

Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter

IMAGINE
ROTARY

July 2022



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District Governor
Karen Thomas

Karen Connects: Respecting Diversity, Equity & Inclusion

Hello everyone,

A sincere welcome to the Rotary year 2022-2023. Congratulations to all Presidents and office bearers on your new or ongoing positions in the important area of your club's leadership.

We have such an exciting year ahead. I encourage you all to contribute to elevating the public image of our organisation, Rotary and your own club.

Please tell your stories, tell the connection between your project and its associated Rotary Area of Focus, let everyone know "WHAT IS ROTARY." Let

us inspire people in our communities to want to belong to a highly professional and reputable volunteer organisation like Rotary. Let us highlight the positive feelings and support we get from being a member of a caring team and let's light the spark of "giving back."

The ethos of Rotary is composed of four core values :

Service, Fellowship, Diversity and Integrity.

In this forever changing world, it is important to ensure that we continually open our minds and

hearts to ALL diversities. This includes age, gender, socioeconomic status, disabilities (both visible and invisible) and different thought processes. Practising diversity leads to inclusion and equity. This is so important if we want membership retention in our clubs. "Reputation is everything", so let us treat everyone as we would like to be treated. What better way is there to relay fellowship and highlight the integrity we value so much. Of course, retention of members is only one reason that diversity, equity and inclusion should be encompassed in all areas of Rotary. Embracing Rotary's code of conduct is embracing the true spirit of our organisation's motto of "Service Above Self". Imagine a world where all people unite and take action to create lasting change, both from a physical as well as an emotional perspective. Wow, just imagine...

You lead a busy life, looking after your significant others, working, being active and being involved in one or often more community organisations. So, please don't forget that one very important person: yourself. Burnout is a very real crisis, the combination of being busy and the seemingly

repetitive life stresses everyone experiences means that mental health challenges are very prevalent. There is a significant increase in the prevalence of all chronic diseases, over sixty percent of which are preventable. The pandemic, border lockdowns and reluctance to socialise are definite contributors.

Your club can contribute to health awareness, which results in disease prevention and management. Please forward your ideas and endeavours. In this bulletin, we feature the Rotary Club of Stanthorpe and their "Dementia Friendly Town" initiative, as well as the collaboration for 2022-2023 with Lifeblood – "Rotary United We Give."

Humans need breaks and you are worthy of taking them without explanation or apology. Be mindful and kind when club colleagues take a day or two to answer or can't attend everything, there is sure to be a reason. I invite you to join together and

"Be Your Best Self".

Yours in Rotary,
Karen
District Governor 2022-23

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:

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. 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
4. Avoid behaviour that reflects adversely on Rotary or other Rotarians.
5. 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

As relevant today as it was 117 years ago.

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DG Karen's Diary:

A busy, fruitful and enjoyable few weeks. I attended club changeovers at the Rotary Clubs of Beaudesert, Boonah, Jimboomba, Yamba, Murwillumbah, Burleigh Heads, The Granite Belt, Murwillumbah Central, Nerang and Goondiwindi, inducting new members, and also spending valuable time with Rotarians and seeing parts of their community. Very honoured to speak about our Rotary Organisation at a BNI/Rotary/COC event in Murwillumbah, expanding our reach. Have returned today from Lismore where, alongside AG John Oomen, we filmed a press release to highlight both Rotary's support and the ongoing challenges and needs of flood affected communities as they struggle to recover. Fodder, pet supplies and a free barbecue for farmers by local Rotary Clubs.



Rotarian in our District 9640 is awarded an OAM

On this year's Queens Birthday Honours List, released last month, you'll find **Brian Henry** of the **Rotary Club of Goonellabah**.

Brian has been instrumental in the success of the [Our House](#) project of the Northern Rivers Cancer Foundation as well as [Our Kids](#).

Thank you, Brian, for all the work you do for your community. Our hearty congratulations on this major award!



District Governor's Personal Project 2022-23

Angel Flight is an organisation that provides a massive free social service to the people of the bush. Yet – as far as I'm aware of – no modern Banjo Paterson has written a poem about this wonderful organisation. Dozens of pilots donate their time AND their planes to fly non-urgent medical missions from outback places to either a regional airport or – more often – directly to the location of the hospital. Most of the time, these flights are of several hours' duration, both ways. The flights do not carry medical staff, so they don't engage in medical emergencies as does the Flying Doctor Service.



