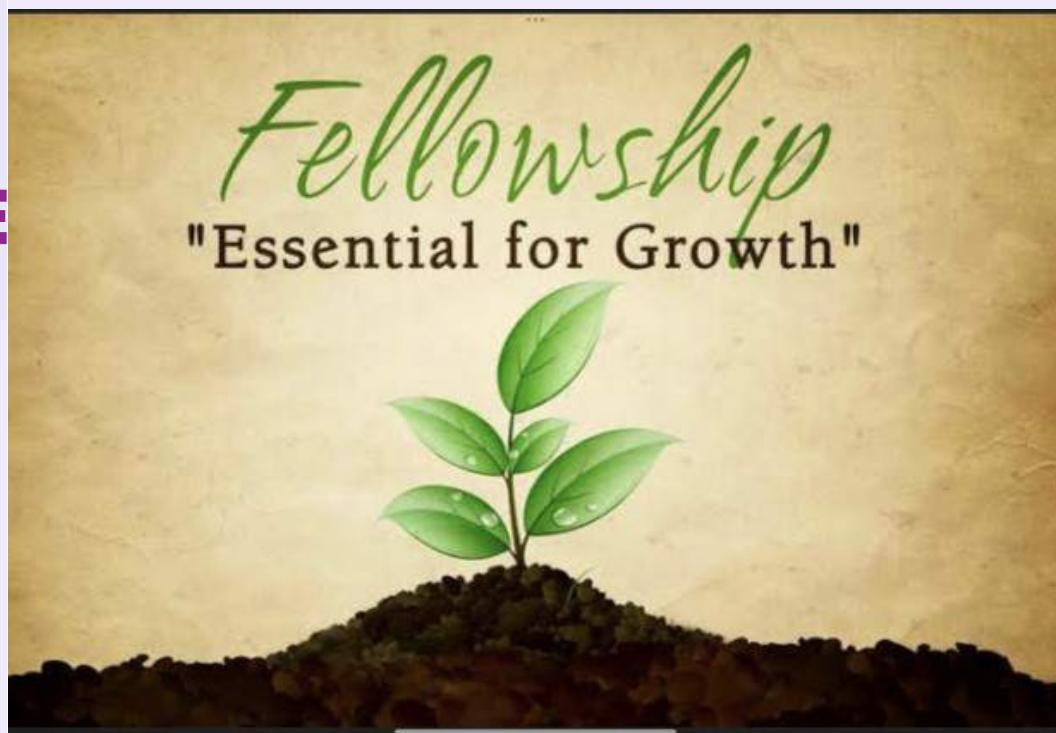


**IMAGINE  
ROTARY**

**March  
2023**

## Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



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District Governor  
Karen Thomas

### **Karen Connects: Coming together in Fellowship**

Hello to all,

March, being our District Conference month, is certainly a picture of Fellowship in Rotary. A definition of this word is "a friendly association, especially with people who share one's interests". What an apt description of attendees at our conference in Yamba, from the fun on the golf course to the dinners Friday and Saturday nights to the interaction during the days to the serenity and fun of the Sunday cruise. A conference "wrap up" is provided further on. Thank you all for your

support in this important event in our district calendar.

"Fellowship" is one of Rotary's five core values. Despite the changes over the years in our organisation's demographics, the acceleration of change and the new opportunities for connection and service as a result of technology – what hasn't changed is the need for the values that define Rotary and may I say the need for members to abide by these values. Commitment to our values is expressed by the acknowledgment and

adherence to Rotary's guiding principles which are The Four Way Test, The Object of Rotary and The Avenues of Service. Please have a look at "Rotary Refresher" in this edition for an expansion of our core values.

We identify that fellowship forms an important component of our once-a-year District Conference attendance, seeing old friends and casually chatting to others, forming new friendships. How many people extend their Rotary fellowship to outside of their club space on a regular basis? Perhaps a visit to another club meeting or two or three, perhaps booking in to attend another club's event, wandering along to one of their community project days, popping your professional experience on the

District 9640 Online Business Directory (via the webpage) thereby giving an automatic invite for others to reach out and ask for advice in your area of expertise. Meeting like minded others, increasing your confidence in networking and finding out all sorts of information and knowledge – can all only be a positive addition to your own life experience.

