



**IMAGINE
ROTARY**

Nov 2022



Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



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District Governor
Karen Thomas

Karen Connects: Celebrating men in Rotary

Hello Everyone

I'm sure you can imagine that the first person I mention under this heading is the founder of our great organisation, Paul Harris. All Rotarians and Rotaractors know his name, perhaps some more in the format of the well-respected Paul Harris Fellowship, once owned by a few, now bestowed to many. However, it is and always will be, an equally deserved recognition and worn with pride.

Rotary now has a diverse and inclusive

membership. This month though I would like to mention some aspects that relate specifically to men. The 19th November, last Saturday, was International Men's Day – this day of recognition celebrates the positive value men bring to the world, their families and communities. This day of recognition also aims to play a significant role in highlighting awareness of specific health issues faced by men. In particular, the aim is to spread awareness about men's personal health and encourage them not to downplay or ignore

prevention strategies, health checks and signs they may have that something might be wrong. A fantastic initiative offered through Rotary is MHERV – “The Men’s Health Education Rural Van”. Its message is “men’s health checks do matter”. It is a free private screening and education service, specifically for men. The van has recently provided screening in Stanthorpe, Tenterfield, Casino and Grafton and endeavours are underway to expand the service to other areas in our district.

Some numbers – 41,000 Australian men die of preventable diseases each year; 10,237 have been tested through the MHERV project in the last 5 years; 5,871 men tested were found to need treatment and 436 were in immediate danger of a stroke or heart attack.

Twelve years following the birth of Rotary, another

insightful man, Past RI President Arch Klumph, birthed the concept of an endowment fund with the purpose of doing good in the world. This was the origin of the development of Rotary’s charity, the Rotary Foundation. More than \$3Billion has been raised and spent on programs and projects globally, transforming millions of lives. November is recognised as “Rotary Foundation Month” – a reminder for all clubs to contribute, maintain and grow this amazing charity.

Aim to **Be Your Best Self** but also look around, there are probably others that need someone to reach out, encourage and help them to achieve the same.

Always sending caring to you all

Karen

Broadwater - Southport supports for Riding for the Disabled

by Suki Mead



– dressed up specially in her favourite baton twirling outfit. Chloe is fully paralysed down one entire side of her body, and her favourite thing in the world is her horse riding each week. Funding came from the club’s annual BARE YOUR SOLES FOR KIDS EVENT.

Right: Thumbs up for a job well done. The brand new kitchen, wall cladding and guttering. Project manager, **Michael Byrne** (Honorary member & previous Treasurer and **John Westera** worked tirelessly to get the job done with generous discounts and donations from many local businesses. Southport Broadwater Rotary Club needed a big skip when members held a working bee to demolish the old kitchen, followed by a morning tea.

Broadwater - Southport Rotary’s ongoing support for Riding for the Disabled continues. The club recently spent \$50,000 for a ‘Make-over’ of the caretaker’s cottage of the [Arundel Park Riding for the Disabled](#)

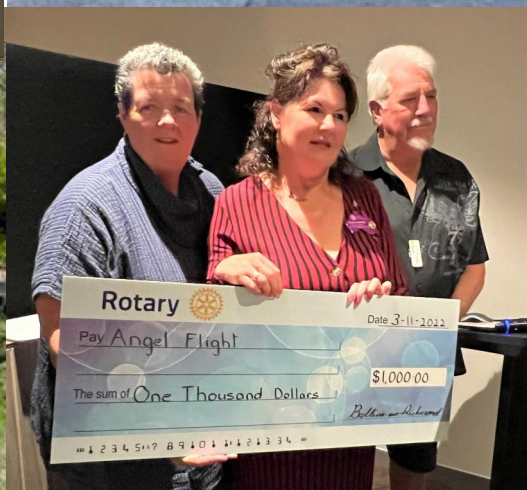
Left: RDA caretaker Eduardo with volunteers and horse rider Chloe – who was born with hemapligic Cerebal Palsy



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Karen's Diary #5:

A week was spent in Canberra at the Zone 8 conference, learning, networking and meeting my District Governor class from Australia/New Zealand face to face for the first time – so very special. Club visits, getting to know members and learning about their projects highlighted the remainder of the month – Mt Warning AM, Ballina-on-Richmond, Allora, Warwick, Goondiwindi, The Granite Belt, e-Club Next Gen, Nerang, conference planning meetings, DG Disaster Fund Committee meeting, District Company and Leadership meetings. I was delighted to visit DIK in Ballina and the bookfair in progress in Warwick – amazing work being done. Thank you all for your welcome, hospitality and support of Angel Flight.



