



**IMAGINE
ROTARY**

January 2023

Rotary
District 9640



Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



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District Governor
Karen Thomas

Karen Connects: New Year/New Balance/All For You

Hello Everyone,

The beginning of our second six months for the 2022-2023 Rotary year– let's make it great. My New Year wish for you all is a multitude of times together that grow strong interpersonal relationships and create happy memories. After all, you are in Rotary for the common reason of giving back to others, which encompasses many areas.

The beginning of a calendar year is a great time to reflect, evaluate and plan. I'm not a fan of the term "resolution" – it reflects what you "want" to change and tends to have a reputation of being short lived or not coming into effect at all. The term "GOAL" however, is a statement of what you "intend" to achieve, "how" you will do it and

"when" you will achieve it by. A goal oozes positivism, it starts with you imagining your purpose and then planning your direction. It is action orientated. It is about whatever matters to you.

May I encourage you all to envisage your goals for 2023, write them down, plan your pathway. It is inspiring for your club when this is done as a group, respecting each other's differing thought processes and simultaneously finding a pathway to walk down together. Equally important are your goals for YOU. Whether that is related to you caring and nurturing yourself, being physically active to some degree each day, eating healthily, putting a good night's sleep as a priority, insisting on time for relaxation – or ideally all of these. No matter what any of our situations are we can all plan and implement positive goals. "Your health begins with you."

January is the Rotary month highlighting vocational service. An interesting fact- the Four-Way-Test has a purely vocationally based origin, read more in 'Rotary Refresher' in this edition. I encourage you all to showcase and therefore offer your expertise and knowledge (even in the form of advice and guidance) by popping your details on our new District Online Business Directory. Write "retired" in brackets if you prefer, your knowledge and experience are the same as they always were and such valuable guidance for others with their project planning.

Please enjoy your year, your club projects, your member relationships. Above all, offer everyone a smile, be kind and – "Be Your Best Self".

All the best always

Karen

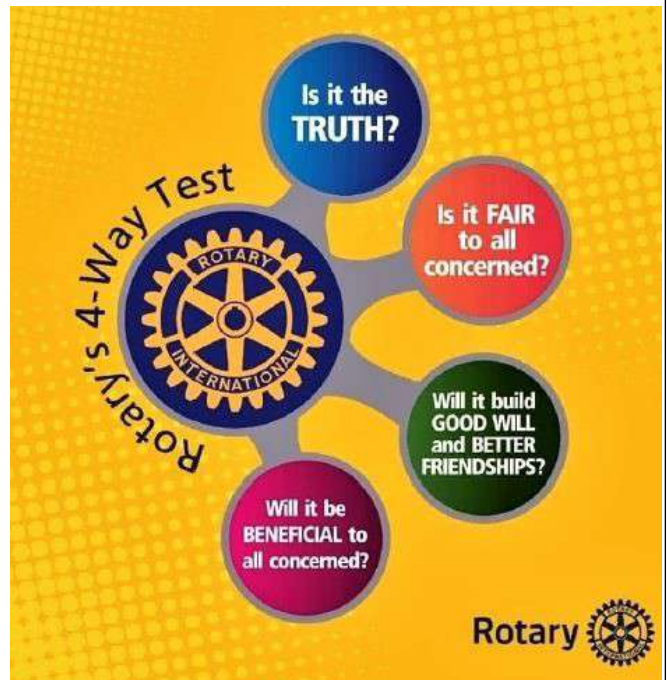
Rotary Refresher: The Four Way Test

Created in 1932 by Rotarian Herbert J Taylor, a member of the Chicago Rotary Club, when he was asked to take charge of a company that was facing bankruptcy. Interestingly Herbert originally wrote the test, not for Rotary, but for the troubled business that he had taken over. Rotary adopted the test in 1943.

It is one of the world's most widely printed and quoted statements of business ethics. The Four-Way-Test has been translated into more than a hundred languages and published in thousands of ways.

[Over my roughly 50 years dealing with business people, I have occasionally come across the 4-Way Test plaque on a customer's or supplier's desk.

*Interestingly, it always faced towards the visitor's chairs. But, shouldn't it be turned around the other way, facing you?
Ed.]*



Here is an idea: Run a 4-way Test Speech Contest

I blatantly pinched the idea from the Rotary District 5930 (South Texas). They organise a High School Speech Contest with the 4-way Test at its basis.

