

IMAGINE ROTARY

Aug 2022

Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



In this issue:

Karen Connects

[Australian Rotary Health](#)

[Searching for 'Search' on the District Website?](#)

[Karen's Diary #2](#)

[Your Invitation](#)

[Why should you focus on Public Image?](#)

[Think about forming a Satellite Club? Here is how.](#)

[District 9640 Member Care](#)

[Mt Warning AM assembles Toiletry Kits](#)

[Lifeblood - "Rotary United We Give"](#)

[80th Anniversary of WWII Kokoda Day](#)

[From Dreams to Reality: Botanical Bazaar](#)

[DG's Personal Project—Angle Flight](#)

[Rotary Refresher: The Rotary Foundation](#)

[A club doesn't have to be big to kick goals](#)

DG Karen Thomas Pg 1

Nerida Dean Pg 2

Denis Hallworth Pg 2

DG Karen Thomas Pg 3

DGN Lisa Hunt Pg 3

Gareth Hunt Pg 4

Anita Whiteford Pg 4

PDG Sandra Doumani Pg 4

Jeannie Anderson Pg 5

DG Karen Thomas Pg 5

George Friend Pg 6

David Baguley Pg 6

DG Karen Thomas Pg 7

DG Karen Thomas Pg 7

Cheryl Dimmock Pg 8



District Governor
Karen Thomas

Karen Connects: The Importance of Expanding Our Reach

Hello all,

I hope you are all settling into the 2022-2023 Rotary year, planning and enjoying your experiences. For the past month I have been enjoying meeting many of you and increasing my own knowledge of our beautiful District – such a variety of sceneries and lifestyles, how lucky are we? In this newsletter we introduce our District Membership and Public Image team, all are very keen for you to make contact and contribute their expertise to your club. Please take a moment to read what they have to say in their message to you.

It is so true that "Reputation is Everything". Expanding our reach is so important in being

recognised so we can make the maximum impact in our communities both through the work we do and the message we give. Equally important is the light in which we are seen, through our newsletters, Facebook exposure and wherever we tell our stories. "A picture paints a thousand words" – isn't this a fact? When you look at a photo do you ever think 'wow, they don't look happy, look at how bored they seem, etc etc'? I encourage you not to just post pics because they are the ones you have, better to post a few than the negative ones. In addition, the impression we give to others when we are in the public area will be what they take home. Another long-time favourite quote – **"They may not remember what you said but they will always remember how you made them feel"**.

Like a photo, that feeling in that moment cannot be taken back.

October the 10th is Mental Health Day. We are all aware of the increase in stress-related conditions as a result of the challenges of the last couple of years. To those that are unaware, Rotary has a long-term partnership with Australian Rotary Health - an introduction in this edition. Let us consider helping everyone in our communities by saying "R U OK", "don't bottle it up", "lifting the lid" on the stigma of mental health. Why not hold a community barbie in the park on this important

day? We ALL experience down days, the importance is getting through it, how we do that and making tomorrow a better day. Please all keep an eye on each other, and encourage openness of communication and acceptance of all.

Especially – Be Kind.

Warmest Regards,
Karen
District Governor 2022-23

Australian Rotary Health

Did you know that Australian Rotary Health (ARH) is now over 40 years old? It was initially started by the Rotary Club of Mornington in Victoria to research into Sudden Infant Death Syndrome.

It has come along way since then. **Over \$50 million has been given to research projects.** Since 2000 ARH has tackled an even greater problem, that of mental health.

ARH focuses on 4 areas, Mental Health research, general health research, indigenous health



by Nerida Dean

scholarships and Rural medical and nursing scholarships.

Examples of research outcomes from ARH include **Mental Health First Aid**, now adopted by more than 25 countries around the world. Suicide prevention, food & mood and brain training.

<https://moodgym.com.au/>

Each year in October, Mental Health Month and in particular World Mental Health Day on 10th October, Rotary clubs are asked to go out into the community and talk about mental health and the work of Australian Rotary Health.

