

DISTRICT NEWSLETTER

*Together,
We End Polio*



CREATE HOPE in the WORLD

When we nurture peace, opportunities,
and one another, we help heal the
world and create lasting change.

Let's create hope by:

- Confronting stigmas, expanding access, and raising awareness about the importance of mental health
- Fostering understanding and strengthening connections through virtual exchanges
- Unlocking the power of girls and women around the world



Learn more at
rotary.org/initiatives23-24

Club of Bandar Penggaram
Mandarin
石城華揚扶輪社

CREATE HOPE
in the WORLD



張昌東博士
國際扶輪3310地

DR JOHN CHAN
DISTRICT GOVERNOR 2023-24
ROTARY INTERNATIONAL
District 3310



Dear Rotarians and Friends,

I am delighted to share the vibrant Rotary initiatives within our district as we immersed ourselves in the October theme “Economic and Community.”

I had the honor of participating in a Medical Mission in Mulu, Sarawak, organized by the Rotary Club of Miri Oil Town. Alongside the Advocates Association of Sarawak and the Sarawak Courts Working Group on Environment, we provided assistance to over 200 children and adults in the Mulu villages, embodying Rotary’s spirit of Service Above Self.

Congratulations to all the winners of the Step Up to End Polio Steps Challenge! This 8-week Challenge brought us closer to a polio-free world. Thanks to OC AG Linda Chiang and her team for organizing this meaningful fundraiser. Let’s continue this fight to wipe polio off the surface of this earth.

Kudos to OC AG Dr. Wong Chin Liang and the organizing team for spearheading Create Hope in The World Drive 2. This 4-day journey through Malacca and Johor fostered fellowship and showcased our commitment to creating hope in the world.

Hats off to RC Kuching and RC Kuching Central for successfully completing their Environmental Sustainability Projects. Many such projects will be carried out across the District, highlighting the importance of preserving our environment for the future generations.

As we celebrate these achievements, let’s eagerly anticipate the upcoming District Conference (DISCON) in Kuching from 17-19 May 2024. It promises a cultural, nature-filled adventure with great fellowship, serving as a prelude to the Singapore International Convention.

Let’s continue to join hands, share ideas, and strengthen our bonds as we serve, inspire, and make a lasting impact. Together, let’s persist in our mission of “Creating Hope in the World.”

Yours in Rotary service,

Dr. John Chan
2023-24 Governor



Mental Health & Your Club

2023-24 RI PRESIDENT
R. GORDON R. MCINALLY

Dear fellow Rotary members, The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist

or psychiatrist — at Children’s Hospital.

A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to **mindhealth@rotary.org** with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to Create Hope in the World.

**Economic and
Community
Development**

**2024 District
Conference
(DISCON)**



**Medical
Mission 3.0**

Rotary Club of
Miri Oil Town



**Creating Hope
In The World
Drive 2.0**



SPOTLIGHT

**Christy Fe
Salazar**

The Spirit
of Hope



KNOWLEDGE BASE



**Measuring
Our Impact**



**Rotaract
Newsletter**



ENVIRONMENT



PEOPLE OF ACTION



**District
Happenings**

Read the October issue
of [Rotary Magazine](#):

**Note from the
Editor**



Resources



The District Newsletter is brought to you by the District Communications Committee

District Communications Committee Chair: PP Larry Ong, RC Kuching

District Newsletter Editor: Rtn Adelina Adna, RC Kota Kinabalu Pearl

Rotaract Collaborator: District 3310 Rotaract Committee

OCTOBER IS

Economic and Community Development Month



How Rotary Makes Help Happen?

We create opportunities to help individuals and communities thrive financially and socially.

*Photo from **Rotary Club of Bandar Sri Begawan** on their Eye Screening event for Year 3 Students at St. Andrew's School. This effort not only aimed to detect potential visual impairment amongst school children but also to create vision health awareness and positively impact education outcome*

Nearly 800 million people live on less than \$1.90 a day. Rotary members are passionate about providing sustainable solutions to poverty.



MICROLOANS

Entrepreneurs use microloans to become street vendors, rickshaw drivers, weavers and tailors.



AGRICULTURAL OPPORTUNITIES

Entrepreneurs in rural communities can borrow money to buy livestock or plant crops, or get training in sustainable farming.



THE POWER OF LIGHT

Rotary members team up with the Navajo Nation to bring solar lights to remote, off-the-grid homes, allowing people to work and learn at night



ADOPT A VILLAGE

Rotary members use a multifaceted and coordinated strategy to break the cycle of poverty in extremely impoverished communities.



TRAINING

Rotary International and Heifer International are teaching farmers to extend their growing season and help residents eat healthier, local food.



HUMAN RIGHTS

Rotary helps Tanzanians with albinism overcome stigma and superstition to find safety and a livelihood.