In essence: Rotary Clubs hold a Four-Way Test Speech Competition, offered to high school students. where the student must prepare a five to seven minute speech to illustrate the Rotary Four-Way Test.

The student is judged on Content (50%), Organization (30%), and Delivery (20%). The student must follow the Four-Way Test Theme throughout, must relate the speech to his/her own activities, must present a human-interest appeal, and must choose language that is clear, vivid and persuasive. Decent prizes are offered for the winners.

[Click on the image](#) to link to their website for full details of the event.

Karen's Diary #7:

A special beginning to club visits for 2023 where I had the pleasure of attending the RC of Murwillumbah Central. They were the sponsor club for the beginning of my Rotary experience as a charter member of their Rotaract Club, when I was 21yrs old. A special evening topped off by their very generous \$1000 donation to Angel Flight.

January has been busy already with trips to irresistible Yamba, preparing for our upcoming District Conference. I have chosen a few pics to showcase there is something for everyone – golf on Friday, welcome dinner and entertainment Friday night, fantastic knowledgeable and inspiring speakers all day Saturday and half day Sunday, dinner and live music/dancing to a great local band Saturday night, barbecue brekky and scenic walk Sunday morning and wrapping up with a flourish on a 3 hr cruise on the mighty Clarence, along with lunch and music.



Clockwise from top left:
Murwillumbah Central President
Phil Olive presents a \$1,000
cheque to DG Karen for her
Angel Flight project.

The other photos are snapshots
of Yamba, the location of our
District Conference in just a bit
over 6 week's time!

[Register NOW.](#)



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The Pignic Races have come and gone... at least for 2023

by Cheryl Dymmock

No Henrietta, not a spelling error. Indeed, it's Pignic – read on... If lots of 'warm and fuzzies' and heaps of adoration for the stars of the show – the piglets - means anything, the Pignic Races in Iluka will all be on again in January 2024. The financial outcome of the races will not be known until later in January, but our aim was to raise \$10,000 for charities related to children's health. Early indication is that we will come close.

This year's event broke with the tradition of previous years in several ways but probably most significantly by holding it mid-week. Whilst this precluded some of the sponsor businesses attending, it enabled a



The owners of Noah's Thoroughbred Racing piglets and Miss Piggy (Anne Lockyer, our President)

huge number of visitors to come. And come they did! And spend they did! Anecdotal feedback has it that our town will benefit both in visitor numbers and a reputation as a village with a friendly laid-back attitude.

L J Hooker - Iluka, was our Naming Rights sponsor and it was gratifying that principals Nick and Danica were able to attend and enjoy the festival atmosphere. Club Iluka was a major sponsor, and we are indebted to manager Nicola Donsworth for

her untiring support. We also thank The Little Local Café, Iluka Bargains – Discount Variety Store, Peter Campbell Physiotherapy, On Time Guardrails, Clarence Head Caravan Park, Iluka Motel, Iluka Rideshare, Chez Basho Boatshed Café, Iluka Bait and Tackle, Anchorage Holiday Park, Iguana Beachwear.

Restoration of Bexhill Open Air Cathedral

by Assistant Governor Josephine Saunders

The Rotary Club of Summerland Sunrise, together with the Virtue family, along with the Lismore Regional Uniting Church, has completed the restoration of the Bexhill Open Air Cathedral. It is located on a steep hill called Inspiration Point, outside the village of Bexhill, with beautiful views of the surrounding countryside. It was established by long term Bexhill identity, Grant Virtue, as a place for quiet contemplation, weddings and Easter and Christmas Services. Grant passed away in September 2020, aged 93.



Our member Kris McAnelly asked the club for help to restore it to its former glory. Kris's husband Bob is Grant Virtue's nephew. We answered the call with part funding and with help from Barry Perry from the Lismore Regional Uniting Church, who have governance of the site, and with contributions from the Virtue family. The excess vegetation was removed by a contractor and the log pews and arch painted and the beautiful sandstone path cleaned by club members Kris McAnelly, Rhonda Mathers, Helen George, Jenny Moore, Chris Mortimer and Nerida Dufficy's husband John.

