

# STRATHFIELD ROTARY BULLETIN

DISTRICT 9675  
9th March 2022

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<https://www.facebook.com/strathfieldrotary>

## *Rotary, United Nations and Australian Themes*

<i>Year 2022</i>		
-	UN	International Year of Basic Sciences for Sustainable Development
-	UN	International Year of Glass
-	UN	International Year of Artisanal Fisheries and Aquaculture
<i>Month of March</i>		
-	Rotary	<b>Water, Sanitation, and Hygiene Month</b>
<i>Weeks of March</i>		
5th-13th March	Aust	SeaWeek
5th-13th March	Aust	Parks Week
7th-13th March	Rotary	World Rotaract Week
<i>Days of March</i>		
8th March	UN	International Women's Day
10th March	UN	International Day of Women Judges

## *President's Report*



**Thaya Ponniah**  
*President*

My fellow Rotarians and friends of Rotary,

**International Women's Day –  
A reminder for us to celebrate women  
every day.**

The theme for this year's International Women's Day is "Gender equality today for a sustainable tomorrow."

International Women's Day (IWD)—celebrated annually on March 8—is a day that commemorates the social, political, and economic achievements of women. Women in different parts of the world use this day to come together to celebrate one another and rally for equal treatment and representation.

On International Women's Day, we celebrate the power and potential of women. We recognise their courage, resilience, and leadership. We focus on the ways in which we are making progress towards a more gender-equal world.

We are like-minded people with a passion for empowering women to take action to lead and thrive in their professions, businesses, and personal lives, while creating a lasting change in our communities.

Women face many challenges.

- Many countries around the world have cultural aspects that regard women as second-class citizens.
- The impact of COVID-19 causing increasing inequalities, fuelling poverty and violence against women, and reversing their progress in employment, health, and education.
- The rights and wellbeing of women are causing insecurity at all levels, from individual, household, to national.

Rotary addresses these challenges locally with clubs like the Rotary Club of Strathfield, as well as on a global platform through Rotary International. Just a few to mention briefly:

- We have the opportunity today to put women at the centre of our planning and action, to integrate gender perspectives into global and national laws and policies. We have the opportunity to re-think, re-frame, and re-allocate resources.
- We have the opportunity to benefit from the leadership of women and girls' environmental defenders and climate activists to guide our planet's conservation. We need Indigenous women's inter-generational knowledge, practices, and skills.
- We must protect our hard-won gains in human rights and women's rights and lead decisively to leave no woman behind. It will take unprecedented levels of global cooperation and solidarity to succeed, but there is no alternative to success.

- We have a blueprint to follow. It involves women's full and equal participation and leadership in decision-making; their access to green jobs and the blue economy; and their equal access to finance and resources.
- We need to ensure universal social protection and a care economy that protects us all. We have to scale up financing for gender-responsive risk initiatives to increase resilience. The solution is there. We resolved to pursue it. End all forms of discrimination against women everywhere.
- We must eliminate all forms of violence against women in the public and private spheres, including trafficking, sexual and other types of exploitation.
- We must also eliminate all harmful practices, such as child brides and forced marriages.

Let us make this International Women's Day a moment to recall that we have the answers to the advancement of gender equality. We look forward to working with each and every one of you to that end.

International Women's Day is a time to celebrate the progress that has been made in gender equality and women's empowerment, and to call for continued action.

***"My mission in life is not merely to survive, but to thrive, and to do so with some passion, some compassion, some humour, and some style." - Maya Angelou***

Yours in Rotary Service,

*Thaya Ponniah*



## *Speaker from last week: Thomas D'Souza*

Topic: Social Media in today's world; Pros and Cons

What is Social Media (SM)?

SM are interactive technologies that allow people to create, share or exchange information, ideas, pictures/videos, and other forms of expression through virtual communities and networks.

Interactive technology brings people together.

There are 78 organs in the human body. Number 79 is the smart phone.

The following statistics show just how extensive SM has become. Worldwide, 4.4 billion people use SM, and there are an average of 8.4 SM accounts per person.

83.89% of the world uses smart phones and average more than 2.5 hours per day.

There are about 10 well known SM apps, the most common being Facebook (now Meta) with 2.9B users, YouTube with 2.3B users, WhatsApp (2B users) and Messenger (1.3B users).

On top of these are LinkedIn, WeChat, TikTok and Twitter.

From a marketing perspective, there are many positives about SM but also negatives. Surveys suggest 78% of businesses see SM as either effective or very effective as a marketing tool.

Some of the pros for business:

1. Attract customers, get customer feedback and build customer loyalty
2. Increase market reach nationally and internationally.
3. Lower cost marketing and market research
4. Brand development

5. Exchange ideas
6. Recruit skilled staff more easily
7. Watch competitors' strategies

Some of the cons for business:

1. SM does not suit every business
2. It needs a clear marketing strategy
3. You need additional resources to manage online presence.
4. SM is immediate and needs daily monitoring
5. You can get unwanted and inappropriate feedback on your site

For personal use the pros for using SM can be substantial:

1. Messaging on SM sites has greatly expanded face-to-face interaction across the world.
2. It has increased political interest and facilitated political change.
3. It has reduced loneliness especially in seniors who are isolated or immobile
4. It offers instant public health and safety information
5. Crowdsourcing has provided needed funds by reaching a large audience.
6. SM can help improve overall wellbeing.

The risks (cons) for personal use of SM are very real:

1. SM is associated with personality and brain disorders.
2. Heavy use of SM distracts from study and results in lower grades.
3. It can be addictive
4. SM can exacerbate feelings of disconnect and put children at higher risk of anxiety, depression, low self-esteem and even suicide.
5. Cyber bullying
6. Criminal use of SM

Addiction to SM:

Dopamine is a type of neurotransmitter that is made by the body and used to send messages between nerve cells. There is a dopamine reward feedback loop that

encourage SM usage by stimulating dopamine release and leads to a physical dimension to the addiction.