報名：
<https://bit.ly/RegisterDISCON2024>
或掃描二維碼

第33屆地區年會

國際扶輪3310地區2024年會

2024年5月17-19日 | 古晉

流程

古晉市(婆羅洲會展中心)
BORNEO CONVENTION CENTRE KUCHING

2024年5月17日 | 星期五

07:45-12:30 高爾夫球聯誼
10:30-16:45 報到
13:00-15:00 前地區總監指導會議
17:00-23:00 開幕儀式及歡迎晚宴
地點: TBC

2024年5月18日 | 星期六

08:30-13:00 報到
10:30-16:30 寶眷活動
(只限報名參加寶眷活動者)
09:00-10:20 第一次全會
(包括區總監的價值觀演講)

10:20-10:40 茶點
10:40-12:30 第二次全會
12:30-13:45 午餐
13:45-15:00 第三次全會
16:00-17:00 分組討論
1. 中文組
2. 聯誼廳
19:00-22:30 總監晚宴

2024年5月19日 | 星期日

馬來西亞記錄大全：一同創造馬來西亞最多人穿著民族服裝集會及舞蹈的記錄
地點: Pengkalan Sapi
歡迎所有年會參與者以及公眾人士一起參與及完成這項壯舉。

*節目可能更改。

報名費

3310地區社員(早鳥特惠)
3310地區社員(普通)
3310地區寶眷及伴侶(早鳥特惠)
3310地區寶眷及伴侶(普通)
其他地區社員(早鳥特惠)

馬幣380元
馬幣480元
馬幣380元
馬幣480元
馬幣480元

其他地區社員(普通)
其他地區寶眷及伴侶(早鳥特惠)
其他地區寶眷及伴侶(普通)
扶青社員

馬幣580元
馬幣480元
馬幣580元
馬幣250元

*早鳥優惠截止日期為2023年12月31日
*3310地區社員獲得地區的補助

任何詢問請聯絡 d3310.conference@gmail.com

WWW.ROTARYDISTRICT3310.ORG.MY

承辦: ROTARY CLUB OF KUCHING

協力: RC KUCHING CENTRAL | RC KUCHING SOUTH | RC KUCHING JAYA | RC KUCHING UNITY CITY | RC URBAN KUCHING



**33RD
DISCON**
ROTARY INTERNATIONAL DISTRICT 3310
CONFERENCE 2024



Rotary
District 3310



**CREATE HOPE
in the WORLD**

**17 - 19
MAY 2024**

Conference venue:
Borneo Convention Centre Kuching

REGISTER NOW



Programmes

Friday | 17 May 2024

07:45-12:30	Fellowship Golf
10:30-16:45	Registration
13:00-15:00	Advisory Council of Past Governors Meeting
17:00-23:00	Opening Ceremony and Welcome Dinner

Saturday | 18 May 2024

08:30-13:00	Registration
10:30-16:30	Partner Program (for Partner Program registrants only)
09:00-10:20	Plenary Session 1 (Including Governor's Lecture on Values)
10:20-10:40	Coffee Break
10:40-12:30	Plenary Session 2
12:30-13:45	Lunch
13:45-15:00	Plenary Session 3
16:00-17:00	Breakout Session 1. Mandarin Session 2. House of Fellowships
19:00-22:30	Governor's Banquet

Sunday | 19 May 2024

Malaysia Book of Records: Largest Gathering and Choreographed Dance of People in Ethnic Wear

Location: Kuching Waterfront

All delegates and members of public are invited

Programme subject to change

EVENT HIGHLIGHTS

Conference
17-19 May 2024

Welcome Dinner
17 May 2024

Partner Program
17-19 May 2024

Governor's Banquet
19 May 2024

REGISTER TODAY!

Grab the early bird rates
before it ends **31
December 2023**.




**Click or Scan QR Code to
Register**


BORNEO: AN EPIC ADVENTURE 2024 JOURNEY!


Hello fellow Rotarians and friends,


The District 3310 Conference 2024 in Kuching May 17-19 promises a great line-up of high-profile speakers, exciting side activities and memories waiting to be made!


While we get ready to announce our speakers real soon, don't forget to curate your Sarawakian adventure with these experiences:


 **Watch the orangutan** at their meal times or adopt a baby orangutan! The Bornean orangutans – a genus of the great apes native to Asia – are endemic to Borneo and are critically endangered. Visit the Semenggoh Wildlife Rehabilitation Centre at 9AM or 3PM.

 **Have lunch with the Penans!** The Penans are a nomadic indigenous tribe of Borneo and are one of the few tribes still living their original lifestyles. This trip requires a bit more planning and time, but will be an experience of a lifetime.

 Experience the award-winning and one of the best museums in the world – **the Borneo Cultures Museum**. For the museum buffs out there, this is definitely a must check off your museum bucket list.

 **Birdwatching in Sarawak** – lifers galore! Add to your bird life list from over 500 species of birds in Sarawak, with birding sites as close as 30 minutes away from the city. Bornean Banded Kingfisher, Bornean Wren Babbler, Blue-banded Pitta, and more.

