



**IMAGINE
ROTARY**

Dec 2022



Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



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District Governor
Karen Thomas

Karen Connects: Highlighting Health

Hello everyone,

Positive healthy behaviours are important for you, regardless of whether the purpose is solely for disease prevention because you are lucky enough to have no health problems, or whether the purpose is to manage existing health challenges, extend life longevity and reduce the risk of losing independence and mobility. How does this relate to

Rotary? Without you, there is no Rotary, and of course Disease Prevention and Treatment (December Rotary theme) has long been identified as a major area of focus in our organisation. We believe that good health care is everyone's right. 400 million people in the world either can't afford or don't have access to basic health care. On a global perspective, Rotary does a magnificent job in equipping underdeveloped communities to help

stop the spread of life-threatening diseases like polio, malaria and HIV through both prevention and treatment. Provision of immunisations, setting up of temporary treatment clinics and blood donation centres, and training facilities in underserved communities just to name a few. However, importantly, we also focus on health education- mainly in those areas lacking in health care access- also covering areas such as Alzheimer's, multiple sclerosis, hearing, vision, dental care and diabetes.

In our own developed community, preventable health issues remain a major concern. This category of health issues is more often behavioural and sociological in nature. Most of us identify with the importance of healthy lifestyle behaviours – daily physical activity, nutritious eating, enough sleep, mindfulness and emotional care, relaxation time, and avoidance of detrimental habits. Are there facets within Rotary that we can tap into to enhance participation in the achievement of optimum health practices for all? Has your club asked - how can we help our members to engage in healthy behaviours within their area of interest to achieve an enhancement of their lifestyle habits? How can we become involved in learning about and contributing to areas of our interest that are happening around the globe?

There are possibilities to enrich members and your own clubs. I would like to raise awareness of two avenues that provide a national and international opportunity to expand your network, give or receive support and perhaps greatly enhance your life.

Rotary Action Groups - These are independent, Rotary affiliated groups made up of people who are trained professionals or have expertise in a particular field, and who want to voluntarily share their skills and support to others to make a positive difference. There are many individual groups listed under all seven of Rotary's Areas of Focus. A few examples are Health education and wellness, Diabetes, Mental health initiatives, Water sanitation and hygiene, Peace, and Environmental sustainability.

Rotary Fellowships - are groups of Rotarians, Rotaractors and spouses, which offer the chance to join with a group to either share in a common recreational interest or a common vocational and professional body. There is an extensive range of those groups already available, in addition an opportunity to start a new one in your area of interest. What a great way to expand your contacts, experiences and indeed your world. Some groups currently available are badminton, bird watching,

camping, chess, cruising, cycling, fishing, gourmet cooking, home exchange, music, yachting and many more.

Why not bring awareness to your club, several members may not be familiar with these opportunities. Perhaps see if some members want to participate and regularly share their experience and information gained with other members. Who knows where it might take you, what international projects, opportunities, health enhancement, contacts and friendships it may provide? Simply google or go onto My Rotary.

I would like to thank you all for your generosity, goodness of heart and contribution to District 9640 communities for 2022. In many ways, it has been a challenging and not always happy year for many. Yet still, you have continued to support each other and give to others and above all remained positive and kept smiling. I thank all of you and wish you peace and many happy moments over the Christmas period with those closest to you.

Much love,
Karen

A couple of years ago, I wrote a humorous story on the dozens of Rotary Fellowships for my club bulletin.
[Click here](#) to read it. Ed.



By December 13, only 12 clubs have notified District who are the Incoming Executive and Directors for 2023-24.

Please remember

Karen's Diary #6:

Enjoyable visits for end of year were to Alstonville and Surfers Sunrise Clubs.

I took 12 days much needed break with my Melbourne daughter and unfortunately returned home with COVID, resulting in many cancellations.

In lieu I would like to highlight some wonderful community Christmas events that clubs have generously hosted or supported – Evans Head Christmas Parade and family day, Hope Island Christmas Buggy Parade, Kingscliff Community Markets, Iluka Woombah Christmas Carols, Kyogle St Brigid's Christmas Pageant.