Already we are moving toward Easter, here in just a couple of weeks. Where has the year gone? I wish you all peace, happiness and some rest during this holiday period, in whatever form that takes for you.

Take care always!

Karen.

## District 9640 Yamba Conference Wrap-up

by DG Karen Thomas

Wow, what a wonderful three days of fun, fellowship, inspiration, information and caring.

In being asked to write a summary, I am going to start with our last speaker – one of our own, Broadwater-Southport Rotarian **Denis O'Brien**. When the conversation was first had re Denis speaking on behalf of the Pituitary Foundation about the largely unknown subject of Pituitary disease and his personal journey – Denis was walking around like most of yourselves, enjoying his passions including sport. Then, totally unexpectedly, a few short months ago, he found himself in hospital undergoing a below knee amputation. What a selfless and brave man he is to insist (despite being offered otherwise) on fulfilling the commitment he had made to deliver a message that is dear to his heart. Despite still going through his own personal battle of loss and the grieving and rehabilitation process, his Rotary and community spirit is strong.

This strength of spirit and commitment to others was clearly highlighted in the two main key note speakers – **Dr Denish Palipana** and **Curtis McGrath** – both living with significant physical disabilities, again following totally unexpected life events that happened in a matter of seconds and challenged their very existence and certainly every aspect of their lives. Both just want to give to others through inspiration and encouragement delivering the message that, no matter the challenge you are presented with, you can keep on going, find alternative pathways and still live your life to the fullest.

The other speakers, professionals in their own right, also exhibited their selflessness in their presentations, showcasing the volunteer work and contributions they partake of in both Australian areas of need and those in neighbouring underdeveloped countries such as Fiji, The Pacific Islands and Sierra Leone. All speakers were either Rotarians, had Rotary history or maintain Rotary connections and support. Many topics were covered including very prevalent issues in our own communities in the present climate such as psychological well being and life's transitions, respectful relationships in our youth, acknowledgement and prejudice associated with ageism, mental health recognition and suicide prevention. These topics are sensitive for most and touch a personal issue for some, - therefore the recognition, proactivity and respect of these topics is so important for all.

**The House of Friendship** showcased many partners of Rotary and areas in which Clubs may benefit and expand. It was toured and enjoyed by many. **Presentation of ROSE** (Recognition of Significant Effort) certificates to clubs were a new initiative this year under the guidance of **District Awards Chair Denis**. As always, one would ideally like to give one to every club for every contribution.

On the lighter side, great fun was had at the Annual Golf afternoon with **Nick Rushton** very proud of his achievement of a **hole in one**. Overall winner of the **"Governors Cup"** was graciously shared between the RC of Surfers Sunrise and the RC of Burleigh Heads. Friday night dinner highlight, in addition to delicious food and much chatting and laughter, was an entertaining and thought-provoking presentation by **PDG Jennifer Scott** on "Rats" – please ask an attendee to complete the picture. Saturday fellowship and such a yummy morning tea and lunch carried on into a wonderful Saturday night dinner, the amazing band Pistol Whip accomplished a full dance floor by the beginning of the second song. A historical video was presented by the **RC of Iluka Woombah** on a community project from the past that **raised over \$100,000** for their charities. Though not relevant in today's society, history in its place is something to be recognised. Over the two and a half days, music and singing was provided by the gorgeous and talented **Amy Ryan** – who is just 13years old. The conference was completed with a three hour very scenic and serene cruise up the mighty Clarence River.

The conference success is as a result of the magnificent and generous contribution of **all organisers and helpers** –

Conference Chair John, Conference Secretary Janette, venue and PR Jo, MC Ross, House of Friendship Lorraine and Louanne, Stage Manager Rick, The Rotary Clubs of Yamba, Iluka-Woombah and McClean, Photographer Pete, Assistant Governors and Rotaractors, our sponsors and everyone who contributed in any way. Words cannot adequately give thanks to you all.

