

Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



April 2023



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DG Karen Thomas

DG Karen Thomas



District Governor Karen Thomas

Karen Connects: Networking and Togetherness

Hello All

This month I had the pleasure of attending a Combined Service Club Dinner at Harrisville – hosted by the RC of Fassifern Valley in conjunction with the RC of Boonah. Other service clubs in attendance were several Lions Clubs, Inner Wheel and The Women's Shed.

What a pleasure to witness the close interpersonal connections amongst attendees and hear of the community service the various clubs support each

other in. A special means of creating and maintaining a close-knit community.

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We openly encourage networking and inter club projects in our own organisation. This is a reason for the formation of our district "area" groups of clubs, the close geographical proximity to each other being an advantage in realising these goals. On a similar vein, collaboration with other likeminded organisations enables working together to address problems and deliver outcomes that are not easily or effectively achieved by working alone.

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I write "like-minded" because similar goals and purposes are important in order to identify similar direction, foster successful communication, achieve effective working together and achieve positive outcomes. Generally, community service organisations fall into these categories. We must lose any concept of "competitiveness" (which is often ego based) and instead compliment and help each other.

Rotary International also has collaborations or partnerships with several organisations. This months "Rotary Refresher" mentions some which are in our own District Directory and supported by a number of our clubs.

A significant quote from Simon Mainwaring (branding expert and author):

"Creating a better world requires teamwork, partnerships and collaboration, as we need an entire army of companies to work together to build a better world within the next few decades. This means corporations must embrace the benefits of cooperating with one another."

Collaboration and networking are also the first steps toward meeting new people, helping others and forming friendships. This week was our founder Paul Harris's birthday. If you will forgive another quote which I also posted on our District 9640 Facebook page-

"The foundation upon which Rotary is built is friendship; on no less firm foundation could it have stood." (Paul P. Harris)

May I suggest at your next Club Assembly or discussion meeting that conversation is had around other community organisations in your area, inviting them to a joint meeting or perhaps, as in Harrisville, an enjoyable acknowledgment and getting to know you dinner. A number of clubs have done this in the past, how long has it been since you have?

I hope you get to make and enjoy new friendships whilst **Being Your Best Self**.

Take care always Karen



Left:: Karen with President Scott Champion from RC of Fassifern Valley and President Bronwyn Lacey from RC of Boonah

Below: the winning MUNA 2023 team, from **Trinity Lutheran College**, representing China, with MUNA chairman Brian Meldrum and DG Karen Thomas

District 9640 MUNA 2023

by Franz Huber

MUNA? This acronym stands for Model United Nations Assembly, an annual event organised by our District 9640. There were 25 teams, all Year 11 - 12 students, representing nations ranging from miniature states such as Liechtenstein, to majors such as China, Russia, US, UK, to extreme radicals such as North Korea, to middle level countries such as, yes, Australia.

Russia, US, UK, to extreme radicals such as North Korea, to middle level countries such as, yes, Australia. And just like is the case in a real-life General Assembly: there were some super eloquent speakers and others seriously need to work on their enunciation and delivery. Some made sense, some didn't. Some were super serious, some irreverent, some have obviously studied drama. But there is one thing you would seldom see at a real UN assembly: laughter. There was plenty of that too! MUNA is actually a United Nations initiative and MUNA events are held throughout the world. The winning team from our district competes in the MUNA Nationals in Canberra in August.

Top the winning team, from Trinity Lutheran College, representing China, with MUNA chairman Brian Meldrum (RC of Murwillumbah) and DG Karen Thomas

Below right: The team from North Korea, quietly castigating the Chair to please refer to his country as 'The Democratic Republic of...', not just North Korea... ©

Below: 26 MUNA teams in action







"We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends.

