportunities, the Interact Executives have created a Volunteer Database that contains a wide variety of local and virtual volunteer opportunities. This has aided countless students at Iroquois Ridge to acquire volunteer hours, which has been a challenge in this pandemic. The executives are continuously updating this database with accessible opportunities for students. All in all, this platform will continue to expand, and we are hopeful that it will continue to guide the individuals at Iroquois Ridge High School.

To give back during the last holiday season, the IRHS Interact Club opened up the opportunity for students to be creative, and create digital holiday cards for the seniors at a local senior home. The



goal was to bring joy and smiles to the seniors, especially during these difficult times. Students really enjoyed this experience, and the cards surely ignited happiness in the seniors. During a time where love and connection are utterly crucial, this opportunity enabled the spread of kindness and appreciation in the community.

Along with the motto of "service above self", unity and connection are also vital aspects of our club's goals. As a result, in November of 2020, the IRHS Interact club decided to conduct a Game Night for the students of Iroquois Ridge. This was an exciting online event that all students could participate in, and it was a great opportunity for students to play video games with friends and peers. Not only was this a fun chance for students to pursue their interests and stay entertained, but it also allowed students to bond with one another. As successful as it was, we are also planning to host another game night in the coming weeks, with a chance to win prizes as well!

WAYS TO SHOW YOUR LOVE AND APPRECIATION FOR OTHERS

2/3

"The most important thing in this world is to learn to give out love and let it come in."
~Morrie Schwartz

By Actions:

Believe in them and stay by their sides
As to show your love, you can be the one who believes in them. You can be the one encouraging them to persist in the face of defeat, to reiterate how much of a truly golden heart they have and why they deserve success in whatever venture they may be pursuing.

Ask if he/she needs help before they ask you
Whenever you think he/she may be in need of some assistance or guidance, you can casually ask them if they would like a hand, before they realize they might need it. This is a wonderful way to show them they are in your thoughts outside of the time you see each other in person.

By Words:

- I understand how you feel
- Please tell me how it is for you so I can understand
- You are special to me
- Can I give you a hug?
- I value everything you've taught me
- The insights you have shared mean the world to me
- I will never forget how you...
- I feel so relaxed and happy when you...
- I trust you
- I appreciate that
- your suggestions help me make difficult choices

DIFFERENT TYPES OF BODIES

No matter our body type, we should all treat each other equally, and with respect

Ectomorphs:
long and lean, with little body fat, and little muscle.

Mesomorphs:
are athletic, solid, and strong

Endomorphs:
have lots of body fat, lots of muscle, and gain weight easily.

During the month of February, the IRHS Interact club collaborated with 'Student Voice' to coordinate a meaningful campaign, known as "Love Month". The goal of this campaign was to spread positivity and love during these challenging times. Each week's content revolved around a specific theme, including mental health, loving each other, and body positivity. Since this campaign was held on our social media platform, our valuable general members were able to create awesome digital posters regarding each topic. These daily posts were not only shared to educate the students of Iroquois Ridge about these important themes, but to also spread happiness and assurance amongst students.

Despite these unusual times, the IRHS Interact club has been able to successfully fulfill its goals of connecting students, and providing them with the opportunity to be creative, showcase their skills, contribute to others through service and become leaders at our school. We will continue as a team to bring students together and to make a true difference in our community.

Why I Joined Interact...

Former Interactor: Raunaq Vyas



Hi, my name is Raunaq Vyas, and I am a grade 11 student at Iroquois Ridge High School. An interesting thing I like to tell people about me that I was born in Suriname, a small country in South America. Although this little fact may sound insignificant to most people, it's part of what makes me who I am.

My mom was working with the United Nations (World Health Org) during our time there. Suriname was, and still is, an impoverished country. My mom would take me on trips, tell me stories about kids with disabilities, lack of education, clean food, or even drinking water. Seeing slums in India during my visits was common for me, and seeing impoverished households in Suriname was also quite common. I moved to Canada in 2011 and saw the difference between this amazing country and other places worldwide. I realized how fortunate I was. Seeing all the opportunities available to me and those around me, I knew I wanted to spread the same opportunities to those around me.

