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English issue



Magazine 2 Monthly Vol. 36 No. 187 March-April 2020



Primary protection



Wash Hand

Wash hands before eating.
Wash hands after going to the bathroom
Touch the dirt on the doorknob.
Wash your hands with soap and water
Or alcohol, hand washing gel.



Avoid getting infected

Avoid touching patients with colds.

Avoid going into crowded areas And the epidemic areas unneeded.

(If unavoidable Put on a cloth mask Or mask And keep washing hands)



Reduce the spread of infection

Reduce the duration of the stay in the community.

Reduce activities that are common to many people.

Reduce the spread of infection Illness, stop school, stop work.

ROTARIAN CODE OF CONDUCT

As a Rotarian, I will:

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) 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
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians
- 5) 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

President's message

Mark Daniel Maloney, March 2020



Not only do we need to open our doors to our young colleagues, but we also have to open our ears and minds to the Rotary experience they find most engaging.

Dear fellow Rotarians and members of the family of Rotary,

It is Rotaract Month again — and this has been quite a year for our young partners in service.

Last spring, the Council on Legislation elevated Rotaract in our constitution: Rotary International is now the association of both Rotary clubs and Rotaract clubs. Then in October, the Rotary Board of Directors eliminated the artificial Rotaract age limit and took other steps to break down barriers that were preventing Rotaract from growing in some parts of the world.

These steps were long overdue, because Rotaract is a vision of what Rotary must become. Not only do we need to open our doors to our young colleagues, but we also have to open our ears and minds to the Rotary experience they find most engaging. That is one of the best ways we will meaningfully grow Rotary.

When I say grow Rotary, I mean it in many ways. We need to grow our service and to grow the impact of our projects. Most importantly, however, we need to grow our membership, so that we can achieve more. Rotaractors provide this opportunity, not only because they can transition to Rotary at the time that is right for them, but also because they understand what it will take to attract others like them.

Business as usual will not work for us anymore. Bringing in more members to replace the ones we lose is not the answer. It is like pouring more water into a bucket full of holes. We need to address the root causes of member loss in many parts of the world: member engagement that is not what it should be, and our member demographic that skews steadily older.

It is time to make some fundamental changes. We already know what the barriers are to an engaged and diverse membership. It is time to act on what we know: creating new membership models, opening new paths to Rotary membership, and building new Rotary and Rotaract clubs where the existing clubs do not meet a current need. New club models represent an opportunity to connect with a more diverse group of individuals — particularly those who are unable or unwilling to join our traditional clubs. While new club models have been emerging for some time, it is up to district governors to make them a reality. In January at the International Assembly, our incoming district governors took part in an exercise called Build Your Own Club Model. It was a wonderful experience that put them in the right frame of mind for the work ahead.

Ultimately, however, it will be up to Rotaractors and young Rotarians to create new club models that are most meaningful to the next generation. We may think we know what young people want from Rotary clubs in the future, but I am confident that what young people say will surprise us. It will be our job to support their innovation, for it will help us grow Rotary as Rotary Connects the World.

MARK DANIEL MALONEY
President, Rotary International

President's message

Mark Daniel Maloney, April 2020



In April, Rotary turns its attention to maternal and child health. I encourage you and your club to go to ideas.rotary.org to find projects that are helping to save mothers and children.

Dear fellow Rotarians and members of the family of Rotary,

I spend a lot of time thinking of family, not just my own or the extended family of Rotary, but also the families we are helping in the communities we serve. In many parts of the world, mothers and children face challenges to survive that most of us will never comprehend. According to the World Health Organization, the risk of a woman in a low-income country dying during pregnancy or childbirth, or from related causes, is about 120 times higher than that of a woman living in a high-income country. It is encouraging that infant mortality rates are declining globally, yet 4 million babies annually still die within the first year of life.

In April, Rotary turns its attention to maternal and child health. And when we think of what we can do to help, we can look to clubs like the Rotaract Club of Calabar South-CB, Nigeria, for inspiration. It teamed up with the Rotaract Club of Canaan City (CB) in a program focused on educating mothers on best practices to prevent infant mortality and promote postnatal health for themselves and their babies. In Bangladesh, the Rotary Club of Dhaka North provides free surgeries and medicine to pregnant women who cannot afford the hospital costs associated with giving birth. I encourage you and your club to go to ideas.rotary.org to find projects like these that are helping to save mothers and children.

We also have witnessed how millions of people — families and entire communities — have been ripped

away from their homes because of conflict, poverty, and disasters during the past decade. But Rotary has not stood idly by during the global refugee crisis.

During Rotary Day at the United Nations last November, we honored a Rotary Peace Fellow and five Rotarians who are taking action to help refugee communities. Among them was Ilge Karancak-Splane of the Rotary Club of Monterey Cannery Row, California. After visiting several tent camps in Turkey, she led a Rotary project that collected 1,000 pairs of children's shoes and socks for families in the camps and, later, led a global grant project to help educate refugee children. In March, Gay and I had the privilege of visiting a tent camp in Torbalı and seeing firsthand the good work that Rotarians from Turkey and California were accomplishing with Syrian refugees.

The challenges faced by mothers, their children, and refugee communities around the world are daunting. But when we remember our greatest strength — how Rotary Connects the World — we can begin to find solutions. Through our creativity, our resources, our dedication, and our networks, Rotary can and will open opportunities to face these challenges.

MARK DANIEL MALONEY
President, Rotary International

A message form Foundation Trustee Chair

Gary C.K. Huang, March 2020



Ni hao, Rotarians!

I like to quote Confucius at many Rotary events, because his ideas are so much like ours. Confucius would have been a great Rotarian. Take this Confucius quote, for example: "The failure to cultivate virtue, the failure to examine and analyze what I have learned, the inability to move toward righteousness after being shown the way, the inability to correct my faults — these are the causes of my grief."

If you turn the saying around to positive language, it sounds exactly like the first goal of the new Rotary Action Plan. When we talk about Rotary increasing our impact, we mean investing in relationships, making decisions grounded in evidence, mobilizing our resources to create solutions that last, and always learning from our experiences.

The Rotary Foundation already does this so well and will continue to be the best possible investment in a better world as the Action Plan is put into effect. Our global grants respond to real community needs. That's because we approve them only after a rigorous community assessment. Then the projects are tailored to the information uncovered during the assessment.

Now your Foundation is making a difference on a broader scale than ever through our programs of scale grants. These are competitive grants, designed to respond to a need that a community has identified. Programs of scale will benefit a large number of people in a significant geographic area. They will be sustainable, evidence-based interventions with measurable outcomes and impact. Each grant will support, for three to five years, [gd] activities that align with one or more of Rotary's areas of focus.

Programs of scale build on our experience in the eradication of polio, and we must never forget that we still have important work to do to eliminate this disease. When I visited Pakistan in November, I was overjoyed to see so many young Rotary leaders working hard for End Polio Now. Wonderful things are happening with our global grants, and the Rotary Action Plan will help us do more than ever. Let us continue to cultivate virtue, examine and analyze what we learn, move toward righteousness based on our new knowledge, and keep improving everything we do.

GARY C.K. HUANGFoundation Trustee Chair

A message form Foundation Trustee Chair

Gary C.K. Huang, April 2020



Ni hao, Rotarians!

Perhaps the most fulfilling of all human endeavors is to give back, and Rotary offers countless opportunities to do it, such as donating to The Rotary Foundation. Each Rotarian and club can choose the level of Foundation giving that is right for them.

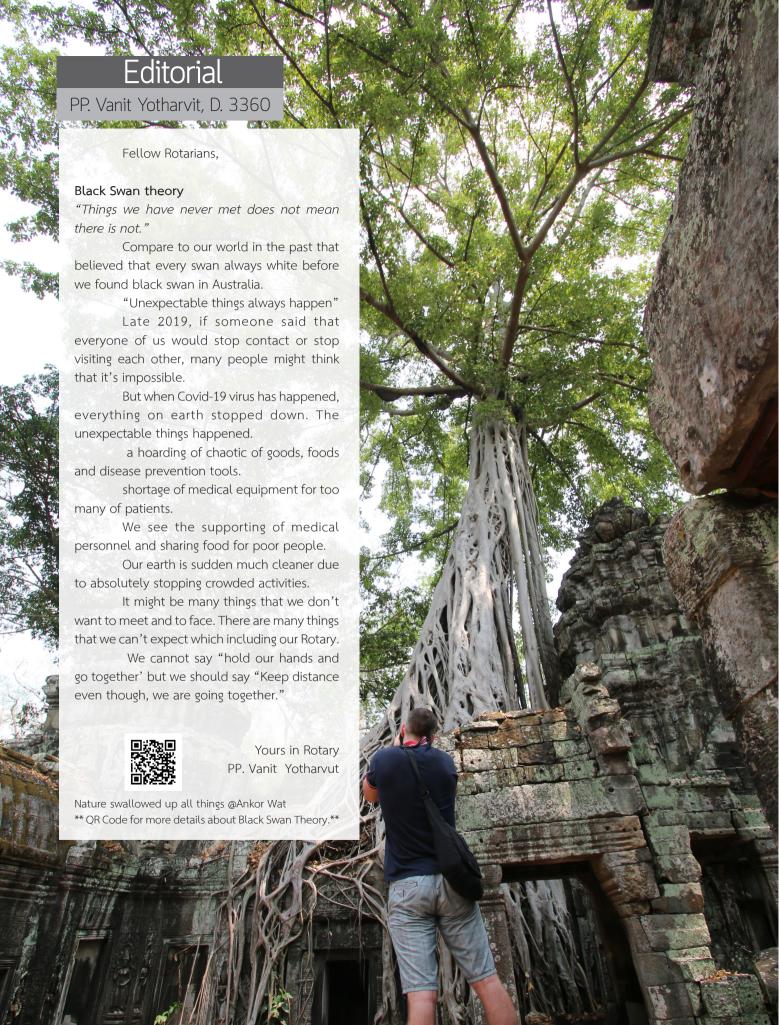
When you give \$100 or more per year to the Annual Fund, you can become a Rotary Foundation Sustaining Member. Multiply that gift by 10 and you are a Paul Harris Fellow — one of those who donate \$1,000 or more to the Annual Fund, the PolioPlus Fund, or approved global grants. Since 1957, there have been more than 1 million Paul Harris Fellows. And when Rotarians give \$1,000 or more to the above annually, they become Paul Harris Society members. The Rotary Club of James River (Richmond), Virginia, is just one club that reached 100 percent membership in the society, and your club can do it, too.

Let's multiply by 10 again. Rotarians who commit to future gifts of \$10,000 or more to the Foundation join the Bequest Society. Major Donors are those who have already given \$10,000 or more to our Foundation. I am still proud of how we added 106 Major Donors in Taiwan during Rotary's centennial, exceeding our goal of 100. Together with the 103 additional Major Donors recruited the following year, they contributed more than \$2 million to the Annual Fund!

The gifts these donors make can change entire communities. The Arch Klumph Society recognizes the highest level of giving at Rotary, at \$250,000 or more, touching hundreds if not thousands of lives for generations to come. This month, I salute the 11 individuals and couples recognized during this year's International Assembly for increasing their giving level within the society. These generous supporters traveled from Japan, Nigeria, Taiwan, and the United States to celebrate their philanthropy.

Now, imagine what your club can do, what contribution you would like to make, what legacy you would like to leave, and find a giving level that works for you. Whatever you choose to give, whatever goal your club sets, remember that the gifts we give today will help Rotary and the communities we serve this year, next year, and beyond, in ways we may never know.

GARY C.K. HUANGFoundation Trustee Chair







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PDG. Wiwat Sirichangkapattana (3360)

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Ms. Danucha Bhumithaworn

Editor-in-Chief

PP. Vanit Yotharvut (3360)

Editor

D. 3330 PDG. Juthatip Thamsiripong

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D. 3350 AG. Trong Sangswangwatana

D. 3360 PP. Dr.Natthanin Sestawanich

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Contact

c/o Rotary Centre in Thailand 75/82-83, 32/Fl., Ocean Tower II, Soi Wattana,

Asok Rd., Wattana, Bangkok 10110

Tel: 02-661-6720 Fax: 02-661-6719

Email: magazine@rotarythailand.org,

Website: www.rotarythailand.org

Mobile: 085-822-4442

v.yotharvut@rotarythailand.org



Content page: Garjan preserving project, Lam Phun – Chiang

Mai Road, for the most effective environmental protection

and reduce air pollution

Rotary Information PP. Likhit Limrosrouy Rotary Club of Bangkok Rattanakosin



"Rotary is your intimated friends and communities partners."

Community Developing means change, creative and develop by process and planed and structured change or set the ultimate goal .lt should be done by public or private sectors or public and private sectors cooperation. It's for upgrade quality of life in many aspects such as economics education health culture and people in community participation for self-efficiency. In the meantime, it can be learning and keeping social capital.

Rotary was established to bring together business and professional leaders in order to provide humanitarian service and to advance goodwill and peace around the world.

Rotarians faith in Service About Self by doing through 5 avenues or services which one of these is "community service" by service projects that emphasize in six area of focus. It's comprised of Peace and conflict resolution, Disease prevention and treatment, Water and Sanitation, Maternal and child health, Basic education and literacy and Economic and community development. By doing with Rotary Community Corps and Rotary Time Bank.