Mary McLeod Bethune

Smiley Suitcases to CASPA

As you will all be aware Lismore suffered a catastrophic flood in March last year and during this time, we were able to assist a large number of flood-effected residents with \$500 gift cards totalling \$46000 as a result of donations from RAWCS. We were also able to assist many families with the purchase of white goods, from funds donated from District 9640

Flood Appeal and through forging a relationship with Bi-Rite Home Appliances in Lismore Our individual members assisted with many flood clean ups and re-establishing gardens etc. As many renovations to homes and businesses continue,

some residents and businesses have not returned however, Lismore is <u>very</u> slowly recovering.

A project that we are extremely proud of is the Smiley Suitcases. The idea evolved from an established project called 'Hope in a Suitcase'. We are working in partnership with CASPA in Lismore who coordinates emergency care for foster children. When children are removed from their family due to domestic violence or a dangerous



by Kerry Leitch, RC of Lismore Networking

Rita, Maureen and Gae with the Smiley Suitcases

situation, a Smiley Suitcase is provided to them filled with toiletries, basic clothing and small gifts and remains with the children. In December we delivered 12 suitcases for children aged between 2 and 8 which were extremely well received. The feedback from CASPA was amazing and the reaction from the children and staff was overwhelming. This project can change the children's lives and will remain one of our main projects. We are currently liaising with local businesses to support our initiative.

RC Mt Warning AM decorating bridge with hand crocheted poppies for Anzac Day

On Sunday, 16th April, the Rotary Club of Mount Warning AM, Murwillumbah, again organised the annual decoration of the Murwillumbah Bridge with thousands of **hand crocheted** poppies, in preparation for ANZAC Day on 25th April.

This will be the fourth year the Poppies on Parade is set to adorn the bridge.

Click on this link to read the full article published in the local newspaper, as well as other photos. (You may need to scroll down - the page is continuously updated!)

Excellent project to honour the ANZACs.



In commemoration of ANZAC day

After combat it's ironic.

Tales of loss become iconic
when a slaughter ground of chaos grows
to make a nation proud.

So your service is remembered where your body was dismembered and your honour is imbedded in a legendary shroud.

And they come and weep in mourning when the light of day is dawning, and the hymn of their condolence conjures visions of your plight.

But they cannot know the sorrow I must feel as each tomorrow I'm reminded of your torment through your tiny cross of white.

Extract from 'Where Poppies Bloom' by Brenda Joy (C)

Rotary Refresher: Some Project Partners of Rotary International (for details click links)

ROTARY AUSTRALIA WORLD COMMUNITY SERVICE (RAWCS)

RAWCS was formed to enable Australian Rotarians, Rotary Districts and Rotary Clubs to assist disadvantaged communities and individuals through humanitarian aid projects. RAWCS has a financial infrastructure system that facilitates fundraising for projects that deliver

humanitarian aid and charitable support in Australia and overseas.



Rotary Australia World Community Service Ltd (RAWCS) works in harmony with the Rotary Foundation and its 'Areas of Focus', delivering humanitarian aid through the Australian regional network of Rotarians, Clubs and Districts.



Shelter Box

ShelterBox teams work with disaster-hit families around the world, offering emergency shelter and other essential items to support them in rebuilding their lives. They work with disaster-affected communities to provide the emergency shelter, essential items and training needed to support families in the long process of rebuilding their lives.

"Every disaster is different, so we have a flexible approach. We listen and learn from the communities we work with to make sure we provide the right support.

We often go further, working with hard-to-reach communities who are overlooked by others.

Donations in Kind (DIK / RARE)

Rotary Donations in Kind is a volunteer-based recycling facility used to collect and redistribute goods, principally donated by companies, hospitals and educational institutions. The goods it distributes are destined for developing countries and to disadvantaged individuals in



the local community. They are distributed through Rotary club projects and the wider NGO network.



AUSTRALIAN ROTARY HEALTH (ARH)

Australian Rotary Health is a national, not-for-profit organisation which funds health research and provides community education about health in Australia. The organisation supports work on a broad range of health problems but specialises in mental health. They also provide scholarships for rural medical and nursing students, as well as Indigenous health students.

