

Rotary

Thailand

โรตารีประเทศไทย

No. 217 March - April 2025

District Governor Patsri joins in creating a wondrous chapter in youth service, inspired by the Magic of Rotary.

Things to know about Mário
Rotary International President
2025-26

Sabaidee
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One small act

March is here, and for Rotary International, that means celebrating Water, Sanitation, and Hygiene Month — a time to shine a spotlight on one of the most transformative areas of our work.

This month is an opportunity to reflect on The Magic of Rotary and the profound impact we create when we come together with determination and purpose.

Years ago, I experienced this magic firsthand in the Dominican Republic. When a group of members helped people install water filters, three children watched with amazement as dirty water entered one end of a filter and clean water emerged from the other. When we paused the demonstration, one child tugged at my sleeve and pleaded, “Show me the magic again.”

To them, it felt magical. It was also the result of countless hours of effort — planning, transporting, and installing the filters — alongside local partners who were dedicated to making clean water accessible. In that moment, I realized that what seemed like a small act could change residents’ lives. That is *The Magic of Rotary*.

This story is a testament to the incredible potential of our global family to create change. Water projects exemplify our reach, our partnerships, and our unwavering commitment to improving lives. Consider Rotary’s work with USAID. That partnership has enabled us to work with communities and governments to improve access to sustainable water and sanitation services for thousands of people in the Dominican Republic, Ghana, the Philippines, and Uganda.

Partnerships remind us that Rotary’s impact is amplified when we

work together. Through our strategic alliance with the United Nations Environment Programme, we’re advancing the Community Action for Fresh Water initiative. This program equips Rotary members with the tools and resources to protect, restore, and sustain freshwater ecosystems.

When we make use of Rotary grants and advocate for clean water in our communities, we create a ripple effect that extends far beyond individual projects.

As we embrace the spirit of the month, I encourage every Rotary member to seek out new partnerships. Collaboration multiplies our efforts and helps us reach more people in need.

Whether it’s joining forces with local organizations, forming alliances with international agencies, or mobilizing your community, every step we take together brings us closer to a world where everyone has access to clean water and safe sanitation.

The Magic of Rotary shines brightest when we work in harmony with others to create lasting good. Together, we can turn dreams into realities that transform lives and communities. The result may feel like magic at times, but we know it’s from the power of our collective commitment and compassion. Let’s harness this magic to make a difference this month and beyond.

STEPHANIE A. URCHICK
President, Rotary International



A season of renewal

As the chill of winter gives way to the warmth of spring, we have an opportunity to rejuvenate our commitments to each other and to the communities we serve.

A shining example is the Rotary Club of Windsor-Roseland in Ontario, whose members support a program providing hot meals to people facing homelessness and food insecurity. On any given evening, the Soup Shack run by Feed Windsor-Essex serves up to 130 people, offering nourishment and a sense of community and care.

Club member and Past District Governor Aruna Koushik got the club involved after seeing a news segment about the Soup Shack.

Koushik collaborated with club members to quickly approve the purchase of a stove, pots, and pans for its new permanent space. Soon after, club members met with the Soup Shack team, toured the new location, and presented a check for 3,000 Canadian dollars (about US\$2,000) to support its efforts. They also committed to volunteering their time to prepare and serve meals once the facility is operational.

This exemplifies how Rotary members can come together to address community needs, foster engagement, and make a tangible impact. By identifying opportunities for service and mobilizing resources, we not only support

those in need but also strengthen our bonds with each other and with the communities we serve.

As we embrace the renewal that spring offers, let's take inspiration from the Windsor-Roseland club. Consider these ways to reinvigorate engagement within your club:

Identify emerging needs: Stay attuned to the evolving challenges in your communities. Engage with local organizations to understand where your club's support can make the most difference.

Mobilize resources quickly: When opportunities arise, act swiftly. Leverage the skills and networks within your club to gather resources, from financial contributions to equipment to volunteer time.

Foster collaboration: Encourage members to take initiative and collaborate on projects. Empowering individuals to lead and contribute their unique talents enhances engagement and drives success.

Commit to ongoing involvement: Beyond initial contributions, pledge continued support. Regular service keeps members connected and reinforces the club's commitment to sustained impact.

By embracing these approaches, we can harness the energy of spring to renew our dedication to service and engagement. Let's seize this season as an opportunity to revitalize our efforts, strengthen our connections, and continue making a positive difference in the world.

This is The Magic of Rotary — transforming lives, inspiring hope, and creating lasting change for the communities we serve.