When searching for a phrase that epitomises the attitudes and passion of each and every speaker and contributor I would like to choose

**"Carpe Diem – Be Your Best Self"**

Again to all – my heartfelt thanks. xx



## Karen's Diary #9:

A couple of catch-up DG official visits to the welcoming and impressive clubs of Mullumbimby and GC Rotaract have seen the completion of all 65 clubs receiving a District Governor personal visit since the 1st July 2022. This number includes our Satellite and Rotaract Clubs. Meeting and interacting with you all and familiarising with your clubs' projects and passions is a delightful highlight of the pathway of this position.

The past month has also consisted of many district duty visits, attendance at individual club functions such as Rotaract Club of Griffith Changeover, RC of Coomera Valley Community Awards, RC Goonellabah Winsome flood anniversary, RC of Tenterfield Bavarian Festival and of course our wonderful District 9640 Conference in Yamba.

**JENNIFER E. JONES**

2022 - 23 President  
Rotary International



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Rotary 

District 9640 Governor  
2022 - 2023

*Karen Thomas*



Clockwise from top left:

Rotaract Club of Griffith Gold Coast, Memorial Stone at Tenterfield, Beerfest in Tenterfield, presenting a 20,000 cheque for the Winsome Hotel restoration

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## District Conference Yamba, 10<sup>th</sup> - 12<sup>th</sup> March 2023



**Clockwise from top left:**  
A captive audience at the Yamba "Bowlo" Bowling Club, DG Karen with Amy Ryan (13 year old, multiple award winning country singer who entertained during the breaks), DG Karen with the winners of the Governor's (Golf) Cup: Tony Winwood, Mark Twyford and Charles Kilby, on the Sunday, Saturday night dinner, Afternoon Cruise, Morning Tea Timeat the "Bowlo"



More photos on the  
District Website  
[Click here](#)





## District Conference Yamba, 10<sup>th</sup> - 12<sup>th</sup> March 2023



Clockwise from top:

The Conference Organising Team,  
Conference Chair Jo Winwood and Karen on the Sunday  
Afternoon Cruise, Passengers on the cruise

**More photos on the  
District Website**  
[Click here](#)

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## ROSEs (Recognition Of Significant Effort) Awards

Denis Hallworth, District Awards Chair

At this year's District Conference in Yamba, DG Karen Thomas presented a new format of District Awards: ROSEs.

The presentations are to recognise significant effort shown by clubs in important areas which help to improve the perception of Rotary, to both Rotarians and the public.

The criteria outlined for these presentations are District Governor Karen Thomas's Goals for 2022/2023 and focus areas highlighted by Rotary International President Jennifer Jones.



### Categories:

#### Clubs which have made a significant effort to address Gender Imbalance of the Club Membership

- \* Rotary Club of Coomera Valley – +3 females
- \* Rotary Club of Gold Coast Corporate – +2 females and 3 males
- \* Rotary Club of Gold Coast Passport – +8 females and 1 male
- \* Rotary Club of Mt Warning AM – +3 females and 2 males
- \* Rotary Club of Summerland Sunrise – +3 females and 1 male

#### Clubs which have made a significant effort to improve Public Image on Facebook and Websites

- \* Rotary Club of Ballina on Richmond
- \* Rotary Club of Coomera River
- \* Rotary Club of Gold Coast
- \* Rotary Club of Surfers Sunrise

#### Clubs which have made a significant effort in the area of Diversity, Equity and Inclusion

- \* Mt Warning AM – Interclub "BUDDIES – Taking Care of Each Other"
- \* Iluka Woombah – DEI Bulletin Awareness and Education Segments
- \* Gold Coast Passport Disabled Surfing partnering with the disabled surfers association "putting smiles on dials"
- \* Broadwater Southport – Caretakers cottage at Riding for the Disabled

#### Clubs which have made a significant effort by a Club Project related to Empowering Girls

- \* Iluka Woombah "Days For Girls – for Timor Leste and also promoted at local Iluka Market"
- \* Banora Tweed – facilitator of "Birthing Kits for Timor Leste – incorporate help from numerous clubs in district".
- \* E Club Next Gen – Birthing Baby Bundles
- \* Iluka Woombah – Morning tea for Womens Health