ARH provides funding into areas of health that do not readily attract funding and promotes findings to the community

DISASTER AID AUSTRALIA (DAA)

Help communities affected by 'Major Disasters' such as Typhoons, Earthquakes and Volcanic Eruptions and to recover with Smart Aid. Our aid involves consultations to ensure we are providing the help the community want, emergency shelter, provide clean drinking water with our 'SkyHydrant Rapid Response Packs'.





ROTARY OCEANIA MEDICAL AID FOR CHILDREN (ROMAC)

ROMAC is a project of Rotary Districts in Australia and New Zealand. Rotarians volunteer their time and expertise. This

humanitarian project has provided life giving and/or dignity restoring surgery to over 500 children from more than 20 countries, with medical treatment not available to them in their own countries.

INTERPLAST

Interplast sends teams of volunteer plastic and reconstructive surgeons, anaesthetists, nurses and allied health professionals to provide life-changing surgery and medical training in 17 countries across the Asia Pacific region. They do this in partnership with local organisations, including hospitals, universities and local NGOs. Their mission is to 'repair bodies



and rebuild lives' through providing surgical services to those who could not otherwise afford or access these, and by building the capacity of local medical systems through our training and mentoring programs.

From Dreams to Reality: X-Ray Annexe for Mauna Health Centre, Vanuatu by Franz Huber



The project was delayed by two years, due to COVID 19 travel restrictions. But finally, two containers are on the way to Vanuatu!

Mauna Health Centre is a bush hospital on Pentecost Island, roughly 500 Km north of Vanuatu's capital Port Vila.

Initiated by a **Dr Richard Leona** from Pentecost Island, who in early 2019 attended a **Gold Coast Medical Association** meeting. He requested assistance to provide a building to house a portable X -Ray and blood auto-analysers, to be placed next to a surgical theatre in Mauna Health Centre, Abwatuntora, Pentecost Island, Vanuatu.

Dr Graham Sivyer (then) President of RC of Broadbeach, convened with **Mario Fairlie** (RC of Surfers Sunrise) and **Greg Bowler** (RC of Gold Coast) to develop a plan for its implementation.

The planning stage alone would take in excess of 100 man hours, followed by the setting up of a website, conference with **Des La Rance OAM**, who is the designer

of cyclone proof "flat pack" buildings, several of which had previously been erected in disaster areas such as Phuket (after the 2014 Boxing Day Tsunami), Samoa (2009 Tsunami), the 'House of Hope' in Apia, Samoa, just to name a few.

The building itself was built at the **Surfers Sunrise Rotary project shed** in Arundel on the Gold Coast. After completion, it was carefully catalogued, dismantled and packed into two containers. Also included is donated X-Ray equipment which was reconditioned by **Ben Loots**, a professional in medical electronics. Additionally, new X-Ray and blood analysis equipment will be shipped directly.

Once the materials have arrived on Pentecost Island, a team of Rotarians and Rotaractors will be travelling

to Pentecost Island to re-erect the building on site.

Along with the build, the involved Rotary clubs, as well as professionals from the Gold Coast Medical Association, will assist in the continued training of the medical staff on the island, to ensure that the equipment will be deployed to its real purpose.

On 5th April, the three participating Rotary clubs **Surfers Sunrise**, **Broadbeach and Gold Coast** celebrated the official handover. Some 60 attendees enjoyed a hearty breakfast at Catalina Cafe on Broadwater Parklands, honoured by

the presence of several dignitaries, including our District Governor Karen Thomas and Assistant Governor Sheila Ponting, local MPs John-Paul Langbroek and Sam O'Connor, Councillors Ryan Bayldon-Lumsden and Darren Taylor, the President of the Gold Coast Medical Association, Professor Philip Morris, just to name a few. Regrettably, the dignitaries expected from Vanuatu were unable to join us, due to the massive devastation that was caused by the two cyclones that recently struck their country.