 World UNESCO Heritage Site – **Mulu National Park**. Breath-taking cave systems, luxurious hotel experience and a once-in-a-lifetime montane rainforest and wildlife experience.

These are some of the tours we have to offer. But if you're more of a tailor-made tour kind of person, get in touch with us so we can curate something special just for you 



Book your tours here: <https://tinyurl.com/mh9eph4t>

For more information on DISCON 2024:
<https://www.rotarydistrict3310.org.my/33discon/>

Kind Regards,

Mona Manap

DISCON 2024 Organising Chairperson
T: +6012-8096117



A healthcare worker, likely a dentist or oral health professional, is performing an examination on a patient. The worker is wearing a dark grey polo shirt, a blue surgical mask, and a colorful, patterned headwrap. They are also wearing blue nitrile gloves. The patient is lying back, and the worker is using a dental instrument to examine the patient's mouth. The background shows a clinical setting with shelves containing various items.

FEATURED PROJECT

Rotary Club of Miri Oil Town
Medical Mission 3.0

FEATURED PROJECT

It was an exemplary achievement by the Rotary Club of Miri Oil Town (RCMOT) when it jointly organised with the Advocates Association of Sarawak (AAS) and the Sarawak Courts Working Group on Environment (SWGE) on an Outreach Programme to Batu Bungan in Mulu on 6th October 2023.

RCMOT carried out the Medical Mission 3.0 with participating medical professionals from the private sector and the Miri General Hospital led by its Director Dr. Jack Wong. RCMOT set-up booths for Paediatrician, Dentistry, ENT, Ophthalmology, Optical Correction and General Medical care to provide assistance to 130 adults and 140 children from the surrounding Mulu villages.

The other joint organisers conducted special classroom programmes for the school children relating to sexual awareness and environment care.

The Malaysian Judiciary also participated in this medical mission and led by the Chief Justice Yang Amat Arif (YAA) Tun Tengku Maimun.

District Governor Dr. John Chan who was presence distributed the school bags and daily provisions to the rural participants, truly exemplifying the Rotary ideal of "Service Above Self"



Please Click to [Watch the Video on Facebook](#)





After the success of the Pan Borneo Drive, the Create Hope In The World Drive 2.0 event took place on 20th - 23rd October 2023 organised by AG Wong Chin Liang together with all the AGs in Johore and Malacca. DG Dr. John Chan and First Lady Wee Ping and a total of 18 rotarians joined this entourage.

The event that took place from Johore to Malacca was also a joint event with District Fellowship, District End Polio, and District Engagement.

DAY ONE

Johore - Malacca

The Create Hope in The World Drive. 2.0 kicked off with the arrival of DG Dr. John Chan and First Lady Wee Ping at Senai Airport.

The drive went straight to RC Kulai to visit their dialysis centre, followed by lunch fellowship with RC Yong Peng. The night ended with a dinner fellowship with all the clubs in Malacca.



DAY TWO

Malacca City Tour

The second day of the Drive was a tour of Malacca city and lunch fellowship with RC Muar at Restoran Chun Hui.

Then it was another session of fellowship with RC Tangkak Ledang at Tangkak Old Kopitiam.

The entourage then drove to Segamat to attend the RC Segamat Installation.



DAY THREE

End Polio Day at Segamat

In conjunction with World Polio Day, the day started with the End Polio Walk at Dataran Segamat and End Polio Awareness Program by distributing goody bags at Segamat Market.

Then it was a lunch fellowship with Batu Pahat Clubs at Swee Kee Soups.

In the evening, the entourage attended RC Bandar Penggaram Mandarin Installation.



[Click to Watch Video](#)





DAY FOUR

The last day of the drive ended with a fantastic lunch fellowship with all the Johor Bahru clubs at Restaurant Cathay, Stulang Laut.

Overall, the trip managed to bring everyone together and great job to the organising team!





SHARING HOPE WITH THE WORLD

**AT THE 2024 ROTARY
INTERNATIONAL CONVENTION
IN SINGAPORE, 25-29 MAY**

Register today at convention.rotary.org

2024 Rotary International Convention Registration Fees

REGISTRATION CATEGORY	27-31 MAY 2023	1 JUNE 2023 TO 15 DECEMBER 2023	16 DECEMBER 2023 TO 31 MARCH 2024	1 APRIL 2024 TO 29 MAY 2024
Club member, nonmember, or guest, age 31 or over	\$450	\$500	\$595	\$695
Club member, nonmember, or guest, age 30 or under	\$150	\$175	\$225	\$275
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	\$60	\$60	\$60	\$100

All amounts are in U.S. dollars.



Register today at convention.rotary.org

#Rotary24

**CLICK PAGE TO REGISTER
& FOR MORE INFO**



The Spirit of

HOPE

Christy Fe Salazar

Interview by PP Larry Ong
Written by Rtn Adelina Adna

As October is also Breast Cancer Awareness Month, the newsletter editorial team hopped on a Zoom call with fellow Rotarian, Christy Fe Salazar, to listen to her story and journey.