For doing service project through sustainable community developing, I suggest every Rotary Club has to set up Rotary Community Corps or RCC to hold hands together in "Invest by Rotarians, Laboring by Community" principle.

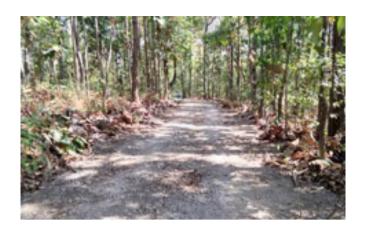
Rotarians support the professional potential, money and investment academics to do the project for community service and service groups. RCC give the experience accessibility, laboring and moral support in their community within "Rotary is your intimated friends and communities partners."

The most important thing is the service project must be created from the needy of community participation. The problem that community is being faced and want be solved are not from only Rotary side but from community. So we will have the participants who really know, understanding and access the real problem and community will have a good cooperate with Rotary to solve their problem.

Article

PP. Dr.Busabong Jamroendararasame, Rotary Club of Phayao





ROTARY CONNECTS THE WORLD: Fireproof

Every year before ending of the year to beginning of the year until March, Thais are face forest fire and smog, sometimes come early and sometimes come late. It's a part of environmental changing that comes from many cause and effect to lives and human being of all over the world.

I work at Phayao University where located in the middle of the forest. I always face with forest fire, smog, nasal mucus and tears problem etc. One night, a security officer came to knock my door and warned me to beware of fire. I saw the line of fire through the window. It's scary. Someday when I opened the door, there were the many ash flew in. Not only me who faced the problem but also everyone in the university and local people and shopping stores were faced the same problem.

I noticed how they solved the problem. There were variety ways. Someone had complained to the official who have the power that maybe can solve the problem. Some groups campaigned not to exercise outdoor. Moreover, some teachers told students stay in the class room and sealed the holes of the rooms with soaked cloths. Some philanthropists donated the masks and then became fashion of mask. Many people reported the one who light the forest fire to the police. But someone opposed that because they believe that burning for mushroom seeking is the way of local life. Another group said they burned the weed. Moreover, someone said it came from neighbor countries etc. In conclusion, to solve the problem cannot done by one person or one agency but we need cooperation and many tools. It's not sure that the result is as expectation but it might be some better for sometimes, some place, some group etc.

Phayao province had made the fireproof between urban and forest and every village too. Normally there are about 30 agencies have responsibility for fire controlling. Sometime they do it together but some time separately such as Office of Disaster Prevention and Mitigation, forestry center, Forest Management Bureau, Silvicultural Research Station, Internal Security Operations Command, 17th Infantry Regiment, Artillery battalion etc. In the village level, there are volunteers and divided to many parts that in charge of the head of village. As I known, they have their own plan and some budgets but mostly are not enough. They have to do it because they realize in the danger of forest fire.

I started to write the Global Grant to support to build fire proof. It's started by surveying the community need. Talking and meeting with different related groups to know what Phayao people need help. I found that they already tried to build the fireproof before the coming fire season. They prepared from December and finished built it on February because there is always have heave fire on March and April to prevent the disaster of their lives and properties. I learned a lot of things that I never known. I used to suffered from fire but when I saw the difficulties, conflict of solving the problem, way of life, works and career, lack of equipment, people mobilization, needy cooperation, trying to set plan for prevention and control the fire J read the report from the previous years and found that there were successful and failure. It's not easy. It needs cooperation in really high level and have to know the really need to solve this forest fire problem.

When I have to answer about Area of Focus, I have to suggest the advice from TRF. They gave me a lot of information such as economics loss, controlling and prevention forest fire, project area, obvious measure and evaluation tools. We have to point out where the project is located, how to do it, where, consequence. The most important is the cooperation of the government agencies. It's very hard to write this project to be approved. Learning and asking while writing is my experience.

Now the Global Grant is already approved and already started the project. We started with the meeting among 30 agencies to make clear what are the result of their success and how to measure it. The answer is the fireproof with approximately 8 meter-wide and 30 Km long that shown on the picture. The next question is where is this fireproof in the control and prevention forest fire plan. I found that the plan is the urgent need more lawnmower, water spray, radio communication, Fire-fighting suit, mask etc. They report the progress of the fireproof building and also other proudly performance every day.

However, the project is not finished and not the time to report yet. There are many more things to do and learn.

DEATH BY PLASTIC

By Susan Freinkel





> 6 million

Plastic fibers
released during an
average laundry
load of synthetic
fabrics

\$139 billion

Annual
environmental
cost of consumer
plastic use

6.5 billion

Rotarrians are pointing the way

(\$7.2 billion) Projected savings by 2030 from a European Union directive limiting single-use plastics 10 inches

Depth of all the plastics ever produced if they were spread across Argentina



PARADISE LOST

"Kamilo" means "twisting of currents" in Hawaiian, so it's an apt name for the beach near the southernmost tip of the island of Hawaii. Early Hawaiians combed the white sands of Kamilo Beach for driftwood; they used the enormous evergreen logs that had traveled there on ocean currents from the American Pacific Northwest to make dugout ca-noes. Today, the same ocean currents bring a different kind of debris to the beach, along with a new moniker — "Plastic Beach" — and the distinction of being one of the dirtiest beaches on earth.

A clockwise pattern of ocean currents called the North Pacific Subtropical Gyre flows south along the west

coast of North America, across the Pacific, north along the coast of Japan, and back across the Pacific to complete the circle. In the middle of this is a calm spot known as the Great Pa-cific Garbage Patch, less a trash island twice the size of Texas than a soup of microplastics — plastic from North America and Asia that has broken down into tiny pieces, like spices floating in broth. The Hawaiian Islands act as a sieve, catch-ing the debris carried by the vortex of water. An estimated 15 to 20 tons of trash washes up annually on the 9-mile stretch of coastline that includes Kamilo Beach, 90 percent of it plastic from the Great Pacific Garbage Patch.

At just one cleanup in August, volunteers from the Rotary Club of South Hilo and other partners collected 790 pounds of marine litter: 37 bags of trash, 100 pounds of loose plastics, and 300 pounds of nets and fishing lines. Last fall, Hawaii County ended its plastics recycling program, and the club is working with the Hawai'i Wildlife Fund and other partners to find new ways to divert plastic from landfills. "As an isolated island community, we are more directly and severely im-pacted by our environment than many other communities," says South Hilo Rotarian Keith Greer, who led the project. "Our footprint is constrained, and if we don't take care of what we have, there is no place else for us to go."



6%
Share of global oil consumption used to make plastic

42%

Share that car tires contribute to microplastics dumped into the sea by European rivers

8.8 million

tons Amount of plastic that ends up in the ocean every year



A NEW LIFE

You've finished your bottle of water, your container of laun-dry detergent, your milk jug. For you, that's the end of the story. But for your bottle, it's only the beginning. After your recyclables are collected, they're sorted by glass, metal, and type of plastic, then sold to intermediaries that grind the plastics into flakes or pellets the size of rice grains. The pellets, called "nurdles," are then sold to producers that melt them and turn them into new products.

There are seven codes on the bottom of plastic contain-ers, signifying, among other things, the temperature at which they will melt. But only two are routinely recycled. Soda and water bottles — No. 1 plastics — may eventually become carpet or fleece clothing. Milk, juice, and detergent containers — No. 2 plastics — find new lives as decks, buckets, and Frisbees. Technology exists to convert plastic

Things your club can do



Pack your own toiletries when you travel instead of using the small plastic bottles in hotel rooms — or look for hotels that provide soap dispensers instead.

Carry a refillable water bottle and decline the free ones offered at meetings.

Bring takeout containers to restaurants so you can avoid using plastic foam to carry home your leftovers.



Wear microplastic-free sunscreen and cosmetics. Go to beatthemicrobead.org to find out which ones are. Buy soaps, shampoos, and lotions in bar form instead of in bottles.

An average load of laundry containing synthetic fabrics sends more than 6 million plastic fibers down the drain. Wear natural fibers instead — or buy secondhand clothes. (Clothes release the most fibers the first few times they are washed.)

Recycle plastic packaging such as newspaper bags, shipping envelopes, bubble wrap, air pillows, and zip-top bags. Find a local drop-off site in the United States

at plasticfilmrecycling.org/drop-off.

Consumers in North America can look for the "How2Recycle" label on many products for guidance. Buy products with less or no packaging.



Buy your fruits and vegetables loose or bring your own reusable bag.

Find more ideas at plastichealthcoalition.org/plastic-diet.



March-April 2020

into crude oil and other fuels. But globally, recycling rates hover around 14 percent.

Waste pickers are the backbone of recycling in many parts of the world; they've been referred to as "invisible environmentalists." In Brazil, where waste picking is recog-nized as an official occupation, the hundreds of thousands of catadores (as they are called) are responsible for 90 percent of the country's recycling. Brazil was the first country to incorporate waste-picking cooperatives into its national solid waste policy, and it even contracted with waste pickers to help with recycling efforts during the 2014 World Cup.

In Rio Claro, waste pickers separate plastics accord-ing to their type and sell the material to an intermediary that cleans, grinds, and dries it, then sells it at a profit. Through a Rotary Foundation global grant project of the Rotary clubs of Rio Claro-Alvorada, Brazil, and Longwood, Pennsylvania, the local waste pickers cooperative received equipment to process the plastic itself, which will mean a 50 percent income increase and an expansion in the number of catadores who can participate.



WASTE NOT

More plastic waste comes from product packaging than any other industry. It accounts for 65 percent of plastic waste by weight in the United States (and 59 percent in Europe). Some of this waste could be recycled — but even packaging that can be recycled often isn't because it's not collected by the municipality, it can't be sorted, or it's too stained with labels or food residue to be used.

The issue is complex, and sometimes switching to other materials can cause other unintended consequences. Glass, for example, is heavier than plastic and therefore requires more fuel to ship; single-use paper bags can have higher carbon impacts than single-use plastics.

Packaging is the first target of the New Plastics Econ-omy Global Commitment, which has been signed by more than 400 companies, including multinationals such as Nestlé, PepsiCo, Coca-Cola, and Unilever. Its goal is to cre-ate a circular economy for plastic, which includes eliminating unnecessary plastic items; ensuring that any plastics used are reusable, recyclable, or compostable; and keeping those plastics in the economy and out of the environment. (Read more at newplasticseconomy.org.)

The Rotary Club of Vero Beach, Florida, is working on a plastic recycling project in its community. In collaboration with the county landfill, the club has placed recycling bins in commercial facilities — such as a brewery and a store at a local outlet mall — to collect the shrink-wrap that their pallets of products are wrapped in. The county then takes the shrink-wrap to a recycling center, which sells it to companies that make plastic furniture and

outdoor decking. The club also puts receptacles in the county's two dozen schools where students can throw away their plastic lunch bags. Through a partnership with the Publix grocery store chain, the schools then bring the bags to a Publix store to be recycled. "If other Rotary clubs would do something similar," says Vero Beach Rotarian Daniel Compas, "we could keep a whole lot of plastic out of landfills."

30%

Share of plastics ever produced that are currently in use

110,000

Microplastic particles that the average American adult ingests every year

450 ปี

Estimated time it will take a plastic bottle to break down

81%

Share of tap water around the world that is contaminated with microplastics



TRASH TO TREASURE

According to a recent report, the Philippines is one of the top three countries contributing to ocean plastic pollution, behind only China and India. And Manila, the capital, generates the most plastic litter of any urban area in the world.

The country's status as a "sachet economy" plays a major role in its plastic problem. These palm-size packets allow low-income consumers to buy single servings of nearly anything for pennies: shampoo, toothpaste, lotions, laundry soap, food, and drinking water. They give people

access to higher quality products that they might not otherwise be able to afford. But sachets are made of a complex sandwich of plastic and aluminum (picture ketchup and hot sauce packets) that is nearly impossible to recycle. And the country uses nearly 60 billion of these sachets a year, enough to blanket metropolitan Manila a foot deep.

Compounding the problem are issues with waste disposal. One report found that 74 percent of plastic marine pollution in the Philippines comes from trash that has been collected but is dumped into the water by haulers to cut costs or into landfills poorly located near waterways. And garbage collection is unreliable in poorer communities, where people are most likely to use sachets.

The Rotaract Club of Tagbilaran, on the island of Bohol, is focusing on the issue of single-use plastics. Working with Fablab Bohol Philippines, the country's first state-of-the-art digital fabrication laboratory, members of the club designed prototypes for souvenir items made of recycled spoons from nearby ice cream shops. The project won an award during a national Rotaract competition. The club also is working to reduce plastic straw use by selling metal straws in a locally handcrafted pouch. "Maybe sooner or later, our country will no longer be the third-largest plastic polluter, but be the third least," says Jerome Manatad, who launched the spoon project during his year as club president. "We believe that taking simple action today can build a better future for the generations to come."



15 minutes

Average time a single-use plastic bag is used

9%

Share of the 4 million tons of plastic bags produced in the U.S. each year that are recycled

32%

Share of plastic waste generated in coastal regions that is littered or improperly discarded

5 of 15

Number of top global retailers that have signed on to the New Plastics Economy Global Commitment

Things you can do



Pack your own toiletries when you travel instead of using the small plastic bottles in hotel rooms — or look for hotels that provide soap dispensers instead.

Carry a refillable water bottle and decline the free ones offered at meetings.