Master of Ceremonies Trent Belling, a third generation Rotarian as he proudly introduced himself, led the proceedings with aplomb. Mario

Fairlie and Dr Graham Sivyer, who together with Greg Bowler were the project's leaders, provided a brief outline of its history. They had visited Vanuatu twice, both the destination at Pentecost Island as well as for meetings with authorities in the capital Port Vila.

"There would have been a thousand people involved all up," Mario emphasised, "from the

helpers on the ground to the individual donors of both finances and materials. Equally important is that we recognise the **Global Grant from The Rotary Foundation** and not least the young **Rotaractors.** Young people are essential to have around, not just for young ideas, but for physically demanding work". Yes, if it wasn't for their work, the building might still be under construction!

Local member for Surfers Paradise, John-Paul Langbroek briefly outlined how important the ongoing work with South Pacific countries, at all levels of Government as well as at basic population basis is.

(Also, check <u>the Mauna website</u> as well as the Download files on <u>www.rotarysurferssunrise.org</u> for a slideshow and press release.





Pantry Project

Rotary Satellite Club of Stanthorpe

Waste Not! – turning unsold donated fresh produce into pantry items that are available to those community members supported by the GBNS Food Support Scheme. The project is self-funded with the sale of preserves at Markets. Waste Not Jam is provided to school Breakfast Clubs and are also used in raffles and as gifts for Rotary guests, etc.

Rotarian **Kylie Linton** (2nd from left) volunteers for the Granite Belt Food Support Scheme, The Scheme is an outreach service offered by the Granite Belt Neighbourhood Centre; providing food baskets for those in need so that they can maintain a healthier

lifestyle. Fresh produce is donated to the scheme from a range of local sources. Our Rotary Waste Not! Pantry Project takes perishable donations not consumed by the scheme, freezes them until cooking day, then turns them into non-perishable pantry items such as jams, pickles and sauces.



A grant from the Regional Council and the Australian Government provided a freezer, a printer for labels and commercial grade cooking equipment to make the products with. As with all equipment owned by our Rotary Club, other community groups may access the equipment to assist them in their community endeavours. Suttons Cidery on the Granite Belt sponsors the project, allowing us to cook the product in their commercial kitchen. The project is supported on an ongoing basis through the sale of specialty preserves at local and



The ladies of the Rotary Satellite Club of Stanthorpe, labelling jam jars

Beachmere markets and stalls. This seed funding covers the cost of non-donated items such as jars and lids and ingredients such as sugar, spices and additional fresh ingredients.

Our Waste Not! project:

- reduces waste of perishables donated to the Food Support Scheme in quantities in excess of demand
- provides a greater range of products available to Scheme customers, including jams, sauces, pickles, etc.

Some preserves are made specifically to sell at markets. Funds raised will be used to buy staple products (rice, pasta) for the Food Supply Scheme (staples are not donated in quantities that meet demand).

Some of the Waste Not! products such as jams are given to the local school Breakfast Clubs, with obvious advantage in helping schools feed their students as a better start to the learning day.

Some Waste Not! products are used by our Rotary Club as raffle prizes in ongoing fundraising, for example, funds to support applicants to attend Rotary Youth Camps at no cost.

Since commencing in 2020, the Pantry project has made almost 3000 jars of preserves.

So many benefits from our little Pantry Project for so many people!

Rotary in Action!

The Rotary Club of Stanthorpe had the privilege of being part of James Blundell's Down on the Farm Country Campout in early April. James had assembled his family and country music friends to join him in entertaining campers at this 3-day off-grid event. The campout was held at James' property, Mt Malakoff, just west of Stanthorpe.

The event provided support to the veterans' organisation, **SMEAC** Our club's role was not a musical role but a culinary one. We were the catering support act for SMEAC providing sweet treats, morning and afternoon teas.

SMEAC Inc. is a volunteer organisation providing support to veterans and their families. Veterans helping veterans. This organisation has saved lives.