Vivacious and full of life, one would not have guessed the battles she has fought within herself. Christy Fe Salazar, is a spirit of hope be it as a Rotarian working with her club, RC Tawau, serving the community, or in her role as Chairperson of the Tawau Kinabalu Pink Ribbon raising breast cancer awareness and working hard to improve the facilities available for patients locally.

In 2008, she had been feeling some numbness in her right hand which affected her daily activities and even after doctor's visits and a mammogram, her condition was still a mystery. Following the discovery of a peanut-sized lump during a self-examination and flying to Kota Kinabalu for a biopsy procedure and potential lumpectomy, she was formally diagnosed with breast cancer in December and was recommended to undergo a mastectomy followed by 6 cycles of chemo and radiotherapy sessions.

The side effects of chemo caused severe emotional depression for Christy and had to be prescribed heavy medication. After her chemo treatments, she was put on hormone therapy. Tamoxifen is known to increase the risk of getting ovarian cancer and in September 2009, she was diagnosed with severe ovarian cancer which resulted in a total abdominal hysterectomy and another round of radiotherapy.

In 2012, 4.5 years after her first diagnosis, she began to feel uneasy on her right rib and had to



"You can take my breast away but you can't take that woman away from me."

be put on heavy painkillers. Since Sabah did not have the facilities to conduct a PET scan, she flew to Kuala Lumpur to have it done and they found a mass on her 5th rib. After a soliciting a second opinion, she started her chemo every 3 weeks for 6 cycles.

The follow up PET scan revealed that the mass has spread to the 6th and 7th ribs which resulted in 6 more cycles of chemo and 10 targeted radiotherapy sessions that cleared the mass. Her prescription of Tamoxifen was switched to Femara and after 3 months of pain, was put on Aromasin for 10 years.

Cancer survivors are required to do scans annually but due to the pandemic and lockdowns, Christy was unable to do her routine scans from 2020 to 2022.

Did you know:

Breast Cancer is the top cancer affecting women in Malaysia, Singapore & Brunei

(Click on the images to see the reference factsheets.)



32.9%



32.0%



25.4%

Data Source: WHO - Globocan 2020



Christy was recognized as the Patron of Yayasan Kelab-Kelab Rotary Malaysia during the 2023 Pan Borneo Meet in Tawau.

In September 2023, she noticed that she was grasping for breath doing activities she loves like dancing, walking, and hiking. She was also beginning to develop a fever which prompted her to visit her doctor.

The following day she experienced a high fever and was quickly admitted. Her blood test results showed elevated readings. The CT scan had also detected a lot of white spots on her lungs which were identified as lung mass.

After 11 years of being cancer-free, her breast cancer had spread to her lungs (lung metastases) and Christy remains unstoppable. She continues to raise awareness about breast cancer and help other patients and survivors to find their voice and be a pillar of support in the community.

The most difficult thing was to see my mum cry. At that moment, I decided that I was done with depression and I shouldn't make my mum cry.

So the next appointment with my psychiatrist, I gave back all my medicine to my doctor because I didn't need it anymore. I had found the right medicine that can cure my heart and my mind.

”



During her remission, Kinabalu Pink Ribbon (KPR) approached her in 2013 to lead the cause in Tawau which she did and still actively does today.

She reached out to RC Tawau through PP Rahada, to work together for their first fundraising run as Tawau KPR was still at its infancy. The collaboration introduced Christy to the Rotary family which she later joined in late 2016. She has served 3 consecutive years as Community Service in the club where she has not only led various community projects but continue to reach more people to spread awareness on a cause that is near and dear to her heart.

Additional Links:

1. [2016 Pink Angel Recognition Award](#)
2. [Inspiring Survivors Beauty \(2019\)](#)
3. [Avon Publication \(2021\)](#)

Approximately

60%

of metastatic breast cancer patients suffer

lung or bone metastasis

in their life.



MEASURING OUR IMPACT

Ensuring sustainable
projects



Measuring impact enhances reporting of an organization's contribution to the community including the strengthening of relationships with stakeholders, and it helps measure the impact of the organization's projects on people and the environment.

District and Global Grant projects are required to be supplemented with a report that monitors and evaluates the impact of the project. Reports should include:

- An **assessment of the progress** toward your main objectives, or changes to those objectives
- A **list of the project activities** that are underway or have been completed
- A summary of the **data collection methods**
- The **latest data** you've gathered
- The total number of people **who will benefit** from the project
- An **accounting of project expenditures** that require reimbursement

Different grants will also have different points of measurements to include in the report such as more comprehensive financial information (project income, bank statements, project expenditure) and list of key participants in the project.



Learn more about Measuring and Reporting our Impact

To learn more about measuring and reporting the impact of our projects, you may want to take a look at the "Monitoring and Reporting Our Impact" module in The learning Center by [clicking here](#).

Did you know...

