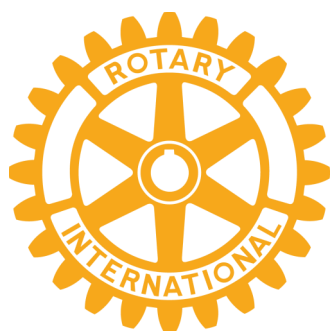




**IMAGINE
ROTARY**

Sept 2022



Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



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District Governor
Karen Thomas

Karen Connects: Women, Volunteering and Rotary

Hello to all,

It is both enlightening and somewhat concerning to read the history of women and our organisation. An article is enclosed below and is a fascinating read. Enlightening because we have come a long way with inclusion of women in our clubs, concerning because history highlights the lack of respect for the female gender for so many years, and it is natural to reflect on whether any of this inequality still exists and if so WHY? I would like to identify

some of the life changing and strengthening advantages of volunteering – these apply to all genders so why are our ratios remaining unequal? RI statistics show an increase from 16% of women in 2010 to 23% in 2020 and 25% in 2022. There is still a way to go to balance the scales.

Broadly, volunteering has been shown to increase the average lifespan through decreasing or improving stress management, alleviating loneliness, improving life satisfaction therefore

improving happiness levels, enhancing our social lives, increasing our self-esteem, increasing our activity levels, all these factors also decrease the risk of chronic disease so significantly affect our long term health, gaining knowledge, understanding other ways of life allowing appreciation, gaining a sense of purpose, increasing brain functioning – wow!!!

How wonderful if we can give these gifts to many more women in our society.

Are you thinking HOW? The RC of Iluka Woombah were telling me last week about the morning tea they are organising for women in their community with guest speakers centred around highlighting Women's Health Week. What a fantastic opportunity to also showcase the health and wellness benefits of volunteering.

September is the Rotary month of basic education and literacy. Did you know that in Australia there remains widespread financial illiteracy with women, on average, less financially literate than men (UWA Business School HILDA Data 2020). Research shows that financial literacy is an important determinant of a range of outcomes including

wealth accumulation, planning for retirement, superannuation savings, women's economic empowerment and domestic violence. Is there an avenue here for Rotarians to assist under the focus area of education and literacy?

Did you know that the Rotary Learning Centre (through My Rotary) has some professional development courses for non-members, once again a fabulous initiative and introduction to what Rotary can offer. Also, there is a Rotary Fellowship for Empowering ALL Women – referred to as ROSES. Their vision is to create a future where girls and women thrive and lead, their mission is to empower women to be able to take action in creating lasting change both within themselves and in communities – so much food for thought. I encourage you to peruse the next page, investigate further and reach out to women around you.

Leaving you with kind and compassionate thoughts, in a week that has been difficult for many.

Karen.