During the course of the weekend master leather craftsman, Rick Rowbottom, produced two stockwhips that he donated to SMEAC and Rotary for fundraising. Our club put its whip up for auction and the proceeds, \$350, was given to a young girl, Alexis, as contribution to funds for an expensive operation that she is required to have in the US.

Although the event was not a financial success for our club, we were able to mix and work, side by side, with some wonderful people -the veterans, made new connections, "flew the flag" for Rotary and had one hell of a good time.



James Blundell (2nd from left) with PP Peter Waters, Melissa Pascoe, President Jim Barnes

The entertainment was great and the atmosphere very friendly. Being the first Down on the Farm Country campout, it had its hiccups but James gives assurance that the next campout will be bigger and better.

Keep your eyes and ears peeled for the news of this event and join the Rotary Club of Stanthorpe down on the farm.

Jim Barnes President Rotary Club of Stanthorpe

Bare Your Soles for Kids - Rotary Club of Broadwater Southport

Barefoot Bowls - what better way to spend a few hours on a Sunday morning, with friends and family, or work colleagues and help raise money to support local causes and charities.

When: Sunday 21 May 2023 at 9.00am

Where: Musgrave Hill Bowls Club

104 Musgrave Avenue, Southport,

QLD, 4215

COST: \$160 per team or \$40 per player

The funds raised will be applied to a number of community projects, including construction of a hydrotherapy pool at the Southport Special School and renovations at the Riding for Disabled caretaker's cottage.





Click here to register (individual or team)

Click here for more information

RC of Gold Coast Passport working with 'Make Ways Foundation

by Stacey Cain

Fundraising doesn't necessarily have be exclusive for Rotary Projects; it can be equally, or even more effective if a club combines with another organisation.

This happens when the members of the **Rotary Club of Gold Coast Passport** assist the <u>Make</u> <u>Ways Foundation</u> with the collection of "preloved" and new sports gear to fill a 40' container to **Sierra Leone**. [What?? A 40 foot container full of sports gear? Now, THAT will make a difference! Ed.]

Donations will be made available in the country's very first not-for-profit sports store - creating employment, sports, health and education pathways for young people living in poverty.

In the process, we have also diverted over 50,000 items from ending up in landfill!

To raise funds, Make Way Foundation is running a massive raffle. By purchasing a ticket, you will be helping us to cover the costs of international shipping.

Lady Elliott Island Eco Resort donated a \$2,500 prize to help purchasing the shipping container. There is a swag of prizes from Seaworld, Currumbin Wildlife Sanctuary, the Gold Coast Titans and Tropical Fruit World. Here is the link:

https://www.rafflelink.com.au/mwf2023



Stacey Cain (RC of Gold Coast Passport) with Kat Cacavas of Make Ways Foundation, sorting donated shoes

If you require any additional information, please feel free to reach out to myself or Kat Cacavas.

Thank you for your support, or as they would say in Sierra Leone - **PLENTI TENK!**



Bookings for this year's **Rotary Youth Program for Enrichment (RYPEN) Camp** are now open.

<u>Click on this link</u> to go to the website, details and Application Form

Want your club's big event published?

Click on this link to send me an email with details of your club's event!

I might even convince the District Webmaster to put it on the District website as well...

Ed.



REGISTER NOW - Don't miss out



The Global Malaria Congress 2023 (GMC2023) on May25/26 in Melbourne, Australia is **filling up fast**, so don't miss out on attending by <u>REGISTERING</u> NOW.

The GMC2023 is bringing People of Action together to Finish the Fight Against Malaria. The GMC2023 speaker content and program is designed around our sub themes of "Today, Tomorrow, Together" on the path towards Malaria elimination. Malaria is treatable and curable, yet a child still dies of it almost every minute. This is the tragedy we must stop together.

Join us and add your voice to Finish the Fight

SewAid - RCs of Griffith Gold Coast and Banora Tweed by Rhonda Whitton



Do you have basic home sewing skills?