Here are a couple of examples: A woman requiring regular dialysis. A child requiring regular chemotherapy, or follow-up treatment after a serious accident. By road and/or train, the trip could take 8 hours each way, and outback roads are not exactly as smooth as the M1!

Angel Flight often also takes carers with the patient on the same flight. This is, of course, of huge importance, particularly for children.

In the words of C J Dennis, the famous Australian Bush Poet: "**I dips me lid.**" There is lots more information on their website: <https://www.angelflight.org.au/>. Angel Flight is a registered charity and donations are tax-deductible.

Please make all payments to Rotary International District 9640 Ltd,
BSB: 084462, Account No: 79 639 5692, Reference Angelf

RI President Jennifer Jones' Presidential Initiatives for 2022-23

Rotary International's incoming President for 2022-23, Jennifer E Jones took office on the 1st July, making history as the **first female president** in Rotary history. She is a member of the Rotary Club of Windsor Roseland, Ontario, Canada, and founder and president of Media Street Productions, an award-winning media company in Windsor. Having previously served Rotary in a variety of roles including vice president, director, and Rotary Foundation trustee, her talents have strengthened Rotary's reach and impact. [Learn more about Jones](#) in a profile in the July issue of Rotary magazine. Watch the [presidential changeover ceremony](#) on Facebook.

During her year, she will focus on four presidential

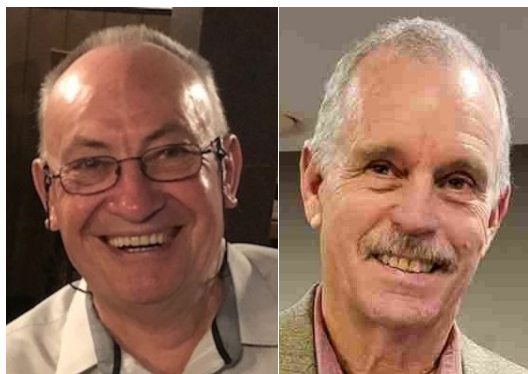
initiatives that Imagine Rotary:

- advancing our commitment to **Diversity, Equity, and Inclusion (DEI)**;
- creating a welcoming club experience;
- empowering girls; and
- expanding our reach.



[Read the entire story](#) of the Presidential Initiatives. The site is very comprehensive, including videos.

Hope Springs Rotary Charity Competition: Mt Warning AM highest fundraiser



At the District Changeover, the Rotary club of Mt Warning AM was declared as the highest fundraiser, with Hope Island a notable second. This means that through the generosity of **Rob Brown OAM** (picture left) and **Don Rabinowe** of the Rotary Club of Hope Island, Mt Warning AM's nominated charity of **Tweed Palliative Support** received a **total of \$34,750**, made up of their fundraising of \$ 17,375 from the Trivia Night, doubled up by Rob and Don's contribution.

Hope Island's charities of **The Rotary Foundation**, **Zephyr Education** and **Australian Rotary Health** received \$5,442 in addition to the \$5,442 raised at Hope Island's Boat Show.

Thank you Rob and Don for initiating the competition and for your support and thank you to all who entered the competition.

The single biggest problem with Communication is the illusion that it has taken place. George Bernard Shaw

[So, get your story into the next DG's newsletter! Click here](#)

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Did you know? Here's a ready made, customizable Club Brochure

[Just click on this link](#) to connect to Rotary's Brand Centre. (You'll need to have a login to Rotary International's website—if you don't have one yet, simply register first).

You'll find a veritable treasure trove of material there, ready to use. Edit the content, upload your own photos to make a distinctive pamphlet.

PDG Graham Jones: Malaria Vaccine Project tops \$1,500,000

Steered by its hard-working multi-club committee, MVP is registered with Rotary Australia Benevolent Society (RABS) and is sponsored by Rotary Against Malaria (RAM). It has now raised nearly \$1.5 million to bring PlasProtect® to the cusp of clinical trials in an endemic country. These funds have come from Rotary districts and clubs all over Australia and overseas, friends of Rotary, foundations, private donors and **Zarrafas Coffee**. The Rotary clubs of Hope Island (black-tie dinners and golf classics) and Surfers Paradise (race days) lead the way but Mermaid Beach Rotarian **Colin Welch** wins the most innovative prize for his epic kayak journey down the Murray River earlier this year. Our District has raised \$318,000 and was instrumental in MVP receiving a matching grant of \$500,000 from the Federal Government (Medical Research Future Fund) in 2019. THANK YOU to all the District

Governors and clubs for your incredible support.