#### Clubs which have made a significant effort by a Club Project in Health Awareness

- \* Goonellabah Mens Health Program Winsome Hotel
- \* Stanthorpe – Monthly Aging Well morning tea for seniors
- \* Stanthorpe Satellite Flexitime – "Waste Not Pantry Project"
- \* Iluka Woombah – "Heart Start – supply of 8 defibrillators in Iluka township"
- \* E Club Next Gen – Stoma Mates
- \* Alstonville – End Trachoma, toiletry bags to students in Tenant Creek, Northern Territory
- \* Mt Warning AM – Toiletry kits for people experiencing homelessness
- \* Grafton Midday and Grafton Mens Health Checks
- \* Burleigh Heads regular attendance RARE (DIK) provision and packing health equipment, school stationary/days for girls for Timor Leste, Fiji and PNG
- \* Iluka Woombah – WASH PROGAM over 3000 kits collected and shipped to Western Province PNG for water, sanitation and health.
- \* Broadwater Southport – Community awareness day for Pituitary Disease.
- \* Summerland Sunrise – "Sustainable Cambodia – covering rural family water reticulation, sanitation and student education".

#### A significant effort by a Rotaract Club to improve involvement in our community

- \* NGC Rotaract – "Leo's coffee shop initiative – serving, chatting to those in need of company, teaching future barista employment skills" money raised donated to the Emergency Relief Program to supply bill payments and food boxes for those struggling.

#### Clubs which have made a significant effort by clubs in an Assistant Governor's Area Working Together on a project

- \* Surfers Sunrise/Broadbeach/Gold Coast/NGC Rotaract/Burleigh Heads Rotaract – "Pentecost Island/Vanuatu medical

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## ROSEs (Recognition Of Significant Effort) Awards (continued)

- facility project/ supply of x ray and pathology building and equipment"
- \* Fassifern Vally/Boonah – Millbong Heritage Day
- \* Lismore/Lismore West/Summerland Sunrise – Replacing floor coverings at Winsome Soup Kitchen for those in need

### Clubs which have made a significant effort by Rotary and Rotaract Clubs Working Together in a combined effort.

- \* NGC Rotaract and Coomera Valley Rotary – Community Rotary Book Fair
- \* Rotaract Club of Scenic Rim and Jimboomba Rotary and Beaudesert Rotary and Jimboomba Sunrise Rotary – Logan and Scenic Rim Recreational Bike Ride

### Clubs which have made a significant effort in Expanding Our Reach through Community Focused Projects

- \* Coomera Valley – Community Service and Pride of Workmanship Awards
- \* Ballina On Richmond – Wardell Community Day Flood Acknowledgement "One Year On"
- \* Satellite Club Ballina Lifestyle – Community Recycling Program
- \* Warwick Sunrise – Annual Big Book sale plus regular pop up book sales and book donations to Shri Lanka

- \* Goondiwindi – Containers For Change Program
- \* Coomera Valley – Donation of a bus to Coomera State Special School
- \* Iluka Woombah monthly market
- \* Kyogle – Monthly bazaar
- \* Hope Island – Christmas Buggy Parade
- \* Beaudesert – Cars, Bikes n Coffee Monthly Community Event
- \* Evans Head – Free community barbecue Woodburn residents post floods
- \* Mullumbimby Cooking and serving meals at Neighbourhood centre monthly for those in need/ also supplying dignity bags and insect repellent candles
- \* Kingscliff – Community Duck Race and free event
- \* Gold Coast - Botanical Bazaar
- \* Ashmore - "Help us put a smile on a child's face at Christmas time" Delivery 500 Christmas gifts to Salvation Army, Friends with Dignity, Anglican Crisis Centre and GC Community free luncheon
- \* Currumbin-Coolangatta-Tweed Community Car Boot Sale Monthly event
- \* Parkwood – Active School Travel Program – supervising children being able to walk to school safely
- \* Yamba – Rotary Community Family Fun Day

... and whilst we are on awards:

## Rotary Club of Coomera Valley - Vocational Awards



In many clubs, Vocational Service is the "abandoned child".