Women, Volunteering and Rotary

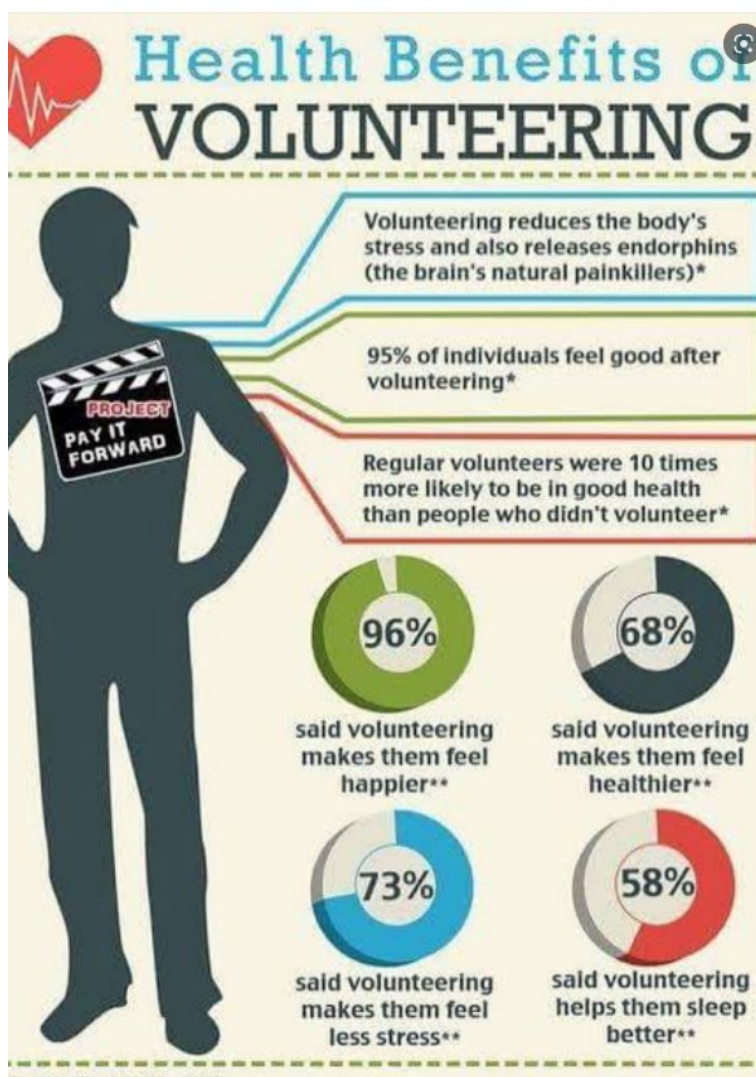
History of Women in Rotary

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only.

In 1978, the Rotary Club of Duarte, California, USA, invited three women to become members. The RI Board withdrew the charter of that club for violation of the RI constitution. The club brought suit against RI claiming a violation of a state civil rights law that prevents discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's charter merely for inducting women into the club. The United States Supreme Court upheld the California court indicating that Rotary clubs do have a "business purpose" and are in some ways public-type organizations.

This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes. In October of 1987, the Rotary Club of Angels-Murphys D5220 inducted three women and in spite of threats to quit Rotary by some of the older male members - none did. Two of these three women went on to lead the A-M Rotary Club as president and one of those has just completed over two years as charter president of the Angels Camp Centennial Rotary Club (a club which is very proud of its 50% female membership). That president has completed 19 years of perfect attendance.

The RI constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary. Since that time, women have become members and leaders of clubs and districts throughout the world.



The Rotary Fellowship for Empowering Women

The Rotary Fellowship for Empowering Women was borne out of a program for Rotary District 9211 commonly referred to as ROSES whose objective was to grow and groom female membership leaders in Rotary in addition to highlighting the role of women in community service.

We are like-minded people with a passion of empowering girls and women to take action to lead and thrive in their professions, businesses and personal lives while creating a lasting change in our communities. Our membership is open to both male and female and we are proudly known as ROSES because of our diversity in gender, age, professions, ethnicity, interests and skills. What

brings us together is our love for empowering women through our gender related service activities, sharing ideas and knowledge

Our vision: We envision Creating a future where girls and women thrive and leads.

Our mission: Empowering women to take action in creating lasting changes within themselves and in the communities..

<http://rotaryfellowshipforempoweringwomen.org/>

DG Karen's toast to Rotary at the Rotary Foundation Fundraiser for Ukraine

On the 24th August I represented our district and was honoured to give the Rotary International Toast at a Rotary Foundation fundraiser for Ukraine, hosted by PRI President Ian Risely and District 9620. \$16000 was raised.

"It was a very emotional evening", our District Governor said. "The Rotary Foundation response in humanitarian aid, both in and around Ukraine, has been phenomenal. So far, they have responded to at least 209 disaster response grants in 28 countries to support people affected by the war. This has resulted in contributions in excess of 6.6million dollars. These monies are providing shelter, food, water and medical equipment.

The United Nations has identified that more than 7 million people have been displaced within Ukraine itself while more than 5 million people have had to seek refuge in neighbouring countries and across Europe. The majority of these are women and children."

[Click here to read her full speech](#)



Broadwater-Southport will host a pituitary gland awareness function



Join the Rotary Club of Broadwater Southport at a pituitary awareness function at the **Rotary Chapel** in Broadwater Parklands on **Sunday 9th October from 10:00 am to 12:00.** This is the first such function organised by the Australian Pituitary Foundation (APF).

The pituitary gland is the "master gland" and produces hormones that control other glands and

many systems of the body. Hypopituitarism is suffered by Ruby, daughter of APF's GM. Ruby is now 3 and thriving, thanks to her Endocrine team and hormone medications that have to be taken multiple times a day for the rest of her life.

Rotarian Dennis O'Brien is involved with APF and has Cushing's Disease due to a non-cancerous tumour which causes over production of cortisol

(the "Stress Hormone").