Bring takeout containers to restaurants so you can avoid using plastic foam to carry home your leftovers.



Wear microplastic-free sunscreen and cosmetics. Go to beatthemicrobead.org to find out which ones are. Buy soaps, shampoos, and lotions in bar form instead of in bottles.

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Buy your fruits and vegetables loose or bring your own reusable bag.

Find more ideas at plastichealthcoalition.org/plastic-diet.





TRICK OR TREAT

We all know plastic bags are trash, but sea turtles are often tricked into thinking they're a treat. They munch on the floating bags, mistaking them for jellyfish, or eat other bits of plastic that look like algae or seagrass. More than 50 percent of the world's sea turtles are estimated to have eaten plastic — and some of them have ingested hundreds of pieces of it.

Bags can cause intestinal blockages, sharp plastics can rupture organs, and the decomposition of debris can trap gases and make turtles more buoyant so that they have a harder time swimming to feed or to escape predators. Young turtles are most vulnerable, in part because they will eat whatever floats past them.

Large pieces of plastic aren't the only threat to turtles. Researchers in a 2018 study found microplastics in the guts of every sea turtle they looked at; potential sources of the microplastics included tires, cigarettes, clothing, and marine equipment. The effects of the microplastics on the turtles are not yet known.

When two loggerhead turtles were released on the coast of Sicily in November, members of the Rotary Club of Bagh-eria, Italy, helped organize an educational event attended by hundreds of local students. The two turtles, named Sira and Scheggia, had been discovered by local officials who saw that they had trouble breathing. Veterinarians at a national animal health institute treated them and discovered they had ingested plastic bags, polystyrene flakes, lollipop sticks, and other material, says Giorgio Castelli, executive secretary of the Bagheria club. Rotarians helped educate the students about the problems of marine pollution. The event was part of a broader District 2110 focus on protecting the environ-ment in 2019-20, which included placing colorful fish-shaped plastic recycling containers throughout the region. The con-tainers are called "flavofish" after the flavobacterium, a kind of bacteria once associated with breaking down nylon.

220 pounds



Amount of netting, rope, plastic, and other debris found inside the stomach of a dead whale that washed up on the Scottish coast

98%

Seabird chicks in one study that had ingested plastic

1 in 3

Proportion of fish caught in the English Channel that contain plastic

Our District



Four of district governor elects in 2020-2021 MULTI-PETS @ Chiang Mai at reception night "So enjoyable"

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Our Centre

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Editorial

Editor-in-Chief

PP. Vanit Yotharvut (Rotary Club of Maesai)

Editor

PDG. Juthatip Thamsiripong (Rotary Club of Pra Pathom Chedi)

Rtn. Deara Piboolwatthanawong (Rotary Club of Magkang)

AG. Trong Sangswangwatana (Rotary Club of Bangkok Suwanabhum)

PP. Dr. Natthanin Sestawanich (Rotary Club of Phrae)

Multidistrict PETS 2020

PDG. Dr. Virachai Jamroendararasame





16 March-April 2020



2020-2021 Multidistrict Presidents-Elect Training Seminar

Meeting Background

Rotary International is an international organization with 3 levels of management and also have 3 levels of responsible leaders: the RI President at the organization level, the President and the RI Board of Directors at the international level, the Regional Coordinating Committee, and the Rotary Club President at the club level, where the rotary club is a member of Rotary International and a member of the club is Rotarian. The duty of leadership at each level is rotated each year, or every 2 years, depending on the RI regulations and legislations which are updated every 3 years. Besides, there is The Rotary Foundation which is a twin organization of Rotary International so that Rotary has its means for service activities based on ideology. Leadership duties at each level have clearly defined rules and regulations. For the Rotary club, the Presidents of the clubs have recruitment regulations and training programs so that they understand and possess leadership qualities in their duties and responsibilities every year as well. For Thailand, although being divided into 4 Districts, there is a mutual agreement on training for the leaders of the rotary clubs to work together, create synergies, network, think and act in the same direction.



The objectives of the Multidistrict Presidents-Elect Training Seminar

- 1.To let President-Elect be able to carry out his club leadership duty in accordance with the guidelines set by RI.
- 2.To open the way to create opportunity for President-Elect to establish friendship between each other and build a network for joint missions.
- 3.To give all rotarians the opportunity to share experiences, increase skills that are useful for their own operations, their clubs and communities.
- 4. You can use your experience gained to continually develop leadership in higher-level Rotary as well as apply it in your professional field.

Meeting Guidelines

Determine a meeting place which has a meeting room large enough to accommodate at least 500 attendees with small break-out rooms to suit for learning, standard and safe accommodation facilities, hospitality management and appropriate travel coordination.

Summary of 2020-2021 Multidistrict Presidents-Elect Training Seminar

- 1.The total number of attendees was 498 (99.60%) from the specified target of 500 people from the rotary clubs in Zone 6 (4 countries).
- 2.The number of Presidents-Elect attending the training was 293 (83.24%) from 352 clubs.
 - 3.Event Report
 - Location and meeting room (satisfied overall)

- Convenience and facilities (acceptable, some parts needed improvement)
- Training subjects, speakers, the Presidents-Elect's attention (pass)
- Friendship, creation of a club network (very good "Muan Tae Muan Wa")
 - 4. Problems and obstacles
- During the meeting, the outbreak of Covid-19 occurred causing anxiety in disease control and prevention.
- Having defined the standards of protection according to the government policies (Obstacles were overcome with safety)

Success of Training

- Academic knowledge / leadership understanding / friendship building
 - Rotary network in the country (acceptable)

Meeting Overview

There were more adjustments to the seminar process in accordance with RI's guidelines, that is to say

Agenda – the Co-Chairs of the meeting were four District Governors who have passed the most recent training from the RI's International Assembly.

Academic subjects – were defined according to the guidelines of RI with an additional section that enabled the Presidents-Elect understand and know responsibility.

Friendship - The Presidents-Elect had the opportunity to build friendships to join together in doing future service activities.

Interview with the Presidents-Elect

PP. Jantanee Tienvijit, Rotary Club of Lanna

The Rotary Club Leaders for 2020-2021

The 2020-2021 Multidistrict Presidents-

Elect Training Seminar which we called shortly 'Multi-PETS', was this time rotated to be hosted by District 3360 and attended by the Presidents-Elect from 4 districts in Thailand and neighboring countries at the Empress Hotel in Chiang Mai from 28 February – 1 March 2020. The seminar included the Presidents-Elect, the training leaders, the assistant governors and supportive followers as well as the organizing committee with a total of four hundred people from 352 clubs, bringing a lively atmosphere, warmth, friendship and learning exchanges among the rotarians of 4 districts for preparation to be a rotary club leader. It's the only chance once a year. The Rotary Thailand Editorial Team therefore interviewed the Presidents-Elect from all four districts about their self-preparation to be a Rotary club leader for the coming months. Let's go to meet them.



PE. Pornthep Rouyrin Rotary Club of Tongkah, District 3330

PE. Pornthep or Khun Tor said that he has been a rotarian of Tongkah Rotary Club, for 9 years. At the age of 27, he was considered a rotarian in a young age group and therefore worked as a club's youth exchange committee. Later he served as a club's Sergernt-At-Arm, Club Secretary, and Membership Committee Chair. Until now. thinking that he has gained enough experience in

Rotary, it's time for him to take over as a Club President. Currently, Tongkah Rotary Club has 41 members. In each meeting, about 50% of the members will attend the meeting on every Thursday evening and every week, nonstop, equalling to 4 meetings per month. In every meeting, members are required to wear club uniforms. The average age of members is 40 years.

Having the opportunity to attend this Multi-PETS, He said that he received many techniques from speakers and the sharing experiences from Presidents-Elect from diverse clubs and Districts. In the principles of rotary, he saw that there're already existence of formats but the difference was in details of techniques for implementing, especially the membership management, the request of members' cooperation etc.

For the club management plan in the year that he will be the Club President, PE Pornthep has a plan to do as follows:

1) Increase membership, especially the new generation, for which it may need to change the style of the meeting and the formalwear in order to attract new generations to become members.

2) Create activities that members can take part in. With the current economic situation, it may not be possible to focus on donations, but rather on community service that everyone can be involved.

3) Organize friendship activities both inside and among different clubs with the concept of Rotary One Day to be held for 9 clubs in Phuket to conduct mutual service activities as well as create a good image of Rotary to the public.



PE. Sirida Thammarat Rotary Club of Tasala, District 3330

PE Sirida or Jane belonging to Rotary Club of Tasala, was a former youth exchange of District 3330 to exchange in the United States during 2009-2010. She was graduated from the Faculty of Engineering. King Mongkut's University of Technology Ladkrabang. After graduated, she helped in family business at home and later became a Rotary member. She is the youngest member with 25 years

old. The oldest member in the club is PP Thianchai Chaowalit with 96 years old who's still strong and regularly joins the club meeting without claiming for the privileges of being a senior member in any way. When the senior members in the club voted for her to be the President-Elect, she was, at first, a bit worried about it as she felt that she was still young. However after acquiring the support from members

as they longed for more young people to work in Rotary, she agreed to accept and started to learn a lot about Rotary. Besides, she was a youth exchange and has learned about Rotary for a while before. By the way, while being a youth exchange in the United States, she was also used to participate in the sponsoring club's activity that she was impressed and absorbed Rotary's self-service activities.

Attending the President-Elect Training Seminar this time, she got acquaintant with other Presidents-Elect from different clubs different districts, received friendship and learned about the working principles of Rotary that was considered basic knowledge in starting to be a club leader in coming year. When going back, she will be working about the plans with the club committee with a goal of attracting more young people to become members of Rotary and making it more useful to use information technology (IT) as well.



PE. Subnapha Chavalitsakulchai Rotary Club of Silpakom, District 3340

PE. Subnapha or Khun Or, has been a Rotary member for 22 years. She was entrusted to be the Club President the second term as she currently retired from the construction business and therefore has more free time. However, she's still running a small business on buying woven fabrics from villagers and finding a market to sell for them. This helped support the villagers to have a career

and earn income without focusing on profits but having a job and income.

Attending the President-Elect Training Seminar brought her the updates on Rotary matters as many things have changed subject to the situation. For the learning to access to My Rotary, it could adapt, and encourage club members to participate in using the system more. The work plan to do as a club president is firstly to increase membership and strengthen the club because the strong club will be the foundation for other activities. Therefore, in terms of membership, the plan will focus on membership retention and membership increase. After that, it will conduct a community service project in accordance with Rotary's guidelines.



PE. Anchanee Wongkalasin Rotary Club of Sakon Nakhon, District 3340

PE. Anchanee or Khun Mam, has been a Rotary member for 7 years and has participated in diverse club activities including being a club treasurer and being entrusted to serve as the club president in 2017-2018. In that year it was both good luck and bad luck. The bad luck was that there was a massive flooding in 40 years of Sakon Nakhon causing people suffering and a great economic

damage, but although in bad luck, there was a fortune that Rotarians all over the country sent their support to help Sakon Nakhon people steadily. It was an appreciation and impression of the friendliness that Rotarians offered.

The Rotary Club of Sakon Nakhon has been established for 29 years. Currently, there are 28 members. The average age of members is 50 years. The club meeting is on every Wednesday at 19:30 hrs. and 4 times a month at Imperial Hotel, Amphoe Muang, Sakon Nakhon Province.

Attending the Multi-PETS this time was her second time. She was updated with knowledge in diverse fields constantly, gained a better understanding of Rotary's work system and the friendship of rotarians from different clubs. It was a great experience to have sharing among rotarians from other districts as well. In particular, about My Rotary, it was considered to be the significant data that allows us to access to a lot of various information. The goal setting for the year as being a Club President is to strengthen the club by retaining existing members and adding new ones as well as allow all members to participate in many activities thoroughly and continuously.



PE. Tin Ohnmar Tun Rotary Club of Yangon, District 3350

PE. Tin Ohnmar Tun has become a Rotary member one year after the Rotary Club of Yangon was established in 2017 by District 3350. As being a Rotary member, it's because he was invited to be a special speaker at the Rotary Club of Yangon on new law promulgated in Myanmar due to his own career as a lawyer. After attending the club 3 more times, he was invited to become a

member. Currently, the club has 72 members, many of whom are foreigners working in Burma, thus causing frequent circulation in and out. For the club meeting, it is held 2 times a month, one official meeting and the another one for family outing. The regular meeting is held in the evening with the registration fee including dinner for 25 dollars each, which is quite high for some members. Therefore, in each meeting, only 15-20 members will attend the meeting. Some members may attend the meeting after the meal. Personally, I'd like more people to attend the meeting even if after the dinner.

The community service activities of the club are focusing on the healthrelated projects, public health for children and clean water because the water in Myanmar is bad. Travelling to do each project is also quite difficult because it is a long way, such as in Kachin State. Sometimes, those who do not accompany will donate fuel for the trip to support activities.

As for the plan to do when acting as the Club President, PE Tin said that he would start with creating friendships among members to encourage them to participate more including adding communication channels for members to be updated and enthusiastic in attending the meeting and working the community service projects to achieve their goals.



PE. Bun Tityarith Rotary Club of Sanke Battambang, District 3350

He became a member of Rotary 5 years ago since the inception of the club, assuming the Charter President, which, in the past, has conducted many community service projects divided into two main categories as below:-

1. Local community service projects such as providing educational equipment to rural poor students, scholarships to university students, campaign to reduce plastic

bags through students, citizens, companies and stores and non-profit organizations, etc.