DG Karen is asking clubs this year to consider holding a **Lift the Lid Walk** during the month of October. For more information visit www.liftthelidwalk.com.au.

District Ambassador **Nerida Dean** would welcome your request to come and speak to your club about ARH, either in person or by Zoom. Please send me an email with your contact details and I'll get back to you to make arrangements.

Nerida.d@outlook.com



Searching for 'Search' - Denis Hallworth, Webmaster D9640

"There isn't a search window!". "How do I search for something on the District Website?". "I wish I could find things in the District Website!"

As the District Webmaster, these used to be my own statements, although I have had them expressed to me in stronger terms at times.

So I went looking. And I found It! **There is a Search function on the District Website** and it is right on the Home Page. Not very obvious, but it works very well. Look for the small magnifying glass up the top right, near the "Member Login".



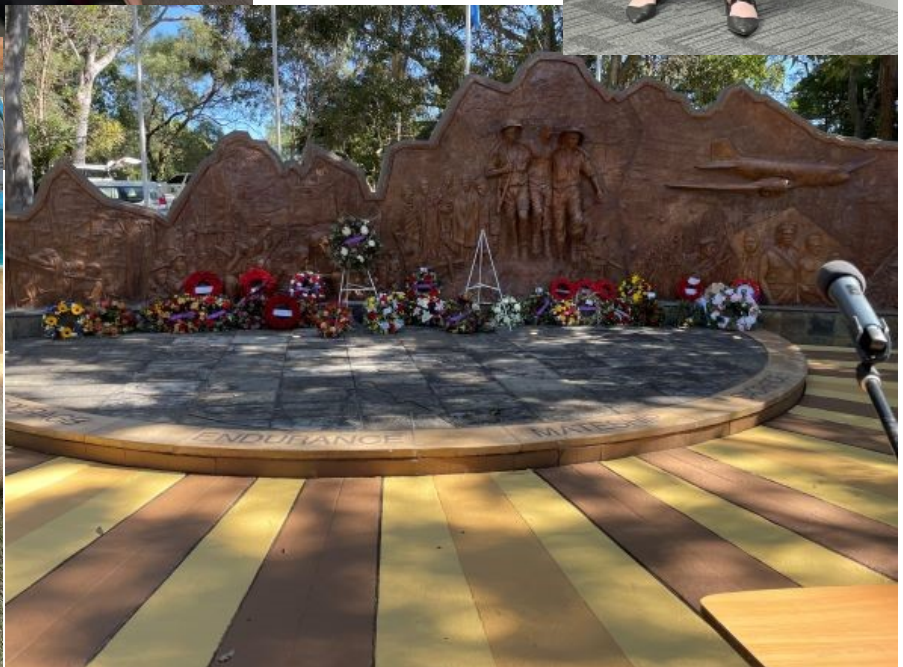
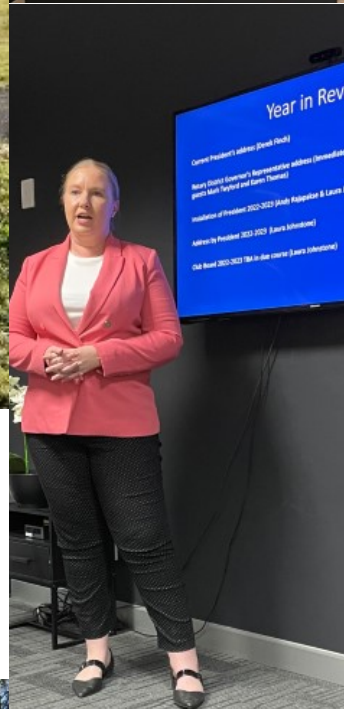
When you click on it, a "Search Window" opens, you can enter your query, and answers appear...