STEPHANIE A. URCHICK

President, Rotary International

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Editorial



Applying AI to Rotary’s Service Projects

PP Chantane Thianwichit
Special Article Editor

AI is now playing a role in every part of the work to increase efficiency and accuracy, whether it is data creation, data analysis, increasing productivity, increasing income, or improving complicated processes.

Since Artificial Intelligence (AI) is a tool that helps in work, whether it is making decisions in complex tasks, improving the quality of work systems, and managing various things to be faster and better, we are increasingly using AI in our daily lives. The use of AI in Rotary’s service projects is also very important, especially since Rotary is an international organization with a long history of doing service work to develop societies around the world. The use of rapidly advancing AI technology to increase efficiency and expand the impact of service work is very interesting, as follows:

1. Data analysis to identify community needs
 - AI can analyze data from various sources such as social media, statistical reports, and surveys to accurately identify community issues and needs.
 - It helps Rotary plan service projects that meet specific and effective community needs.
2. Effective service project management
 - AI can help manage project data, track progress, and evaluate results.
 - It helps Rotary manage resources efficiently and reduce duplication of work.
3. Communication and fundraising
 - AI can help create engaging and targeted public relations content.
 - It helps Rotary communicate effectively with members, supporters, and the community, and increase fundraising opportunities.
4. Networking and collaboration
 - AI can help analyze data to identify potential partners.
 - It helps Rotary build networks and partnerships with organizations to expand the impact of its service.

Examples of AI applications in Rotary’s service work

- Using AI to analyze public health data and plan disease prevention programs in the community
- Using AI to develop applications that help people with disabilities access services easily and efficiently
- Using AI to create a platform that connects donors to service projects around the world

Issues for Considerations

- The use of AI in service work must take privacy and data security into account
- The use of AI should be properly supervised to prevent discrimination and unfairness
- Training should be provided to Rotary club members so that they can use AI effectively

In the Rotary Thailand magazine, we will also start to use AI to help to increase the efficiency and quality of the magazine in various aspects, such as:

- Faster and more accurate language translation
- AI content creation can help create interesting articles and their headlines
- Designing and laying out pages to make images and text to be more interesting to read
- More effective public relations and distribution through various online channels



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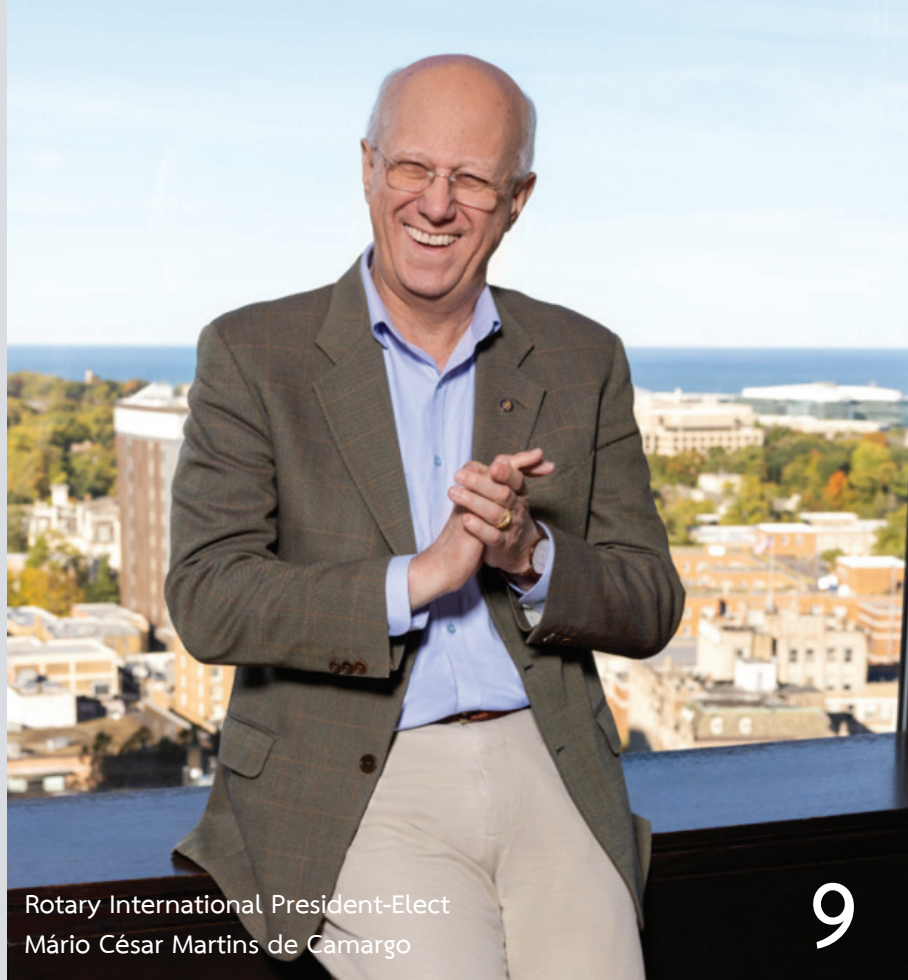
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Global Media Network