Joining Interact has given me the ability and the opportunity to follow and pursue what I am most passionate about; helping others. Our high school's Interact community initiatives have allowed me to help those in need. Since ninth grade, I have been part of Interact and plan to continue being a part of this fantastic club. The opportunity to plan events and activities that help others has convinced me that most of our happiness comes from serving others. Hopefully, the little changes that we here at IRHS interact strive to make can have a more considerable impact on our school and community. I hope that we can convince people to pursue following a service mindset.

Where are they now?

Former Interactor: Alice Qi



I was a member of the Nelson High School Interact Club for 3 years, served as a co-chair in 2017-18, and graduated from high school in 2018. I loved organizing events, planning fundraisers, and being a volunteer. During my last year in Interact, I volunteered at the Amazing Bed Race, the Turkey Trot, and the Friday Night Community dinners. I also helped organize Christmas gifts for Bethany Residence, a bake sale for Carpenter Hospice, and the spring canned food drive.

A most memorable initiative was being part of the campaign to provide solar light units to families in rural Guatemala. Nelson Interact and Rotary Burlington North worked together to produce a video campaign that raised over \$15,000. I also had the amazing opportunity to travel to Guatemala with members of the Rotary Burlington North. While there, we worked with the Rotary Club of Chiquimula visiting communities and distributing the lights. It was an incredible, humbling experience.



District 7080 Interact eNewsletter - March 2021

Aside from the Interact club, I joined the school's volleyball and badminton teams, was a part of Nelson's SEARS drama festival production, attended DECA case competitions, and was a member of the choir. Upon graduation, I received several scholarships, including one from the Rotary Burlington Lakeshore; I also received a 'Paul Harris Award' from Rotary Burlington North.

I am currently in my third year at Queen's University studying Commerce and Computer Science. I will intern this summer at a consulting firm in Toronto which has a specialty in working on projects that have a social impact. I am scheduled to complete my fall 2021 semester at NOVA University in Lisbon, Portugal.

This year, I decided to return to the Nelson Interact Club as an adult/youth-advisor. Because I gained so many positive experiences when I was in high school, I wanted to 'give back' to the club. Interact helped me become a better person, while allowing me to make an impact on my community. I would like to help members of this year's Interact Club have similar experiences.



2017-18 Interact Club co-chairs: Chloe DeMers, Julia Du, Alice Qi, Kaylie Mitchell

Upcoming Event

Saturday, April 10

Milton Rotary Youth Summit - Registration is Free

Halton Interactors, Rotaractors and Rotarians are excited invite you to a virtual leadership event on April 10. The event will focus on 4 main themes Environment, Mental Health and Service Learning and Careers. These topics will be covered by entertaining keynote speakers, presenters, panels and workshops. You won't want to miss this so save the date and sign up today. Spaces are limited so tell your friends. Early registrants will be eligible for attendance gifts and prizes.



**ROTARY MILTON
YOUTH
SUMMIT**

Register now for **APRIL 10**
8:30 am - 3:00 pm
Ages 12-24
miltonrotaryclub.com

WHAT YOU GET

- Certificate of participation
- Discover how you could gain volunteer hours
- Have fun with your peers
- Get involved with Rotaract and Interact

WHAT YOU LEARN

Environment	Career Development
Mental Health	Service-Learning

Register by March 31st with a friend and you both receive a FREE \$10 Starbucks gift card.