A tip on using the Search window:- If your search criteria contains multiple words you will receive responses to every individual word, every document that contains even one of the words will be shown. To limit the responses enclose the criteria in **double inverted commas**, for example: "Group Cultural Exchange". The responses will now be limited to documents containing all three words.

Have you recently visited our District Website? There is a plethora of goodies there, including stuff you can only access with a login. www.rotary9640.org. Come on, have a look! [Click on the link!](#) Ed.

Karen's Diary #2:

The last month has offered a delightful experience visiting clubs in our District, learning about their communities and endeavours and meeting many of our wonderful Rotarians and Rotaractors – thank you sincerely to all for your commitment to Rotary and your hospitality. Parkwood, GC Corporate, Grafton, Ballina Lifestyle Satellite, Kyogle, Grafton Midday, Lismore West, Summerland Sunrise, Mudgeeraba, Burleigh Heads Rotaract, Runaway Bay, Burleigh Heads, Coomera Valley and Currumbin Coolangatta Tweed. I was also honoured to lay a wreath on behalf of District 9640 at the 80th Anniversary of the Defence of Kokoda, proudly hosted by the RC of Broadwater Southport.



Your invitation

To borrow some words from our RI President Jennifer Jones, *"We've all taken our own path to become a member of Rotary"*. What we all have in common is that we each had an invitation to join and we said yes. Do you remember what it was that attracted you to accept the invitation to join?

Each of us as Rotarians and Rotaractors are at the core of our clubs and Rotary International. What we do (our projects) and how we do it (living our Rotary core values) are part of our public image. If we are projecting a happy, inclusive environment, then we increase our attractiveness. So why the focus on engagement and retention this year? Feeling connected and included are important to all of us as people. Understanding that our needs and expectations do change over time is also key as knowing this then enables all of us to continually review and adjust how these needs and expectations are being met. We all join for different reasons and some of us may just want to have hands

by DGN Lisa Hunt



on service while for others it is the leadership and development opportunities, developing partnerships, etc. What is consistent for all of us is our friendships and fellowship.

So, this year our focus on engagement and retention underpins creating experiences where everyone feels included, welcome, there are no barriers (real or perceived) and we celebrate diversity. Let's provide choice (of clubs), collaborate more and project a positive external image. Just imagine what we can achieve by extending that invitation that started our journey.

DGN Lisa Hunt is District Membership Executive Chair.

Why should you focus on Public Image? By Gareth Hunt



As anyone in business would know, promoting or advertising your products or services is vital to growth and success. Rotary is no different and a good public image is your key to attracting members, sponsors, and partners.

Many people outside of Rotary still don't fully understand who we are and what makes us

unique. It's important that we tell our story in ways that help people everywhere understand what Rotary does, how we're different, and why our work matters.

There are many platforms you can use to tell your story, such as club bulletins (though these are often internally focussed), social media pages (e.g. Facebook), websites, flyers or pamphlets, local newspapers and media outlets.

When you tell your story, inspire your audience and give them reasons to believe in your message by offering proof. You can do this by including -

- Stories that show your club members and participants as people of action making a difference in your community
- Clear, compelling facts and data that demonstrate how Rotary contributes to solving problems
- Stories about moments when you or fellow members recognized the power of Rotary.
- Descriptions of how members benefited or grew personally or professionally from their Rotary experience.
- Testimonials from community members or partners that articulate the benefits your Rotary or Rotaract club has brought to those you served or reached.

- Notable programs, projects, press coverage, recognition, or partnerships that reinforce Rotary's credibility.

Be aware as well, that the images, words, and branding used are extremely powerful and can create very positive awareness for your club. However, if not done well, the opposite applies. Photos and videos should always tell a genuine story. They should be powerful and evocative and inspire and motivate the public and show that Rotary is made up of people of action. Words should be carefully chosen and in line with Rotary's values and ethics. Make sure the branding used is consistent and meets Rotary guidelines as this creates a unified visual identity and builds brand awareness.