At the 5th Anniversary, MVP launched **Challenge 22 to raise \$300,000 this year** to meet the shortfall in funding needed to complete the preliminary studies. So far we have raised \$150,000 and we are right on track to meet our target and to take PlasProtect® one-step closer to saving the precious lives of the more than 600,000 children and pregnant mothers who die from malaria every year.

[Click on this link](#) for more about this research project, conducted at our own Griffith University, Gold Coast Campus.



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



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

Every donation given by donors who identify themselves as District 9640 will count towards our group goal of 500 donations for 2022-2023, hopefully by December 31st 2022. There are now many donor centres and locations, please see the schedule below. As our drive commences, a link will be provided which will show how many donations Rotary District 9640 have given and how many lives you have saved.

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

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

- BALLINA - mobile clinic in June, watch this space for next one
- BOONAH - mobile clinic July 25th and 26th, October 24th and 25th
- JIMBOOMBA - mobile clinic July 27th and 29th, October 26th to 28th
- BEAUDESERT - mobile clinic October 4th and 5th
- GATTON - mobile clinic August 29th and 30th, November 30th and December 1st
- GATTON UNI - mobile clinic August 31st and September 1st
- (no mobiles clinics west of Gatton at this stage)
- There is also a TOOWOOMBA Donor Centre—Monday to Friday.

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

Please ring **Scott** from **Lifeblood** on **0429 521 672**

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[Link to Lifeblood calendar of locations and dates - July and August 2022](#)

Capacity crowd at the District Changeover Luncheon

OK, I haven't been to all that many District Changeovers, but of those I went to, this would have been the most pleasant and relaxed one I had the pleasure of attending in my 30-odd years in Rotary. Three major reasons for my assessment:

Firstly, the Master of Ceremonies, PDG Harry Bolton from Tenterfield, in his customarily humorous way, kept the procedures trim, light-hearted rather than evangelical, and on time.

Secondly and thirdly, (now Past) District Governor Jeff Egan and incoming District Governor Karen Thomas refreshingly refrained from bringing up old hoary chestnuts, reminiscing about distant times well over 100 years ago.

Both Jeff Egan's and Karen Thomas' full addresses can be downloaded from the District website, www.rotary9640.org – click on this link.

For those of you who are time-constrained: Jeff channelled Charles Dickens with the opening line of 'Tale of Two Cities': "It was the best of times, it was the worst of times." As to the latter, he of course referred to the horrendous floods that occurred, predominantly in the Lismore and Tweed regions. As to the former: in-person club visits. Of particular significance was the visit to Currumbin-Coolangatta-Tweed at the top of Bay Street, under a marquee straddling the NSW-QLD border. "That showed that we could be innovative and resilient" Jeff said.

The major items in-between main course and dessert were the presentation of the District Awards. 14 in all were presented – see separate section **on Page X** in this newsletter.

Then came the solemn moment of the change of the Governor's collar, followed by the address by our new District Governor Karen Thomas:

"Have you been asked the question "What is Rotary? THIS is Rotary." Karen eloquently outlined both her background as a health professional for 40 years, and declared that Rotary's area of Focus of Disease Prevention and Treatment will be her major



(Now Past) DG Jeff Egan, DG Karen Thomas, PDG Harry Bolton

focus. Foreshadowing her District Conference in March 2023, she emphasised that the endeavours of our clubs will be showcased there, in Yamba.

Just one example to show that it's not empty words: Karen has organised a collaboration with the Australian Red Cross for blood donations. The goal for 2022-23 is 500 donations, but the real aim is to achieve this by 30th December 2022.

One of Karen's major aims is to address the 70/30 Gender Imbalance. What an opportunity, having female heads of both Rotary International (Jennifer Jones) as well as of this District of the "fair" gender.

And the Governor's personal project Karen wants us to support: Angel Flight. This organisation flies non-emergency patients from remote regions to hospital and back again after treatment. The pilots are all commercially trained, flying their own planes free of charge. They just need to raise monies to pay for fuel. A truly wonderful charity.