Clockwise from top left: Surfers Sunrise, Hope Island Buggy Parade, Kingscliff Community Markets, Evans Head Christmas Parade, Iluka Woombah Christmas Carols, Kyogle St Brigid's Pageant



Rotary
Iluka Woombah

**IMAGINE
ROTARY**

CAROLS IN THE SCHOOL

WEDNESDAY DECEMBER 14, 2022

ROTARY HAM WHEEL
Win your Christmas ham!
FROM 5.30PM

**CHILDREN'S CHOIR
AND DANCING**
APPROX 7PM

**Song books and
Glow lights**
will be available
from the
ROTARY TENT

**CAROL SINGING WILL BE
LED BY THE
LOWER CLARENCE MUSIC
ACADEMY
AT APPROX 8PM**

**FOOD, SOFT DRINKS, TEA AND
COFFEE WILL BE AVAILABLE ALL
EVENING FROM
THE ROTARY CLUB KIOSK
AND P&C BBQ**

COME ALONG, BRING FAMILY AND FRIENDS, WIN YOURSELF A HAM, WATCH AND LISTEN TO THE CHILDREN SING, JOIN IN THE CAROLS, EAT DELICIOUS FOOD AND HAVE A GREAT TIME !!!!!

ANY ORGANISATION WISHING TO DRAW A RAFFLE AT THE CAROLS, WILL BE WELCOME.



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Rotary Club of Broadbeach celebrates 50th Anniversary

by Bruce Kuhn



President Akira Matsuo (Kasaoka) and Don Pilbrow (Tauranga) and Andrew McTaggart (Broadbeach) cut the cake

After a huge amount of planning and arrangements by President **Andrew McTaggart** and his partner **Narelle** and their daughters **Sarah** and **Emma**, the 50th Anniversary Dinner was held at the Emerald Lakes Golf Club.

We welcomed our special guests, our visitors from the **Rotary Clubs of Kasaoka** and **Tauranga**. MC **Bruce Kuhn** kicked off with some 50 year memorable moments, followed by a formal welcome by President Andrew McTaggart

A 50 year compilation created by **Neil Jones** was played during dinner. We also presented a 50 year book, artfully created by **Tony Lewis** and **Neil Jones**.

The cutting of the cake (and what a cake!) was completed by President Andrew, **President Akira Matsuo (Kasaoka)** and **Don Pilbrow (Tauranga)**. Vice President **Pauline Armstrong** then provided a toast to Rotary International which was responded by current National Director for Foundation, PDG **Tony Heading**, who outlined the international focus of Rotary.

After formal toasts to our sister clubs, PDG **Graham Jones** provided a brief outline of the [Malaria Vaccine project](#), followed by **Dr Chiemeka Chinaka** of his Rotary Scholarship studies researching the Human Brain and Parkinsons disease.

SewAid Sewing Skills Program

by Rhonda Whitton

A joint project of Griffith Gold Coast Rotary and Banora-Tweed Rotary has held its first program to teach Gold Coast migrant/refugee women to sew, in conjunction with Thriving Cultural Communities (TMC).

The project aims to teach women (and men if the interest is there) basic sewing skills that can be used to create children's clothing and other useful items that could be sold and so create a cottage industry.

The project was initiated by Rtn Rhonda Whitton (Griffith Gold Coast).

Rotary) and PDG Wendy Scarlett (Banora-Tweed Rotary) with Karen Rimell and Heather Wilson assisting. Both Rhonda and Wendy sew children's clothing that is sent to developing countries via RAWCS.

Rhonda worked with PDG Tony Castley (District 9685), as part of his 'SewAid Sewing Skills Program', to acquire sewing machines, overlockers, fabric and haberdashery for the program.

The ladies came from many different countries and were very keen to learn. Their skills ranged from



(from left): Rhonda Whitton, Wendy Scarlett, Heather Wilson, Karen Rimell

There is something that is much more scarce, something finer, something rarer than ability. It is the ability to recognize ability.

Elbert Hubbard

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Broadwater - Southport: Pituitary Awareness Event

by Suki Mead



Rotary Southport Broadwater Club joined the **Pituitary Awareness Foundation** for a family event at the stunning Rotary Broadwater Chapel.

Guest speakers included Neurosurgeon **Dr Wayne Ng**, District Governor **Karen Thomas** and Rtn **Dennis O'Brien** who was instrumental in organising the event along with Foundation GM **Marle Cawthorne** (all photographed below with attendees including sufferers of pituitary conditions and club members) The highly informative event focused on this rare and often misdiagnosed disease, ongoing support, patient care and research and culminated in a delicious barbecue under the trees by the Nerang river.

Burleigh Heads had a lot to quack about: The Great Duck Race

On the last Sunday of November, the Rotary Club of Burleigh Heads ran a Great Duck Race, in support of four Domestic Violence organisations. The event raised well over \$18,000. Not to be sniffed at by any means! The event made the press too: The Gold Coast Bulletin published a huge, almost one page article on the event.