Large-scale projects jointly implemented with foreign countries such as micro credit projects, water and sanitation projects, supporting social enterprises as Global Grant and District Grant.

Other projects such as community service in cooperation with Rotaract from Australia including providing scholarships for peace and conflict resolution, it is seen that Rotary Organization is an organization helping the society and supporting Cambodians to work in return for the society as well.

Personally, PE Bun has performed many duties in Rotary; Charter President, Assistant Governor, campaigning to increase membership, as well as a Peace and Conflict Resolution Subcommittee. He's proud to be a Rotarian with the opportunity to serve the community under the Rotary Organization. To attend the Multidistrict PETS in Chiengmai this time, it allowed him to learn many new things of the RI's guidelines, and techniques and details for expanding the club. As assuming the role of Club President once more in the coming months, he's planning to maintain and increase membership, raising awareness of Rotary in the community so that people in the community get to know Rotary better as well as doing the projects for communities in Cambodia like other countries did.



PE. Thanitra Karuhawanit Rotary Club of Bangkok International, District 3350

PE. Thanitra or Khun Chakkajun is a chartered member of Bangkok International Rotary Club which has been founded as the 2nd year and considered a new club of District 3350. PE Thanitra said that the Charter President of the club was Dr. Phongphan Phaiphannarat. In the first year which was last year, the club conducted a service project to donate the equipment for the operating room to Buo Yai

Hospital Nakhon Ratchasima as a Global Grant project that received financial approval from District 3350 and the Clean Water Project in Phetchaburi Province. Last year, the club received the Paul Harris Fellow Award for 100% member donations and received a Gold Level Citation from the RI president.

She said that in continuing the club's activities, it was planned in accordance with the RI's policy regarding youth as considering that there were many youths whom we were able to focus on helping them sustainably. The idea is about the orphans who are a social problem because children lack love and understanding, causing many problems when they become adults. In some cases it is a burden for society and the nation. Many agencies provide physical assistance, food, clothing, and medicines which are all four requisites, but very few organizations or agencies provide psychological

assistance. Therefore, I think I will create a sustainable project in this matter that is measurable and continuously in order to create and / or return good people to society.



PE. Pattharadanai Chueathong Rotary Club of Khanu Woralaksaburi, District 3360

PE. Pattharadanai or Khun Nong has been a charter member of Khanu Woralaksaburi Rotary Club, Kamphaeng Phet Province, for 7 years, with his job as an organizer, holding events and market fairs which caused him to travel a lot and therefore rarely attend the club meeting every week. However whenever there was an opportunity, he would participate in club's activities and always keep in touch with

fellow rotarians in the club. For this year, as the members have voted for him to be the Club President next year, he thought that it's the time for him to assume the role of Club President. In attending the Multidistrict PETS, he has learned about Rotary and that Rotary had more than we have previously known, the leadership techniques to run the effective club and strengthen it. It is because Rotary Club of Khanu Woralakburi had originally 60 chartered members but currently there are only 30 members.

Attending this training, it empowered him to work in rotary. After the training finished, he would then go back to do planning, prepare the team work, the membership plan, service activities, working with the community, and friendship activities in the club to arouse members to come to the meetings and sharing with each other in order to do good activities for further community service.



PE. Chansiri Tasaneeyanont Rotary Club of Mae Sod - Muang Chod, District 3360

PE. Chansiri or Teacher Noi, has become a Rotary member since 2002. She was originally a teacher at Sapphawitthayakhom School, Mae Sod District beginning as a teacher since 1964. Until 1977 she moved to teach at Horwang School and in 1993 moved back to teach at Sapphawitthayakhom School again up to 1999, she resigned her job to live with her father. Teacher Noi told proudly that

the name of Sapphawitthayakhom School was the royal title of her grandfather that was bestowed when he held the position of Mae Sod sheriff for 2 periods. When Teacher Noi resigned from the government, she travelled to experience the United States by staying with her friend for a while. When she returned, she became a member of Rotary Club of Mae Sod - Muang Chod, which were originally 2 separated clubs, the Mae Sod Rotary Club and Muang Chod Rotary Club. Later in 2010, the two clubs were merged under the name of the Rotary Club of Mae Sod - Muang Chod, having PP Lek Siriangkunvanit being the first Club President. As a Rotary member, she always participated in club activities, primarily working in documentation because she was a teacher before, served as a club secretary for many times because most club members were men and businessmen. She therefore still undertook this duty. Nowadays, despite the increasing use of information technology or IT, Teacher Noi still believed that the data storage in document would still remain as it could be easily searched. The activities of the Rotary Club of Mae Sod - Muang Chod in the past were about clean water because the water in Mae Sod was not of good quality and the construction of 300 dams to offer to the King in collaboration with Rotary Club of Lanna Chiang Mai and Rotary Club of Tokyo North Japan and the health of the population in Mae Sod

To attend the Multidistrict PETS gave her additional rotary knowledge and made her thrilled with the President-Elect classmates even though they were different ages as everyone was enthusiastic in working for society. It made sense that people of all ages came to work for the community, ready to join to build strong communities for the well-being of the people in the community. In the year of being the Club President, Teacher Noi said that she has setup a small goal to do activities to enhance the quality of life of the elderly in order to support the aging society both in health and living with quality, arrange appropriate activities for exercise, recreation, etc., including the quality of life of children to create quality populations in the future.

We have met rotarians from all four Districts who will be the leaders of the rotary clubs during 2020-2021 and have different ages but everyone has the same Rotary heart and is ready to follow the Rotary guidelines in further Service Above Self.

Corona Virus-19





Rotary

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March-April 2020

Rotary helps fight against Covid-19 through face mask making

PP. Likhit Limrosruay, Rotary Club of Bangkok Rattanakosin Chairman of the Community Service Committee, District 3350,

With the quick spread of Covid-19 pandemic, wearing a face mask to protect oneself is, therefore, essential. When medical face masks are scarce, cloth face masks are another option for people who are not sick and have lower risks than the medical staff. This fact led the Department of Medical Sciences and the Department of Health to carry out researches on various kinds of cloth that will be appropriate for use. That means it must not only prevent small particles and spray from permeating, but can also be washed many times and easy to find. From the comparative studies, it was found that Muslin and Salo are suitable for making efficient 2-layer face masks.

Rotary Club of Bangkok Rattanakosin (a service organization) realizes the importance of health promotion and disease prevention among people of all ages and genders as well as job creation. As a result, the Club cooperated with the Institute for Promotion of Wisdom for Society (a service organization), School for The Yannawa Elderly (a service organization), Yannawa District Non-Formal Education and the Service Group of Bangkok Rattanakosin Rotary Community to organize a workshop to teach people how to make face masks from 6 March 2020 until now. Initially, Central Plaza Rama 2 provided the location on the first floor of its activity zone as a classroom for making face masks. During the two-week period, more than 1,000 people of all ages and genders attended the class.

When the Covid-19 situation was worsened and the government came out with more health measures, the workshop organizer produced a video of how to make cloth face masks in detail and publicized it online. It also changed its activity from teaching people how to make face masks to hiring the members of the Service Group of Bangkok Rattanakosin Rotary Community and the volunteers from the Institute for Promotion of Wisdom for Society to produce cloth face masks for distribution to government officials, community leaders and people who needed them. Part of the production was sold to private companies and organizations at a low price. This has helped create a supplementary occupation and income for many people during this difficult time.

What we have gained from this project when compared with face mask distribution is that we teach people how to choose materials and how to make cloth face masks for disease prevention. They can transfer this knowledge to other people close to them and make face masks for their loved ones. This process is based on self-dependence and self-sufficiency. Anyone who is interested in making cloth face masks can contact PP Likhit Limrosruay, RC Bangkok Rattanakosin at Tel. 09 2966 2291 or 08 1834 1947, or view the video on YouTube under the title "Rotary Club of Bangkok Rattanakosin teaches how to make cloth face masks for own use."



"Byzantium" was the name of Constantinople located in the center of the Roman Empire. It bridged between Europe and Asia and was in the best geographical location. Therefore, it was sought after by many countries and was invaded consistently. However, the Roman Empire managed to maintain this capital for thousands of years with its intriguing diplomacy, the great unbreakable Theodosian Walls and the Greek fire, a secret deadly weapon to destroy those invaders attacking from the sea.

Greek fire was the invention of the alchemists in the Constantinople Court combined with with the local Greek and Arab intelligence. It's in a liquid form which could catch fire even on water and in the ocean. It's a secret formulae assumed to be a mixture of sulfur, lime and tar. It was used as sea of fire during the attack in AD 672, and it was used again many times during the wars. Greek fire was, therefore, a frightening weapon.

Wildfire is an environmental problem which we, Thais and others in the world, must encounter every day. February and March seem to be the peak of the problem when people start to wear face masks. However, this year we also use masks to protect us from Covid-19; therefore, we see more people wearing masks. No matter whether it is Greek fire burning in the meadows or wildfire burning in the forests, bushes, groves, peat land and other dense areas with fuel sources or flammable objects, the word 'wild' becomes more powerful. This is because wildfire burns freely covering a huge piece of land and spreading quickly. Sometimes, it can even spread across rivers, roads or fire barriers.

Wildfire can happen anywhere except in the Antarctica. It can cause huge damage to both human lives and properties, but it can benefit some plants like mushrooms as well.

Wildfire may happen naturally from the following four reasons: lightning, volcanic eruption, sparks from a landslide and spontaneous combustion. However, most wildfires are caused by human beings ranging from arsons, discarding cigarette butts carelessly, sparks from equipment to electrical power used in welding and shifting cultivation with the slash-and-burn soil preparation.

Wildfire may be huge and uncontrollable. Records show that the area of 0.4 to 400 square kilometers was destroyed in the past in Australia, California and other places. At the same

time, the affected area can be as small as 0.0010 square kilometers or less as we often see on the sides of the roads, at the foot or on top of the mountains, or even in an open area in our home.

Wildfire can occur easily with air to support it. The factors that cause huge wildfires include heat wave, drought, climate change such as El Nino and local climate like high pressure wedge.

In Thailand, Forest Protection and Fire Control Office reported that many ten thousands of rais (Note: One rai is equal to 1,600 square meters) in the 16 northern provinces were destroyed with the highest destruction in Chiang Mai; Loei in the northeast; Kanchanaburi in the central and east; and Trang in the south. Wildfire is, therefore, a national issue.

There are many methods used in the wildfire prevention. According to His Majesty King Rama IX, we can prevent fire by building irrigation canals and growing plants along them, building wet forests to control the fire, planting trees that grow quickly along the streams, building Check Dams, planting banana trees in the specified areas, etc.

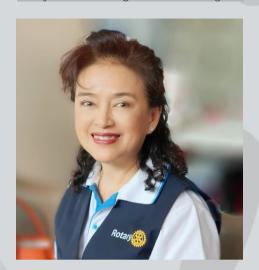
Campaigns have been made among the public in general not to burn thrash, branches or leaves in the open area, to reduce the use of vehicles for fuel combustion reduction, to seriously manage and control the quantity of dust from construction and smoke from industrial plants.

Wildfire seems like a big problem and beyond the ability of Rotarians. When we encounter a fire, we don't know what to do to help stop it. Cooperation among many groups of people and organization is, therefore, very important because one person or one organization cannot do it alone. We need to know the root cause of the problem, and we must have various solutions. We need to have a strategic plan and methods that are safe, effective and sustainable for implementation.

Finally, I'd like to say that we have been bothered by the problems caused by wildfire. We have been disturbed by the pollution. We are unable to breathe but cough and sneeze a lot. We suffer from allergy and high heat. We are shocked to see the flames. We are irritated as we don't know how to help solve the problems. Rotary International opens opportunities for us to help solve environmental issues. Thus, Rotarians should try to come up with projects that can help solve them.

Conservation

P. Chalida Ekachaipattanakul, Rotry Club of Chiangmai Thin-Thai-Ngarm



Yangna is beautiful to watch.

Thousands of Yangna
Ten thousand people maintain.
I hope the general public
will have faith and promote
these national treasures.
And our siblings add on.
Hundreds of years pass
more Yangna to take care.



Run for YANGNA, a pro





ject to preserve Yangna on Chiang Mai-Lampoon Road

Chiang Mai-Lampoon Road or Thanon Ton Yang, as we called it when we were young, was the road that all 4 of us, my brothers, sisters and I, travelled every day. I was born in Lampoon, at the border closer to Chiang Mai. My parents chose to send all their children to school there. We would travel by a regular bus (or at that time we called it 'a monthly bus'). In the morning, Uncle Tawee (an officer working at the Department of Health in Chiang Mai) would pick us up, dropped us off at school and brought us back home in the evening (after he finished his work).

In my memory, both sides of this road were lined with big Yangna. From a child's sight, I loved to watch them, but couldn't express how beautiful they were. I watched the height of each tree according to the speed of Uncle Tawee's car. What I liked most was during the cold season when we could see the trunks of Yangna with fog forming a curve up the tree like a cave. It's so beautiful. Does anyone have a beautiful memory of Yangna like me?

From those days until now, I have an opportunity to become a member of the Rotary Club of Chiangmai Thin-Thai-Ngarm, a service organization providing support and helping improve the life quality of various communities.