[Also check out the Photo Album on the District Website: Click here.](#)

The Rotary Foundation bestows Distinguished Service Award to Neil Jones

The Rotary Foundation has bestowed on **Neil Jones** (RC of Broadbeach) its Distinguished Service Award in recognition of his wonderful service to the Foundation, particularly as District Foundation Chair from 1 July 2013 to 30 June 2017.

Neil has also fulfilled the roles of Paul Harris Society Coordinator for 3 years, District Permanent Fund Subcommittee Chair, District Fundraising Subcommittee Chair for 2 years, District Stewardship Subcommittee Chair for 4 years and District Annual Fund Subcommittee Chair. In 2022/2023 Neil will chair the District Grants Subcommittee. No more than 50 Distinguished Service Awards are allocated worldwide in any one year.

A well deserved honour for an exceptional Rotarian.

Congratulations, Ian!



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The District Award Winners for 2021-22

At the recent Changeover Luncheon, DG Jeff Egan presented the District Awards corresponding to 2021-22. Here are the winners. Congratulations to all the winning clubs!

Surprisingly, there were **no submissions for Significant Achievement**, the "big daddy" of all awards. Hey! Is anybody out there? Photo right shows **Jodie Shelley** (Ballina on Richmond) deservedly receiving the Best Club Communications Award. [Check out the photo gallery](#) on the District Website www.rotary9640.org - select Mags & Media, Photo Gallery.



Best Club Communication	Ballina on Richmond
International Service	Ballina on Richmond
Community and Vocational Services	Burleigh Heads
Service to Youth	Maclean
Rotary - Interact Involvement	Ballina on Richmond
Public Relations - Single Event	Grafton Midday
Public Relations - General	Mt Warning AM
Best New Project	e-Club Next Gen
Best Long Term Project	Surfers Sunrise
Best Multi Club Project	Goonellabah - Ballina on Richmond
Highest Conference Attendance	Parkwood - 68.75% overall, 50% of Members
Best Conference Display	Ballina on Richmond - Domestic Violence
Highest Membership Increase	Gold Coast Corporate 55.5% increase
Most Outstanding Rotaract Club	Northern Gold Coast Rotaract

Ian & Heather Yarker honoured with the Brian & Nancy Knowles Award

This perpetual trophy award, created in honour of former Rotary International Treasurer Brian Knowles and his wife Nancy, recognises **a couple** for outstanding services to Rotary and to the community. At the recent District Changeover, **Ian & Heather Yarker** were announced the winners for 2021-22, but were unable to be present on the day.

Ian (1994-1995) and Heather (2000-2001) are both Past District Governors of District 9640. Both are recipients of the **Order of Australia Medal**; their community service spanning over 50 years. They have been part of 12 volunteer teams working in countries such as Indonesia, the Solomon Islands, Fiji, Papua New Guinea, Cambodia, Samoa, Vanuatu and Thailand. They lead by example and epitomise Rotary's principal motto of Service above Self.

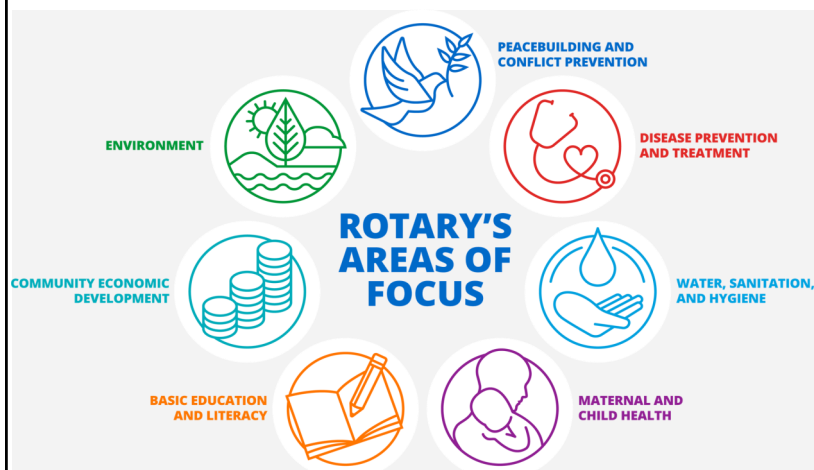
PDG Tony Heading caught up with them at a recent meeting of the e-Club of NextGen to present the trophy.