SewAid is a joint project of the Rotary clubs of **Griffith Gold Coast** and **Banora Tweed**, with the aim of teaching migrants/refugees basic sewing skills.

The project is seeking volunteers with basic sewing skills to assist participants with their sewing projects. You don't need to be an expert sewist - home sewing skills are all that's needed. Everything is provided for participants,

including patterns. The classes are held in Labrador, Gold Coast on Saturday mornings.

If you are interested in volunteering, please contact

rhonda.whitton.rotary@gmail.com







District Governor's Personal Project 2022-23

DG Karen's personal project continues to enjoy great support from our clubs. Angel Flight is a wonderful registered charity read more about it on their website:

https://www.angelflight.org.au/

Donations are tax-deductible.

In total, **15,831.00** have been raised so far **including pledges**. Please make all payments to

Rotary International District 9640 Ltd,

BSB: **084462,**

Account No: **79 639 5692**

Ref: AngelF





Angel Flight Australia

This year marks an incredible milestone in our journey. We're turning 20! Many of you have been with us from the beginning, and many have joined us since then. Together we have connected many from rural and remote areas, with much needed medical treatment not available to them.

We appreciate the all the support over the last 20 years and would like to thank all who have made this possible.

For more on supporting Angel Flight, please visit: https://www.angelflight.org.au/support-us

#20years #angelflight #angelflightaus #angelflightaustralia #20yearsofangelflight







1 in 3 people will need blood.

1 donation every 18 seconds.

Thinking about donating?

Your friends, neighbours, teammates, family.

That's what's needed in Australia.

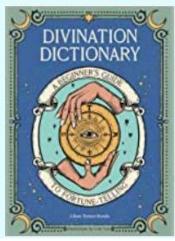
Join us. Be the Lifeblood of Australia.

Divination. The practice of seeking knowledge by supernatural means.

My mental powers are good enough to make you levitate, but as several of our members are reaching the age where they may suffer from osteoporosis, (there is a high risk) that was I getting distracted by an incoming email, I might accidentally drop you. Thus, I don't practice it on fellow Rotarians...

So, please send **it the old fashioned way**, by email. (Yes, that's old fashioned!) About 200 words, and don't forget the pictures and identify the people in it!

- Events your club has run in the past
- Events your club intends to run (if it is not in the list below, or on the District website Events Calendar, I don't know about it!
- Mile stones, celebrations, honours. Yes, that Rotarian has worked hard to deserve his PHF. Tell us about it! <u>d9640newsletter@gmail.com</u>



What's happening where in the District?

Date	Club	Event
23 Apr 2023	District 9640	<u>Leadership Training - Mermaid Beach</u>
29 Apr 2023	Warwick	Rotary Club of Warwick 90th Anniversary Celebration
06 May 2023	RYLA Committee	RYLA Ball 2023 - Jimboomba
07 May 2023	District 9640	Leadership Training - Casino
21 May 2023	Southport Broadwater	Bare Your Soles for Kids
05 - 07 May 2023	District 9640	RYPEN Camp - is your candidate booked?
27 - 31 May 2023	Rotary International Convention	RI International Convention, Melbourne

These are DG Karen's Goals for 2022-2023

- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your image by advertising this event before and after.
- Either involve a Rotaract club in a Rotary education session or start an Interact club.
- Achieve donation of \$100 per member to the Rotary Foundation— choose either Annual Fund, Polio Plus Fund, or both.



The Rotarian Code of Conduct

As a Rotarian, I will:

- Act with integrity and high ethical standards in my personal and professional life
- Deal fairly with others and treat them and their occupations with respect
- Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- Avoid behaviour that reflects adversely on Rotary or other Rotarians.
- Help maintain a harassment-free environment in Rotary meetings, events, and activities,
- report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment

What's coming up in the next month's editions?

May Edition

Envisaging Environments

June Edition

Imagine the power of positive thinking

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