

  
**Rotary**  
 Rotary Club of Seymour  
*Connecting with our community*

Contact us at PO Box 80 Seymour 3661, online at [rotaryseymour.org](http://rotaryseymour.org) or call Secretary Bill on 0438 028 868

President: **Ruth Byers** Secretary: **Bill Dwyer** Treasurer: **Peter Holland**

**No 35. 23 March 2026**

**Coming Meetings**

**Unless otherwise noted, we meet at 6.30pm for 7pm**

| DATE / VENUE            | 30 March<br>No meeting                        | 6 April<br>No meeting           | 13 April<br>Royal Hotel     |
|-------------------------|-----------------------------------------------|---------------------------------|-----------------------------|
| GUEST SPEAKER/<br>EVENT | No Meeting<br>due to visit to<br>Emerald Bank | No Meeting<br><br>Easter Monday | Shelter Box<br>Presentation |
| CHAIRPERSON             |                                               |                                 | Kathy Mills                 |
| TOAST                   |                                               |                                 | Mathew Fowler               |
| CASHIER / RAFFLE        |                                               |                                 | Jane Challis                |
| GREETER                 |                                               |                                 | Paulette Andrews            |

If you cannot carry out your duties, please arrange someone else to do so and advise  
President Ruth and Alison Hall.

**All Members: Please respond to meeting invitations to allow for easier catering.**

## SAVE THESE DATES

|     |       |                       |               |
|-----|-------|-----------------------|---------------|
| 29  | March | Visit to Emerald Bank | Sam Manning   |
| 2-6 | April | Shake the Can         | Mathew Fowler |
| 19  | April | No Market due to Expo |               |
| 26  | April | District Assembly     | Bill Dwyer    |

Chair for the night, John Keeffe, commenced the meeting by welcoming all in attendance.

Our guests for the evening, IJ Halicki and Di Frankel, were introduced. Formal apologies were received from Chris Bence, Viv Beaumont, Mark Dossor, Cathy Goubault-Lawrence, Alison Hall, Liam Jones, Hugh Lawrence, Janina Taylor, and Bonnie Williams.

## **TOAST TO THE ROTARY CLUB OF VANCOUVER, BRITISH COLUMBIA, CANADA – GARY DOHERTY**

The Rotary Club of Vancouver in British Columbia, Canada, was founded in 1913.



The 100 members meet on Tuesday for lunch and participate in over 25 service projects.



### **PRESIDENT'S WELCOME – RUTH BYERS**

President Ruth welcomed everyone, mentioning the weekend's successful District 9790 conference held at Pentridge. She thanked Kathy Mills for her organisation of Club members' attendance at the event and encouraged everyone to enjoy an evening of Fellowship.



### **MEMBERS' REPORTS AND ANNOUNCEMENTS**

- **Secretary Bill Dwyer** reported that the Mitchell Shire is running a program in mid-April to inform interested parties about grant applications.
- **Treasurer Peter Holland** gave a belated thanks to those who assisted with the Golf Day which raised over \$3,400. He announced that the date and format may change in 2027.
- **Samantha Manning** requires final numbers immediately for the trip to Emerald Bank being held this coming weekend.
- **Fiona McCarthy** reported that Bunnings have asked Rotary to participate in their Easter event on Thursday 26<sup>th</sup> March between 5-7pm. Fiona will set up a table to display Rotary information, and she invited available members to attend. If you are planning to assist her, please let her know and wear your Rotary shirt.
- **Gary Doherty** spoke about the importance of recipients wearing their Paul Harris Fellow badges to educate the public about the purpose of Rotary Foundation.
- **Family of Rotary** – Club members wish **Chris Chadwick** well with her current treatment and forthcoming hip operation.

## CONFERENCE REVIEW

Reports from the District 9790 Conference were given by those who attended:



**Kathy Mills** introduced the topic by informing Club members about the difference in the conference program from previous years. With the theme “Connection, Community, Courage” the speakers’ presentations were held on Saturday with service projects taking place on Sunday.



The benefits of attending District Conference:

**Paulette Andrews** spoke about the benefits of spending more social time with Club members stating that this “Fellowship” had increased her depth of Rotary participation by getting to know them better.

### Aishwarya (Ash) Kansakar – Keynote Speaker:

**Catriona Jarman** was impressed with the life journey of Ash Kansakar. Nepalese by birth and only 29 years of age, she has faced many challenges (including civil war), to become 2025 Victorian Young Australian of the Year. In 2024 she pioneered a STEM teaching model targeting women and girls and now heads “Syncrowin”, a company involved with building the world’s first AI powered automotive system. Ash has been inducted into the Victorian Honour Roll of Women and has been named on the Forbes Australia under 30 list.