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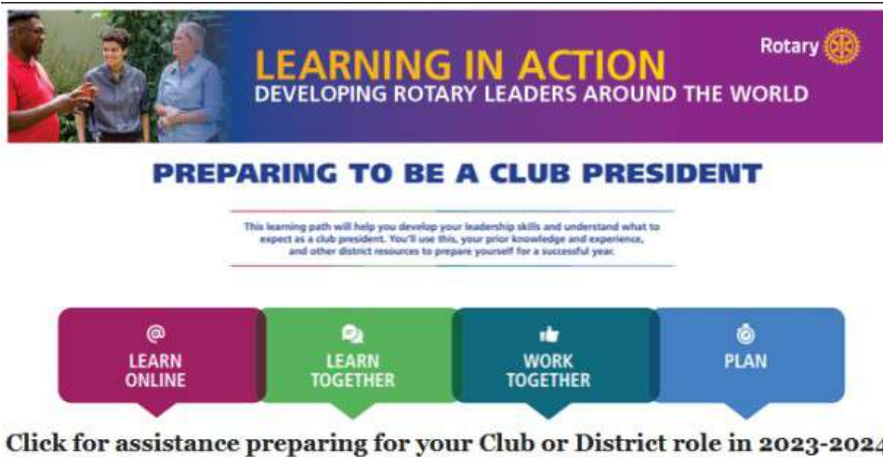
Did you offer or were you conscripted?

by District Webmaster Denis Hallworth

Either way, you need to know more about the role you are taking in your club in 2023-2024.

Even if you had held the office before, a refresher won't do any harm and there is a good chance that the rules may have changed.

Click on the link on the D9640 Website rotary9640.org or click on the image to go directly to the Rotary International Learning Centre.



LEARNING IN ACTION
DEVELOPING ROTARY LEADERS AROUND THE WORLD

PREPARING TO BE A CLUB PRESIDENT

This learning path will help you develop your leadership skills and understand what to expect as a club president. You'll use this, your prior knowledge and experience, and other district resources to prepare yourself for a successful year.

LEARN ONLINE **LEARN TOGETHER** **WORK TOGETHER** **PLAN**

Click for assistance preparing for your Club or District role in 2023-2024

A doctorate well deserved

by PDG Sandra Doumany and PDG Graham Jones

After 5 years of hard work with many hurdles to conquer, Dr Samra Naz, Rotary's second Human Brain PhD Scholar, graduated from the University of Queensland on Saturday 10th December. Her Rotary Family of PDG Graham and Marion Jones and PDG Sandra and Sam Doumany were very proud and delighted to be present to recognize her wonderful achievement

Graham has looked after her academic activities and the funding of the Rotary Global Grant that supported her important research program. The Host sponsor for this grant was District 9640 and the International sponsor was District 3450 (Hong Kong, Macau, & Mongolia). Sandra was Samra's counsellor backed up by Marion and Sam. When Samra arrived in Brisbane in 2017 and was met by her four new family members, she was single and fancy free on a new adventure. As time went by we had an engagement, wedding, pregnancy and a new baby. Most of this time she was on her own; hence the referral to the hurdles she conquered while maintaining her commitment to her research program on "predictive bio-markers for Parkinson's disease".

We have the utmost admiration for her tenacity to cope and succeed. Dr Naz has already secured a Postdoctoral appointment at the University of Adelaide: a special experience to broaden her research skills. We are sad that Samra, her husband Sarmad and daughter Momina will be moving to Adelaide, but we recognize that this new



(from left): Sam & Sandra Doumany, Dr Samra Naz, Marion & Graham Jones

position is a wonderful opportunity for her professional career and advancement and a chance for her to contribute to Australian medical research.



**IMAGINE
WHAT'S
NEXT**

REGISTER TODAY AT CONVENTION.ROTARY.ORG
MELBOURNE, AUSTRALIA | 27-31 MAY 2023

Rotary

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From Dreams to Reality (in the making): Rotary Club of Koala Lovers

A cause-based club's passion for animal conservation

(An article in the Rotary International Annual Report 2021-2022)

The Rotary Club of Koala Lovers, Queensland, Australia, has one goal: to protect koalas and their habitats. The Australian Koala Foundation estimates that no more than 58,000 koalas remain in the country. The club is dedicated to increasing that number.