Finally, **you are not alone on your Public Image journey!** Everyone is encouraged to visit the [Rotary Brand Centre](#) ⁽¹⁾ for lots of hints, tips, resources, and tools. You can also visit the [District Public Image](#) page to access a range of information, including your own club's compliant logo.

⁽¹⁾ *Note: you will need your Rotary International Login for this. If you don't have one yet, you can register—[click on this link](#) Ed.*

Gareth Hunt is District 9640 Public Image Executive Chair & RYTS Chair



[Our brand](#) [Logos](#) [Materials](#) [Ads](#) [Images & Video](#)





Think about forming a Satellite Club? Here is how.

Do you ever feel that there might be some potential Rotarians out there who, like me, hadn't been born yet when Apollo 11 landed on the moon, not to mention when Sputnik, the first Satellite, was launched? Perhaps they might be concerned that Rotary is 'pre-historic', yet you know that it is anything but?

Hi. My name is **Anita Whiteford** and I am the Extension Chair for District 9640. My main role is to facilitate the establishment of Satellite Clubs in the district. **I am available to visit your club in order to explain what Satellite Clubs are**, their purpose, how they function and how to get it all happening.

What is a Satellite Club? In essence, it functions on a short term basis and is a way for interested persons to become Rotarians. They are separate Rotary Clubs which meet at different times and at alternative locations. It

- Has a minimum of 8 members

- Has a different meeting time
- Has its own bylaws
- Members are Rotarians
- Can charter as a Rotary Club with 20 members (but not necessarily required)

Members of these clubs eventually transition to fully established Rotary Clubs.

If your club is looking for ways to extend its membership then maybe a Satellite Club is the answer for you. I am willing to come to your club and explain the function of Satellite Clubs in more detail.



Sputnik1, launched October 1957

Send me an email, leaving your contact details and I'll call you back to arrange for a suitable time. anitawhiteford@hotmail.com

As a practicing school teacher, I am available for discussions weekdays after 3 pm.

Want your club's big event published?

Unless you tell me: **It's not!** Looking at the Events page on www.rotary9640.org/Events, the only events showing are the DG's club visits and leadership events. I'm sure there are lots of other things happening!

[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 website as well... © Ed.

District 9640 Member Care

by PDG Sandra Doumany

District Governor Karen Thomas has given a new name to a role which is very necessary for the function of a happy vibrant Rotary Club.

Every Club should have a Membership Chair with a committee to serve their Club and DG Karen has asked for the appointment of a Member Care Rotarian as part of the committee.

Some points to consider,

- Very important to include new members in the Club's activities.
- Be aware of lack of engagement and communicate with the member to help.
- Remember to have social events to foster fellowship and sense of belonging.
- Small projects more often to motivate members.
- All Members in a Club are part of your Rotary Family.
- A Member Care Rotarian would follow up on any member in hospital or unwell or even a happy

family event, it shows we care.

- Retention of members is a vital part of a happy Club.
- Covid and financial pressures have affected the membership of Clubs
- Low attendance follow up with a phone call or email
- Buddy Systems either one on one or a group of four work well to keep communication with members outside of meetings.

Please advise me of the appointed Member Care officer in your Club, so we can share ideas.

PDG Sandy Doumany
srmd@bigpond.net.au



**Back to
Top Page**

Mt Warning AM assembles Toiletry Kits for Homeless: Looking for contents

Rotary Mt Warning recently held a Toiletry Kit packing evening, where we assembled 210 toiletry kits for our local homeless and marginalised.

We distributed kits through both The Family Centre, and Agape (see attached photos)

These kits include:

- Cloth bag (made by our members)
- Deodorant
- Toothpaste & Toothbrush
- Soap
- Shampoo/Conditioner
- Additional items eg: razors, moisturisers, tissues

We have also been advised that other much sought after items are:

- Insect repellent
- Sunscreen
- Plastic Ponchos (for wet weather)

How Can You Help?