In "the good ol' days", Vocational Service was one of the four major avenues of Service (\*) and was writ large. The presentation of Vocational Excellence Awards were par of the course.

So, big kudos to the **Rotary Club of Coomera Valley**, who recently hosted a major Vocational Excellence Award presentation. This picture depicts so well the joy and pleasure the recipients get: It is a recognition for demonstrating professionalism in their chosen vocation.

The recipients are all special, but if one person should be specially mentioned: **Dr Iona Abrahamson** (centre of picture, in blue slacks), has been involved with The Meeting Place (Oxenford and Coomera Youth Community Centre) in different capacities over many years and is now a volunteer on the Association's Management Committee.

The Anger Management and Conflict Resolution program helps people deal with difficult situations in their families and externally, whilst the Self-esteem and Assertiveness programs help build people up and gain confidence.

(\*) The three others were **Club Service**, **Community Service** and **International Service**. Ah, the days of simplicity... Ed.

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## Rotary Refresher: Rotary's Core Values

Rotary's core values represent the guiding principles of the organization's culture, including what guides members' priorities and actions within the organization. All these core values are reflected in the Object of Rotary and The Four-Way Test. They inspire us to foster and support the ideal of service for developing and maintaining high ethical standards in human relations.

### Service

We believe that our service activities and programs bring about greater world understanding and peace. Service is a major element of our mission. Through the plans and actions of individual clubs, we create a culture of service throughout our organization that provides unparalleled satisfaction for those who serve.

### Fellowship

We believe that individual efforts focus on individual needs, but combined efforts serve humanity. The power of combined efforts knows no limitation, multiplies resources, and broadens our lives and perspectives. Fellowship leads to tolerance and transcends racial, national, and other boundaries.

### Diversity

We believe Rotary unifies all people internationally behind the ideal of service. We encourage diversity of vocations within our membership and in our activities and service work. A club that reflects its business and professional community is a club with a key to its future.

### Integrity

We are committed to and expect accountability from our leaders and fellow members, both in the results of our efforts and in the processes we use to accomplish our goals. We adhere to high ethical and professional standards in our work and personal relationships. We are fair and respectful in our interactions, and we conscientiously steward the resources entrusted to us.

### Leadership

We are a global fellowship of individuals who are leaders in their fields of endeavour. We believe in the importance of leadership development and in leadership as a quality of our members. As Rotarians, we are leaders in implementing our core values.

## Towards Respectful Relationships

by Ginny Giorgio

At the recent District Conference, one of the most impressive speakers was Ginny Giorgio of the Rotary Club of Kingscliff, **'One less victim one less perpetrator'**. Here is her report:

A group of 15 Kingscliff High School students took part in an 8 week film project challenge on the topic of domestic violence.

Students were guided by film maker Benjamin Gilmour, director of Australia's Oscar entry film **"Jirga"**. Rotarians from Kingscliff and Mullumbimby supported the students as they learned film making and researched and developed their ideas.

The 3 to 5 minute films are targeted to an audience of young people; the filmmaker's peers. The film project was entitled "Towards respectful relationships" with the aim of there being one less victim and one less perpetrator of domestic violence.

The project resulted in 4 short films. The films were eligible for 2 prizes of \$500 donated by Kingscliff Rotary Club.

The Rotary Prize was awarded to the film that best met the challenge of 'one less victim, one less perpetrator'. The winning film was "Falling Out". This prize was judged by Kingscliff Rotarians, visiting Rotarians and our AG, Bruce Kuhn and

district Inspector Tweed area command.

The peoples' choice award was won by the film 'Impact'. This was judged by the year 9 cohort of Kingscliff High School.

The films have been shown to Police Sergeant training at Tweed Area Command. The students attended and spoke about their films and answered questions. They were very well received.

The Kingscliff Rotary Club is entering an agreement with **NAPCAN** for the films to be used as part of 'Love Bites', their Relationship Facilitator Training program.