Membership dues were earmarked for planting eucalyptus trees, koalas' only source of food. Koala deaths are largely due to habitat loss, disease, and being struck by automobiles, so the club works with the Currumbin Wildlife Sanctuary to



Themed Rotary is really taking off in Australia a great way to engage people with a focus on specific causes



Rotary Club of
"the theme that
inspires you!"

Do YOU know a group of people with a specific passion? Suggest a Rotary Club in the making! A GREAT example of creative thinking from Australia here! The Rotary Club of Koala LOVERS! Come up with an idea and District will help you make it happen!

Rotary  PEOPLE OF ACTION

raise funds for vaccines and is lobbying state and local governments to install signs that alert motorists to the animals' presence. It is also working with the Parliament of the state of Queensland to advocate for a wildlife crossing, or fauna bridge, to be built to make it safer for koalas and other animals to cross busy roads. The club's focus on protecting koalas has introduced Rotary to a new generation of people of action.

"We're dedicated to ensuring the next generation can live in a world where koalas call Australia home. It's serious, and we're willing to stake an entire club on it."

Zachary Revere,
Rotary Club of Koala Lovers

Publicity made it all over the world—here is an extract from the District 7980—Southern Connecticut Newsletter in February 2021

Rotary Business Networks

Is your business listed on the District's Business Directory?

It's free for registered Rotarians. Click here to access the registration form

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Farewell to my memorable Malaria journey!

After 6 years as Chair of the Malaria Vaccine Project (MVP), **PDG Graham Jones** retired from this gripping humanitarian challenge at the end of December.

During his time as Chair, MVP has raised more than \$2.4 million to support the development of Professor Michael Good's promising malaria vaccine PlasProtect®. This funding will enable the field-deployable form of PlasProtect® to complete all of its preliminary studies by the end of 2023 and in 2024 it will be on the verge of challenge trials in an endemic country; trials that will save lives. Marion and I appreciated the warm farewells we received at the Institute for Glycomics function and the dinner with the committee members. There were so many gracious remarks and I will always remember the special letter of thanks from Sir Peter Cosgrove and the plaque that was unveiled in the Malaria Laboratory at the Institute. This plaque acknowledged my leadership, passion and vision as Chair of MVP. My thanks to PDG Sandra Doumany for making the letter from Sir Peter possible and to Professor Good and Dr Stanisic for honouring me with the plaque.

It has been my privilege to be involved in this exciting project and I thank the members of the Committee, all of the Rotarians, private donors, foundations, Griffith University and Government departments who have supported our endeavors. I am delighted that MVP will continue this great work through our District and I wish PDG Sandra Doumany and her team every success in the future.

PDG Sandra Doumany OAM will lead the Malaria Vaccine Project into its next exciting phase. She has been a member of MVP since its inception in 2016, playing a vital role as Newsletter Chair and has been a key figure in organizing fundraisers like black-tie dinners and golf days.

As Sandra takes over the leadership of MVP, Professor Good, Dr Danielle Stanisic and their team are about to complete the preliminary studies on the field-deployable form of PlasProtect®. The research team will then move towards efficacy trials, possibly in an endemic country.



PDG Sandra Doumany presents letter from Sir Peter Cosgrove to PDG Graham Jones

The MVP Committee will have the major task of finding corporate groups and global philanthropists to support the vaccine development. Utilizing the great resources and networks of Rotary and Rotarians will be paramount in these ventures.

Sandra will be assisted in this role by Neil Jones and Bruce Howlett. Neil will be the Treasurer and Project Manager of this Rotary Australia Overseas Aid Fund project (part of RAWCS) and Bruce will be Assistant Chair, spearheading the Ambassador program including presentations on MVP nationally and internationally. Fortunately, all other members of the MVP Committee, except Mervyn Powell, will continue to serve. Mervyn retires after serving for six years, initially as Treasurer and then in various fundraising roles.

We wish Sandra, the committee and scientists, and Ms Anna Bligh AC (National Ambassador) all the very best as they seek to save the lives of the 627,000 people who die annually from malaria every year.

PDG Graham Jones

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 website... ☺

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The program for the District Conference



CONFERENCE PROGRAM 10th – 12th March, 2023, YAMBA, NSW.