Click on the poster to learn more

Want to earn one of our VIP Passes? Contact the organizers at miltonrotary7080@gmail.com and give them your suggestions for what you believe would be an ideal topic for your demographic. This could be the name of an inspirational speaker, a subject for debate or an idea for a virtual workshop. If the organizers select your idea then you will get two VIP Passes and a mention at the event. FREE event invitations will be selectively made available to Halton youth aged 12-24 years over the next two months. Keep in touch through social media to ensure you don't miss out. **REGISTER NOW FOR Saturday April 10, 2021**

Upcoming Event

Saturday, May 29

District 7080 Annual Rotary Conference - Registration NOW OPEN

Take care of self, each other and the Planet



Click on the image to learn more

" Come to the Interact Breakout Session, be inspired, see the future of Rotary"

Come and be inspired! Support the Rotarians of the future! Aren't you tired of our membership stuck at 1.2 million? Imagine what will happen to our membership if we support our Interactors to grow into Rotaractors and subsequently into Rotarians? Come and be a part of the Breakout Session where current and past Interactors will share their stories.

Registration is now open!

<http://www.rotary7080conference.com/>

Interactors - Let Us Help YOU!!

The Interact District Committee is introducing an opportunity where Interactors can learn project planning skills while raising money for their Interact clubs. Think of a community initiative that your Interact Club is passionate about and attend the grant writing training session to learn how to put together a grant. If the grant is accepted, your Interact Club will be awarded prizes starting at \$250 in donations on behalf of the club.

Click on the picture below to sign up!



Grant Writing Competition

District 7080 Interact Committee is proudly bringing to you an opportunity to learn the art of grant writing while raising money for your Interact club!

Pick a local charity, choose any of Rotary's Seven Areas of Focus, and with the guidance and training from expert adjudicators, create a grant proposal. Present it and your Interact club stands a chance to receive a prize through your sponsor Rotary club.

Who can apply?
All District 7080 Interact Clubs

What can we win?
Prizes start at \$250 to each Interact Club

When?
April 12 @ 7pm - Training session
May 7th - Application deadline
May 10th - Grant Adjudication
May/June 2021 - Project Execution

Where?
Zoom details will be shared shortly

Why?
Why not?

Did you know?
Grant writing is a skill that is utilized widely in universities, non-profit organizations, health industries, and many more!

Scholarships

Why not apply for a Rotary Education Scholarship?

Oakville:

"The three Oakville Rotary Clubs are excited to have access to the new Community Education Awards Hub for our Oakville Rotary Education Awards program," said Les Ross, Chair of the 2020 Oakville Rotary Education Awards Committee. *"Through the leadership of the Oakville Community Foundation, access to post-secondary financial support for students has been improved and simplified, which will help us put significant financial support in the hands of those who need it most."*

To learn more about the Rotary bursaries, as well as award opportunities from 7 other organizations, go to www.awardshub.ca or education@theocf.org.

Burlington:

"The Rotary Club of Burlington Lakeshore Charitable Foundation offers 12 Scholarships worth \$2,500 each", said Russ Taylor, Chair of the Foundation. *"These awards may be used for enrolment fees, program supplies or training costs".* Currently the Charitable Foundation offers Academic Scholarships, Leap Forward Awards (for individuals facing financial or other barriers), Vocational Studies Award, and Specialty Scholarships/Awards to individuals demonstrating leadership and a commitment to community. The Club also offers an Athletic Scholarship for students pursuing high level Athletic training at the Post-Secondary Level.

To learn more about these student awards, go to <https://rotaryburlingtonlakeshore.ca/scholarships/>

Milton:

"This year Milton Rotary is offering three scholarships worth \$1,500 each," said Rod McLachlan, Director of Public Relations and Community Service. *"Applicants can put forward their name no matter what high school grade they are in – Grade 9 to 12 students are all eligible to apply for a 2021 Milton Rotary Youth Volunteer Scholarship."* Awards are to be used towards tuition for post-secondary education or training programs and funds will be sent directly to the post-secondary institution. The application deadline is April 17th. Milton Rotary also offers \$250 bursaries for five local students, whose names are put forward to Rotary by the schools themselves.

For more information on the scholarship requirements and to learn about how to apply, please visit www.MiltonRotaryClub.com or e-mail vkhimasia@bell.net