Rotary International President-Elect
Mário César Martins de Camargo

9

Contents

- 1 RI President's Message
- 3 Editorial
- 6 Amplifying impact
- 8 Rotary starts a celebrity ambassador program
- 12 People of action around the globe
- 14 Trustee's message
- 19 The Rotary Leadership Institute (RLI) – Cambodia Division in Bangkok
- 24 Rotary Knowledge: Women in Rotary
- 25 Apply for the 2026 Programs of Scale award
- 26 Translated documents can help, be open-minded and take some time
- 28 District 3330: Monitoring, preventing and helping those in
school-age groups and teenagers with depression and at
risk of suicide in Krabi province, 2024-2027
- 30 District 3330: 8th Thailand – Malaysia Intercountry Meeting
- 32 District 3340: Intercity Meeting: The Power of Rotary Friendship
- 33 District 3340: "Get to Know Rotary: How the 120th Year Comes"
- 36 District 3350: ISTANBUL: A Dream Come True
- 37 District 3350: How important are ELECTORS?
- 40 District 3360: From Hometown to Abroad: A Real Experience of a
Rotary Youth Exchange Student

Rotary Club of Shwe Bangkok, the first Burmese Rotary club in Thailand.



Sabaidee Vientiane, Laos
Governor's visit to the Rotary Club of Vientiane:
This year marked the first time that a district governor from 3360 traveled to Vientiane by high-speed train.



Cover Image:

District Governor Patsri joining in the magic of a youth service activity at the Kindergarten and Rotary Family Sports event on 22 February 2025, at Nimibutr Stadium of Suphachalasai Stadium, with over 3,000 attendees.



Amplifying impact



Mykola Stebljanko publishes *Rotariets*, the Ukrainian magazine for Rotary news, from his home in Odesa, a port city on the Black Sea. In February three years ago, when Russia began an all-out war against his country, Stebljanko, a member of the Rotary E-Club of Ukraine, kicked into high gear. Amid the barrage of missile attacks against his city, he coordinated relief efforts with his fellow Rotary members in Ukraine through video calls. At the same time, he reached out to me and other editors of the Rotary Global Media Network, which consists of the flagship Rotary magazine and 33 independent regional publications, briefing us weekly on the situation and the extensive relief efforts launched by The Rotary Foundation and Rotary clubs around the world.

We, the members of the Rotary Global Media Network, responded vigorously with in-depth coverage of the war about the devastating humanitarian crisis and the importance of Rotary's assistance. The stories we published reached millions of Rotary members worldwide, galvanizing them into action. By the end of 2024, The Rotary Foundation and Rotary clubs had raised tens of millions of dollars in contributions that helped provide essential support to people in Ukraine.

This is one of many examples of the effectiveness of Rotary and our sister regional magazines in rallying Rotary clubs worldwide.

In the spring of 2022, an article in this magazine about a Rotary-supported program in California called Music Mends Minds, caught the attention of the Rotary community. The initiative promotes the use of music as a viable therapy to delay the symptoms of

neurodegenerative dementia. Soon after publication, similar projects cropped up in other parts of the U.S. and the world. Similarly, after flooding struck Brazil in April 2024, the reporting by the Rotary regional magazines in Brazil as well as in Great Britain and Ireland helped spur an outpouring of support.

The list goes on. Each story is meticulously researched, written, and produced. We are a network of professional writers, photographers, and graphic designers who are passionate about telling your stories — to amplify the positive change you are creating in the world. For myself and my fellow editors, it's been rewarding to see that our high-quality publications help strengthen our organization by fostering a sense of belonging for our members, increasing our membership, and offering a window into the Rotary world for the general public.

Surveys show that a majority of readers feel the flagship and regional magazines strengthen their connection with Rotary, allowing them to better understand the organization.