We would love donations of any of the above items please.

- If you are a sewer, the cloth bags are very much appreciated.
- If you are travelling and staying in motels, the individual size shampoos/conditioners/lotions that hotels supply are ideal for these kits.



From rear row: David McLean and Cam Weeks, Jeannie Anderson and Kaileen Casey, Desiree Cansdale and Leonie Huggins

These toiletry kits are greatly appreciated and valued by those who receive them.

Please contact the club directly via Jeannie Anderson, jeanniea@mmaacc.com

Lifeblood - We are calling it "Rotary United We Give"



So you have been unable to donate blood because you were in the UK? Now you can!

The need for blood never stops. Did you know that **Australia needs 33,000 donations every single week**. For example, people having chemotherapy often require blood product transfusions weekly to second daily in order to maintain their life. At present 1 in 2 donations are being cancelled.

Every donation given by donors who identify themselves as District 9640 will count towards our group goal of 500 donations for 2022-2023, hopefully by December 31st 2022. There are now many donor centres and locations, please see the

schedule below. As our drive commences, a link will be provided which will show how many donations Rotary District 9640 have given and how many lives you have saved.

Attached to this newsletter is an updated schedule of dates and locations where you can give blood, contact details and website details.

In addition to that schedule, you can donate at these locations:

- For GRAFTON members, you can either donate at Coffs Harbour or Yamba Mobile (see schedule attached)
- BOONAH - mobile clinic October 24th and 25th
- JIMBOOMBA - mobile clinic October 26th to 28th
- BEAUDESERT - mobile clinic October 4th and 5th
- GATTON - mobile clinic August 29th and 30th, November 30th and December 1st
- GATTON UNI - mobile clinic August 31st and September 1st
- (no mobiles clinics west of Gatton at this stage)
- There is also a TOOWOOMBA Donor Centre—Monday to Friday.

80th Anniversary of WWII Kokoda Day



Veteran of George Turner at the Kokoda Memorial Wall
(Picture by Glenn Hampson, Gold Coast Bulletin)

On 8th August, Gold Coast Rotary organised a Memorial Service at the Kokoda Memorial Wall in Cascade Gardens, Surfers Paradise, to commemorate 80 years since the Battle of Kokoda. It was attended by various dignitaries, including our District Governor, Karen Thomas. The following is an article by Sam Stolz in the Gold Coast Bulletin of the following day:

BEHIND tinted glasses, George Turner's eyes shift to his lap as he recalls the moment a mate was "completely wiped out" by a bomb an "arm's distance" away during the Battle of Kokoda.

It has not left him for 80 years – and never will. The 101-year-old is one of three survivors of the Australian Army's 39th Infantry Battalion. The other two live in Victoria.

On Monday, Mr Turner sat front and centre for the 80th Anniversary Kokoda Day Memorial Service at Cascade Gardens in Broadbeach.

And in a true-blue self-effacing way, he said "They really shouldn't have made such a fuss".

"I was just a truck driver and didn't really see all that much." Mr Turner said his duties in the battalion involved "keeping morale high" and feeding fellow troops.

Like the terrifying bombing he witnessed on one of his first nights of deployment, he said it was frightening driving the truck, given "we couldn't see anything above us".

The Australians' resistance at the Battle of Kokoda was considered an integral part of World War II and the stopping of the Japanese advancement.

Australia's Governor-General, General David Hurley, gave a heartfelt keynote speech to the packed audience at the memorial.

"The Anzac spirit was writ large for the Battle of Kokoda and the battle over that track in that dark period," Governor-General Hurley said.

"You have to ask yourself why over 50,000 Australians from all walks of life and all ages have made the pilgrimage to PNG to walk the track.

"Many of our returning soldiers from the Iraq and Afghanistan conflicts and families of those killed have walked the track as a way to heal.