PLEASE NOTE

- PROGRAM MAY BE SUBJECT TO CHANGE AND FINAL TIMES WILL BE PUBLISHED AT THE END OF FEBRUARY.
- ACTIVITIES ARE HELD IN YAMBA, VICARAGES RD, YAMBA.
- EVEN IF YOU ARE ONLY WISHING TO ATTEND NO COST SESSIONS/ACTIVITIES, PLEASE INDICATE YOUR CONFERENCE ATTENDANCE BY BOOKING [HERE](#) AND REGISTERING FOR COMPLEMENTARY MORNING TEA (NO CHARGE MADE).

FRIDAY 10th MARCH -VARIOUS LOCATIONS

TIME	ACTIVITY	TOPIC/ NOTES
11.30am for 12pm	College of Governors lunch	Aracosta Resort , by invitation.
From 12.00pm	Golf Afternoon hosted by Rotary Club of Yamba	Please book. Cost \$50. Yamba Golf Club. All welcome. Great prizes. Fun, fun, fun!
From 1pm	Registration Desk opens	Yamba Bowling Club
6.30pm for 7pm	Welcome Dinner	Please book. Cost \$55. Yamba Golf Club. 2 course dinner and entertainment.

SATURDAY 11th MARCH- YAMBA BOWLING CLUB

TIME	ACTIVITY	TOPIC/ NOTES
8.00am	Registration Desk opens	Yamba Bowling Club
8.45am	Conference Welcome Ceremonies.	Opening Ceremony. Welcome to Country and Yamba Cultural Presentation.
Session 1	Mark Spencer	Ocean of Soul
Morning Tea	Complimentary for all registered attendees. Please book planning .	(no cost will be charged for catering)
Session 2	Dr Henry Alder	Down Complete Health & Wellbeing, Pacific Island Health and Type 2 Diabetes

The final program has now been set—**click on the image on the left** to download it, or hop onto our District website www.rotary9640.org and the link will be right on the home page.

NOTE: Registration is free and includes morning tea. (In all fairness though, a reasonable fee is charged for meals and the dinner dance on Saturday night). [Please register online](#) to facilitate planning.

See you in Yamba!

If you have ever organised something as mundane as a chook raffle, you know that there is a fair bit of work involved... To organise a District Conference is of gargantuan proportions.

One of the hardest jobs is to get the keynote speakers organised and confirmed. Inevitably, a speaker will cancel at the last moment, or cannot make it at the originally appointed time.

The final program has now



Ballina's Cherry Street Club says NO to Domestic Violence

by PP Col Lee

The Rotary Club of Ballina-on-Richmond Corporate Member, Cherry Street Sports Club, has shown the initiative to lead the town promoting Ballina-on-Richmond's Domestic Violence awareness campaign having staff and executives wearing "Ballina Says No to Domestic Violence" Tee shirts during the busy Christmas and New Year period supporting the Rotary Clubs DV campaign led by DGE Dave Harmon, his wife Robyn and marketing specialist Jodie Shelley.

After another successful DV awareness walk through the main street of Ballina on November 25th, organised by the Rotary Club, Cherry Street Sports Club General Manager, Tere Sheehan, in consultation with his board and executive staff arranged for their staff to wear the Rotary Club's DV tee shirts promoting the RC of Ballina-on-Richmond's campaign. Tere spoke to his staff about the club's high profile in the region and how he encouraged staff members to promote this new initiative regarding respectful relationships in the home which would also filter through the club by its patrons.

This initiative was enthusiastically received by staff who have been proudly wearing the tee shirts demonstrating their commitment in the community towards Domestic Violence Awareness at the same time promoting the RC of Ballina-on-Richmond.

Patrons have been very complimentary about this initiative which has been a very favourable topic in the club bringing a whole new focus to Cherry Street Sports Club and their awareness in community matters, to what matters most.

