

DISTRICT NEWSLETTER



*Engaging
Our Youths*



2023-24 DISTRICT GOVERNOR
DR JOHN CHAN

We celebrate Youth Service Month in May, a time when we recognise the potential of our young people. Our youth represent the future, not just in terms of leadership but also in developing a culture grounded in care and compassion.

Youth Service Month reminds us to support and mentor our young leaders, encouraging their involvement in Rotary’s mission of Service Above Self. Whether through Interact clubs, Rotaract clubs, or youth exchange programmes, we have the chance to guide and collaborate with these bright minds, ensuring they are equipped to carry forward our legacy of service.

I am very proud to report on the success of our 33rd District Conference held from 17-19 May. The conference was a remarkable gathering, attended by 498 participants. We were honoured by the presence of District Governors from D3300 (Peninsular Malaysia), D3450 (Philippines), and D3330 (Thailand), along with Rotarians from other districts. A highlight was setting a new Malaysia Book of Records for the largest gathering of people in ethnic wear performing a choreographed dance.

The theme of this vibrant event was “Colours of Harmony,” and the record was set with the enthusiastic participation of 1,275 people. This celebration demonstrated our community’s vibrant diversity and spirit of togetherness.

The 2024 Rotary International Convention was very successfully held in Singapore from 26-29 May. I congratulate Host Organisation Committee Chair RID Chew Ghim Bok and his team for the incredible work they had done in making this event a truly memorable one. We now look forward to the next convention in Calgary, Canada.

Let us celebrate and uplift our youth, recognising their role in building a caring, inclusive, and dynamic community. Together, we can inspire the next generation of Rotary members to create lasting positive change in the world.



The First Glimmers of a Lasting Change

2023-24 RI PRESIDENT
R. GORDON R. MCINALLY

I am deeply gratified by Rotary magazine’s focus on mental health in this edition — and I’m ecstatic about the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn’t be described as broken only because it didn’t exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown, and some of their brave, inspiring stories are highlighted in these pages. Former Rotaractor

Freddie Almazan has an especially powerful personal narrative that you can learn about here — and hear firsthand at this month’s Rotary International Convention in Singapore.

You can read in this issue about a great example of a project with the kind of sustainable impact that creates lasting change: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children’s Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for

adolescents, in her hometown of Nagpur, India. Read about the project in the “Stand by me” feature. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach

out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

After you’ve read through the magazine, I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact.

When we focus on impact, we bring Rotary’s vision statement to life, creating lasting change across the globe, in our communities, and in ourselves.

MAY IS Youth Service Month



Photo from RYLA in SMK Kapit

Rotary believes in developing the next generation of leaders. Our programs help younger leaders build leadership skills, expand education and learn the value of service.

This is the month where Rotary all around the world focus on youth services, Rotaract, Interact, RYLA, Youth and Exchange



INTERACT CLUB

Rotary members invest in the future by giving scholarships to students who have the potential to change our communities.



ROTARY YOUTH LEADERSHIP AWARDS (RYLA)

Rotary members fight adult illiteracy by working with local advocates to offer community literacy programs.



ROTARY YOUTH EXCHANGE (RYE)

We share our knowledge and experience with educators and other professionals who work with vulnerable populations.





YOUTHS

The Hope of Our Future



“Creating an emotional connection between the youth in our communities and the environment we live in is key to building a sustainable future”



That’s what District Governor Dr. John Chan said at the start of the Rotary year 2023 - 24. DG John, who is most passionate about environmental sustainability, encouraged the Rotary Youth Leadership Awards (RYLA) team to, not only create a program with environmental sustainability as a theme, but also to bring RYLA to an untouched, rural school in Sarawak, his home ground.

District RYLA Chairperson, PP Chandran Pillay, of Rotary Club of Muar, and his team moved quickly into action to organise two RYLA events with sustainability and the environment as the main themes.

Soon, SMK Kapit 2 in Sarawak was identified as a potential venue. This led to a multi-partner program involving K2M, Institute Kimia Malaysia, with our district leading the program and the partners contributed time, talent and other resources.

The 4-day program, held from 23 - 26 September 2023, was attended by 100 Forms 3 & 4 students, who have been selected by the school based on leadership and academic potential. They participated in a Chemistry Carnival, hornbill conservation sessions and other activities that help foster teamwork and develop strategic thinking. One main outcome from this program was that the participants learned and pledged to help protect the hornbill colonies of Sarawak.



Due to the massive success of the Kapit - Sarawak RYLA, the school has extended their welcome for another RYLA program there, in the later part of 2024, and with the help of local clubs, the RYLA team is considering more programs to be held in rural areas and with unique focus.



Riding on the success of the Kapit - Sarawak RYLA, Chandran and his team organised the second RYLA held in Johor with the focus not only on the environment but with some vocational elements as well.



The second RYLA was held on the 10 - 13 April 2024 in Sedili, Johor and attracted 75 participants from Johor, Sabah, Singapore, Kuching and Brunei. The RYLA team comprised of five panel speakers and a teacher-advisor ran a tight 4D3N residential camp where, through workshops and hands-on activities, the participants learned about environmental conservation, leadership, teamwork, creative thinking and Rotary Community Service.