JENNIFER E. JONES

2022 - 23 President
Rotary International



**IMAGINE
ROTARY**

Rotary 

District 9640 Governor
2022 - 2023

Karen Thomas

Clockwise, from top left: Interact Co-Ordinator and teacher Scott Hales from Ballina High School is presented with a PHF, Ballina on Richmond DIK team, Warwick Sunrise Bookfair warehouse, Balina on Richmond presents \$1,000 for Angel Flight, Ballina on Richmond DIK truck. Left: Nerang Rotary Club

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Broadwater - Southport donates \$15,000 for GC University Hospital

by Suki Mead

The Rotary Club of Broadwater - Southport donated a total of \$15,000 to the Gold Coast University Hospital for a vital paediatric bladder scanner and portable vein finding device. This life saving device is designed to facilitate the treatment of infants needing often very difficult cannulations.

The device is a lifesaver and makes finding veins on sick and dehydrated children so much easier, according to medical staff.

The GCUH 'Scrub up for September' Hospital Foundation fundraiser also received a generous donation. The funding came from the Southport Broadwater Club's annual CIRCUS QUIRKUS EVENT which will be held again next year.



**Well done, Broadwater -
Southport Rotary!**
Give yourself a pat on the back!



But wait, there's more! Held over to next month: Pituitary Awareness Event.

They make them tough down by the Tweed River

by Diana Traversi

The weather on the last two weekends in October may have been more suitable to launch a re-enactment of Noah's Arch, but in spite of that, the Sausage Sizzle team of the Rotary Club of Coolangatta-Tweed went into full action!

Here is the morning team in action, under blinding rain, at Bunnings BBQ in SouthTweed, last Sunday morning. We had been asked to fill in at the last moment, so the outside venue and the teeming rain was rather a challenge.

(L to R: Bev Prosser, John Giuricin, Glenn Rees, Bob Anley, Ken Harbour, Eric Prosser and Bruce Dunn. *Photograph Diana Traversi*)



Congratulations on your 85th birthday, PDG Graham Jones!



The recently held Rotary Institute in Canberra would have seen its fair share of RHV (Rotary Heavy Movers). Among those were PDG Graham Jones, accompanied by his charming wife Marion (centre of photo) and PDG Sandra Doumany, accompanied by her husband Sam Doumany.

But what made it very special? Whilst there, Graham celebrated his 85th birthday. Congratulations!

[Note, that Graham, always very conscious of maintaining near perfect body shape, insisted on only a VERY small piece of birthday cake... ☺]

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From Dreams to Reality: Kenya Health

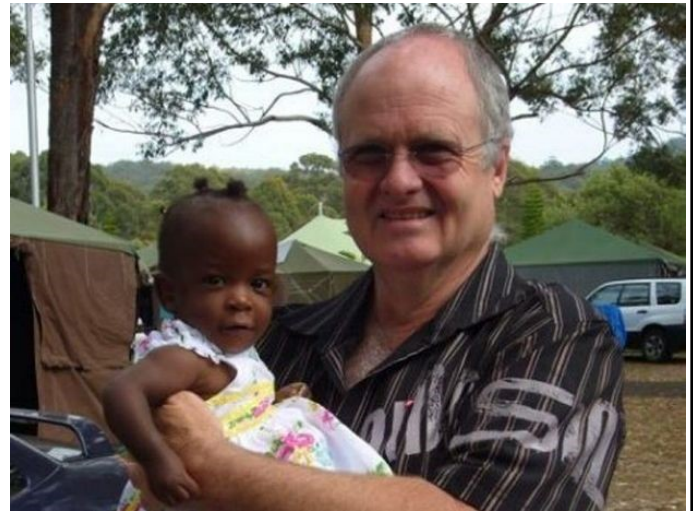
By Ann Prendergast, RC Mt Warning AM

Kenya Health is an organisation dedicated to providing health care to underprivileged people in Kenya. It was founded by Registered Nurse, **Lyle Burgoyne** from Murwillumbah (*picture right*). Since the charity's inception, Kenya Health has grown and has now built a Medical Clinic and accommodation on two acres, 15 minutes from the town Nakuru. We are currently providing medical assistance in Nakuru to the communities in the slums, women's and men's prison and remote villages at Kisii, Transmara and Narok.

Twice a year a team of volunteers travel from Australia to Kenya to work with Kenyan Clinicians to provide medical care, medications and surgeries to those that have little or no health care. The organisation has been providing ongoing medical clinics during COVID with the support of our Kenyan Nurse Rosemary who is supported by two other team members who continue the work throughout the year in Kenya.

Kenya Health has provided many needy local people with surgeries, medications and health education. One of the main issues with medical care in Kenya is that there is no free medical care and because of this many underprivileged people are excluded. Through Kenya Health we have seen the transformation of lives simply because their basic health needs have been taken care of. Kenya Health aspires to provide as many people as possible with health care through the resources that the organisation can provide.