Rotary recommends that you budget up to 10% of the project cost for evaluation expenses, such as travel, services, or supplies.



ISSUE 1
JULY - OCT 2023

RI DISTRICT 3310

ROTARACT NEWSLETTER



Rotaract
District 3310

CREATE HOPE
in the WORLD

<https://tinyurl.com/RACD3310Newsletter1>

Click here to read the first
2023-24 issue of the
Rotaract Newsletter



D3310 EVENTS

END POLIO NOW CAMPAIGN

PAGE 9

We are thrilled to share the success of our recent launch event, held on September 3rd via Zoom, where the District Rotaract Committee officially kicked off an inspiring fundraising campaign. This event was a momentous occasion, filled with enthusiasm and dedication to our cause, and we can't wait to tell you all about it!



From September 3rd to September 29th, the District Rotaract Committee hosted a special campaign featuring the sale of unique T-Shirts and Luggage Tags. The best part? The proceeds from directed to T organization commitment issues. We a have contri cause.



Rotaract
District 3310

NATIONAL
FLOWERS

hello, we are Rotaractors from
RI DISTRICT 3310

HISTORY



DISTRICT COMPOSITION

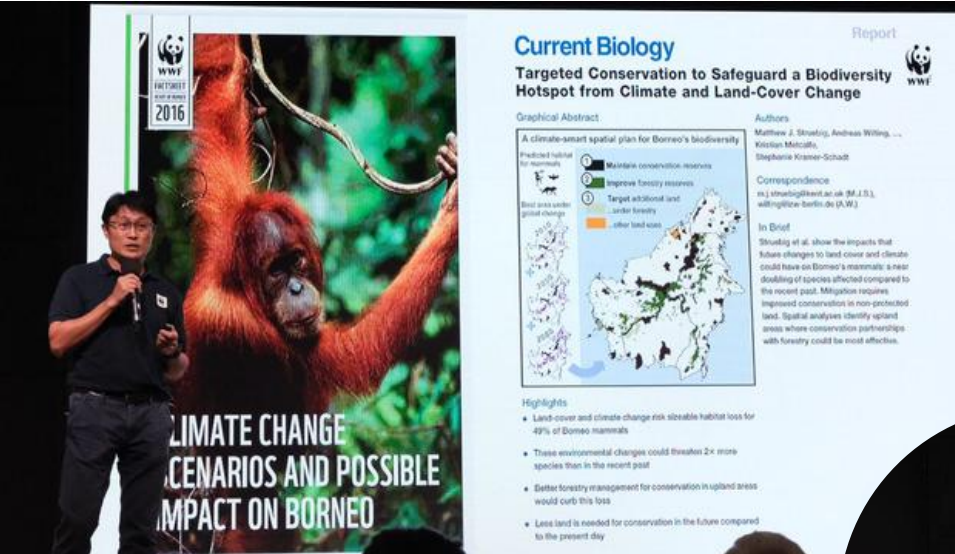


18 University Based
11 Community Based
Total: 30 Rotaract Clubs

STRATEGIC FOCUS PROJECT 2023-24

ENVIRONMENT SUSTAINABLY

Rotary Club of Kuching &
Rotary Club of Kuching Central



In a bid to make a meaningful impact on the local community and the environment, the Rotary Club of Kuching (RCK) and the Rotary Club of Kuching Central (RCKC) have joined forces to organise a trilogy of Environment Sustainability projects:-

9th September 2023 - RCK & RCKC organised an awareness talk on Environmental Sustainability Project in conjunction with Sarawak Forestry Department - Greening Sarawak Campaign. The talk witnessed a diverse turnout, with attendees spanning from eager students, teachers and environmentally conscious adults.



STRATEGIC FOCUS PROJECT 2023-24

ENVIRONMENT SUSTAINABLY


Rotary Club of Kuching &
Rotary Club of Kuching Central




30th September 2023 - Following an enlightening environmental awareness talk, students from various Interact and Rotaract clubs were treated to an immersive experience at a tree planting nursery at Bintawa by the Sarawak Forestry Department. The visit aimed not only to instill awareness but also to deepen the understanding of the life cycle of a tree, fostering a sense of responsibility and appreciation for the environment before their subsequent tree planting activity.

The participants were transported to the nursery in a hydrogen bus provided by Sarawak Metro. This eco- friendly mode of transportation not only added a touch of innovation to the excursion but also underscored the commitment to reducing the carbon footprint of community activities.





Rotary
Club of Kuching



Rotary
Club of Kuching Central

Rotary Environmental Sustainability Project

Activity II:

Sowing the Seeds and Nursery Visit

A field outing to one of the nursery sites of Forestry Department will be arranged. The details are as follow:

Date: 30th September 2023 (Saturday)

Meet up Venue: Chemsain Building, 172, Rock Road, 93200, Kuching, Sarawak

Time : 8:00 a.m


Nursery Venue: Forestry Department- Bintawa Nursery

Mode of transportation: Bus Provided

Time	Activity
8:00 AM	Assemble at Chemsain
8:30 AM	Departure to Nursery Site
9:15 AM	Welcoming and Briefing by Forest Department Sarawak
10:30 AM	Refreshment
11:15 AM	End

Contact Person: Prof Lau Seng - 012 887 1487

Scan to register



STRATEGIC FOCUS PROJECT 2023-24

ENVIRONMENT SUSTAINABLY



14th October 2023 - This tree planting activity marked the conclusion of the Environmental Sustainability Project by RCK & RCKC.