The participants were educated on environmental impact caused by single use plastics and were taken to Tamala Beach to remove plastic waste from the beach, and the waste collected was sent to a local recycling company.

The participants also had the opportunity to experience rojak cooking workshop and also a debate session was organised on the topic, "A Leader is Born".

Overall, the RYLA events enjoyed a huge success and the participants went home with leadership, communication, critical thinking and fellowship skills while getting closer to the environment.

As more RYLA events are being planned, PP Chandran hopes that some of these participants will eventually join the Rotary family and become future leaders who will Create Hope in The World.



33RD DISCON

**CREATE HOPE
in the WORLD**

**ROTARY INTERNATIONAL DISTRICT 3310
CONFERENCE 2024**

**17 - 19
MAY 2024**

Conference venue:
Riverside Majestic Hotel

Host Club: Rotary Club of Kuching

Together With:

RC Kuching Central | RC Kuching South | RC Kuching Jaya
RC Kuching Unity City | RC Urban Kuching

Rotary
District 3310



AL LAUNCHING OF STAR INTERNATIONAL NA DISTRICT 3310 CONFERENCE 2024

with: RC Kuching Central | RC Kuching South | RC Kuching Jaya | RC Kuching Unity City | RC Urban Kuching



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



Host Club: Rotary Club of Kuching
Together With:

RC Kuching Central | RC Kuching South | RC Kuching Jaya | RC Kuching Unity City | RC Urban Kuching

DISCON 2024: Celebrating Hope

The vibrant city of Kuching played host to a spectacular three-day 33rd District Conference (DISCON) District 3310 from 17 - 19 May 2024.

The conference was hosted by RC Kuching together with RC Kuching Central, RC Kuching South, RC Kuching Jaya, RC Kuching Unity City and RC Urban Kuching. The theme for this year's DISCON was "Celebrating Hope" as we commemorate all the achievements in "Create Hope in the World" year.

Rotarian and delegates from as far as Finland gathered in Kuching to meet, fellowship and experience the joy and celebration of a successful Rotary year.

The event kicked off with an exhilarating golf fellowship at Kelab Golf Sarawak (KGS), not just to compete but to bond over their shared passion as Rotarians. Against the backdrop of lush greenery, camaraderie and friendships were forged and rekindled as most of them came from different cities and countries.

The evening continued with a grand Welcoming Dinner at the Waterfront Walkway of Grand Margherita, where the participants gathered under the Kuching skies for a memorable open air dinner whilst enjoying the natural beauty surrounding the venue.

The Guest of Honour, Rotary International President Representative (RIPR) PDG Dr. Mildred Vitangcol from District 3830 and Partner York, accompanied by PP Frankie Ong and Rtn Pauline Pui, made their arrival at the event in a sampan, marking a unique and memorable moment that had never been witnessed before.

They were welcomed by DG Dr. John Chan, First Lady Wee Ping and Organising DISCON Chair, PP Mona Manap while the rest of the crowd cheered happily upon their entrance to the dinner venue.

The night was filled with various activities such as a lively karaoke competition, golf winner award and District Awards ceremony, as well as the Shave Bald to End Polio fundraiser event!





The second day of the conference was dedicated to learning sessions aimed at advancing Rotary's mission in making a positive impact on communities. A series of workshop and keynote speeches by distinguished speakers covered topics ranging from What's in Your Hand, The Making of Sarawak, Environmental Sustainability and a few engaging forums led by DG Dr. John Chan.

It was truly an experience for many as delegates exchanged ideas, shared success stories and exhorted one another on their Rotary journey.

The Governor's Banquet was shimmered with elegance as it celebrated all the achievements of different clubs, projects and Rotarians in District 3310. The theme for the night was "A Night of The Head-hunters" and the theme beautifully showcased the unique culture of Sarawak.





The highlight of the DISCON was the setting of Malaysia Book of Records with the largest choreographed dance of people in ethnic attire on 19 May 2024. Themed “Colours of Harmony”, this record highlighted the richness of our global diversity and the imperativeness of peace and understanding in our collective journey towards a better world.

The event was graced by the Premier of Sarawak, The Right Honourable Datuk Patinggi Tan Sri (Dr) Abang Haji Abdul Rahman Zohari Bin Tun Datuk Abang Haji Openg. He praised and congratulated the Rotary Club of Kuching and Kuching North City Hall (DBKU) for organising this record-setting event and said, **“I should be very tired but when I see you, I feel very energetic today.”**

Clad in beautiful and mesmerising traditional attire of various ethnic groups in Sarawak, the crowd was estimated to be 1,275 strong, and they participated in a “poco-poco” dance performance to the popular Iban song ‘Berkikis Bulu Betis’.



“I should be tired but when I see you, I feel very energetic” – Premier compliments participants in traditional attire at record-setting event

May 19 2024 @ 14:29



[PLEASE CLICK TO VIEW THE VIDEO MONTAGE](#)

[PLEASE CLICK TO VIEW MORE PHOTOS OF DISCON](#)



ROTARACT

Celebrating World Rotaract Week

15 MARCH 2024



Passionate voices, Passionate speeches

In conjunction with World Rotaract Week, our annual World Speech Day Rotaract Showcase was held at ITE College Central this year, and it was a remarkable display of the transformative power of speech with passionate participants.