Photo: Graham T. Jones presents the winner's trophy and cheque to... **Number 96!**

[No, Henrietta, most of the members of Rotary would be much too young to remember that TV series... Ed.]

Many more images on the RC of Burleigh Heads Facebook page: [Click here](#).



Rotary Club of Hope Island's Christmas Buggy Parade

by PDG Sandra Doumany



There were sleighs, big gift boxes and lots of tinsel in RC Hope Island's annual Christmas Buggy Parade. Staged in conjunction with the Sanctuary Cove Christmas Carols Concert, more than 15 creatively decorated golf buggies paraded through the village.

Staged a week later than the scheduled date of 1 December after the uncertain weather caused a postponement, buggy owners and the crowd showed no lack of enthusiasm in getting into the Christmas spirit.



The event was sponsored by Ray White Sanctuary Cove and Sanctuary Cove Developer Mulpha. Buggy owners paid an entry fee to participate with RC Hope Island raising more than \$2,000 from the event.

From Dreams to Reality: Rotary Satellite Club of Ballina Lifestyle Recycling Project

By Laurie Jackson

It was on one of their regular caravan trips early in 2022 that David and Lois Crawford, members of the Satellite Club, stayed at the NRMA Port Macquarie Breakwall Caravan Park and spied a wire cage full of recyclable cans, plastic and glass bottles with a sign indicating that this was part of a recycling program sponsored by the Port Macquarie West Rotary Club.

David and Lois immediately identified this as a possible project for our fledgling Club to embark on as a means of raising funds for worthwhile community projects and activities in the Ballina area. By the time David presented a proposal to the Board in May, he had already had discussions with the Port Macquarie Club and the management of the Caravan Park and researched the source for the wire cages and the logistics of collecting and depositing the recyclables at the Lismore Recycling Centre.

The Board and members had no hesitation in adopting this project and David met with representatives of the Discovery Holiday Park and Reflections Holiday Parks in Ballina, both of whom indicated their willingness to partner with us. In fact, the Reflections Manager offered us the opportunity to install cages in all their Parks in the Northern Rivers.

In view of our small, but growing, membership we decided to take on three parks – Reflections Park in River Street, Reflections Park at Shaws Bay and the Discovery Park at Shaws Bay.

We ordered six cages from Bunnings and proceeded to coat them with a two-pack paint to prolong their life in the coastal environment. Two cages were installed in each park adjacent to each park's recycling/rubbish drop-off points. Reflection's Management met the cost of four cages and the Satellite Club paid for the other two. The start-up expense incurred by the Satellite Club was approximately \$4000.

A small project group led by David Crawford researched the logistics of collecting, storing and depositing the recyclables to come up with the most efficient operation, especially to spread the workload among our members so no one was unduly burdened. The key component of the operation was the securing of a large shipping container courtesy of the Ballina on Richmond RARE project. This has meant we can store recyclables until we have a full trailer load to take to the Lismore Depot, thus minimizing transport costs and members' time.

Our recycling volunteers are rostered for a week in two teams of two – one team collects from the two Reflections Parks and the other does the Discovery Park. At present, we have nine teams and hope to add to our roster new members who are planning



David Crawford, Laurie Jackson, and Michael Sherlock with Tony Middlenton from Discovery Park

to join early in 2023. The recyclables are collected in 60 litre heavy duty plastic stackable tubs which are easy to stack in car boots or in the back of SUVs. For insurance and risk management purposes a record of each trip is kept in a folder (one per park) as well as the number of bins collected.

From August – November we have taken four trips to the Lismore Recycling Centre. With the school holidays and Christmas/New Year approaching we are hoping for a substantial increase in our income from this project.

Should any Rotary Club in the District wish to embark on a project of this nature we would be happy to assist. As mentioned above, Reflections Management is very keen to have Rotary involved in all its Parks. In fact, Ballina on Richmond are finalizing arrangements with the Reflections Park at Lake Ainsworth, Lennox Head.

This project has been a great team effort and we are particularly grateful for the assistance provided by members of Ballina on Richmond – especially Jodie Shelley, Wayne Crawford and Col Lee and members of the RARE team who allow us to use their trailer and vehicle.

“A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true.” Greg Reid

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Rotary Club of Broadbeach hosts visitors from Japan

by Bruce Kuhn

Last month, coinciding with our 50th Anniversary celebrations, we received five visitors from one of our sister clubs, the [Rotary Club of Kasaoka, Japan](#).