A more well-known disease caused by a similar tumour is Acromeglia (Gigantism) in which excessive growth hormone is produced. APF provides support and advocacy for these patients.

As the conditions are all rare and difficult to diagnose, it is very difficult for patients to contact others with a similar disease and get a "grass roots" view of what is happening with their bodies.

Our target audience is:

- patients
- carers
- doctors and nurses (and trainees)

Rotarians are of course welcome. Attendance is free and bookings can be made via the link below.

<https://events.humanitix.com/pituitary-awareness-month-community-event>

Should a club like to have a presentation, this can be arranged. Please contact Dennis O'Brien djobrien4217@gmail.com

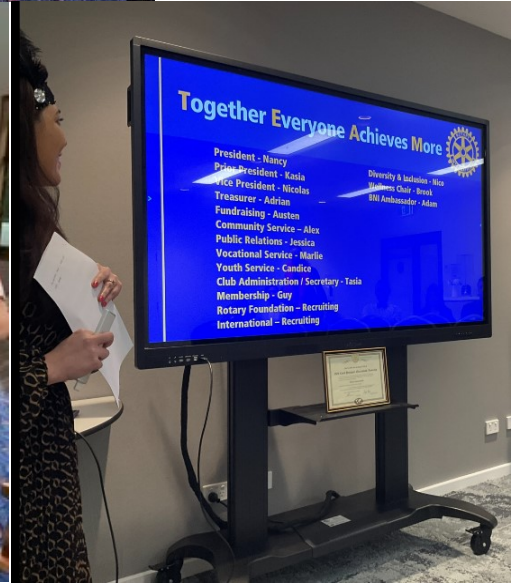
Karen's Diary #3:

I attended two very significant fundraisers on a district level during the past month - firstly the **Currumbin Wildlife Hospital Chlamydia Vaccine** fundraiser, proudly supported by the Rotary Club of Currumbin—Coolangatta—Tweed. As we know our beloved koalas are in danger of extinction.

In addition, our District was invited to participate with the adjoining D9620 and PRIP Ian Risely in raising awareness of both the peoples' challenges and the **Rotary Foundations work in Ukraine**, in addition to raising further funds. On behalf of our district, it was an honour to propose the toast to RI.

Club visits have been fruitful and extremely enjoyable, giving a wonderful snapshot of both the diversity and uniqueness of our district clubs and members – Ashmore, Broadwater Southport, Lismore, Yamba, GC Passport, Hope Island, Gold Coast, Evans Head, Iluka Woombah and Maclean.

Thankyou all.



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

Email: D9640newsletter@gmail.com

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Ballina on Richmond runs hugely successful Mental Health Symposium

By DGE David Harmon



Frances Pidcock, (Buttery), Katie Burgess, Simone Balzer (Headspace), Alex Farquhar (Baty), Prof Michael Sawyer, DGE David Harmon

As a response to the challenging past 3 years, the Rotary Club of Ballina on Richmond recently delivered a Mental Health Symposium. The night proved an overwhelming success. So much was achieved on the night. We helped break down the stigma of mental ill health and helped family, friends, colleagues to start the conversation about supporting each other & sharing our stories. Further, often our community finds it hard to navigate what support is available to support a person with mental ill health. Where do we go, who do we see? At this symposium we had 10 support agencies on display for our participants to liaise and seek advice from.

Our guest speakers were first class and provided an informed perspective of where we are in Australia with the rates of mental health and the support that is there to help and support. It is expected that rates of mental ill health on the Northern Rivers will increase in the next 2 to 3 years when support factors subside and the immediate community responses fade away. We want to keep our communities mental health front and centre as we all deal with the challenges that still face us.

[Click here](#) to read the full article in the local newspaper 'Echo'

On the outer Barcoo... Rotary e-Club of Next Gen makes a difference

*On the outer Barcoo where the churches are few,
And Ambulance Stations are scanty,
On a road never cross'd 'cept by Grey Nomads
lost,*

One Rotary e-Club did plenty...

[with apologies to Banjo Paterson... Ed.]

e-Club President **Fran Ward Emerson** sent a copy of an article printed in the '**Barcoo Independent**' which features her club's substantial involvement in a local project in the Blackall-Tambo region: an **Ambulance Transfer Station**.

"It was revealed Fran had brought her huskies out from the Gold Coast with her for a 'drive' which, for her ended in Tambo where she turned the first sod of the anticipated project.