Congratulations Ian and Heather!

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Rotary Refresher: 7 Areas of Focus



Rotary develops character and brings out the best of the human spirit. It teaches people ethics, humanity, cultural awareness, people skills and the desire and ability to serve. Rotary always benefits more than one person.

Rotary clubs serve communities around the world, each with unique concerns and needs. Rotarians have continually adapted and improved the way they respond to those needs, taking on a range of service projects. The most successful and sustainable Rotary service tends to fall within one of the seven Areas of Focus or causes as they are sometimes referred to.

Turning Dreams into Reality: Dementia Friendly Stanthorpe



Jim Doyle (Men's Shed) Melissa Pascoe (Stanthorpe Rotary)

Dementia is the second leading cause of death of Australians (the leading cause for women). At present an estimated 487,500 Australians are living with dementia and almost 1.6 million people are involved in the care of someone living with dementia. Approximately 70% of people with dementia live in the community.

The Rotary Club of Stanthorpe's "dream" is to make Stanthorpe a dementia-friendly community. A community that has a good understanding of the disease and its impact; a community that is safe and inclusive; a community that supports people living with dementia and their carers. It begins with a club member's attendance at a

Dementia Australia workshop following a parent's diagnosis of dementia. A club discussion led to the club initiating the Dementia Friendly Stanthorpe project. An Alliance with representatives of community groups such as the local Men's Shed and the Churches of Christ Aged Care and individuals was formed. This group created a plan of action focussing on promoting awareness and providing support within the community.

To date, activities have focussed on providing awareness and have progressed slowly due to the occurrence of CoVid. Stanthorpe Rotary Club members are members of the Alliance and have been actively involved in the activities. These have included street BBQs, in collaboration with members of the local Men's Shed, where information is distributed to the public and Dementia Friends' presentations to community organisations such as Lions and Zonta. A Facebook page was also established to provide information to the public, people living with dementia and carers.

Whilst continuing awareness activities, the focus of the Dementia Friendly Stanthorpe group will move towards providing support for people living with dementia and their carers. The Rotary Club of Stanthorpe encourages other clubs in the District to take on the "dream" of making their community dementia-friendly.

Statistics were provided by Dementia Australia and further information can be found on their website <https://www.dementia.org.au>.

Jim Barnes – President, Rotary Club of Stanthorpe.

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.

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What's happening where in the District?

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

Date	Club	Event
30/07/2022	Rotaract Burleigh Heads	Casino Night
11/08/2022	Ballina on Richmond	Community Mental Health Symposium
06/08/2022	Gold Coast	Botanical Bazaar
06/08/2022	Grafton Midday	High Tea for Grafton Base Maternity Ward
08/08/2022	Broadbeach	80th Anniversary of WWII Kokoda Day
09/09/2022	Northern Gold Coast Rotaract	Rotaract Camping
15/10/2022	Rotaract Club of Scenic Rim	Relay for Life

80th Anniversary of WWII Kokoda Day

President David Reynolds and Committee extends a cordial Invitation to attend the 80th Anniversary of WWII Kokoda Day Memorial Service on **Monday, 8th August 2022**.

It will be held at the **Rotary Kokoda Memorial Wall, Cascade Gardens, Broadbeach QLD**.
Registration from 10.00am, SERVICE COMMENCING AT 10.30 am. (Please be seated by 10.20am).

Dress: Coat, Tie, Medals or Service Dress/Uniform; Ladies Equivalent.

RSVP by 15th July to **Laurie Hamilton**, email: lauriejh55@outlook.com Mob: 0413 747 577



IMAGINE IRRESISTIBLE YAMBA

District Conference 2023 - Yamba - 10 - 12 March 2023

[Click here for full details](#)

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

What's coming up?

August Edition: "Expanding Our Reach" (August is Rotary's membership and new club development month). Challenge: commence a new way of sharing your club stories

September Edition: "Women, Volunteering and Rotary" (Womens Health Week is September 5-11). Challenge: organise a special meeting/function for women in your community.

But most important: I would like to receive YOUR club's story, YOUR club's upcoming events, YOUR club's 'extraordinary people' story. **So, how about sending me an email?**

D9640newsletter@gmail.com

Don't forget the photos!

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