"Aspiring young leaders who walk the track view it as a milestone for their personal development.

"The story of Kokoda really does still captivate us." The Rotary Club of Southport Broadwater organised the event, with 200 people attending, including city councillors Darren Taylor and John-Paul Langbroek and federal MP for Moncrieff Angie Bell.

Coming up next month:

The Kokoda Memorial Wall will feature in a major feature in 'From Dreams To Reality'



President of Gold Coast Rotary, David Reynolds with District Governor Karen Thomas.



SUBMIT stories: We welcome stories about your club for both the District Facebook page and the DG's newsletter.

Email: D9640newsletter@gmail.com

**Back to
Top Page**

From Dreams to Reality: Botanical Bazaar - Rotary Club of Gold Coast



Many Rotary clubs dream of that perfect big annual fundraiser which guarantees a nice fat net profit—and keep dreaming on... Why? Because it is much easier said than done!

The Botanical Bazaar was an established one-day gardening expo event. It was held annually at Nerang Country Paradise Parklands by a small NFP, Gold Coast Green Giving Inc. There was no other comparable gardening event on the Gold Coast. The organiser wished to step back and agreed to a partnership with Gold Coast Rotary to conduct the 2019 event, with a view to the club purchasing the rights if forecast returns were achieved.

The 2019 event was a great success, attracting 3,000 paying public and 100 exhibitors. Hey! It could only get bigger and better! We proceeded with the purchase as planned. Then came COVID.

The restrictions impacted heavily. In 2020 the event was first postponed, then finally abandoned. In 2021, the stage was set, the grounds looked beautiful, all the exhibitors were set up and ready to trade... Then, just an hour before the gates were to open to the public, a snap lockdown of South East Queensland was announced. Yes, you guessed it.

After the disappointment of having to cancel in 2020 and 2021, Botanical Bazaar finally happened in 2022 on Saturday 6 August at Nerang Country Paradise Parklands. Dressed in yellow T-shirts, our volunteers were there to welcome everybody when the barn doors opened.

This is not just a gardening expo; the event is a

genuine community event with something for everyone. Designed to educate and entertain and to provide a marketplace of all the best local gardening and botanically themed products in a relaxed safe environment. It appeals to gardeners, sustainable living enthusiasts and to families and individuals simply looking for a fun day out, great music and good food.

Held over 2 days, the event included 100 'green' exhibitors, 17 food vendors, a speaking and workshop program featuring celebrity garden experts. We featured speakers on sustainable living and practical gardening advice, music to suit everyone on the Fig Stage and busking around the



Jennifer Bailey, Lisa Locke and Helen Moore with volunteer manning Information Desk

site. A Kid's Hub with activities, animal farm, pony rides and entertainers made sure that parents could keep the little ones happy, and we conducted garden tours of the wonderful on-site community and permaculture gardens.

From a Rotary perspective, apart from being a major fundraiser, the Botanical Bazaar provides a wonderful opportunity for our members to connect with the community and showcase what can be achieved by a dedicated team of volunteers. Several exhibitors commented that this is the most professionally organised event they have attended.

More than 40 of our club members were joined by community volunteers, members of the Australian Volunteer Coast Guard (managing traffic flow and parking) and a 'bump-in bump-out' team from Gold Coast Passport Club to ensure the event ran smoothly. Gecko Education managed the waste

for the event, educating attendees on how to sort rubbish and minimise what goes to landfill.

The value to our club, the pride and teamwork generated is priceless. This is the proverbial 'Win-Win-Win' event: A fundraiser which allows exhibitors to promote their business and engages the public in promoting healthy and sustainable living.