The Rotary e-Club of NextGen is an exciting example of the evolution of Rotary into the current technologically-driven world. Everyone meets on line via Zoom. They also met in person in Blackall at the concert and there were members from as far south as Tasmania!" the article said. "Fran made her way back on stage to draw the raffle prizes and auction a guitar. Now his was not an auction like the west knows, but a Hip Hop Auction. Very entertaining and the guitar went for well over \$100." Well done, e-Club of Next Gen!



this was not an auction like the west knows, but a Hip Hop Auction. Very entertaining and the guitar went for well over \$100.

The band backed Alicia and Allen before taking to the stage in their own right with lead singer and guitarist, J.L. who came forward on the stage with his trusty Stratocaster and his deep, rich voice.

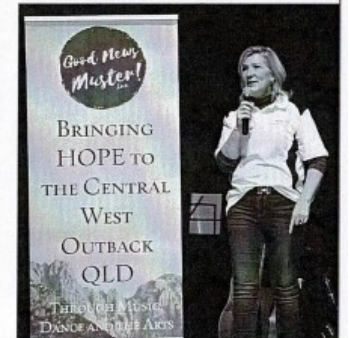
Prior to the start of the concert the hardworking members of New Beginnings Church had cooked a barbie, for those that wanted to have dinner there. They had drinks on sale as well.

They also had on offer an array of home baked goodies which were offered as refreshment towards the end of the night.

The evening was well attended and exuded a wonderful family atmosphere.

Members of The Rotary e-Club of NextGen at the concert on Friday night and below Fran talking about Rotary.

Kids were free to dance, sing along and participate - it had a festival feel about it.



From Dreams to Reality: Ashmore Mens Shed and Ashmore Rotary Community Centre

By Ian Wilson
Rotary Club of Ashmore

The Rotary Club of Ashmore has worked diligently over the past nine years towards the establishment of a Men's Shed and Community Centre for the betterment of the local Ashmore community.

The Ashmore Men's Shed was built with the support of the Rotary Club of Southport and many businesses from the Gold Coast Community and was opened in 2018. The Men's Shed currently has over 100 members and allows men the opportunity to continue to practice their valuable trade skills as well as allowing them to join with like minded men in a comfortable, relaxing environment. They continue to improve the facilities with the purchase of new equipment and, recently, the installation of a 15KW solar system.

The Men's Shed participants can help many community groups, schools and other individuals, using a lifetime of skills. Once it was completed, The Rotary Ashmore Community Centre was built which, as well as being the meeting room for our Rotary club, is also available for use by many local community groups.

Both are ongoing projects, with improvements made every year. They are valuable community assets, built by the community, for the community, with benefits to be enjoyed for many years to come.



Ken Cowan and Greg Clogan



**You need to associate with people that inspire you, people that challenge you to rise higher, people that make you better. Don't waste your valuable time with people that are not adding to your growth.
Your destiny is too important. Joel Osteen**



IMAGINE ROTARY

Connecting 'Imagine Rotary' with neuro science

a



By Dr Carlos A
Raimundo,
RC of Mt Warning AM

The word **Imagine** captured me in one of the first Rotary Magazines I received as a new member. My internal response was "Wow! Clever!" as it caught my attention, stimulating one of my hobbies, neuroscience. President Ms Jennifer Jones said: "Imagine a world that deserves our best, where we get up each day knowing that we can make a difference." Jennifer Jones' theme Imagine Rotary is a call for reflection and action. To embrace, build and breathe the vision worldwide.

Imagining enables us to transcend ourselves, moving towards the person we and society are meant to be, the best version of ourselves. Imagining involves not only action but being. A being that that needs constant imagining, transformation, as it can often be that slow and stagnant with the potential to jeopardise adaptation to social evolution.

I connected Imagine Rotary with neuroscience, through a group process at two Rotary Clubs using

tridimensional interactive tool I developed over thirty-five years ago called the Play of Life. The tool has also been used with other organisations for strategy and planning. The process is simple but profound. It provokes group dreaming, an "imagining" through play, to later 'discover,' by stimulating non rational brain areas, what they are doing "towards" that goal and what they are doing that is moving them "away" from that goal.

Rotary, as many other traditional organisations, is challenged to change, evolve and adapt to continue being relevant in a rapidly changing world. The world continues to struggle with all its aches and pains, including discrimination, poverty, inequality, war. Rotary may be needed more than ever, let's Imagine Rotary, together.