"The magazine is a primer for Rotary members, keeping us informed on the who, what, when, where, why, and how of the world," says Sylvia Whitlock, a trailblazer who was the first woman to serve as president of a Rotary club. "Without the magazine everything is just happenstance. Any good primer is beside you all the time."

WEN HUANG
Editor in Chief, Rotary magazine

READERSHIP SURVEY

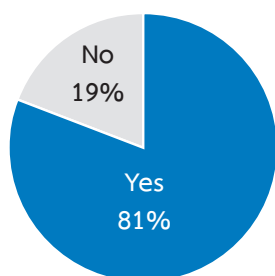
What readers want

With the changing media landscape, we are reinventing ourselves with technology and constantly finding ways to improve the quality of our publications so we can better meet the needs of Rotary readers.

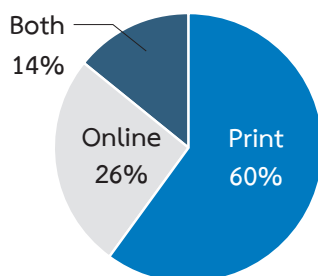
To help us better understand our audience, RI's Research and Evaluation team surveyed more than 10,000 readers of Rotary or one of the 33 regional magazines. The research focused not only on readers' opinions and their suggestions for the publications but also their general interests and reading habits. It was conducted in the summer of 2024.

Here are combined results for Rotary magazine and the regional publications (some numbers are rounded):

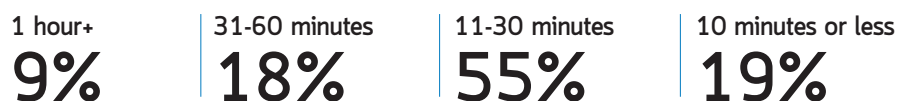
Do you regularly read your magazine?



In what format do you read your magazine?



On average, how much time do you spend reading each issue?

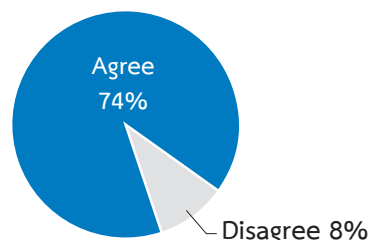


Which kind of articles do you prefer?

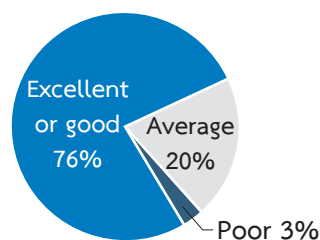


What would you most like to see more of in your magazine? Information on club projects

Do you agree or disagree that the magazine allows you to better understand our global organization?



How would you rate the overall quality of your magazine?



THE ROTARIAN

A 114-year legacy

Not long after Rotary's founding, Paul Harris and Chesley Perry, Rotary's first general secretary, launched a magazine to share news and information with the growing number of Rotarians. The first issue was published in January 1911 as The National Rotarian with news from existing clubs, announcements of new clubs, and an essay in which Harris discussed the purpose of Rotary clubs.

Perry became the magazine's first editor and held the position until 1928. As Rotary reached Canada and England, the magazine adopted the name The Rotarian in September 1912.

As Rotary clubs formed around the world, regional magazines appeared, each offering Rotary news from a local perspective. The first regional magazine was published in Great Britain and Ireland in 1915.

Today, while the official flagship magazine is published by Rotary International, the regional publications are produced independently by Rotarians and distributed in more than 130 countries in 26 languages. The flagship and regional magazines have a combined circulation of more than 1 million.

While all regional publications focus on reporting about Rotary activities in their areas, they also carry content from the flagship magazine, including stories and messages from Rotary headquarters. Each publication is an integral part of the Rotary Global Media Network.



Please respond to the Rotary Thailand magazine 2025 Survey to help improve services that can better meet our members' needs.



Rotary starts a celebrity ambassador program

Rotary International launched a celebrity ambassador program in September, welcoming Kat Graham, Sibongile Mlambo, Gaby Moreno, and Archie Panjabi as Rotary ambassadors for 2024-25.

“We are pleased to announce this initiative, especially with the help of these remarkable individuals who are devoted to using their platforms to make the world a better place,” said Rotary President Stephanie Urchick. “As Rotary’s work has touched each of the ambassadors, we’re honored for them to amplify our organization’s impact and vision.”

Through traditional and social media, events, advocacy, and more, ambassadors will have the opportunity to immerse themselves in Rotary’s work and engage with supporters.