Each addressing topics close to their hearts, we witnessed the profound impact of articulate expression. Every speech sparked meaningful dialogue and inspired action.

Here's to the voices that amplify change and propel us towards a brighter future.

#RotaractShowcase #WorldSpeechDay
#rotaryinternational
#racd3310

YOUTH EXCHANGE



ROTARY YOUTH EXCHANGE PROGRAM IN DISTRICT 3310

My name is **Kevin Gomes**, a 17-year-old Rotary Youth Exchange Student from Venezuela, currently residing in Malaysia since August 2023. It has been almost a year since I arrived in this beautiful country, marking a significant milestone as the first RYES in District 3310 after a gap of 17 years. Initially, the prospect of being a trailblazer in restarting the program here was daunting. I felt a mixture of excitement and pressure, fearing I might make mistakes. However, as I immersed myself in various activities and engaged with the vibrant community around me, those anxieties gradually faded, replaced by a sense of belonging and joy in discovering something new every day.

One of the highlights of my exchange journey was attending the 3310 District Conference, where I had the privilege of meeting Interactors and members from different Rotary Clubs across Malaysia. This experience not only broadened my understanding of Rotary's impact but also reinforced my commitment to fostering international goodwill and understanding through cultural exchange.

Another unforgettable moment was my participation in the Rotary International Convention, where I had the opportunity to connect with numerous inspiring individuals. One of the most memorable experiences was serving as the Master of Ceremony for the Youth Exchange Officer pre-convention, where I had the honor of introducing distinguished figures such as Gordon McNally, Stephanie Urchick, and John Hewko. These encounters not only enriched my perspective but also deepened my appreciation for Rotary's global network and its unwavering dedication to service above self.

As I reflect on my journey so far, I am filled with gratitude for the support and warmth extended to me by the Rotary community in Malaysia. Each interaction, whether big or small, has contributed to my personal growth and has reinforced the values of tolerance, friendship, and cultural diversity that lie at the heart of the Rotary Youth Exchange Program.

Looking ahead, I am excited about the future of the Rotary Youth Exchange Program in District 3310. My hope is that my experience will inspire other young people to embark on their own journeys of discovery and service through Rotary, contributing to a more interconnected and compassionate world.



SHARING HOPE WITH THE WORLD



This year, the Rotary Convention 2024 was hosted in Singapore, welcoming 15,000 Rotarians from across the world. Our District 3310 members actively contributed as volunteers, flag bearers, ushers and took up various roles within the host organising committee. The event was a resounding success, showcasing the unity and dedication of Rotarians worldwide.

RID Chew Ghim Bok - Chair of the Host Organising Committee

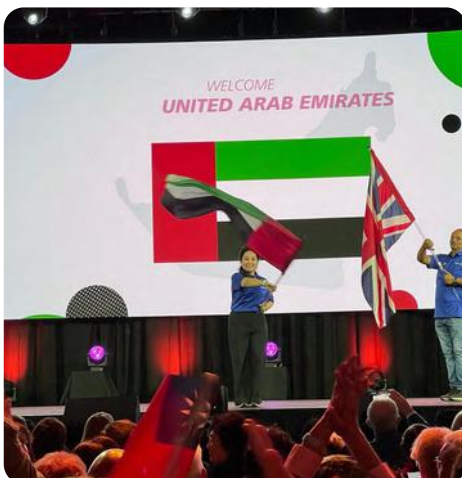
We are immensely proud of RID Chew Ghim Bok, who served as the chair of the host organising committee for the Rotary Convention 2024. His leadership, vision and dedication were instrumental in orchestrating an event that was both memorable and impactful. Under his guidance, the organising committee ensured that every aspect of the convention was meticulously planned and executed, reflecting the spirit of Rotary.

Volunteer Contributions

Many of our District 3310 members volunteered with enthusiasm and commitment in multiple roles:-

Flag Bearers

As flag bearers, they had the honour of representing various countries during the opening ceremony, showcasing Rotary's global reach and diversity. The parade of flags was a spectacular display of international unity and friendship.



Ushers

As ushers, our members provided invaluable assistance to both local and international guests. Their duties included:

- **Airport Stations:** Stationing at the airport early in the morning to welcome international guests. They offered warm greetings and provided essential guidance on how to navigate their hotels and to the MBS Convention Centre.
- **Guidance and Support:** Offering directions and support to attendees throughout the convention, ensuring that everyone had a positive and seamless experience.
- **Hospitality:** Assisting with registration, answering questions, and helping with any issues that arose, contributing the overall success of the event.
- **Roles in Organising Committee:** Beyond volunteering as flag bearers and ushers, several of our District 3310 members took on key roles within the host organising committee. Their responsibilities included coordinating events, managing logistics, overseeing hospitality, and ensuring that all activities ran seamlessly. The dedication and hard work of our members were evident in the flawless execution of the convention's numerous programs and sessions.





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