[Click here to read the full article](#)

Lifblood - D9640 Rotarians even donate in Victoria

State	Whole blood	Plasma	Platelets	Lives Saved
NSW	1	1	0	6
QLD	0	16	0	48
VIC	0	1	0	3
National Total	1	18	0	57

So you have been unable to donate blood because you were not at home? Wrong!

A recent update by the Group Account Manager for Lifblood, Scott Morrison, showed a statistic of a blood donor having been "tapped" in Victoria. Yes, **it doesn't matter where you donate:** Just mention that you'd like your donation to be counted against the Rotary District 9640 campaign.

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 last month's newsletter was an updated schedule of dates and locations where you can give blood, contact details and website details. If you have missed it, please send me an email and I'll forward you one. Or [click here](#) for the Lifblood website which has a search option.

Would you like an **informative speaker** to address your club on all things blood donation?

Please ring **Scott Morrison** from **Lifblood** on **0429 521 672**

Blooper - Mea culpa!

In last month's (August) report on the Kokoda Anniversary, **David Reynolds** was incorrectly assigned the title of President of Gold Coast Rotary Club. This should of course have been President of the **Rotary Club of Broadwater Southport**, the organisers of this event.

And in the July issue relating to the Hope Springs competition, I published the wrong picture for Don Brown. My apologies all round! Ed.





Michelle Caterson pedals for cancer

Rotarian Michelle Caterson, a member of the Rotary Club of Gold Coast, recently participated in the Cycle for Cancer event, to raise funds for the **Mater Foundation**.

OK, so I hear you say "Hum, sure, very worthwhile..." **But wait, there is more:** three years ago, Michelle was diagnosed with Tonsil Cancer, which led to (in her words) **"aggressive treatment, which both saved my life and nearly killed me"** she said.

Multiple other medical procedures followed, including the removal of a third of her right lung in November last year. *"Now I use fitness as my anchor for keeping my physical and mental health well"*

In simple terms: she is not your average cycling competitor! Even though the race has now been run, you can still donate to her fundraiser: [Click here.](#)

Rotary Stanthorpe delivers

Club members set off this morning to deliver toys to Casino for distribution to children affected by the floods in Lismore and surrounding areas. We were greeted by PDG Terry Brown, members of Casino and Lismore Rotary Clubs and members of Momentum Collective. Many thanks to the people of Stanthorpe who generously donated toys and books.

Well done, Stanthorpe!



Rotary Refresher: the new monthly themes:

Month	Old theme	New theme
July	Changeover Month	No special designation
August	Membership & Extension	Membership & New Club Development
September	New Generations	Basic Education & Literacy
October	Vocational Service	Community Economic Development
November	The Rotary Foundation	The Rotary Foundation
December	Family of Rotary	Disease Prevention & Treatment
January	Rotary Awareness	Vocational Service
February	World Understanding	Peacebuilding & Conflict Resolution
March	Literacy	Water, Sanitation & Hygiene
April	The Rotarian Magazine	Maternal & Child Health
May	Education	Youth Service
June	Rotary Fellowships	Rotary Fellowships

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Can you play chess? This is for you.

Here is a message from **Cheryl Dimmock** of the Rotary Club of **Iluka Woombah**: Their club is pairing with the **Rotary Club of Regency Estate, India** to host an **online Chess competition on 18th September at 9.30pm**. (Yes! This coming Sunday!)

"We only have a few chess players in Iluka and were hoping that you might be able to spread the word and encourage some of your members or non-members to participate" she wrote. Participants don't have to be Rotary members. If you have anyone interested please contact Anne Lockyer 0417 696 845 or Cheryl Dimmock 0498 219 846 and we can give further information and/or information about the process involved in the chess competition.

19th Charity Race Day RC of Surfers Paradise & Hope Island

1st October 2022 at Gold Coast Turf Club

One of the beneficiaries is DG Karen's personal project, **Angel Flight**. Hope Island will donate their share of proceeds to the **Malaria Vaccine Project**.

Lots of prizes to be won - Lucky Door, Best Dressed (male and female), Best Hat, plenty of Raffle Draws

[Click here to book](#)



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.

Currumbin-Coolangatta-Tweed Golf Day for Koalas

The Rotary Club of Currumbin Coolangatta Tweed is a proud supporter of the [Currumbin Wildlife Hospital](#) and this year their major fundraising event is the inaugural Rotary CCT Golf Day for Koalas.