Liaison officer Nao Hiirano, Yoshikazu Yamamoto, president Akira Matsuo, Bruce Kuhn, Hasanor Kuga, and Kyokei Edaki

Immediately upon clearing customs, they were whisked off to the [Currumbin Wildlife Hospital](#). This visit was arranged by the **Rotary Club of Currumbin Coolangatta Tweed**, who sponsor a number of programs to assist the treatment of native animals, particularly the Koala chlamydia program. Our friends were shown koala's being treated, birds being operated on, turtles whose shells had been literally bogged and wired, and a sea snake which had been found that morning.

On Friday, the Kasaoka group enjoyed a tour of Mount Tamborine for the day. President **Andrew McTaggart** and his family hosted them that night for dinner and fellowship.

On Saturday, through the friendship of the Rotary Clubs of Surfers Sunrise and Gold Coast, we met with **Don Pilbrow** of the Rotary Club of Tauranga (NZ) and visited the Surfers Sunrise project shed. **Des La Rance**, who invented the concept of repurposing discarded bicycles to make low cost 'rough terrain' wheelchairs, gave them a tour of the facilities, as well as a presentation of the almost completed **Pentecost (Vanuatu) X-Ray unit project**, which is jointly organised with the Rotary Clubs of Gold Coast, Surfers Sunrise and Broadbeach.



AG Bruce Kuhn, Hasanor Kuga, AG Sheila Ponting, President Akira Matsuo, Des La Rance, Yoshikazu Yamamoto, Dr Graham Sivyer. Don Pilbrow (RC of Tauranga, NZ)

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Currumbin—Coolangatta—Tweed obtained two \$20,000 grants

by Diana Traversi

The Rotary Club of Currumbin—Coolangatta—Tweed applied for two Federal Government grants late last year, each of \$20K for tree planting in commemoration of Her Majesty's Queen Elizabeth II's Platinum Jubilee.

We received a grant for Fingal Head (NSW), where a team physically planted 450 trees there, with



Critically endangered Ormeau Bottle Tree (*Brachychiton s.p.*)



(from left) Jayme Cuttriss, CEO of National Trust of Australia QLD, Karen Andrews MP, Diana Traversi, CWS Manager Travis Couch

BeachCare, the Gold Coast dune restoration program, on 29 October.

The Currumbin Wildlife Sanctuary (CWS) trees were planted recently on 6th December, in the new Rock Wallaby enclosure. There is underground irrigation and horticulturists are in attendance to water and care for them.

CWS have even created cement rocks in the area as hidey holes for the wallabies. The trees are presently protected by high fencing and the sprinklers from bore water were activated.

President Chris Buck, who organised the grants and dotted all the i's and crossed all the t's of the very substantial application paperwork, regrettably was unable to attend the unveiling due to ill health.

RC of Murwillumbah donates \$20,000 to Uki Sports Club

by Douglas Jardine

Murwillumbah Rotary Club has provided \$20,000 funding to assist the recovery of the Uki Sports and Recreation Club.

The Uki community was devastated by the record February floods. The clubhouse was immersed, the tennis club was washed away.

The club house is the social and sporting hub of the Uki community. After talking with Sports Club representatives, the donation by Rotary was seen as the life line for the kitchen.

To help with the renovations, Murwillumbah Rotary Club presented a cheque for \$20,000. President Mark Bouchier said, "It's important that as soon as possible the sports club is functioning once again. We are pleased to make a small contribution to achieve this".

The funding was made possible by Gus Nicholson, a good friend of the Rotary Club, in memory of Brian Hamill, Ian Simpson and Peter Jones, long-time members of the Club.



The above picture shows the cheque being received by Uki Sports Ground Committee Members Bob Kearsey and Barry Harding, with

Betty Hamill, wife of the late Brian Hamill, a prominent member of Murwillumbah Rotary Club, whom the donation honoured.

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Falls Prevention - A Call to Action Australia

by Bob Barnes, RC Lismore West

An Australian aged 65 and over goes to an emergency department every 2.5 minutes due to a fall.

14 seniors die every day from a fall. This is almost as many as for **all** Australians who die every day from drowning, suicide, car accidents, cycling and skin cancer combined!

The **Rotary Club of Lismore West**, with help from **Ballina Satellite** and **Ballina on Richmond** got together and started a **Safety Lights for Seniors** information drive to help prevent falls.

The project was supported by every Member of Parliament from the Clarence to the Tweed. With a contribution of \$500 each from 10 local Rotary Clubs and a grant from the NSW Minister for Seniors, they ran a 10 day information drive about safety night lights and falls prevention at Bunnings in Lismore and Ballina. We are now preparing information so that all Rotary clubs can run a similar project in their area.