I heard that organizations, clubs, communities and Yangna Conservation Association combined their efforts to help restore these trees which were once big and strong but now are sick and weak as time passes. The restoration was done by opening up the bottom part of Yangna trunks so that the roots could breathe, receive fertilizers and good care. The trees were also trimmed to avoid danger to passers-by on Chiangmai-Lampoon Road, and the dead trees were replaced with new ones.

Rotary Clubs in District 3360 led by DG Kamolsak and Rotary Ann Wantanee Wisitsakulchai as well as the Rotary Club of Chiangmai Thin-Thai-Ngarm led by President Chalida Ekachaipattanakul jointly supported the Run for Yangna Project organized by Yangna Conservation Association to help raise fund.

I am very glad to see that many knowledgeable groups of people realize the value of Yangna's beauty and shade, and have helped preserve this century-old treasure of Chiang Mai. They have volunteered to educate the communities, to reduce conflicts and to help preserve over 900 Yangna trees on Chiang Mai-Lampoon Road so that they will stand tall and strong for our future generations to enjoy.

Translation Team

PP. Jantanee Tienvijit, Rotary Club of Lanna



The editorial team wishes to introduce five more members of the Rotary in Thailand magazine translation team from continuation of the previous two issues. This issue completes the introduction of the translation team. There are both those who translate from English to Thai and from Thai to English. It includes those who help check the English for us in order to make the on-line English edition more complete. Let's meet

PDG. Krit Indhewat Rotary Club of Bangkapi, District 3350

PDG. Krit became a member of Rotary in 1971. After being a member for two years, he became club secretary and then club president the next year. After that, PDG Krit also worked at the district level,

by being on various committees; for example, club administration and membership. He was an annual donor to the Rotary Foundation. He was the district secretary in 1993 and held the position of Governor of District 3350 in 1994-1995. Then, he undertook the position of chair of the District 3350 Rotary Foundation Committee from 1996 to 2000.

At the level of Rotary International, PDG Krit was the special representative of Rotary International President Herbert Brown at the District 9650 annual conference in Australia in 1995. He was a member of the organizing committee and chair of the registration committee for the Rotary Institute in Bangkok in 1998, and he was chair of the Findings and Proceedings Section and the lead drafter of the meeting report for the meeting in Taiwan in 1999. He was a member of the nominating committee from Zone Six of Rotary International – India and Sri Lanka – in 1999 and 2003-2004. He became the Rotary International Fiscal Agent in Thailand from 2000 to 2004. In the period from 2000 to 2001 when Rotary International began to use the Internet, he coordinated communications about the use of the Internet with the various districts in Thailand. He was a discussant about the topic of annual donations to the Rotary Foundation at the Rotary Institute in Kuala Lumpur, Malaysia in 2001. He coordinated the work of the zone and the community service working group from 2001 to 2002. After that, he was chair of the finance committee of the Rotary Center in Thailand from 2001 to 2006.

PDG. Krit was a member of the Presidential Conference of Peace and Development (Asia) from 2002 to 2003. He was the special representative of the President of Rotary International Bhichai Rattakul to the District 3030 annual conference and District 3070 annual conference in Indonesia in Rotary year 2002 to 2003. He was a member of the Asian Vocational Service Committee of Rotary International from 2003 to 2005. He was the special representative of RI President Jonathan Majiyagbe in the District 3330 annual conference in 2004-2005. He was a member of the Working Group on Polio Plus of Rotary International in 2006 and 2007, and he was again the Rotary International Fiscal Agent in Thailand from 2007 to 2013 and from 2016 until now.

PDG. Krit completed his bachelor's degree in labor at the University of London in the United Kingdom. In his work, he was the managing director of the Royal Taj Mahal Limited Company, which imports fashion from Europe, before he retired. Now, he is company director of Alucon Manufacturing Limited (Public Company) and of Advanced Education Company Limited. With regard to translation for the Rotary in Thailand magazine, he became a member of the translation team not long ago and helps to translate from Thai to English for the online edition.

PDG. Chamnan Chanruang

Rotary Club of Chiang Mai North, District 3360

PDG. Chamnan became a member of the Rotary Club of Phayao in 1992 after he was a member of a Group Study Exchange (GSE) that went to the United States and Canada in 1992. After that, he moved to become a civil servant in Chiang Mai and became a member of the Rotary Club of Chiang Mai North in 1994. He held the position of president of the Rotary Club of Chiang Mai North from 2005-2006. After that, he undertook the position of leader of a GSE team that went on a study and observation tour to Illinois, USA in 2008. In 2012, when Thailand was the host of the annual meeting of Rotary International in Bangkok, he was a member of the Host Organizing Committee and the chair of the information center. After

that, he was the editor of the Rotary in Thailand magazine for two terms from 2010 to 2014. He was the Governor of District 3360 from 2011 to 2012, and he was the chair of the Youth Educational Exchange Fund of District 3360 from 2011 to 2014.

At the level of Rotary International, PDG Chamnan was a member of the nominating committee for Rotary International committees from 2013 to 2014. He was vice chair of the Rotary Institute in Malaysia in 2014 and in Thailand in 2016. He was a representative to the Rotary International Council on Legislation in 2019.

PDG. Chamnan completed his education in the faculty of political science at Chulalongkorn University. He has been an assistant district officer with a specialization in the administrative court and a member of parliament.

In the area of translation, PDG Chamnan states, "I have been translating movie scripts since I was a bachelor's student at Chula. What inspired me to join the translation team was having been editor of the Rotary in Thailand magazine for four years. I saw the problems of conveying (ideas) across languages. Because for that translation, apart from being able in both English and Thai, because being capable in English alone is not enough, you have to know the vocabulary, especially of Rotary, etc. For minor issues, too, you must have a basic knowledge in other areas. An example is the translation of the legal or rules vocabulary that we use in Rotary. An example is bylaws, which can be translated rules and the word section in the bylaws must be translated as clause. It is not section. According to most dictionaries, in fact, the word section might be translated (with the Thai word) section, but the translation has to conform with the category of law, too. What I would like to see happen is that more Rotarians with knowledge and capability in language than we have right now would come to help each other translate because even if we have a translation team that's excellent, there are still not many people."

PP. George Panyaprateep Rotary Club of Mae Chan, District 3360

PP. George began his membership with the Rotary Club of Whitby Sunrise in Ontario, Canada in 2006. He was a member of the international committee from 2008 to 2011, which led to his doing many projects for schools in Thailand, for example, construction of a school building and a school lunch project. Then in 2011, PP George moved back to Thailand. With the help of friends and Rotarians, he therefore joined the meetings of the Rotary Club of Mae Chan, Chiang Rai. These were make-up meetings as he was still a member of the Rotary Club of Whitby Sunrise for two years. Later, he moved his affiliation to become a member of the Rotary Club of Mae Chan. He undertook the position of club president from 2016 to 2017.

PP. George worked in an information technology career for 20 years beginning as a computer programmer. He was a designer of databases and data warehouses, and a senior systems analyst. Later, he entered the restaurant business. What was unbelievable was that he was very successful despite having no prior experience in this field. He was in this business for almost 10 years and then returned to his dream because he realized life has more meaning than only being in business. He joined the translation team after Editor Vanit Yotharvit broached the subject three years ago. He worried a bit because he was not a professional translator and he had to translate from Thai which he did not use as a writer during his career. Initial texts in Thai sometimes might lack information about the details that will help the reader understand stories more completely, according to PP George. He used as an example a subject in Thai such as, "'the club president explained to the club meeting that Global Grant Number 20123456 (Clean Water Project) has been approved. Every member received the news with happiness. The Club president thanks everyone who was involved in the project with their



PDG. Chamnan Chanruang PP. George Panyaprateep
D. 3360
D. 3360



PP. Margaret McMillion
D. 3350



PP. Elsie Choy D. 3360

help, support, procurement the budget, etc. Everyone was smiling when the meeting was over.' This is the substance of a story that is very good, but in writing, if you want to make it good, you need to increase the information about the project because the reader might not be a member of the Club. Therefore, you need information about where this project is located, when it will take place, which group it is supposed to benefit, how much the budget is, etc."

Another example, PP George said, is the writer who writes about something that he has organized, "'At last, Project (Name) succeeded in a good way. I thank Khun..., etc. In the next year the person who will be the host is I hope that he will receive cooperation and support from every person again. Until we will meet again.' That is a nice message. The reader does not receive erroneous information, but you have to remember that augmenting data about successful projects is something that is very important, because you do not know who the reader of that article is. Is the reader a Rotarian or not a Rotarian? Thus, I ask that we regularly maintain a high standard when we create articles for the magazine."

PP. Margaret McMillion Rotary Club of Srapathum, District 3350

t Indhewat 3350

PP. Margaret is a second generation Rotarian in her family. Her father was a member of the Rotary Club of Beaver Falls, Pennsylvania, USA. Every time he traveled, her father took the Rotary directory of Rotary clubs with him in order to attend different Rotary clubs to make up meetings when he had the opportunity. At that time, PP Margaret and her brother would help look for Rotary club signs in those towns, too.

PP. Margaret became a member of Rotary in 2002, when she was the Ambassador of the United States to Rwanda, through her affiliation with the Rotary Club of Kigali-Virunga. When she completed her term, she moved to Carlisle, Pennsylvania to work in the position of Deputy Commandant for International Affairs at the U.S. Army War College. She became a member of the Rotary Club of Carlisle-Sunrise. After she retired, PP. Margaret moved to join her husband in Bangkok. Her Thai husband is a chemical engineer and businessman. She then became affiliated with the Rotary Club of Srapathum. She was President of the Rotary Club of Srapathum from 2014 to 2015. Since 2018, she has been the District 3350 Host Area Coordinator, the person who coordinates with the Rotary Peace Center at Chulalongkorn University in arranging host counselors, who are Rotarians, for the two groups of 25 Rotary Peace Fellows who come for three months of training each year.

During her career, PP. Margaret worked at the U.S. Department of State as a Foreign Service Officer from 1975 until 2006. She was assigned to Rwanda twice, Taiwan, South Africa, Thailand (twice), and Laos. She was also assigned to Washington four times and Carlisle, Pennsylvania. As for her work in Thailand, the first time, she was the consul in Udon Thani from 1986 to 1989, and the second time, she held the position of political counselor at the American Embassy in Bangkok from 1992 to 1995. In Laos, she was deputy chief of mission in Vientiane from 1996 to 1999. During this period, she studied both Thai and Lao. After she retired from the Foreign Service and moved to Bangkok, Thailand in 2006, she worked as an adjunct professor of international relations at Webster University Thailand Campus from 2008 to 2014. Concerning translation for the Rotary in Thailand magazine, she became a member

of the translation team in October 2019. It gives her an opportunity to increase her knowledge of Thai and to learn about the stories of Rotary activities in Thailand. She hopes that the articles that she translates from Thai to English will help Rotarians and other persons who use English to understand the activities of Rotary better.

PP. Elsie Choy

Rotary Club of Chiang Mai North, District 3360

PP Elise became a member of the Rotary Club of Hawaii East, District 5000, USA, in 1997. She participated in various activities of the club and district. In 2003-2005 and 2008, she was a member of the District 5000 GSE interview committee, chair of the District 5000 international service committee, and District speaker (for club programs) from 2004 to 2005. She was the leader of the District 5000 GSE team that visited District 3360, Thailand in 2002, and president of the Rotary Club of Hawaii East from 2009 to 2010. This was during the nine year period from 2002 to 2011 that she was an international service volunteer for District 3360. Since 2012 until the present, she has been an independent Rotary volunteer. After she moved to Chiang Mai, she became of a member of the Rotary Club of Chiang Mai North and was the president of the Rotary Club of Chiang Mai North from 2016 to 2017.

PP. Elsie has been the originator of many community service projects, for example, two Matching Grant projects to create clean water systems in a hospital and school in northern Thailand and a Matching Grant to provide equipment for a school library in Phrae.

In the area of contributions to The Rotary Foundation, PP. Elsie began to donate in 1999. For her service projects, she received the Service about Self Award from Rotary International in January 2001. She contributed to the Maurice J. Sullivan Foundation of District 5000, Hawaii in 2002. She has donated as a Paul Harris Fellow continuously for many years became a Major Donor in 2010.

In addition to her Rotary activities, PP Elsie has joined community service activities in her area, for example, the service work of her church, the Red Cross, and others.

PP. Elsie completed her bachelor's degree in educational counseling for university students and her master's degree in education at the University of Hawaii. She has worked as a professor of English for students at Texas State University, USA, Korea, China, and Thailand, including being an academic advisor, counselor, and a volunteer telephone counselor for a suicide hotline.

PP. Elsie was persuaded to become a member of the translation team for Rotary in Thailand magazine by PDG Suparee Chatkunyarat. She is happy to be part of making the English edition of the magazine even more complete.

The editorial staff of the Rotary in Thailand magazine, has introduced all of the 15 members of the translation team in the past three editions. Thank you to everyone who has the heart to volunteer to work on translation of the magazine. Even so, there are still many Rotarians who can use English well. We therefore invite them to become one of the translation team for the Rotary in Thailand magazine in order to become a cog in the wheel of service above self.