Come down to support a fantastic cause with all proceeds from the day aiding the Currumbin Wildlife Hospital Koala Chlamydia Vaccine Project.

7th October 2022 at Coolangatta Tweed Heads Golf Club, 11:00am registration, shotgun start 12:30am (NSW time).

[Click here to book online.](#)



Get quacking! Kingscliff Duck Race 2022

On **Sunday, 9th October 2022**, the Rotary Club of Kingscliff will run its big annual event, the famous Duck Race, at **Rotary Park, Cudgen Creek, Kingscliff**.

Total of \$1000 in cash prizes, plus Corporate Duck Race, plus Best Dressed.

[Click here for more details](#) and to book your duck!

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Congratulations, PDG Darrell Brown: 50 years in Rotary



Photo: Darrell with Assistant Governor Sheila Ponting and fellow Architect, PP Simon Brook, whom he sponsored to join Surfers Sunrise in 2014.

This is somewhat equivalent to receiving a telegram from the Queen...

Last month, at a meeting of his club **Surfers Sunrise**, PDG Darrell Brown was presented with a framed letter from our current Rotary International President, Jennifer Jones, congratulating him on his 50th year of Service Above Self. Darrell joined Rotary on 20th August 1972 and joined Surfers Sunrise less than a year after its charter, on January 1988.

And well deserved too: Not only is this a rare occurrence, but in those years Darrell has held just almost every officer's job, including multiple runs as Club President, and numerous District Committee Chairmanships, culminating in his appointment to District Governor in 2017-18.

In the words of C.J. Dennis: 'I lift me lid'. Congratulations!

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

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, **\$4,750** have been raised so far, which **includes a cheque for \$1,000 from Murwillumbah Central, thank you!** (Regrettably we have no presentation photo, as Karen had to cancel her DG visit due to illness).

Please make all payments to

Rotary International District 9640 Ltd,

BSB: 084462, Account No: 79 639 5692,
Reference **AngelF**



Iluka-Woombah President Anne Lockyer (centre) and some fellow members present the Angel Flight cheque to District Governor Karen Thomas



WINE + CHEESE + YOU

ANGEL FLIGHT PICNIC

7th Nov 2022 | 5:30-7:30 PM

Len Wort Park, Currumbin

\$20PP

Tickets include wine, cheese, snacks,
and a donation to Angel Flight

BYO blanket or camp chair

Angel
Flight

Rotaract

Club of Burleigh Heads



Rotary Conference on the High Seas? And why not?

Here is a novel way of participating in a Rotary educational event: The **Global Nurses and Midwives Rotary Club** [no Henrietta, I didn't know either that didn't know either that such a club exists... ☺] is organising a Rotary Conference Cruise, starting **from Rome on 5th June 2023, for 10 days.**

You get to visit the Greek islands, Malta, Sicily as well as Naples. Sounds interesting? Optional Tours will be available at a number of ports where we will discover the sites but also join with fellow Rotarians from a local Club to gain an understanding of what they are doing and share our own experiences. Click on the picture for more details.

[Click here to download the brochure.](#)

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What's happening where in the District?

Just some of the upcoming events that were reported. 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
23/09/2022	Iluka Woombah	Iluka Mermaid Festival Launch
01/10/2022	Surfers Paradise	19th Charity Race Day
02/10/2022	Yamba	Eat Street Yamba
07/10/2022	Currumbin-Coolangatta-Tweed	Koala Vaccine Charity Golf Day
09/10/2022	Kingscliff	Duck Race 2022
10/10/2022	Broadwater-Southport	Pituitary Awareness Function
15/10/2022	Rotaract Club of Scenic Rim	Relay for Life
01/11/2022	Currumbin-Coolangatta-Tweed	Melbourne Cup Lunch
07/11/2022	Rotaract Club of Burleigh Heads	Angel Flight Picnic

These are DG Karen's Goals for 2022-2023

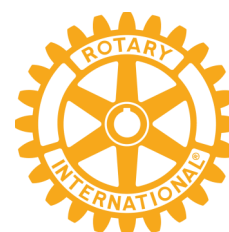
- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your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

October Edition	Our Youth Our Future, focus on mental health 10th October is Mental Health Day, 24th October is World Polio Day
November Edition	Celebrating Men in Rotary and Beyond - 11th November is Remembrance Day, 19th November is International Men's Day

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