[Ann Prendergast](#) is a member of Mt Warning AM Rotary Club and is the Project Manager for the **[RAWCS project Kenya Health](#)**.



Ann Prendergast & Rosemary at the Clinic

... there is never a shortage of patients waiting...



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Zone 8 Membership Awards

Several awards for **IPDG Jeff Egan's 2021-2022** governor year were presented to District 9640 in Canberra at the **Rotary Zone 8 Conference awards**.

District 9640 won the **New Club Growth** award, Rotary Club of Ballina on Richmond won the **Best Club Transformation Strategy** award and the Northern Gold Coast Rotaract Club won the **Most Outstanding Local Project** award.

Pictured are past membership Chair **DGE David Harmon**, current membership chair **DGN Lisa Hunt** and past Rotaract President **DRR Joe Martinovic**.

Congratulations to all members involved.

By PDG Andy Rajapakse (via his Facebook post)



Last remaining places for 2023



Now's the time to create concrete plans for the summer – and [join our late round of applications](#) to the 2023 NYSF Year 12 Program!

Time is running out, so avoid FOMO and apply today!

[Last chance—click on this link to apply now!](#)

[Last chance – apply now](#)

**The great tragedy of science:
the slaying of a beautiful hypothesis by an ugly fact.**

Thomas Huxley (1870)

Nerang Rotary Club ran a Hat Night

by Geoff Palmer



Last month members of the Nerang Rotary Club held a Hat Night, with the \$5 fine for each Hat being donated to Rotary Health. As can be seen there was a wide range of headgear from the Mad Hatter to a Crocodile Dundee, an authentic Mennonite hat and a stylish fascinator. One member ad libbed with our Tupperware raffle money container. In all, it was a fun night and the money raised (even from those who did not bring along a chapeau) going toward helping mental health issues.

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A Sea of Hot Pink—The Iluka Mermaid Festival Launch

by Patrick Morgan



In a sea of hot pink, about 120 people gathered last month at Club Iluka last Friday evening for the launch of next year's Iluka Mermaid Festival. Officially launched by Councillor Karen Toms, the 'great and good' of Iluka learned some of the details of what has been "Iluka's worst kept secret".

A project of Iluka-Woombah Rotary, the festival is set to run from 23 September to 8 October 2023. The festival will coincide with the centenary of the Iluka Soldiers' Memorial Hall celebrations.

Look forward to a mix of artistic, musical, and sporting events, showcasing local talent, and aimed

at bringing the local community together over a range of fun activities. Get more information from the dedicated website

<https://www.ilukamermaidfestival.com/>

Thursday, 1st December 2022

Saturday, 20th December 2022

THE ROTARY FOUNDATION PRESENTS
the amazing true story of the rediscovery of Richard III

Rotary
Burleigh Heads



Join us at 6.30 for 7.00 pm on
Thursday 1 December at
Event Cinemas
Robina Town Centre

Tickets \$20 each
Book Now

<https://www.trybooking.com/974171>



PROCEEDS TO
END POLIO NOW

Alstonville Rotary presents
NORTHERN RIVERS
Green Living Expo 2022

TAFE NSW Wollongbar, 61 Sneaths Road
9am-4pm, Saturday 10 December

Showcasing local environmental and alternative technologies, products and services to inform and inspire green living and innovation.
www.alstonvillerotary.org.au

Click on Image to go to website

Renewable energies, low energy transport, food growing, children's activities, bush regeneration, wildlife care, sustainable homes, recycling/reusing/repairing, panel discussions, workshops, demonstrations, street food and local coffee.

Alstonville Rotary NSW TAFE ballina shire council Southern Cross University

Want your club's big event published?

[Click on this link to send me an email](#) with details of your club's event! I might even convince the District Webmaster to put it on the website as well... ☺ Ed.

Bavarian Brass Band to Return to Tenterfield in March 2023

by Shauna Bolton

The Tenterfield Rotary Club's is pleased to announce the return of the Bavarian Brass Band, a major fundraising event. After the event was interrupted by COVID, everyone is keen for its return, scheduled to take place from 13th – 20th March 2023, for the biennial Bavarian Cultural and Music Exchange and Beerfest. event has been interrupted by COVID and everyone involved is keen for its return.

The visit by the Bavarian Brass Band will be the 8th that the Tenterfield Rotary Club has hosted. It honours the sister city partnership between Tenterfield, Australia and Ottobeuren, Hawangen and Bohen in the Unterallgäu region of Germany. Members of the band spend a week in Tenterfield, playing at various venues and events, culminating in the Bavarian Cultural and Musical Festival Beerfest. The Beerfest will be conducted on Saturday 18 March 2023 at Memorial Hall and promises to be a night of excellent music, singing, dancing and German food and beer. Ticket sales are limited to 600 persons and traditionally this event is a sell-out. Keep the date free and watch out for commencement of ticket sales.