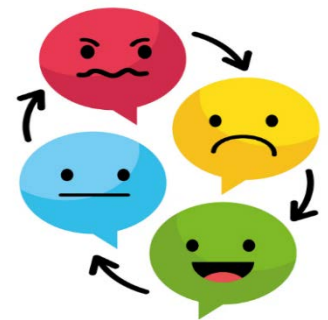


### Peace Poles:

**Greg Byers** gave a presentation about Peace Poles. A Peace Pole has 4 sides and stands at approximately 2 metres in height. It features the message “May Peace Prevail on Earth” in English and three other languages. These poles symbolise a common wish for a world at peace and serve as a silent vigil, reminding us to act and think in the spirit of peace. Greg contemplated having one in Seymour’s Rotary Park.

### Moral Injury – Speaker Jessie Winter:

**Bill Dwyer** concentrated on Moral Injury. Moral Injury is a betrayal of what a person believes to be right, in other words, the violation of one’s moral code. A poster that came to mind for him stated that “in no way talk about your feelings” which is the opposite advice when undergoing a moral injury healing process and which may also lead to depression and other psychological issues.



### Mental Health First Aid – Speaker Dr Claire Kelly:

**Ruth Byers** outlined the significance of mental health first aid; it is District Governor Emma Davis’ project and was a major focus of the conference. With the money donated by District 9790 Clubs, individuals in the community will receive mental health first aid training. This year, 10 million people around the globe will undergo such training with the program receiving support from celebrity performer Lady Gaga. Dr Claire Kelly expressed gratitude in being



the recipient of an ARH scholarship as it has enabled her to research into this vital topic.

#### Toilet Kit Service Project:

**Fiona McCarthy** participated in this service project which supports indigenous families residing in outback Australia 3 hours west of Alice Springs. Each toiletry item was sorted and packed into kits for shipping. Every kit contains shampoo, conditioner, toothbrush, soap, face washer, hand towel, brush, comb, deodorant, tissues and a drink bottle. The aim of the project is to educate indigenous children about the importance of hygiene and self-care.



#### Rotary Youth Leadership Awards:

**Jane Challis** brought past experiences to her presentation which involved attending RYLA workshops aimed at developing confidence and empowerment through teamwork and communication. Leadership through service builds strong communities and the RYLA program focus is on youth leading youth in developing these skills.

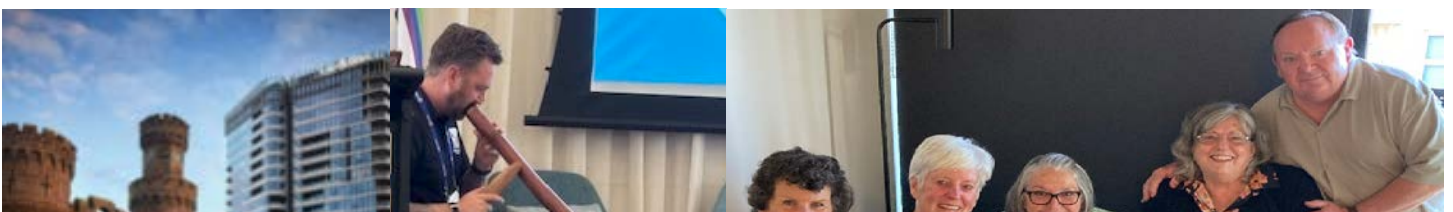
#### Coburg Lake Clean Up:

An additional Sunday service project involved **Bill**, **Kathy** and **Paulette** cleaning the Coburg Lake precinct.



The **2027 District 9790 Conference** will be held in Corowa March 19-21 with the theme “Dose of Good Medicine”. **Kathy Mills** will provide Club members with regular updates.

## DISTRICT CONFERENCE 9790 HIGHLIGHTS





## THE STAR EXERCISE REGIME

Fiona had Club members on their feet working out with the conference exercise “Star” program:

Big star 

Jetstar 

Little star 

Bari “star” 

Lob “star” 

Rock star 



## SERGEANT'S SESSION – GREG BYERS



Paying no attention to the sacred Rotary motto “What happens at conference stays at conference” **Sergeant Greg** gave fines to Club members who did not go to conference, **Paulette** for celebrating her birthday whilst there, **Kathy** for displaying boredom with the closing ceremony, **Jane** for exposing herself, **Catriona** for going AWOL and **Bill** for accompanying him as another rooster in the henhouse.

Additional fines were given to **Fiona** for her Golf Day injury, **Mathew** for his water tank problem, **Ann** for failing to acknowledge Dave Palmer’s apology, the **two Johns** for turning up to a phantom meeting last Monday and **Greg** for his loud shirt.

## RAFFLE WINNERS



Kathy Mills - Chocolates



Ruth Byers - Wine



John Stares – Joker  
Poker; King of Clubs