↗ KAT GRAHAM actor, singer, producer

“I have been fortunate enough to have a long history with Rotary, from promoting women’s health and safety around the world to gathering with Rotary members in California to promote peace. Rotary empowers regular people to become extraordinary changemakers by launching their unique initiatives using their unique skills and passions. By doing so, they improve the lives of others far beyond their communities. I’ve seen the profound difference Rotary members make, and I’m honored to serve as a Rotary ambassador.”



↗ SIBONGILE MLAMBO actor, producer

“I had the incredible opportunity to travel to Uganda with Rotary and see their work firsthand. Witnessing their dedication to helping refugees and their unwavering commitment to peace left a lasting impact on me. Rotary members show respect for those displaced, empowering them through education, job training, and more, helping to create the conditions for stable, sustainable, and peaceful communities. As a Rotary ambassador, I will enthusiastically help to amplify their message of hope and resilience.”



↗ GABY MORENO musician, producer

“Returning to my home country of Guatemala with Rotary exposed me to the life-changing impact its members have had on early education and literacy in the country. I met children who now are inspired to dream big, and who have been given the tools necessary to make their dreams a reality. As a Rotary ambassador with deep personal connections to its members, I want to help spread the word about this remarkable organization that’s giving hope to so many children around the globe.”

↗ ARCHIE PANJABI actor, producer

▶ Celebrity ambassador Gaby Moreno spoke to us about her life, career, and experience with Rotary. Listen at on.rotary.org/podcast

“My first visit to India at the age of 10 opened my eyes to the heartbreaking reality of children suffering from polio. Years later, I returned to administer the polio vaccine and witnessed the dedication of health workers, inspiring my commitment to this cause. For over a decade, I’ve proudly served as a Rotary polio ambassador and continued the fight to eradicate polio while shining a light on the full scope of the vital work Rotary members undertake to create a brighter future for all, from safeguarding our environment and improving maternal health to providing clean water and promoting peace.”



Things to know about Mário

Meet your
2025-26 Rotary
International President
Mário César Martins
de Camargo

After a day of interviews with the committee vetting candidates for 2025-26 Rotary International president, Mário César Martins de Camargo returned to his hotel and waited. And waited. “It’s an elimination process,” he says. “The anxiety level reaches sky high.” When he got a call asking him to return to Rotary headquarters in Evanston, his first thought was that he’d made some sort of mistake. As he walked the few blocks to the building, he mentally reviewed everything he’d said. When he finally realized why he’d been called back, it was an emotional moment, he says. “The nominating committee stands up and applauds you, and you are invited to say your first words as president. Mine were, ‘Are you guys sure?’”

They were, of course. De Camargo’s Rotary résumé goes back decades. A member of the Rotary Club of Santo André, Brazil, since 1980, he served as his club’s Rotary Youth Exchange officer the following year at age 24 and as its president in 1992-93. He was governor of District 4420 (part of Brazil’s São Paulo state) in 1999-2000, Rotary Foundation trustee in 2015-19, and Rotary International director in 2019-21. He has also served Rotary as an RI learning facilitator, committee member and chair, and task force member. De Camargo and his wife, Denise da Silva de Camargo, also a Rotarian, are Major Donors and Benefactors of The Rotary Foundation.

Professionally, de Camargo was president of the printing company Gráfica Bandeirantes and has been a consultant to the print industry in Brazil. He has served as president and chair of several printing and graphics trade associations. He has been on the board of Casa da Esperança (House of Hope), a medical center in Santo André sponsored by his Rotary club that sees more than 200,000 patients a year.

That’s his official biography. But we wanted to know, What’s de Camargo really like, what makes him tick? Here’s what we found out.

▶ **His biggest regret is that he stopped playing piano.**

From the ages of 8 to 21, de Camargo played piano. He even attended a music conservatory for nine of those years. While in Germany apprenticing at a press manufacturer, he attended German language classes at the Goethe Institute. The school had a Steinway piano that “to me, was the Rolls-Royce of pianos,” he recalls. The school’s dean allowed him to play it under one condition: he perform for the school when his training was finished. “It was the last time I played the piano,” he says, explaining that family and work obligations began to take more of his time. “I really regret not being able to continue because it is a self-rewarding experience.”