Rotary Theme Song





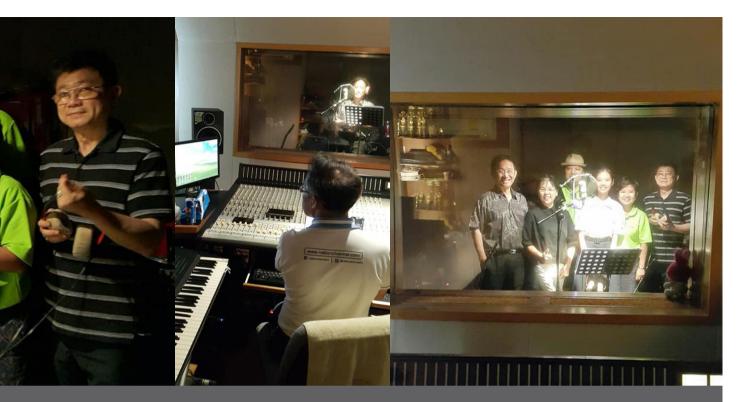
PP. Thanongsak Wiboonma Rotary Club of Sathorn Rotary Theme Song Committee Chair District 3350



"Rotary Theme Song" The Annu

District 3350 may be the only district or there may be very few that have appointed the Rotary Theme Song Committee. It began with the passion of PP Thanongsak Wiboonma (Rotary Club of Sathorn) who has been working on rotary songs such a long time that it could be said that it's he who probably wrote the most rotary songs. PP Thanongsak used to be a musician, singer-level winner of the Siam Motors Festival and played music as a hobby for a long time (his main career is an architect). As for the services, in the year of his being the club president-elect and the president of the club, he led Rotary Club of Sathorn to win the Rotary Winner Cup of Rotary Thailand for 2 consecutive years. Being an architect and former musician, PP Thanongsak volunteered to work for many events including designing, venue decoration, stage, lighting, sound, image, creation of various programs of both ceremonial and entertainment, concept, slogan, program production and music, theme song and music background, etc. for club's and District 3350's events and has participated in serving as an international organizing committee of Rotary Institute and Rotary International Convention organized in Thailand.

For the rotary song, he initially composed a rotary song named "Service Above Self" since 2000 (newly composed with entire lyrics and melodies) and songs for diverse rotary performances as well as annual rotary songs that used familiar international melodies to write lyrics as rotary songs and he made CD for only 100 pieces a year for distribution within District 3350 on his own expenses.



al Rotary Song, Rotary Theme Song Committee of District 3350

Later he began to create a Rotary CD formally in 2007-8 with "Rotary Share" song when he was the Club Service Committee Chair, District 3350 by increasing the production of CDs up to 1000 pieces. The whole lyrics and melody were rewritten; the lyrics was composed by PP Thanongsak whereas the melody was created by many composers from the beginning at the earliest time. Until the present time, the working partner is Khun Burachat Suay-somrium, who is the composer with the Golden Ganesh Award, granted by the Royal Musical Association of Thailand.

During 2008-09, the days of "Make Dreams Real", PDG Krai Tungsanga initiated to appoint PP Thanongsak "the Rotary Song Committee Chair of District 3350" honorably since then. PP Thanongsak invited fellow rotarians who had skills in this field to join the committee, share the thought, singing and help spread the music. He will also involve the club president of that year to join as a committee annually.

Presently, for the year of 2019-20, the Rotary Song Committee considers that people rarely use music compact disc so they publish rotary songs through YouTube and LINE initially. However, DG Thanongsak Phongsri still requested for recording in disc to be as a sentimental thing for rotarians who see the value in it by saving in "DVD" which has more capacity than a CD. It made possible to store large amounts of MP4 video files and MP3 music files which, beside the Rotary song of this year, also contains many annual Rotary songs from 2001 till now (recorded as a short song 'Jingle'

for brief listening to remember the theme of each year). In addition, there are National Anthem and various songs that are used in general rotary events.

The expenses of music production were only paid to outsiders who are non-Rotarians. It covered melody and music composition, choirs, rental of recording room and sound engineer as well as the cost of discs, covers and boxes.

For being a producer and lyrics composer, lead singer, group singer by Rotarians (and the Rotary family) as well as cover designs, PP Thanongsak and all Rotarians do not charge any expense. It is everyone's dedication involved each year. On behalf of the Annual Rotary Song Committee, it has been the contribution to Rotary for a long time (in 2017, PP Thanongsak was selected to be a song writer and producer of a professional legal organization, receiving compensation in the amount of 6 digits).

The Rotary Song DVD of District 3350 is made for only use in friendship activities among Rotarians, not a commercial purpose. For other music's that have also been compiled, such as National Anthems, birthday songs, etc., they are for convenience use in Rotary events and they have now become national songs which are not considered an infringement of intellectual property rights. The expense was absorbed by District Governor of District 3350. The income may remains little which the committee will then deliver to District Governor to spend in the D3350's business.

D.3330

Editorial of District 3330, RI



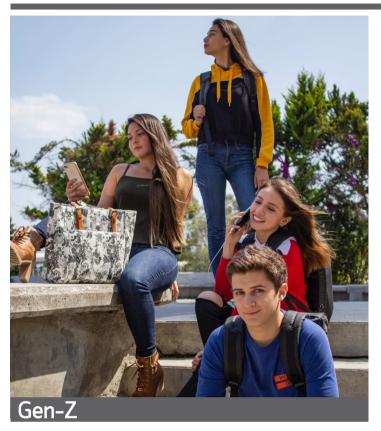
PDG. Juthatip Thamsiripong Rotary Club of Pra Pathom Chedi

Dear Fellow Rotarians,

It seems that we now appear to be under quarantine and should go out or travel anywhere. The rotary meetings are also mostly refrained. If we think it's good, it's also good as it allowed us more relaxing at home and having the opportunity to concentrate our thinking for development of our own company. But it's quite shocking when we think about the Rotary way as, once we pass the Covid-19 disease incident, it will never be the same, no matter what's about a regular meeting of the club or the regional or even the world level. We will then have to change our lifestyle so much. However, with our good wish and care for each other, we will be always able to penetrate through all dimensions.

I and members of Rotary Club of Pra Pathom Chedi, District 3330 R.I., wish every family stay safe from epidemics and able to run business very well, better and better.

GEN to GEN



The Gen Z who were born approximately during 1997 to the present $% \left(z\right) =\left(z\right) +\left(z\right) +\left$

Aged not over 22 years old

Born with facilities such as digital materials, it's a child of the technology age. Importanly, the mentors are not their own parents. Mostly, the parents are busy at work and let the babysitters take care of their children. Without internet, I can't imagine what these kids would do besides sleeping. They live their lives that other Gen called "teenagers" with always thinking fast like the hothead people following fads such as fashion, media, etc. They like the most competition without sticking to the brand, just think of something that is convenient and fast. Just to have it first and always use the word "It's a must." I had a chance to talk to a high school graduate 3 who is about 15 years old and now he is deciding on how to spend his life, what his future will be and what he should study. It's surprising that Thai children tend to focus on studying in university, but foreign children such as Burmese, whose parents work legally, will choose studying in vocational schools. These foreign children will just think to finish school and have a job quickly or learn anything, anyplace that is close to their accommodation and always find part time jobs during studying unlike other children of the same age. I would like to leave a little thought for the Rotarians that if we let our children use the internet so much that they forget about the experience of life around them, the children and grand children will not take an interest in us too. Should it be better for us to be mindful caring about our children, Interact and Rotaract members? It is said that "What tree you plant, you will get the fruit of that tree."

Environment





Rotary Club of Andaman in collaboration with 8 rotary clubs in Phuket (D.3330), Dhonburi Rotary Club (D.3350) and Chiangmai Thin-Thai-Ngam Rotary Club (D.3360) organized on Rotary Day the Andaman underwater garbage collection campaign, the 'Save Andaman Project', which is the project that has been annually developed. This year is the 7th year, scheduled for 22 February 2020 at Yanui Beach, Phrom Thep Cape, Nong Nai Harn Park, Rawai Subdistrict, Mueang District, Phuket Province. The approximate 500 people participated in the project with supports from Rawai Subdistrict Municipality. Chalong Subdistrict Municipality, the leader of the private community and business organizations in the area and it was honored by District Governor of D.3330, Sakon Uengsroithong and Rotary Anne, to preside over the opening ceremony.

D.3330

Activities

District 3330 RI has already scheduled for the club officers training for the upcoming administration year 2020-2021 (DTA) to be held in May 2020 but due to the situation of epidemic of the Covid-19 virus, the district leaders and the advisory council and the committee have to postpone the training to June 2020, which is planned to hold 3 times since the District's area is long, as follows

7 June 2020 - DTA held in Nakhon Pathom province

13 June 2020 - DTA held in Nakhon Si Thammarat province

14 June 2020 - DTA held in Krabi province.

* Note: If the situation does not improve, the plan 3 may be needed, i.e online training and video conference.







Getting to know District Governor Elect, PP. Chalermchat and Rotary Anne PP. Nittaya Chun-in, District 3330, RI.

As the world is rotating all the time regardless of whatever will happen to the living things; disaster, celebration, suffering, the flood or the drought, the world is still keeping turning like Rotary Organization is. I would like to encourage the current District Governor of the year 2019-2020 for this hard time. As for the person who is climbing to stand on the mountain, District Governor Elect of District 3330, I have had an opportunity to meet and talk to him and have also participated with him in Pre President Elect Training Seminar and in Multi PETS in Chiang Mai. I believed that he would spend some time to figure the situation of the covid-19 epidemic that has affected a lot in Thailand and around the world. However he is of course more than 100% ready and has willingness for rotary because he is the rotarian who understands the situation. He and Rotary Anne along with the district team committee are ready to carry out activities that will definitely not affect rotarians.

We are hereby pleased to introduce District Governor Elect of D.3330, DGE Chalermchat Chun-in, who will take the leadership role of District 3330 during 2020-2021. DGE Chalermchat was born on 12 June 1965, married to PP Nittaya Chan-in and has 2 children, son and daughter. He is fully knowledgeable and capable. He is a consultant for diverse institutes and also a special lecturer for universities as well as a speaker for the governmental, private sectors and Rotary organizations. When he was a student, he was a member of Rotaract Club of Faculty of Bang Phra Agriculture in 1987, and later the Community Committee Chair as well. He was a member of the Rotary Club of Kanchanaburi in 2000 and served as Club President in 2003. He represented Rotary Club of Kanchanaburi to

attend the meeting of Rotary International Membership Retention Pilot Project (one of 50 representing clubs worldwide) at the Rotary International Chicago Office in the United States of America (2005). Later in 2008-2009, he was appointed Assistant Governor and in 2011, he was the group leader going abroad on a tour study of the Rotary Vocational Training Program (VTT) in Water Resources Management in Canberra and Sydney, Australia, for 30 days. He later dedicated himself to be District 3330 Rotary Foundation Committee Chair and committee for many years until he was invited to be the Cadre of Technical Advisers and Technical Coordinators of TRF. Currently, around the world, there are only 18 persons honorably invited to serve this role each year. It's a pride of rotarians in District 3330. In addition, DGE Chalermchat is the Cadre of Technical Advisor for Humanitarian Grant and received the Outstanding Volunteers Award from the Rotary International 'Rotary Volunteers Certificate of Recognition', the Rotary Foundation Award for Citation for Meritorious Service which is annually granted to only one person in each district, the Rotary Foundation's highest award of 'the Distinguished Service Award'. This award is granted to rotarians who have worked for the Rotary Foundation internationally, with a maximum of 50 members from around the world each year.

As DGE. Chalermchat will take the position of District Governor of D.3330 RI during 2020-2021, the District Committee and I as well as all members have great trust that he has passed the proof many times. So we would like to encourage him and stay by his side all the time.

D.3340

Editorial of District 3340, RI



Rtn. Deara Pibulwattanawong Rotary Club of Magkang

Dear Fellow Rotarians,

Recently, our society is in a state of vigilance along with the psychological sensitivity to the prevention of COVID-19 that is currently occurring around the world. This pandemic is an event that allows us to see the opportunists and the givers at the same time.

In addition, we have seen an abusing of society towards people with a high tendency to be infected although they have never known each other. However, this is not the first time to happen in human society. For example, some severe disease whether it is Ebola or Sars, we have passed them. Therefore, I believe that this time we will go through as well.

The most pleasant moments to our Rotarians in this period is a congratulation to the Club Presidents of the Rotary Year 2020-2021 and the 4 District Governors who have officially attended the training in Chiang Mai. It is considered as a great sacrifice for everyone of being the club president as it requires a lot of dedication whether personal time, time, work, resources and much more to create, develop and lead the club to success and achieve the goals of the club's projects. They are also the representative and public image of their club in that year. Some clubs have many members but not easily finding a club leader. Some clubs maybe small but with a strong membership. There are rules of Club President circulation.

From all above I just want to say thank you to those who have sacrificed to be the club leader. Club members and committee are very important in helping and promoting leaders. Your club president could have good encouragement from members to work together with fun and happiness and respect each other. "Sincere, No Stress" is the phrase for working of a former club president that I met by chance while talking with PDG. Surapol Thaweesaengsakunthai, whom I am impressed and would like to tell in this issue.