**The films are not available on any website.**

Since the film makers and actors are students, I needed to be circumspect in the release of the films. If anyone is interested in learning more about the project or seeing the films, [please contact me](#). **I'm happy to visit your club** - up to 100 Km distance from Cabarita Beach.



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In 2021, the President of the Rotary Club of Coomera River, **Pat Reynolds**, saw a notice on a local Community Notice Board, announcing plans for a new State Special School. Planned to open in January 2022, it was to cater for students with various intellectual and/or physical disabilities. With a personal family connection to students with special needs, Pat was inspired to reach out the foundation principal of the school, **Kate Hucker** to understand what they needed from the community.

From the first conversation they had over coffee, it became clear that a key need was access to specialist, disability accessible transport, to allow students to access a variety of programs and experiences outside the school environment. Without this, this would be left up to family, friends and carers.

The community-based instruction the bus enables, provides direct benefits to students through access to programs such as swimming and hydrotherapy, work experience, post-school transition programs, sport, camps and excursions ensuring they are able to experience the same opportunities as their peers in 'traditional' schooling. It also allows them to translate the theoretical skills taught at school into functional, real-life situations which supports the transition to post-school life, allowing them to become active participants in their community.

After this need had been identified, Pat approached the other club members with a big bold dream – acquire two, specially fitted, 12 seater commuter buses for use by the school. The club quickly agreed and the Coomera Champions Bus Project was born!

Through a combination of BBQ fundraisers, personal and corporate donations and government grants, we were able to launch the first of these buses on 10 February 2023. The bus now provides real opportunities for students and proudly displays our club's Rotary branding, highlighting our partnership with the school.

The launch day was a colourful affair. The excitement and smiles on the faces of the students was amazing to see and will be remembered for a long time by our club members who attended the function. The launch was covered on the local Channel Nine News Bulletin, with a fabulous video also produced by the school to celebrate the occasion. You can see both the news coverage and launch videos on [our club's website](#).

Through this project, we have formed a solid connection with the school. Many of the staff help out at the fundraising BBQs and the school's Business Manager is now a proud and active member of our club.



### Are you an incoming Club Officer in 2023/24?

This is for you:

#### District Leadership Training.

[23. April 2023 - Mermaid Waters Hotel,  
Markeri Street, Mermaid Waters QLD 4218](#)

or

[07 May 2023 - Casino RSM Club,  
162 Canterbury St, Casino NSW 2470](#)

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## Caravanning is so much better in the company of friends

by PDG Dugald Graydon



Rotary Fellowships are international, independently organized groups of Rotarians, Rotarian spouses and Rotaractors who share a common vocation or recreational interest. Rotary Fellowships give their members the opportunity to have fun, make new friends around the world, and enhance their experience in Rotary.

There are numerous Fellowships and one that is very active in our District is the **Recreational Vehicles Fellowship of Rotarians (RVFR)**.

We have a common bond: a love of the outdoors, travelling, caravanning or camping

Any Rotarian who would enjoy the company of like-minded Rotarians and has a Caravan, a Motor-home, 5th Wheeler, a Camper Trailer, a Tent, or prefers to stay in cabins can join the RVFR.

RVFR Members participate in 'musters' in the great outdoors, visit interesting places, enjoy fellowship with friends, participate in pleasant activities, partake in happy hours and above all - have fun!



Gathering around the camp fire at the end of the day

The cost of belonging to RVFR is minimal: joining Fee is just \$20.00; 3 year subscription \$50.00 (Rotarian + partner or single membership).

Further information is available from our RVFR website - RVFR Aus. Inc. or by contacting Northern Zone Secretary, P.P. Bill Vanderstaay, Rotary Club of Mermaid Beach on 0418 888 949 or email

[billvanderstaay2@gmail.com](mailto:billvanderstaay2@gmail.com)

## RC of Hope Island: The Queen Elizabeth II Memorial Garden

by PDG Sandra Doumany

The Rotary Club of Hope Island is pleased to announce the construction of The Queen Elizabeth II Memorial Garden.