▶ **He believes printers have a noble cause.**

Printing presses have their origins in China, where the movable type was invented in the 11th century. When Johannes Gutenberg created the mechanized printing press in Germany 400 years later, it launched the mass production of books, newspapers, and more throughout Europe. “The press and the publication of books and ideas changed the world,” de Camargo says, allowing scientific findings to be shared more widely, decreasing censorship as it was harder to destroy a “dangerous idea,” and giving the general public access to educational materials.

De Camargo’s business used to print 25 million to 30 million items per year: coffee table books, romance novels, automotive industry manuals — “you name it,” he says. “We were replicators of ideas. Printers have a mission to reduce ignorance.”

▶ **Rotary is the best leadership training he’s ever had.**

De Camargo has been on several boards in his industry, but it was through Rotary that he learned how to be a leader. “Rotary is the best school of leadership I’ve had,” he says. De Camargo says Rotary taught him to speak in public, one of people’s biggest fears, along with flying. “If I was still afraid of flying and speaking in public, I wouldn’t be president of Rotary International, because all we do is public speaking and flying!” he says. He also learned when to stop talking and listen. “You have to pay attention to what people are telling you,” he says. “It is an exercise of humility.” And he learned how to motivate people who aren’t getting paid to perform a task. “When you’re motivating volunteers, you don’t have that tool of payment. The only tool you have is inspiration, motivation, and challenge to make them a better person.”

▶ **This is the most memorable Rotary advice he’s received: Never ask for anything, never refuse anything.**

As co-chair of the Host Organization Committee for the 2015 Rotary International Convention in São Paulo, de Camargo received these words of wisdom from John Kenny, a past Rotary president who was The Rotary Foundation trustee chair at the time. “That has oriented my Rotary journey,” he says. “I never refused any job that was given to me by Rotary or The Rotary Foundation, but at the same time I offered myself for different positions without knowing what the result would be,” he says. “I could never fathom that I would be here someday.”

▶ **People call him Membership Mario.**

“It’s not rocket science,” he says. “If you look at our numbers, some people say we have stabilized at 1.2 million. I say we have

stagnated at 1.2 million.” The word “stabilize” makes people sit back and relax, he believes, whereas the word “stagnate” makes people want to sit up and do something.

The puzzle, he says, is figuring out why membership is increasing in some areas and decreasing in others. “Maybe it’s demographics, maybe it’s economics, maybe it’s an age thing,” he says. “The challenge motivates me so much because it’s a mosaic of different regions and different performances that makes it very challenging and at the same time very attractive.”

What works in Korea may not work in Germany, and what works in Germany may not work in Brazil or the U.S., he says. “We have to be humble and very attentive to the different scenarios.”

► The 2025-26 presidential message is Unite for Good.

“I think ‘unite’ is a very powerful word,” he says. “It’s a very powerful word in a divided world.”

It’s easy to sow division, he says, but much harder to find common ground. “We are always looking for somebody’s defects,” he says. “We should be looking for somebody else’s talents.” That’s where Rotary comes in, offering the opportunity for people to connect with others in their community and around the world.

► He believes a focus on the environment will draw younger members.

Before de Camargo, the last RI president to come from Brazil was Paulo V.C. Costa in 1990-91. Costa is best known for the environmental program he started, Preserve Planet Earth, which launched shortly before the 1992 United Nations Earth Summit in Rio de Janeiro. Had Rotary kept the environment as a central focus then, de Camargo says, “We would be far ahead, bringing a visionary agenda to the world.” As a Rotary director, de Camargo helped secure approval of the environment as the newest area of focus. “We still have a lot of room to grow,” he says.

In 2025, the annual UN conference on



RI President-elect Mário César Martins de Camargo and 2024-26 RI Directors (from left) Christine Etienne, Alain Van de Poel, and Daniel V. Tanase at One Rotary Center in Evanston, Illinois.

De Camargo has been on several boards in his industry, but it was through Rotary that he learned how to be a leader. “Rotary is the best school of leadership I’ve had,” he says.

climate change, COP30, will be held in the Brazilian Amazon, and de Camargo sees a place for Rotary to get involved. “Rotary should have its logo, its brand, associated with environmental protection in the Amazon,” he says. “We have a unique opportunity to do that.”

► He gets to know a city by walking.

“When I go to Chicago or New York or São Paulo or wherever, when I have the chance, I just put on my tennis shoes and I start walking,” he says, “just seeing the colors, the smells, the different foods, the people.” It’s the best way to feel like a local, he says. “You cannot do that by Uber or by driving a car. You’re not part of the environment. But when you’re walking, you feel like you are.” But he doesn’t stop at the city. De Camargo is a fan of hiking. “I love the outdoors, to be able to breathe fresh air,” he says.