So well received throughout Ballina, Cherry Street Sports Club have now decided to sponsor Tee Shirts to shops in Ballina for their staff to wear on Fridays extending this initiative all year. Fridays in Ballina will now be known and recognised as "Purple Friday". Within only few hours of the word getting out in the media 15 x high profile businesses have accepted the offer for their staff to wear the Ballina-on-Richmond DV awareness shirts. The profile and momentum of this Rotary Club project will see Ballina lead the way in the fight against Domestic Violence in the town sending a strong message in a practical way to encourage respectful relationships in the home, in the



From left: Justine Bonato, General Manager
Tere Sheehan, Michael Ciccio

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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, **\$12,131.00** have been raised so far. Please make all payments to

Rotary International District 9640 Ltd,

BSB: 084462, Account No: 79 639 5692, Reference Angelf

Angel
Flight™



Australian Red Cross
Lifeblood®

Home Call 13 13 30 FAQs Contact Us Donate

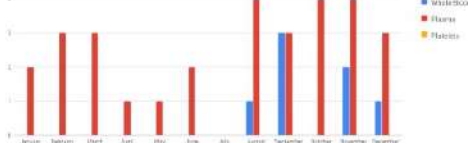
Lifeblood team results

Enter Team Name

(Library, Australia District 9640 (Aust, NZ, QLD and NSW))

State	WYNDHAM	FLINDERS	STANLEY	LINKS-SQUAD
NSW	24	1	0	15
QLD	3	20	0	27
VIC	40	1	0	8
National Total	67	22	0	50

Donations



Lifeblood - Lismore Donation Centre re-opened

Great news: Scott Morrison from Red Cross Blood notes that the Lismore donation centre has reopened this week, great news for those that were finding it difficult to drive to Ballina. **1/26 Bounty Street, Lismore**

We are still way below the target of 500 donations for the year: Total registrations are... just 30. Now, there is little doubt that Rotarians are donating blood in greater numbers than that, they probably just don't advise they are part of Rotary District 9640 when they donate.

Do they...? When you donate blood, please do.

February edition Call-Out: Send us your stories

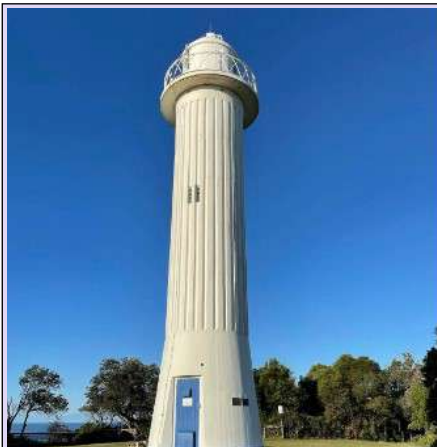
Do you know what the greatest challenge is for the editor of a newsletter which goes out to close to 1,400 members, and is read online by who knows how many more, is?

*That **Rotarians in District 9640 are quite certain that I am capable of Extra Sensory Perception.** Well, I'm not! So, can you please send me your story (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!*



You make me feel like dancing when I get an article from you! _



Click on image for welcome video

IMAGINE IRRESISTIBLE YAMBA

District Conference 2023 - Yamba
Friday 10th - Sunday 12th March 2023

[Click here for full details](#)

It is only **6 weeks away**, and the upcoming festive season brings lots of other distractions.

You MUST register to get your seat (and we need to get numbers for our budget and to organise caterers)

[Click here for speakers now listed](#)

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What's happening where in the District?

Just some of the upcoming events that were reported. Is your club staging an event? Please drop me a line with the details, and ideally, a link. D9640newsletter@gmail.com

Date	Club	Event
26/01/2023	Burleigh Heads	Australia Day Family Fun Day
27/01/2023	RYLA Organising Committee	RYLA Rotary Dinner
??/??/????	Your club	Your club's event
10/03/2023	District 9640	District 9640 Conference
18/03/2023	Tenterfield	Bavarian Cultural Music Exchange and Beerfest
April 2023	Coomera Valley	Rotary Book Fair
23/09/2023	Iluka	Iluka Mermaid Festival

These are DG Karen's Goals for 2022-2023

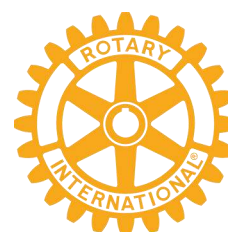
- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your 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?

February Edition

Promoting Peace (Peace and Conflict Prevention/Resolution Month)

March Edition

Our District Coming Together - It is Conference Month, plus showcase photos/projects from your clubs history records. ([please send to Editor](#))

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