The tree planting event was led by President Jessie Lim of RCK and President Calvin Chong of RCKC, it was attended by a total of 150 delegates comprising of Rotarians, Rotaractors and Interactors from various schools and colleges in Kuching.

The tree planting activity was held Bukit Sabal Forest Reserve where a total 1000 tree saplings comprising of high value indigenous species such as meranti was planted that day.



Rotary Club of Kuching & Rotary Club of Kuching Central

Rotary
Club of Kuching

Rotary
Club of Kuching Central

Rotary Environmental Sustainability Project

Activity III:

Tree Planting at Sabal Forest Reserve

A tree planting to Sabal Forest Reserve by Forest Department Sarawak. The details are as follow:

Date: 14 October 2023 (Saturday)

Meet up Venue: Chemsain Building, 172, Rock Road, 93200, Kuching, Sarawak

Time : 7:00 a.m

Nursery Venue: Sabal Forest Reserve, Simunjan

Mode of transportation: Bus Provided or you can drive (Approx 2 Hours)

Time	Activity
7:00 AM	Assemble at Chemsain
7:10 AM	Departure to Sabal Forest Reserve
9:10 AM	Arrival at Sabal Forest Reserve - Tree Planting
11:30 AM	Refreshment
12:00 PM	End

Scan to register



Contact Person: Prof Lau Seng - 012 887 1487



LET'S PLANT A TREE



27 OCTOBER 2023

Tree planting organised by RC Muar in partnership with Micron Semiconductor Muar, Forestry Department, PDRM, RanHill SAJ, Majlis Perbandaran Muar, Interact Clubs of Muar and Tangkak Ledang.

Guest of Honour: PDG Datuk Hj Zainie Aucasa, District Chair for Special Strategic Environment Project.

 Post by [Majlis Perbandaran Muar](#)





泰丰华小绿屋开幕仪式，以绿化环境为初衷。

这项活动由Rotary Club of Pasir Gudang Mandarin 巴西古当华扬扶轮社与泰丰花小校的绿屋农耕活动相结合，将农耕、环保和教育融为一体。

正如校方所制定的绿屋口号所言：“泰之绿，丰之化”，我们的目标是通过绿屋项目，灌输孩子们绿化环境、关爱自然的观念，让他们在实际的农耕体验中感受大自然的美妙与价值。

感谢Rotary Club of Impian Emas 金山华扬扶轮社, Rotary Club of Kuala Lumpur City Centre 吉隆坡城中扶轮社，Mawai Fresh 的支持和爱心投入，让这个项目得以实现。感谢各造的积极参与，让我们共同创造一个更美好、更绿色的明天！



Rotary
District 3310



CREATE HOPE
in the WORLD

ENVIRONMENT SUSTAINABLY



**SCHOOL
CHALLENGE**

- EDUCATIONAL VIDEO ACTIVITY
- TREE PLANTING ACTIVITY
- REDUCE, REUSE & RECYCLE ACTIVITY
- VISIT AN ENVIRONMENT NGO ACTIVITY

TERMS & CONDITIONS :

- OPEN TO SECONDARY SCHOOLS, COLLEGES, UNIVERSITIES IN JOHOR, MELAKA, SABAH AND SARAWAK (ROTARY DISTRICT 3310)
- REGISTRATION OPEN : 1 SEPTEMBER 2023
- SUBMISSION OF REPORTS BY 1 FEB 2024

*Register
Now*



**School Challenge
Portal & Registration**

<http://bit.ly/School-Challenge>



**District Environmental
Sustainability Project
Resource for Clubs**

<https://bit.ly/ESProject-Materials>

END POLIO DRIVE 2.0

Singapore - Johor Bahru - Batu Pahat

Malam Muafakat 3.0



28th October 2023

The day started at 7.30am, with the bus bringing the Singaporean group to Johor. For most of us, this was our first time crossing the border by coach. We met up the Johor group at RC Pasir Gudang Eye Centre, who hosted breakfast, provided all with free eye screening and gave a Dengue Awareness talk.

Thereafter we headed up to Batu Pahat for lunch and join in the Muafakat Malam 3.0 (Zumba) organised by RC Batu Pahat. It was such a great event and party, the energy was just amazing! This also mark the Closing of the Step Up Challenge that ran from 20 August to 14 October, presentation of prizes to the winners who attended.

We had such great bonding and fellowship. Thank you to all Step Up Challenge participants, Rotarians and Clubs who supported EPN events and contributed generously to Polio Plus. We greatly appreciate all your support, comments and encouragement.