► Yes, he once dressed as Super Mario.

Step into de Camargo’s office at One Rotary Center in Evanston and you’ll notice a collection of figurines based on Super Mario, the Nintendo character. “That was the idea of Trustee Akira Miki, who was a director with me on the Board in 2019-20,” he says. “He immediately called me Super Mario, and it started catching.” At the 2024 Rotary Institute in Toronto, de Camargo dressed up as the character and engaged in a mock battle with RI Past President Holger Knaack, part of a Rotary Foundation fundraiser that netted \$115,000. “I put the moustache upside down, but I’ll get better,” he says. “Whatever it takes to raise money for The Rotary Foundation.”

People of action around the globe

By Brad Webber



United States

The Rotary Club of Bradley-Bourbonnais in Illinois has found jigsaw puzzles featuring scenes from the community to be a fitting fundraiser. In September, the club unveiled its third annual installment, featuring a bucolic scene of an 1850s barn. The club runs a photo contest each June to find images for the puzzles, offering a \$100 prize. It credits the photographer by name and promotes a link to the winner's website. "We're celebrating what our community has to offer," says Julia Mullikin. "People are looking forward to getting each year's puzzle." Club members staff tables at markets and enlist merchants and museums to offer the puzzles, which sell for \$30. "We use just about every portion of the box to promote our Rotary club," says Frank Koehler. Proceeds support scholarships, student recognition, and ShelterBox.

Rotary
Club of Bradley-
Bourbonnais

Mexico

District 5300 has provided homes for dozens of families in northern Mexico since 2008 through a tradition it calls "super builds," a yearly day of construction by Rotary members from California and Nevada. The 16-by-20-foot homes are built through a partnership with the California-based nonprofit Corazón. The \$18,500 cost per family pays for materials as well as school uniforms, books, and scholarships, says Robin Smith, of the Rotary Club of Las Vegas Summerlin, who has coordinated the initiative for nearly a decade. "There are clubs that give monetarily," she says. "There are also clubs that physically build the homes. Then we have clubs that are able to do both." The 2025 build is scheduled for 3 May.

Rotary
District 5300



67%
Share of
Mexican
tenants who
spend more
than 30% of
their income
on rent

Jamaica

Seven Rotary clubs and the Rotaract Club of Kingston came together to commission an interactive mural in the Jamaican capital. Scanning the painting with an app unlocks layers of additional information about topics including Rotary's areas of focus, how to join, and how to contribute to The Rotary Foundation. "This mural is more than just an artistic expression," says Steven Hudson, a past president of the Rotary Club of Kingston. "Each brushstroke symbolizes our dedication to these areas." The clubs teamed up with the painter Anthony "Taoszen" Smith and digital artist Kianne Patrice Hutchinson to produce the augmented reality project in collaboration with Kingston Creative, a nonprofit art hub that promotes unity and economic development. "We are able to showcase who we are as Rotarians" through the mural, says Melissa Anderson, of the Rotary Club of Kingston East and Port Royal. "We change lives, one community at a time, and we want others with a heart of service to join us."

Rotary
Clubs of Kingston

Rotaract
Club of Kingston

Photographs: Courtesy of Rotary and rotaract Clubs

Netherlands

A passion for peace prompted five Dutch Rotaract clubs to hold a symposium on conflict in the Democratic Republic of Congo. On 21 September, the International Day of Peace, club members welcomed Pappy Orion, founder of a nonprofit called Focus Congo, who discussed his journey from child soldier to peacebuilder. The event included panel discussions on the humanitarian crisis and celebrated Congolese food, visual arts, music, and dance. “Our club adopted the project because we want to raise hands, raise awareness, and raise funds to raise hope in the region,” says Nicholas Egunjobi, of the Rotaract Club of The Hague International. The event raised about \$7,400 for Orion’s nonprofit. “The projects we are aiming to support include building and maintaining camps for internally displaced people,” says Ana Zlatevski, a member of The Hague international club.



1899

Year the first peace conference at The Hague was held

Rotaract
Clubs of the Netherlands



Nigeria

A year after installing a borehole well and toilet at a primary school, members of the Rotary Club of Kaduna returned to satisfy another infrastructure need. “The school was without desks at the time of a needs assessment, and the children were sitting on the floor,” Club President Portia Stephanie Aji says. A solution was at hand: School leaders had saved pieces of old furniture, and club members refashioned salvageable materials into desks and chairs. The club partnered with businesses and groups to provide the students with backpacks, dictionaries, notebooks, pens, and chalk at a hand-over ceremony in September during Rotary’s Basic Education and Literacy Month.