The garden also incorporates three panels, scenes from the great war WW1 portraying a vision of hope for all humanity as we celebrate Armistice signed on 11th November 1918.

The first depicts the soldiers boarding a ship taking them to faraway places to join the Commonwealth forces.

The centre panel is Simpson and his Donkey, one of the great humanitarian stories of the battle at ANZAC Cove.

The third shows the joy with the soldiers returning to their loved ones, may we always remember those that did not return.

Our thanks to all those involved: Sanctuary Cove Body Corporate, Smart Stone Group, The Queensland State Government via the Gambling Community Benefit Fund, Ian Hagerty (Art on the Fringe), Master Cut and the members of Rotary.



When did you last time visit our District 9640 Website?  
There is a lot of really good stuff there! It's kept current at all times.  
<https://rotary9640.org/>

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## The Winsome Hotel Flood Recovery Project

by Warwick Herbert, RC Goonellabah



The Winsome Flood Recovery Project is a project initiated by the [Winsome Soup Kitchen](#) following the devastating floods of 2022.

The Winsome Soup Kitchen is a major supporter of the disadvantaged and homeless of the Lismore area, operating out of the old Winsome Hotel, just across the bridge from the Lismore CBD.

The Winsome itself was badly flooded, the floodwaters reaching the ceiling of the ground floor, destroying the kitchen and dining area as well as the cellar. It was imperative to get the site up and running as soon as possible, so that was a priority for the Winsome team.

Once that was completed, there was very little progress in the worst affected areas of north and south Lismore, so the Flood Recovery project was born. An appeal was put out for expressions of interest and there were approximately 600 submissions from flood impacted residents.

The scale of the problem became apparent, remembering that there was minimal specific Government assistance at this stage, so a decision was made to renovate 2 rooms in each dwelling so they could cover as many as possible.

The Winsome Soup Kitchen has been a major beneficiary of the Goonellabah Rotary Club for many years and we have close ties with the management team. So it was natural that we should support their project. We gave a substantial donation at its inception, and through the generosity of our members and District 9640 we have been able to continue our support and will continue to do so for many years. Because that is how long it will take.

Any assistance from Rotary Clubs of District 9640 and beyond would be greatly appreciated. Please contact President Warwick on 0417 079008 for further information.



DG Karen Thomas presents the cheque to the manager of Winsome Hotel, Paul Murphy:

## 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](#)

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## Trail blazing by RC of Murwillumbah on Teen Mental Health

By Douglas Jardine

Here is a clear message: **there is an on-going role for Rotarians**, who know their community and can identify community needs as they develop. One of these is Teen Mental Health.

For some years, the focus of **Murwillumbah Rotary Club** has been on youth. Wherever possible the club has structured its projects

- In general, to address **youth issues**;
- in particular, to bring out the **potential** of young people, and
- on the way, to **upskill** club members' knowledge and involve them with young people.

Right from the outset we acknowledged that members do not have the necessary expertise. Consequently, in 2019 we invited Rotarian **Mark Smith** from the [Safer Communities](#) organisation to tell us about his mental health work with schools.

A decision was made that evening to adopt his strategy. We decided first to test the waters with one school and approached **Murwillumbah High School** to run a **Teen Mental Health First Aid Course** for all Year 10 students in 2020, fully funded by our club.

The course was such a success that the club continued supporting it in subsequent years. To further establish the project, we successfully applied for a grant from [Northern Rivers](#)

[Community Foundation](#) to fund it annually, with **Leigh Houghton** (picture right), the club's Community Service Director, playing a major role

The positive outcomes are a better understanding of mental health issues, in both the school and the general community. There is greater awareness and recognition of when problems are arising, and where to seek assistance.

It helps to reduce the stigma associated with seeking help for mental health problems.

Meanwhile, youth mental health has gained greater traction in the wider community: the effectiveness and usefulness of courses such as Teen Mental Health First Aid are recognised by the NSW Education Department. Courses will now be run annually by trained Student Support Officers in all High Schools across New South Wales starting in the 2023 school year.