LET'S END POLIO TOGETHER

District EPN Team
RY 2023-24



[**Click to Watch Video**](#)

Malam Muafakat at Batu Pahat



[**Click to Watch Video**](#)

End Polio Drive 2.0 Singapore - JB - Batu Pahat

WORLD POLIO DAY

24 OCTOBER





Congratulations!



FRANKIE ONG
OVERALL CHAMPION

2,531,331

Total Steps

Club with the
Most Participants:

**ROTARY CLUB OF
KOTA KINABALU PEARL**



250,000 Steps

- 1 Pauline Pui
- 2 C G Lee
- 3 Chaw Zie Der

500,000 Steps

- 1 Frankie Ong
- 2 Richard Ong
- 3 Michael Kuan

1,000,000 Steps

- 1 Leonard Sia
- 2 Mohammad Siphon
- 3 Francis Ng



Global Wild Poliovirus 2017 - 2023



Country or territory	Wild virus type 1 confirmed cases									Wild virus type 1 reported from other sources ²							
	Full year total						01 Jan-31 Oct ¹		Date of most recent case	Full year total						01 Jan-31 Oct ¹	Date of most recent virus
	2017	2018	2019	2020	2021	2022	2022	2023		2017	2018	2019	2020	2021	2022	2023	
Pakistan	8	12	147	84	1	20	20	4	03-Oct-23	110	141	405	455	65	43	52	05-Oct-23
Afghanistan	14	21	29	56	4	2	2	6	04-Sep-23	42	83	60	49	1	22	39	21-Sep-23
Mozambique	0	0	0	0	0	8	8	0	10-Aug-22								
Malawi	0	0	0	0	1	0	0	0	19-Nov-21								
Iran	0	0	0	0	0	0	0	0	NA			3					20-May-19
Total (Type 1)	22	33	176	140	6	30	30	10		152	224	468	504	66	65	91	
Tot. in endemic countries	22	33	176	140	5	22	22	10									
Tot. in non-end countries	0	0	0	0	1	8	8	0									
No. of countries (infected)	2	2	2	2	3	3	3	2									
No. of countries (endemic)	2	3	3	3	2	2	2	2									
Total Female	7	18	72	59	2	10	10	4									
Total Male	15	15	104	81	4	20	20	6									

Countries in yellow are endemic. ¹Data reported to WHO HQ on 01 Nov. for 2022 data and 31 Oct. for 2023 data.

²Wild viruses from environmental samples, selected contacts, healthy children and other sources. Last WPV type 3 had its onset on 10 November 2012.

Data Source: WHO as of 31 October 2023

Together, We **End Polio**

If polio isn't eradicated, within 10 years, hundreds of thousands of children could be paralyzed. Global health care cost would rise dramatically, and the quality of life for people affected by the disease would be drastically diminished.

Join in. Speak out. Donate. Be part of history

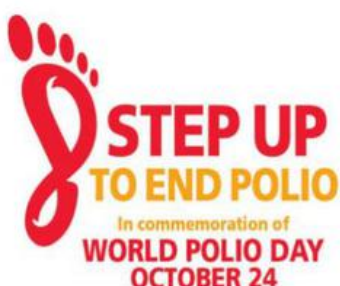
[Endpolio.org](https://endpolio.org)



2023-24 District Governor

**Dr John Chan &
First Lady Wee Ping**

Rotary District 3310
Brunei Malaysia Singapore



DISTRICT HAPPENINGS





13th SEEING EYE TO EYE CONFERENCE 2023
Saturday, 14th October 2023
Hybrid Seminar - 9AM TO 5PM
Distinguished Speakers and Panelists

 PP Dorothy Lee, District 3310, Blindness Prevention Chair	 PP V Venkateshram, Organizing Chairman	 PPG Rafee S. S. Kulkarni, Chair of D3300 Action Group on Blindness Prevention
 Rtn Kerry Ang Wei Zhang, RC Batu Pahat	 Dr Jacob Danesamy, Queen Elizabeth Hospital Kuala Lumpur	 PP Dr Asahan Thevarajah, RC Liles Bay
 PPG Shehzad Ahmed, District 3272, Pakistan	 Rtn Syed Ehsan Hussain, RC Kuala Lumpur Diraja	 Dr Rajamalar Gunathasan, Tuti Resonance Om National Eye Hospital
 PP Dr Quresh B Maskati, RC Bombay North, India	 PP Dr Pali Singh, RC Bangsar	

Venue: Rotary Eye Centre, 44-01, Jalan Tun Abdul Razak, Susur 1, Johor Bahru, Johor 80000
Join Zoom Meeting
<https://zoom.us/j/93026850759?pwd=RURoY3FOY21qVUdZbG1raHhZlUWJodz09>
Meeting ID: 930 2685 0759
Passcode: 087050

14th October 2023 -- We have successfully concluded the 13th Seeing Eye to Eye Conference (SE2EC) 2023.