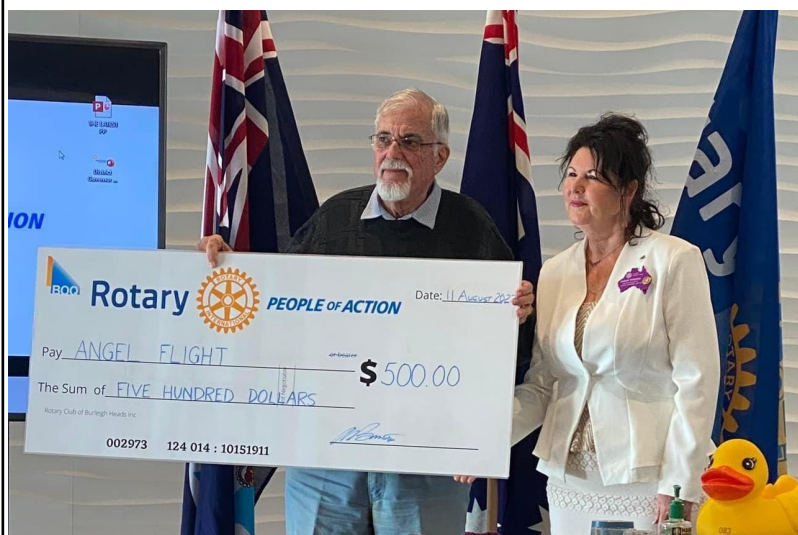
David Baguley,
Rotary Club of Gold Coast

[\(Click here for more photos on Facebook\)](#)



David Baguley, with Benny, the ubiquitous Polio Plus Bear

District Governor's Personal Project 2022-23: Angel Flight



Burleigh Heads Vice President Geoff Stonehouse presents the cheque to District Governor Karen Thomas

In last month's edition, we outlined the details of [Angel Flight](#), an organisation that provides a massive free social service to the people of the bush.

And here is the first cheque coming from the **Rotary Club of Burleigh Heads—Thank you!**

In total, \$1,500 have been raised so far. There is lots more information on their website: <https://www.angelflight.org.au/>. Angel Flight is a registered charity and donations are tax-deductible.

Please make all payments to

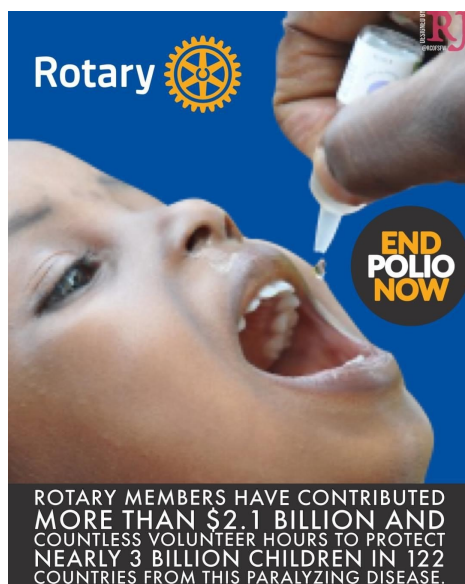
Rotary International District 9640 Ltd,
BSB: 084462, Account No: 79 639 5692, Reference AngelF

Rotary Refresher: Polio Plus, The Rotary Foundation. Do you really know?

Especially for those members who "have been around for a while" [yes, me too...], **The Rotary Foundation** and its major project, **Polio Plus**, are so well known that we tend not to even look at an advertisement or a promo; "**I know it all, been there and done that**" I hear you say.

Well, DO YOU?

Perhaps, you should **update yourself again**; lots of things have happened since last time you read up on these massive projects.



ROTARY MEMBERS HAVE CONTRIBUTED MORE THAN \$2.1 BILLION AND COUNTLESS VOLUNTEER HOURS TO PROTECT NEARLY 3 BILLION CHILDREN IN 122 COUNTRIES FROM THIS PARALYZING DISEASE.