"Running these courses three years before being adopted state-wide, shows Rotary is still leading the way in assisting youth and the community in such an important and increasingly prevalent community problem," said Mark Bouchier, our club's President.



Bookings for this year's **Rotary Youth Program for Enrichment (RYPEN) Camp** are now open. [Click on this link](#) 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.

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## Finish the Fight Against Malaria Global Congress 25-26 May 2023

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 [REGISTERING 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](#).



## GC Passport / Coomera Valley Pajama Party

**In support of Mamas helping Mamas**  
**Click on image for details**

### *Impact*

You never really know the true impact you have on those around you.  
You never know how much someone needed that smile you gave them.

You never know how much kindness turned someone's entire life around.  
You never know how much someone needed that long hug or deep talk.

So don't wait to be kind. Don't wait for someone else to be kind first.  
Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

Nikki Banas.

## ROTARY CLUB OF WARWICK 90TH ANNIVERSARY CELEBRATION

ON SATURDAY 29TH APRIL 2023  
AT WARWICK TURF CLUB

11.30AM FOR 12 MIDDAY START

\$50 PER PERSON

RSVP: FRIDAY 21ST APRIL

[neil.maxwell@bigpond.com](mailto:neil.maxwell@bigpond.com)

Payment via trybooking  
<https://www.trybooking.com/CGNAL>



Northern Gold Coast Rotary

## Book Fair

14 to 16 April 2023

Free Entry

9.00am to 4.00pm

Oxenford & Coomera Youth Centre  
Leo Graham Way, OXFENFORD

1000's of books to choose  
from in all genres  
and DVDs/CDs/vinyl records



Leo's Community Cafe  
will be open

Entry to the Book Fair is at your own risk.  
All children must be accompanied and supervised by an adult.





## 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. Please make all payments to

**Rotary International District 9640 Ltd,**

**BSB: 084462, Account No: 79 639 5692, Ref Angelf**



Top: Mullumbimbi President Rosetta Smiriglia, presents a cheque for Angel Flight

Left: At the District Conference, DG Karen Thomas presents a "downpayment" of \$14,000 to Angel Flight

## Be the Lifeblood

**REGULAR DONORS HAVE GONE AWAY  
FOR THE EASTER BREAK SO WE NEED  
MORE TO TAKE THEIR PLACE.**

**ARE YOU A GOOD EGG WHO GIVES BLOOD?**



## Clairvoyance - Just give me another few years!

*I can quite reliably predict the weather, but I haven't quite mastered the art of clairvoyance. Yet.*

*So, please don't assume I can sense your intention of sending me your article and thus will contact you. Send **it the old fashioned way**, by email. 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!  
[d9640newsletter@gmail.com](mailto:d9640newsletter@gmail.com)



**Be sure I get it: send it by email, not extrasensory perception!**



## What's happening where in the District?

Date	Club	Event
28 Mar 2023	GC Passport / Coomera Valley	<a href="#"><u>Mamas helping Mamas Pajama Party</u></a>
05 Apr 2023	Surfers Sunrise	<a href="#"><u>Major media event relating X-Ray Unit for Pentecost Island, Vanuatu</u></a>
14-16 Apr 23	Coomera Valley	<a href="#"><u>Rotary Coomera Valley Book Fair</u></a>
29 Apr 2023	Warwick	<a href="#"><u>Rotary Club of Warwick 90th Anniversary Celebration</u></a>
21 May 2023	Southport Broadwater	<a href="#"><u>Bare Your Soles for Kids</u></a>
05 - 07 May 2023	District 9640	<a href="#"><u>RYPEN Camp - is your candidate booked?</u></a>
27 - 31 May 2023	Rotary International Convention	<a href="#"><u>RI International Convention, Melbourne</u></a>

### These are DG Karen's Goals for 2022-2023

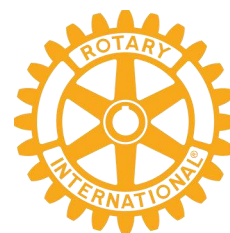
- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your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

**April Edition**

Networking and Togetherness

**May Edition**

Envisaging Environments

**Back to Top Page**