The [Australia New Zealand Falls Prevention Society](#) have just released a national report called ["Why investing in falls prevention across Australia can't wait"](#).

There is currently no national plan on falls – the report wants a national plan and makes a call to action and has invited Club representatives to be part of this.

Falls prevention - such as an inexpensive night light and balance exercises - should be in the national consciousness as much as "slip slop slap"- and as a nation we need to do something about it.

Remember, falls don't discriminate.



Rotary Club of Lismore West members with the Lismore Mayor at the Safety Lights and Falls Prevention promotion at Bunnings Lismore

Compliments of the season to you all

"All I want for Christmas is my two front teeth, my two front teeth..." With great fondness I remember my children singing that song at the top of their voices, killing the long hours on the trip down to Newcastle to visit the Grandparents. (Meanwhile, by the time you read this, I'll be on my way to visit my grandchildren...) It is such a simple wish. Yet it is so totally impossible to achieve, even if one's wallet was of unlimited size.

The pamphlets, the TV commercials, the Facebook Pop-ups start already in September, designed to entice even the most recalcitrant shopper. The headlines read '1000 Christmas ideas for the whole family', and yet you might think "I can't give that, it's too cheap / too dear!"

Is it really the price tag of the gift that determines its value? Or could it be more likely that the true motivating factor behind

the purchase is the buyer categorising him or herself, rather than the recipient?

Fellow Rotarians, volunteers and friends, I wish you and your loved ones a happy and joyous Christmas. I trust you enjoy reading our newsletter. It is a real pleasure to report on the activities of Rotary District 9640, where there never is a dull week!

Keep in mind, I'm always looking out for material! Thank you for helping to help others, thank you for your friendship. Let us look forward to meeting the challenges of the new year, let us continue our efforts to improve the lives of the less fortunate and to foster leadership in young people. But it doesn't need to be purely altruistic: Let us enjoy the laughter, the banter, the camaraderie and fellowship of our Rotary meetings. Merry Christmas!

Franz Huber, Editor.

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, **\$11,631.00** have been raised so far, **unchanged from last month**. Please make all payments to

Rotary International District 9640 Ltd,

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

Angel
Flight™



Australian Red Cross
Lifblood®

Home Call 13 14 55 FAQ Contact us Results

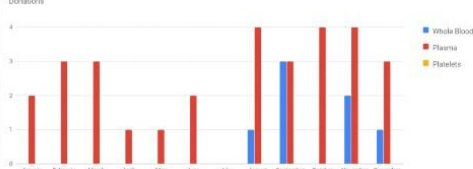
Lifblood team results

Enter Team Name

Rotary Australia District 9640 (Parts of QLD and NSW)

State	Whole blood	Plasma	Platelets	Lives Saved
NSW	4	1	0	15
QLD	3	28	0	93
VIC	0	1	0	3
National Total	7	30	0	111

Donations



Lifblood - Lismore Donation Centre re-opened

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

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

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

January edition Call-Out: Send us your stories

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

*That **Rotarians in District 9640 are quite certain that I am capable of Extra Sensory Perception.** Well, I'm not! So, can you please send me your story (about 200 words), and don't forget the pictures!*

- *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!*



I feel like I'm on the dark side of the moon! And no, I'm NOT comfortably numb!



Click on image for welcome video

IMAGINE IRRESISTIBLE YAMBA

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

[Click here for full details](#)

It is only **3 months away**, and the upcoming festive season brings lots of other distractions.

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

[Click here for speakers now listed on booking site](#)

What's happening where in the District?

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

Date	Club	Event
??/??/????	Your club	Your club's event
??/??/????	Your club	Your club's event
??/??/????	Your club	Your club's event
10/03/2023	District 9640	<u>District 9640 Conference</u>
18/03/2023	Tenterfield	Bavarian Cultural Music Exchange and Beerfest
April 2023	Coomera Valley	Rotary Book Fair
23/09/2023	Iluka	<u>Iluka Mermaid Festival</u>

These are DG Karen's Goals for 2022-2023

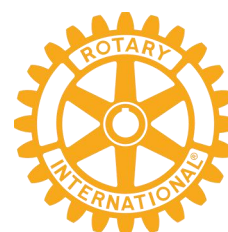
- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your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

January Edition

New Year/New Balance/All for you

February Edition

Promoting Peace (Peace and Conflict Prevention/Resolution Month)

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