There will also be a free multi-cultural concert, in conjunction with market stalls, on Saturday morning 17 March in Bruxner Park featuring the Bavarian Brass Band, Tenterfield Highlanders Pipe Band, visiting pipe bands, Scottish and Irish dancers, and an eclectic mix of other musical acts for the public to enjoy.

In the past monies raised from the Beerfest have been used by the Tenterfield Rotary Club for disaster aid – flood and bushfire disasters in Australia and other local projects.

Stop Press! RYLA 9640 is thrilled to invite you to our Disney Trivia Night!

Join us on the **26th of November** @ the **Oxenford Coomera Youth Centre**

Arrive from 6pm for a 6:30pm start, any latecomers will promptly be turned into pumpkins!

[Click here to book your ticket](#): only \$60.00 for a team of up to 6 people.

Rotary Club of Coomera Valley wants your books, CDs and DVDs

by Joyce Durie



The Northern Gold Coast Rotary Book Fair is again being hosted by the Rotary Club of Coomera Valley and Northern Gold Coast Rotaract Club in April 2023 and we are now accepting donations of your unwanted books, DVDs, and CDs in preparation for next year.

Donations can be dropped into the Oxenford & Coomera Community Youth Centre at 25 Leo Graham Way (just across from Zarraffa's) **or to us directly on Saturday mornings (9.00am to 12.00 noon) at the Rotary shed**, located just before the community centre as you drive in.

Alternatively, feel free to contact us on coomeravalleyrotary@gmail.com and we can arrange collection.

The inaugural Northern Gold Coast Rotary Book Fair, held in April 2022, was an enormous success, thanks to the support of the local community. It was great to see so many people who have a love for reading books – especially children, from our local area inside the Oxenford Community Centre, browsing and buying the books.

We are also so incredibly grateful to local businesses and community groups for their support – these include Cllr. William Owen Jones – Division 2 Gold Coast and Mark Boothman – MP for Theodore for their support before and during the event, Bunnings Oxenford, the Oxenford and Coomera Community Youth Centre, Lady Elliot Island Eco Resort, Precinct Brewing, Cauldron Distillery. Without the input from our members and the Northern Gold Coast Rotaract Club, the event would not have been possible. The proceeds from the event were used to support local community projects.

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District Governor's Personal Project 2022-23

DG Karen's personal project continues to enjoy great support from our clubs. Angel Flight is a wonderful registered charity - read more about it on their website:

<https://www.angelflight.org.au/>

Donations are tax-deductible.

In total, **\$11,631.00** have been raised so far, Please make all payments to

Rotary International District 9640 Ltd,

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

AngelTM
Flight

Lifeblood - Can we achieve the target of 500 donations in our District 9640?

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.

You can [click here](#) for the Lifeblood website which has a search option to find your nearest location.

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

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

December edition Call-Out: Send us your stories, your events (future or past)

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*
- *Events your club intends to run (if it is not in the list below, I don't know about it!)*
- *Mile stones, celebrations, honours*



Don't keep me in the dark!

d9640newsletter@gmail.com



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 4 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)

... and don't forget to book your accommodation!

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 |
|------------|--------------------|--|
| 26/11/2022 | RYLA District Team | Disney Trivia Night |
| 27/11/2022 | Burleigh Heads | Burleigh Heads Duck Race |
| 01/12/2022 | Burleigh Heads | Polio Plus Movie Night |
| 20/12/2022 | Alstonville | Green Living Expo 2022 |
| 18/03/2023 | Tenterfield | Bavarian Cultural Music Exchange and Beerfest |
| April 2023 | Coomera Valley | Rotary Book Fair |
| 23/09/2023 | Iluka | Iluka Mermaid Festival |

These are DG Karen's Goals for 2022-2023

- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your image by advertising this event before and after.
- Either involve a Rotaract club in a Rotary education session or start an Interact club.
- Achieve donation of \$100 per member to the Rotary Foundation— choose either Annual Fund, Polio Plus Fund, or both.



The Rotarian Code of Conduct

As a Rotarian, I will:

- ◇ Act with integrity and high ethical standards in my personal and professional life
- ◇ Deal fairly with others and treat them and their occupations with respect
- ◇ Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- ◇ Avoid behaviour that reflects adversely on Rotary or other Rotarians.
- ◇ Help maintain a harassment-free environment in Rotary meetings, events, and activities,
- ◇ report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment



What's coming up in the next month's editions?

| | |
|-------------------------|---|
| December Edition | Highlighting Health/2022 Reflections (Disease Prevention and Treatment Month) |
| January Edition | New Year/New Balance/All for you |

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