This is big, real big. **Simply click on the images and get up to date.**



**Back to
Top Page**

A club doesn't have to be big to kick goals: Iluka Woombah



Ever heard the excuse "Oh, we are only a small club and we can't... (insert what can't be done)"? Well, here is a relatively small club which kicks goals: Some 6 years ago, **Iluka Woombah Rotary** successfully bid for the contract to run the Iluka markets. Here is the report (slightly edited) from **Eric & Shirley Causley**, who hold the grand title of 'Market Coordinators':

Initially, the markets were small with about 30 stalls attending. The popularity of the markets grew and we had to have stalls around the corner to the southern side of the Ken Leeson Oval. This enabled us to allocate \$500.00 per market to local projects and attendees knew where the funds raised were going.

At the markets, our club runs a Bric-a-brac stall ourselves. Donated goods include books, fishing gear, kitchenware, furniture and bikes. The proceeds assist us to organize and conduct charity events.

In 2019-2020 Clarence Valley Council approved the refurbishment of Ken Leeson Oval. Therefore, the club had to find a new location. Club Iluka had some land adjacent to the oval, but we knew this was only a temporary arrangement.

The club then renegotiated with the council and came up with the existing site on the eastern side of Ken Leeson oval. Sprinkler heads needed to be

found and marked so we wouldn't have stall holders running over them!

In recent years the markets have been affected by COVID and floods; some markets had to be cancelled. To assist in fundraising during COVID, we have adopted a donation bucket at the entry. Financially this has been a boost to the club in tough times. Because of this, we have still been able to support local and international projects. For example, Iluka Woombah provided \$2500 to Rotary's flood appeal.

*If you're in the Clarence Valley on the first **Sunday of the month**, make sure you visit us at the Iluka Rotary Markets!*

And where are all those funds applied? Well, as you read above, the local flood appeal received a fair chunk of it, deservedly so. But International Service is not forgotten: One of Iluka Woombah's major international projects is **Days for Girls**. A registered nurse, **Kerrie Huxham**, volunteered for 6 weeks on YWAM (Youth with a Mission) Medical Ship in the Papua New Guinea region, particularly in the Western Province.

In 2015, she was introduced to the Days for Girls concept for menstrual dignity and the beautiful kits which last for some 3 years. Since that time Kerrie has been an active member and co-leader with **Rhonda Hase** of the Days for Girls team in Iluka.



Six hundred and ninety-four Days for Girls menstrual kits were distributed which means that 694 girls and women now have menstrual control and dignity for at least 3 years. This also means that 694 young girls and women have also received education on reproductive health and their bodies.

As C J Dennis wrote: 'I dips me lid.' **Well done, Iluka Woombah Rotary!**

Got a couple of minutes? Well worth your while to read: Quentin Wodon is a World Bank Economist and is Chair of the Rotary Action Group for Refugees, Forced Displacement, and Migration

[Quentin Wodon—Newly recognized Rotary Action Group for Refugees](#)

What's happening where in the District?

Just some of the events I could find on our clubs' websites and Facebook pages. If you have an event coming up, please drop me a line with the details, and ideally, a link. D9640newsletter@gmail.com

Date	Club	Event
26/08/2022	Grafton Midday	Changing Lanes Monthly Meet
27/08/2022	Boonah	Boonah Rotary Club Open Golf Day
01/09/2022	Mt Warning AM	Gumboot Degustation Dinner
09/09/2022	Northern Gold Coast Rotaract	Rotaract Camping
23/09/2022	Iluka Woombah	Iluka Mermaid Festival Launch
15/10/2022	Rotaract Club of Scenic Rim	Relay for Life

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

September Edition: "Women and Volunteering - Making women welcome in Rotary"
Challenge: organise a special meeting/function for women in your community.

October Edition Our Youth Our Future, focus on mental health

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



IMAGINE IRRESISTIBLE YAMBA

District Conference 2023 - Yamba - 10 - 12 March 2023

[Click here for full details](#)

OK, so it is still 8 months away, but already the local accommodation places are booking out. Put it into your diary now.

[Back to Top Page](#)