GEN to GEN



Rtn. Ratchaphon Charuchaikul Rotary Club of Banchiang

Step into mission Responsibility and Determination

I am Ratchaphon Charuchaikul, the son of PP. Sittirat Charuchaikul, the Ban Chiang Rotary Club. Which is an old club in Udon Thani I was a Rotary Exchange Youth 2011-2012. Travel to taiwan It is an experience to learn good culture. Of Taiwan and has made connections with friends From various countries Which is a very valuable experience I graduated from the College of Entrepreneur (Beta Young Entrepreneur Class 4), The University of the Thai Chamber of Commerce. Currently returning to work in marketing for the family affiliates. There are many lines of business, such as IT for hotels, to develop the business to keep up with the rapid change. I have brought the knowledge I learned to improve the business. To help fill more businesses to grow Because working on the same concepts Unable to grow up with an era that requires speed

At the same time I, who are considered a descendant of "Rotary", I have the determination and determination that I will follow my father and other members. That has been a good role model all along Be a part of being a "Rotarian". To be ready to help the underprivileged in the 6 Rotary Approaches and use the opportunities I've experienced in various fields To further expand the international cooperation project with the Rotary club that I have exchanged Bring another company CSR project to promote Rotary activities. For the community to be strong





10 years ago, we believed that pollution was only in big cities which has a lot of traffic congestion and not many trees. Nowadays, even small cities that used to be calmed also face the problem of air pollution causing the trend of healthy, especially when there is a matter of dust and virus causing many people to turn back to health more.

We can create good environment around us as we are a small part who could save the world and protect our own health. It is not difficult, just start doing simple things that can be done in the house and continuously expanding. Some people may think that we alone cannot help much, but if thinking thoroughly that doing from one person to a large number of people could help the global environment.

Helping to plant trees Is a small project that many clubs in District 3340 joined the campaign with government agencies in the area. Aside from helping to eliminate air pollution, planting trees also benefit in decorating the garden because most of the detoxification plants are plants in the ornamental plants and flowers stems, such as Draca de Li, Gerbera tree, ferns, benton, etc. Growing vegetables for eating in the backyard is one thing that helps us to get organic

vegetables that we use to cook or consume easily, safe for health. As our world is facing climate problem that Is one of the first risks that directly affect us whether drought, flood, cold wave or intense heat. We had a heat wave in Japan that hit statistics and followed by typhoon in July and August, forest fires along the Arctic Circle in Sweden and Greece in July, severe floods in China and India during August. These showed that we need to reduce greenhouse gas emissions in order to avoid the catastrophic effects of climate change, which has an average temperature of 1.5 degrees Celsius.

In addition, we should also reduce the use of items that can be used just once. We often hear about reuse or recycling in order to save resources as recycling is the avoidance or reduction of discarded waste. Many Rotarians may already have done this. Many people who like to drink coffee often have a glass of water that can be used for hot and cold and bring with to the café instead of receiving plastic glasses as part of the plastic waste reduction campaign currently in the world to end the plastic pollution to the level of micro plastics.

D.3340

Activities

For more than 3 months since the news of the first corona virus in China until it became a serious epidemic that the World Health Organization had to announce as an urgent action to protect the world. Now the spread of the disease is affected, many countries have announced the lock down of the country to deal with the outbreak of the virus.

Thai government announced to cancel of activities occupied by mass, whether it is a meeting, event, sports, cinemas, and entertainment. District 3340 have to postpone the DTA, but there may be an online meeting instead, which will notify all clubs once the system is ready. For Rotary Clubs of Magkang, District 3340, spouses and club members made donation of 1,000 cloth masks sewn by the Disabled People Club of Udon Thani to patient relatives. This operation was taking into account as the urgent need of a virus spreading situation. Therefore, the club was trying to speed up production as much as possible and expected to invite other interested Rotary clubs for further coproduction.

In addition, Rotary Club of Magkang has ongoing important activities that need to be monitored. The club will have a club meeting every Tuesday (4 times a month) but with the current situation of the spread of the COVID-19 virus and the club's disease prevention policy. Therefore the online meetings through the Zoom application are conducted instead of regular meeting. Online meetings are consistently accepted by members to participate since the end of February. This causes the club activities to continue to move forward and able to vote on various important matters as normal.

District 3340, led by DG Maruai Jintabunditwong and DGE Wimol Kachintaksa. are ready to support all clubs to continue helping the underprivileged. And we will overcome this obstacle together.







_{สโมสร}โรตารี หมากแข้ง





DGE. Wimon and Mr. Surachai Kachintaksa (spouse) District 3340, Rl.

DGE. Wimon Kachintaksa, a working woman who always works in the background with passion. She married Mr. Surachai Kachintaksa. They have 4 children. As a working woman, Wimol has raised his children well with attention. Currently, their children graduated from universities. They are very proud of DGE Wimon and their father Mr. Surachai.

DGE. Wimon graduated with a bachelor's degree in Journalism from Chiang Mai University. She's got a Master's degree from the National Institute of Development Administration or NIDA, Udon Thani Province. She has worked for a number of private companies. Currently, she is the manager of a cosmetic production company, real estate company, and motorcycle dealers in Khon Kaen Province. By using the knowledge of mass communication, she makes her business renowned to the target group. She managed her business with care and give attention to staff like family members. At present, the business grows and serves customers with loyal. to customers Customer service is the heart

As a working woman, DGE Wimon worked and

raised children without any social work until getting to know Rotary. Besides doing her business and being a housewife, she starts her new role in social activities in a Rotary club, which gives her the opportunity to improve herself in many areas. She has the opportunity to work as The Chairman of Youth Exchange Committee for 3 years, doing many proud activities. She involved in team working, and was delighted to see the fruitful results of Youth Exchange students. She was proud to create a good opportunity for those young people to travel and exchange experience.

The Rotary organization gives us a common ideology that connects our mind and commitment to serve others above ourselves. Being a role model people, being friends, and brothers or sisters forever. Her spouse, Mr. Surachai said that it was time for DGE Wimon to step out to act as a proud giver, District Governor of District 3340, Rotary International in year 2020-2021. "We will walk together with all Rotarians. We will work together in accordance with the theme of Rotary International this year; Rotary Opens Opportunities"

Editorial of District 3350, RI



AG. Trong Sangswangwatana Rotary Club of Bangkok Suwanabhum

Dear Fellow Rotarians,

Summer has arrived and problems with PM 2.5 have eased. But this year we have the Corona Virus Covid-19 pandemic which is causing us more worries. Rotary has so many functions and we are wondering if we can hold this function? Or delay that function? We have to follow the situation as close as day by day.

It is now getting close to the day of installing the new District Governor. So I use this magazine to introduce a short profile of the new District Governor Somsri Mekthon to you all.

In this issue I also introduce the last Generation stories for Gen-Z or those born after 1995. These people are born in the age of technology and can grasp and understand high technology rather quickly. This age level is not easy to find in Rotary. I will introduce here articles by two lady Rotarians who are club president this year and president elect. You will get to know what Gen-Z thinks about.

For the environmental column we are emphasizing reduced plastic use, produce EM microorganism from wet garbage and others from Rotary Club of Tharua in Ayutthaya province.

Club Officers Training by District 3350 is scheduled to take place on 13 June 2020 at IMPACT FORUM Muang Thong Thani. Please follow this news to see if the date will be delayed or not.

GEN to GEN



PE. Paksamol Klinrot Rotary Club of Bangkok East

I am Paksamol Klinrot. You may know me as Nom, I am the youngest President in 115. I am President of RC Bangkok East. Before taking this prestigious position, I have worked in an organization similar to Rotary - JCI (Junior Chamber International) Thailand. I was able to do activities to help the communities until others observed my dedication

in transforming a small community around me. I have known RC Bangkok East from when I was much younger and joined activities in Thailand and abroad. I grew up with Rotary and absorbed the generosity and kindness of spirit without realising and qualities of leadership.

Last year PP. Suwimol Phirapatdist gave me the opportunity to get to know Rotary and I held a position right away. Up to now I am still learning about activities of the organization. I organized Kids Save Life together with other organizations in Thailand. That activity made me realise how cohesive RC Bangkok East is, and how other clubs supported its projects. I myself am reluctant to force others to donate in the activity. But this activity taught me that even with a small activity that does not use much funds, it can still create knowledge with lasting impact. Most importantly, those who joined are happy and contented to join with the activities. Thank you all.



PE. Chanisara Soithongrada Rotary Club of Taksin-Dhonburi

I am PE. Chanisara Soithongrada. I am 24 years old. I first learnt about Rotary when I joined activities with my mother Rtn. Waraporn Soithongrada. I met Rotarians who behaved as if they are all part of one family. They are a group of people who had dedicated themselves to doing activities that will truly help the communities.

I believe that joining Rotary extends the community network which will lead to progress in work that requires discussion and participation. I was also able to practise leadership qualities. So when opportunity arose, I joined Rotary Club of Taksin-Dhonburi in the year of President Suradest Leethosrat in 2019. I was impressed to see fellow Rotarians dedicating themselves for community service. I was glad to be able to help. I helped with teaching English and was able to translate for visiting sister club from abroad. This was a great beginning in getting to know Rotary, even though I am only a tiny fraction of helping the community.

By attending seminars organized by District 3350. I saw the importance of helping the community, and am happy to be part of doing good for our world. When I attended Multi-PETS in Chiang Mai I felt greater confidence that my decision to join Rotary was the right decision. I received a lot of information about being a good Rotarian, ways of helping the community and others. I also received great friendliness from Rotarians, who are so dedicated to their activities be it doing things for the society, or fun activities - they are 100 percent dedicated. I am truly impressed.

Environment



Youth Protect the Environment and the World Camp at Thaluang Vidhayanukul School, Thaluang Subdistrict, Tharua District, Ayutthaya Province

Today the world is facing global warming. This can be seen from the icebergs melting at the poles, flooding, earthquakes, and rising global temperature. These happenings are caused by mankind destroying nature, destroying the environment. This led to a global meeting of various organizations which created World Environment Day to bring awareness in environmental knowledge which will lead to changes for the better. Each World Environmental Day has a theme such as this year's theme — Beat Plastic Pollution: If you can't reuse it, refuse it!

The Thai Government also issue policies on environment – to urgently control pollution in the air, garbage, and waste water arising from production and consumption activities to create good environment for the population. Dealing with garbage had first priority.

Rotary club of Tharua sees the importance of environmental protection and has organized 'Youth Protect the Environment and the World Camp' for 100 students of Thaluang Vidhyanukul School on 28-29 January 2020 with supporting funds of 34,720 baht. The school administration and school teachers fully supported this project. Speakers from the Public sector and Private sector gave thought provoking speeches. Activities were held to provide a knowledge base for the students. The members of RC Tharua gave training in

development of morality, ethics and leadership skills. They provided training in environmental protection using Rotary guidelines in a concrete manner. An invited speaker taught necessary skills in being good environmentally savvy citizen. This project has the objective of raising awareness among the youth so that they understand the need to protect the environment. This understanding will then spread to their families and into their communities in a concrete and sustainable manner. Currently both the government and the private sector are working on these issues.

Students were divided into 4 groups. First Group learn to appreciate nature, admire flowers on the wayside; Second group learn to get rid of wet waste, Third group learn to make EM, and Fourth Group organizes Palm leaf stall with community representatives show the important points of the environment for each stall. Teachers, Thaluang Subdistrict officers and SCG representatives teach about the problems of plastic affecting the environment. There are break out groups to brainstorm "Plan for Environmental Protection: reduce use of plastic bags" with each group presenting their plans.

Result of the activity: Students from Thaluang Vidhyanukul attended according to target. The activities were well received. Students were able to analyze the information received, became public minded, developed leadership potentials, could work as a team, and could convey their messages with clarity. They are expected to use the training to develop themselves into quality citizens, protect their community, the environment and the world.

Activities

The Rotary Club of Bangkok East And many Rotarian clubs Provide 300 sets of PPE to the Chest Disease Hospital Vej Karunyaram Hospital, Nong Chok District, and sent to hospitals in Chiang Khong district, Wiang Sa District 3360 and Thepharak District 3330.

The Rotary Club of Lumpini Donates High Flow Oxygen Cannula for Use in 2 ICU Rooms to Samut Prakan Hospital.

Rotary Club of Kasemrad-Khlong Toei Give out the mask to the Tha Phra community. And thousands of nearby communities.

PP.Somchai Rungsrisawat (The Rotary Club of Nong Khaem) donated 50 Covid -19 inspections to the Secretary of the Ministry of Public Health to give to the Ministry of Public Health. To be used for screening patients with Covid-19 at the Office of the Permanent Secretary, Ministry of Public Health.













DGE. Somsri and Mr. Thaweesak Mekthon (spouse) District 3350, Rl.

Who invited to join Rotary organization?

Chainan (Chaianan Oksakul) invited the meeting for the first time. Because I see that we are people who like to do things After listening to the speaker, talking interesting stories and making new friends in many professions Began to be a member since 2001

Tell us about the family and the support received.

The family business is a paper packaging business. We manufacture many layers of kraft paper bags used in the industry. Accepting, cutting and selling reams and small rolls of paper, which are the origin of a variety of paper products.

Her husband, Mr.Taweesak Mekthon, understands that Rotary works for disadvantaged communities. He supports everything Providing advice and always helping me to manage time more easily.