We had 45 online viewers and 12 physical attendees for a total of 57 participants. Morning coffee, sandwich and afternoon lunch was provided.

Souvenir magazines were distributed and Certificate of Appreciation were given to those present while others, including keynote speakers, will be receiving it in their emails and via post.

In addition to Malaysian and Singaporeans, we had guests from Pakistan, India, Bangladesh, Indonesia and Philippines.



Part 1



[Click to Watch Video](#)

Part 2



[Click to Watch Video](#)

Note from the Editor



This second quarter of the term, we trust you're all back in momentum in the swing of things. Most if not all installations have concluded.

October is also significant for Rotary International's End Polio Now campaign with World Polio Day falling on 24 October annually.

October also highlights Mental Health Awareness, with World Mental Health Day on 10 October.

As always we invite you to share your stories with us through these 2 main channels:

In the District Newsletter

Projects submitted for the **Special Report and People of Action** sections can be of your club's Signature project(s) that you'd like to share and has been positively impacting your community and beneficiaries. The goal of the article is to share the story of what the project is about (a little history, what it is, your partners, etc), your beneficiaries and impact, challenges faced and how you resolved them, and what you think could be helpful to share with fellow Rotarians in the District.

Please send the write-up and photos to d3310.newsletter@gmail.com and larry.ong@chemsain.com if you wish to see your projects featured in an upcoming issue.

We ask that photos be sent as its own individual files in your email. We will not be able to extract photos from your Word or PDF documents.

In the District Facebook Page

As we are only able to highlight a handful of projects in every issue, we encourage you to **tag** the District Facebook Page with all your projects to be featured there and share the great work you're doing this term.

Feel free to get in touch with us if you have any questions or to let us know what content you'd like to see in the upcoming issues. We'd love to hear your feedback to improve and make this a newsletter for you.

Note: The newsletter will be following the monthly Rotary International calendar themes. We strive to bring you articles that relate to the theme of the month as much as possible.

Disclaimer:

While we aim to feature as many projects submitted as we believe you are all doing such amazing work for the community locally and abroad, we are only able to showcase a select few of the submissions we receive. In the event that your submission is not in an issue of the newsletter, we will do our best to share it on the District Facebook account instead (or an even future issue).



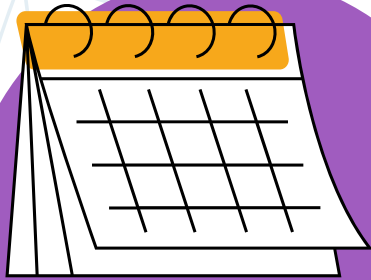


District Website

<https://www.rotarydistrict3310.org.my/>

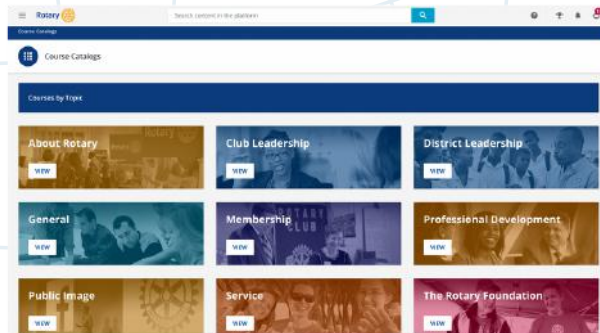
Leadership Directory

<https://www.rotarydistrict3310.org.my/member-access/leadership-directory/>



District Calendar

<https://www.rotarydistrict3310.org.my/meetings-events/dg-2023-24-calendar/>



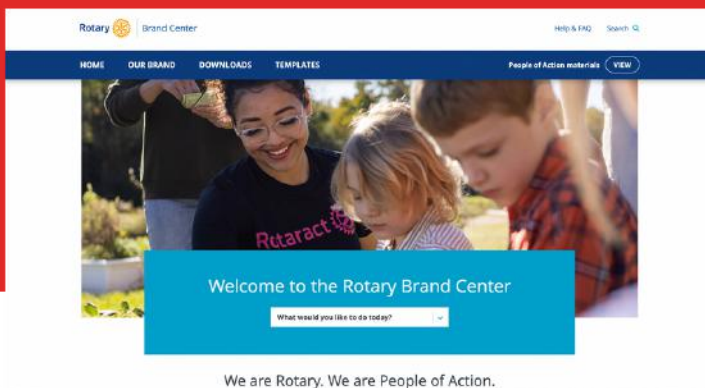
Rotary Learning Center

<https://learn.rotary.org/>



Rotary Brand Center

<https://brandcenter.rotary.org/>



My Rotary

<https://my.rotary.org/en/>

Rotary Showcase

<https://my.rotary.org/en/secure/showcase>

Grant Center

<https://grants.rotary.org/>

Rotary Voices

<https://blog.rotary.org/>

<https://www.facebook.com/rotarydistrict3310>

<https://www.tiktok.com/@rotary3310>