Humanity needs to learn to live with this technology and control its negative consequences.

*Write-up by Peter van der Sleesen*

## *Speaker for this week: Victoria Weekes*

Victoria is an accomplished non-executive director with experience across a diverse range of business sectors on major private and public sector organisations, and ASX listed companies. Victoria's board career follows a successful executive career in banking and financial services, with C suite roles in ASX10 and major listed

international groups. Victoria is actively involved in a range of purpose driven, not for profit initiatives. As a passionate advocate for gender equality, Victoria was one of the founders of the Australian Gender Equality Council.

Ref: <https://au.linkedin.com/in/victoria-weekes-07b74a12>

## *Dates for the Calendar*



<i>Rotary Events</i>				
<i>Day/Date</i>	<i>Event/speaker</i>	<i>To introduce</i>	<i>To thank + Speaker write-up</i>	<i>Venue</i>
Wed 9th Mar	Transfer meeting to 12th March	-	-	-
Sat 12th Mar	<b>Victoria Weekes</b> Celebration of International Women's Day	-	-	Golf Club
Wed 16th Mar	<b>Belinda Noonan</b> Should children be at the Olympics	David Croft	tba	Golf Club
Fri 18th – Sun 20th Mar	<b>District Conference</b>	-	-	Warwick Farm
Wed 23rd Mar	<b>Terry Chapman and Matthew Webb</b> Westconnex	tba	tba	Golf Club
Wed 30th Mar	<b>Social event</b>	tba	tba	tba

<i>Birthdays</i>	
14th March	Strathfield Rotary (1971)

<i>Anniversaries</i>	
9th March	Andrew and Danielle Aravanis (wedding)
10th March	Bradley and Cheryl Ayres (wedding)
13th March	Keith and Sue Byrn (wedding)



## *The Rotary Statistics*

Attendance last meeting (02-03-22) – in person	13
Club membership	<b>48</b>
Partners	0
Guests	2

<i>Funds raised</i>	
Raffle	\$155.00
Sergeant's session	\$108.20

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## *Your committee 2021-22*

President	Thaya Ponniah	Secretary	Nick Hamilton-Kane
President Elect	Andrew Aravanis	Sergeant	Keith Byrn
Immediate Past President	Usha Garg	Treasurer	Rod McDougall
Youth	Ying Ho	Community	Rick Vosila
International	Roy Ellis	Vocational	Alexey Prokopenko
Public Officer	Rod McDougall	Club Service	Arie Pappas

Bulletin Editor	Bradley Ayres	Web master	Raymond McCluskie
Bulletin Printer	SelectPrint	Apologies	Peter van der Sleen
Social Media	Alexey Prokopenko	Programs Chair	Gulian Vaccari

## *District News*

This is an appeal for you to consider attending the District Conference coming up on the 18<sup>th</sup>-20<sup>th</sup> March, at Warwick Farm in Sydney.

For Inspiration, Fellowship and knowing more about Rotary – it is unmatched. And we will have a range of Covid-safety measures in place.

And the speakers this year (listed in the attachment) are top class:

- Norman Swan – top Health Journalist talking about the 'Ageing Myth' & what next for Covid!
- Karem Webb APM – our new Police Commissioner, talking about her amazing journey in the NSW Police Force
- Peter Johnstone AO – our NSW Chief Magistrate who revolutionised our Children's Court
- Nyadol Nyuon – a Sudanese Lawyer from Melbourne who is changing the face of refugee support
- Simon Griffiths – famous for his organisation 'Who Gives a Crap' building toilets for needy communities worldwide
- Jessie Harman – Our 1<sup>st</sup> Australian female Rotary International Director talking about worldwide changes in Rotary
- Craig Reucassel – top 'War on Waste' ABC journalist and professional media stirrer
- David Pointon – Founder of the 'Men's Table', mental health support group, and
- Rob Edwards – our own (Rotarian) Well-being advocate and Environmental campaigner

There are more speakers, less well-known but with inspirational stories that will be so relevant to our Rotary journeys.

Especially if you are relatively new to Rotary – this will be an eye-opener for you – to also experience the Showcase of Rotary projects and people from around the District.

And for all Rotarians, a golden opportunity to introduce non-Rotarians to the peak Rotary experience of the year – and there's a big discount if you can bring a friend.

Registration Options are via this link <https://www.trybooking.com/events/landing?eid=808939>

This is a great opportunity and I look forward to welcoming you to this terrific event,

My Regards  
Jeremy

***Jeremy Wright AM***  
***District Governor, Sydney to the Illawarra, D9675***



# International Women's Day 2022

**Rotary**  
PEOPLE OF ACTION



**Celebrating the Contribution of  
Women in Our Community**

## **Strathfield Rotary Dinner**

Saturday 12 March 2022 6:30 for 7:00 pm

Strathfield Golf Club Event Centre

Dinner \$50.00 per person (children under 12 \$25.00)

Dine and Discover vouchers accepted

Cash bar Dress Smart Casual

**Bookings** [events.humanitix.com/rcs-iwd](https://events.humanitix.com/rcs-iwd)

**Keynote Speaker**  
**Ms Victoria Weekes**  
Business Leader  
Company Director  
Gender Equity Champion



≡ International Women's Day ≡



## *What is Rotary? - Who we are*

Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

Learn more about [our structure](#) and [our foundation](#) and [our strategic vision](#).

## **What we do**

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

## [Get involved](#)

## **Our mission**

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

## **Vision statement**

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

Ref: <https://www.rotary.org/en/about-rotary>

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