The two sons saw us working in Rotary until then. The eldest child (Mr.Saksi Mekthon) holds an MBA International Business from Birmingham University in England and the youngest child (Mr. Sak Thanong Mekongthon) holds a MBA Finance degree. From Fordham University, New York, USA. I can get modern information from my children And the High Tech tools that are being used are from them. Waiting to be provided to the mother, not out of date

What are the policies and plans when undertaking the responsibility of the district governor?

The main policy is Would like to make our region stronger Sustainable growth Encourage clubs to service in accordance with the needs of the community. Encourage members to donate to the Rotary Foundation. And support creating the right image for outsiders to know us better As for the plan Must discuss to plan with every district committee For our region to achieve our goals which are

- 1. Maintain 90% or more of the members and add new members who are women and young people.
- 2. Support to set up Satellite Club, Community-based Rotaract Club
 - 3. Service projects, totaling 90 projects or more
- 4. Donate to the Rotary Foundation for a total of 900,000 USD and encourage Rotaractor to donate 90 baht to each polio fund.

I would like to take this opportunity to invite the 3350 Rotarians to come together to give themselves the opportunity to show their knowledge and ability to develop our organization. Along with service to create opportunities for the community because "Rotary opens the way to create opportunities" Thank you very much.

Editorial of District 3360, RI



PP. Dr.Natthanin Sestawanich Rotary Club of Phrae

Dear Rotarians and all readers

In many provinces right now, especially in District 3360, there is a problem with PM2.5 dust which is a serious problem from forest fires in many areas. I would like to encourage this problem to be resolved quickly, I and hope everyone to be safe from this crisis. Unfortunately, besides the PM2.5 problem, we are facing the outbreak of the Covid-19 virus. I hope everyone takes good care of their health.

In this issue, I would like to introduce District Governor Elect of District 3360, Mr. Somchai Kerddecho, along with his short biography. We also present Rotary youth articles, especially Rotaract, which is considered the latest Generation Z. We will look at the life perspective and the perspective of Rotary so that everyone can experience what the Generation Z have. Let's make everyone open our own views and be able to understand more of this generation.

Unfortunately, due to the outbreak of the Covid-19 virus, our DTA is suspended, but we will announce the DTA registration and attending methods later.

GEN to GEN



Hello. I am Dr. Yanisa Naruenatwongsakun (Fai), 26 years old, born and raised in Chiang Mai. I graduated from Chiang Mai University in Doctor of Dental Surgery Program (1st Class Honour). At present, I am a dentist at Thung Saliam Hospital, Sukhothai. Currently, I am a member of Nakornping Rotaract Club. Rotary Club of Nakornping Chiang Mai is our sponsor club.

Fai's attitude in life started by setting goals for life. How do we want

to see ourselves in the future? So that we can see how to get to that point and then gradually take one step at a time to achieve that point. We should try something new or something that was not done before. We may discover many more things we can do. However, failure, obstacles, or disappointments are also important because these things will allow us to learn and grow. In addition, we should understand the value ourselves and others, using what we have and what we are good at to help others, having public mind, thinking of the public. Just by helping each other, it doesn't have to be anything big, just a small group of people. I believe that our world will be more livable. Thanks to my father who brought me to the meeting and encouraged to join Rotary activities since childhood. I saw and absorbed these things continuously.

For the Rotaract club, in the first year Fai was appointed as a club secretary. And in the following year Fai became the President of the Nakornping Rotaract Club. Nakornping Rotaract club is a community-based club which is a gathering of friends, whose parents are Rotarians. Each member comes from various schools. This may cause some problems when the club call for a meeting. Some members have to study for the exam. Fai is also facing this situation, the appointment is difficult and everyone will disappear. To solve problems, our club appoint a meeting every two weeks, making the meeting online instead to make it more convenient. Another challenge will be about finding more members and getting involved to help others understand what Rotaract is. What the club does is inviting friends and encourage them to do activities with Rotaract and Rotary clubs. They would understand gradually what Rotary is doing.

Fai appreciates the younger generation. They are courageous, dare to think, and dare to express their opinion. We will get a new perspective and creativity with the changing era. The power of children would help driving Rotary and society. Thanks new generation, they gives us more positive energy.

For the perspective in Rotary, Fai believes Rotary would be more well-known in Thailand. We will have more members certainly. When in high school, Fai was a former Rotary exchange student. Friends always asked what exchange program Fai participated in. When Fai replied, not many people know about Rotary. I took that opportunities to make people learn more about Rotary. People would know more that Youth Exchange Program is only a part of Rotary project. After graduation, when people knew that I was a Rotary Youth Exchange student, they said that Rotary was very good. They really wanted to join Rotary activities but don't know what to do. Fai believes that there are still many people who want to do good things with our Rotary. Fai hopes to bring his or her own profession to help Rotary in service.



Rotary Shredder Project The Rotary Club of Lampang, District 3360

PP. Boonkhum Boonyasophat and PDG. Anuwat Puvaseth

In the past, Thailand used to plow with buffalo, waste materials from the rice fields after the harvest season were used to feed food for buffalo. It could be used as natural fertilizers that return to rice fields without using chemical fertilizer. But nowadays, farmers use labor-saving equipment. As a result, many waste materials were left. Farmers need to eliminate these wast, some wastes are burned in the open air. Smog is a problem experienced in every year, especially in the northern region of Thailand.

The Rotary Shredder Project was initiated by the Lampang Rotary Club since 2015, with the idea of using the crop residue as a substitute for burning. It is designed to granulate wastes into smaller pieces. Then made into organic fertilizer instead of chemical fertilizer. This will

result in cost reduction, reduce environmental problems, haze, and freeing agricultural products from chemicals.

In the initial project, the club made 2 Rotary Shredder machines for the Community Enterprises Khao Thip Chang, Hang Chat District and Tha Khua Village, Mueang District, Lampang Province. After the pilot and the club applies for the Global Grant (Global Grant # 1744360). The project was organized by an International Partner, Rotary Club of South Hilo, District 5000. The amount of approval was 1,674,471 baht. We delivered 21 Rotary Shredder machines to communities and farmers' groups through the Rotary Club in District 3360. The delivery was made in November 2018. The Rotary Club of Lampang hopes the Rotary Shredder will be one part of reducing the burning environmental problems and generating income for farmers.

Activities

Dear Club Presidents, District 3360

In the situation of Covid-19, District 3360 takes part to fight against this deadly disease. Therefore, District 3360 supplies PPE sets to hospital in the region. 804 PPE sets are divided into sets. Each club received 12 sets of PPE and distributed to their local hospital. I would like to inform you that this 12 sets of PPE is just the beginning. Each club is requested purchase additional medical equipment more or less depending on the club wills. The budget used to buy 804 sets of PPE was as followed; 270 baht each, totaling 217,000 baht, with the following details:

- 1. Funds left from natural disaster victims account 125,000 baht
- 2. Assistant Budget for natural disaster victims in the District 27,400 baht
- 3. DG. Kamolsak Rotary Anne Wannee, donated 23,080 baht
- 4. PDG. Dr. Waewdao Limlenglert, donated 10,000 baht
- 5. PDG. Anurak Rotary Anne Ampon, donated 10,000 baht
- 6. PDG. Surasak Rotary Anne Watcharee, donated 3,000 baht
- 7. PDG. Nithi Rotary Anne Salathip, donated 5,000 baht
- 8. PDG. Roongranee Gentleman Athit, donated 3,600 baht
- 9. DGE. Somchai Rotary Anne Chutima, donated 10,000 baht Total amount is 217,080 baht.

PPE sets will be delivered to the Assistant District Governors, then the PPE sets will be handed over to the clubs in charge.

Yours in Rotary DG. Kamolsak Visitsakulchai







DGE. Somchai and Rotary Anne Chutima Kerddecho District 3360, Rl.

| Biography | | Work Experience | |
|----------------------------------------------------------------------|-------------------------------------------|-------------------|-------------------------------------------------|
| Name | DGE. Somchai Kerddecho | Years 1978-1980 | Faculty of Science Mahidol University |
| Date of birth | 10 September 1955 | 1980-1983 | Sales Department, Siam Medic Supply Co., Ltd. |
| Age | 64 years | 1983-1985 | Sales Manager, Medic Thai Company Limited |
| Address | 399/223 Mu 2, Siwalee Choeng Doi Village, | 1985-1991 | Sales Manager, Qualitech Instruments Co.,Ltd. |
| | Mae Hia Sub-district, Mueang District, | 1991-Present | Managing partner, Science and Med LP |
| | Chiang Mai Province 50100 | | Managing partner, Maid Star Limited Partnership |
| Phone | 080 500 5757 | | |
| Email: | somchaid3360@gmail.com | Service in Rotary | |
| | - | 2010-2011 | Chairman of Club Service Committee, |
| Personal life | | | Rotary Club of Chiang Mai 2011-2012 |
| Spouse: PP. Chutima Kerddecho, bachelor's degree, Medical | | | Chairman of Club Service Committee, |
| Technology, Faculty of Medicine, Department Chulalongkorn University | | | Rotary Club of Chiang Mai 2012-2013 |
| Children: | | | Chairman of Club Rotary Foundation |
| 1. Rtn. Pinyo Kerdchadchoe, currently studying Executive | | | Committee, Rotary Club of Chiang Mai |
| MBA, Chiang Mai University | | 2013 - 2014 | Club Secretary, Rotary Club of Chiang Mai |
| 2. Mrs. Pimpika Kasitanont, bachelor's degree, Faculty of | | | Chairman of Club Rotary Foundation |
| Communication Arts, Payap University | | | Committee, Rotary Club of Chiang Mai |
| 3. Mr. Decho Kerddecho, bachelor's degree, Faculty of | | 2013 - 2017 | Chairman of Club Annual Program Funds in |
| Business Administration, Chiang Mai University | | | many years |
| | - | 2014 - 2015 | Club President, Rotary Club of Chiang Mai |
| Educational background | | 2015 - 2016 | Chairman of Club Rotary Foundation Committe |
| Undergraduate: Faculty of Medicine, Medical Technology, | | | Chairman of Annual Program Funds |
| - | Chulalongkorn University | | Subcommittee |
| | MBA (Institute of International Studies) | 2016 - 2017 | Assistant Governor |
| | Ramkhamhaeng University | | Chairman of Club Rotary Foundation Committe |
| | , | 2017 - 2018 | Chairman of Annual Program Funds |
| | | | Subcommittee |
| | | | Chairman of District Assembly |
| | | | Chairman of Club Rotary Foundation Committe |
| | | | Rotary Club of Chiang Mai |
| | | | District Governor Nominee Designate |
| | | 2018 - 2019 | District Governor Nominee |
| | | 2019 - 2020 | District Governor Elect, District 3360 RI |

Rotary Centre in Thailand

Dear fellow Rotarians,

In the months of March (Water, Sanitation and Hygiene month) and April (Maternal and Child Month), many Rotarians were made aware of the actions being taken on various projects and activities around the world to mitigate the issues caused by COVID-19 and help people in need. These activities included distributing face masks and sanitizers, as well as donating medical equipment and other necessities to doctors, nurses, and hospitals. We would like to show recognition to all individuals engaged in such activities for their generous service and dedication.

In these times of working from home, avoiding social gatherings, and maintaining social distancing, Rotarians in all four districts have conducted online meetings and outreach services. In addition, they have been sharing information with one another through the Open Chat Line of the Rotary Centre.

Executive committee members of the Rotary Centre have also been communicating with team members to solve any problems foreseen by the RI president of the Rotary Foundation. This has been done through the immediate dissemination of information to all clubs and districts, such as TRF's suggestions to use money from the Disaster Response Fund, District Grants, Global Grants, etc.

We have received significant assistance for urgent document translation from the past president of the Rotary Club of Mae Chan, Aphisak Chompomg, and the past president of the Rotary Club of Bangkok Cyber, Phanu Yosmetha. We thank them profusely for their help.

Our Rotary Centre staff members have been attempting to resume work as usual by taking turns at

the office and at home. They have effectively dealt with emails and other operations issues. All staff members can be easily contacted through their email addresses and telephone numbers. An example of the work they are doing is updating money exchange information daily, and assessing it using the world market rate.

The Rotary Centre in Thailand is aware of the uncertain situation regarding the COVID-19 pandemic and cannot forecast when operations will resume in full swing. Therefore, we have to prepare several aspects of the DTA training documents, and all districts will have to adapt their training formats to either online or common document mailing systems.

Yours in Rotary,

Hisanunt Foresto

PRID. Dr.Saowalak Rattanavich Chair, The Rotary Centre in Thailand Administrative Committee

Number's Rotary Data source www.rotary.org, 1 April 2020 (1 July 2019)

| District | 3330 | 3340 | 3350 | 3360 | Totel |
|------------------|---------------------------------------|-------------------------------------|-----------|-------------------------------------|---------------------------------------|
| Members Clubs | 2,471 (2,327) 103 (102) | 1,447 (1,401) 66 (66) | | 1,407 (1,370) 67 (67) | 8,344 (7,919) 352 (348) |
| Clubs | 103 (102) | 00 (00) | 110 (113) | 67 (67) | 332 (346) |







Hand washing is the way to stop the virus.

Stretch the alcohol gel.

It's crowded.

Eat only one spoonful of hot water at home.

#Home at home will have good results.

#If you are sick Please wear a mask. For the common good of health.

You can shut your mouth.

Mouth far apart. If you love others more

https://www.zipeventapp.com/blog/2020/03/25/Covid-19/