74%

Literacy rate of Nigerian young people ages 15 to 24

Rotary
Club of Kaduna



1974

Year the National Gallery of Jamaica was established

SERVICE ABOVE SELF

THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST

Of the things we think, say or do:

- 1) Is it the **TRUTH**?
- 2) Is it **FAIR** to all concerned?
- 3) Will it build **GOODWILL & BETTER FRIENDSHIPS**?
- 4) Will it be **BENEFICIAL** to all concerned?

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.



Trustee's message

March 2025 A glass half full

After joining Rotary, you never look at a glass of water the same way again.

Holding it, you are humbled by the privilege of access to drinkable water. Then, you recall how Rotary brings communities and water experts together to deliver safe drinking water to places in need of it, transforming lives.

According to the United Nations, 2 billion people lack access to safely managed drinking water, and 3.6 billion lack safely managed sanitation. During March, we focus on our commitment to addressing water, sanitation, and hygiene challenges through our clubs and The Rotary Foundation.

District and global grants, made possible by the Foundation, provide a direct way for members to engage in water and sanitation projects. My wife, Gay, and I have seen the transformative power of these grants. Our clubs, the Rotary Clubs of Decatur and Decatur Daybreak, Alabama, partnered with the Rotary Club of Ecatepec, Mexico, to sanitize cisterns and tanks for about 300 schools.

We are also launching a new global grant to provide rainwater collection systems for 50 Indigenous families in the Sierra Madre Mountains of Chihuahua, in partnership with five organizations.

Globally, Rotary employs comprehensive approaches to these water initiatives. In Mexico, the global grant-funded program Niñas Sabias, or Wise Girls, empowers girls by providing menstrual hygiene education on menstruation, building self-esteem, and purchasing reusable menstrual-period products.



Our partnership with USAID in Uganda has shown how small-scale piped water systems can deliver cost-effective, sustainable solutions. By investing in local governance and technical capacity, this initiative ensures long-term access to clean water for entire regions.

Rotary's Programs of Scale also demonstrate the power of interdisciplinary strategies. In India's water-scarce regions, Rotary promotes solutions such as rainwater harvesting and groundwater recharge, integrating water management with agricultural productivity to enhance sustainability and resilience.

Moving forward, we will continue improving how we deliver water and boost sanitation, focusing on regional planning, strengthening delivery systems, and fostering partnerships.

Be proud to be part of this meaningful work — and please consider supporting it.

When you give to The Rotary Foundation, you not only help us reach our 2024-25 fundraising goal of \$500 million, you also play a role in ensuring Rotary can make clean water, effective sanitation, and hygiene accessible for generations.

April 2025

Sustainable stewardship

As my 26 years of Rotary leadership at the international level wind down, I've been reflecting on favorite memories and the extraordinary opportunities Rotary has given me. One stands out this month: the decision to establish the environment as one of Rotary's areas of focus.

We had seen how Rotary members were already preserving waterways, planting trees, and reducing pollution. Environmental stewardship was clearly an essential part of our work. As RI president in 2019-20, I was proud to have proposed the addition of the environment as an area of focus, after years of advocacy by Rotary members.

I am even prouder of what that addition — and all of you — made possible. Since 1 July 2021, clubs and districts, supported by global grants, have expanded their work to protect our planet's resources — restoring mangroves, saving forests, and cultivating coral reefs.

These grants hold endless possibilities, and I invite you to dream. Take inspiration from initiatives like Keep Mongolia Green, championed by Past RI President D.K. Lee, President-nominee Sangkoo Yun, and Rotary members in Korea. This major reforestation is combating Gobi Desert dust storms and creating Mongolia's largest green zone.

I am also proud of our new strategic partnership with the United Nations Environment Programme. This collaboration empowers Rotary members to implement projects such as river cleanups and plastic waste reduction, leveraging global resources and expertise.

In November, I had the pleasure of leading a delegation of Rotary volunteers at the United Nations climate conference in Azerbaijan. You can read my account of it on Rotary 360 at blog.rotary.org.

So many opportunities are waiting for us. We know how much we can achieve together, so team up with your district and apply for a Foundation grant to support an environmental project.

Stewardship of the environment is deeply personal to my wife, Gay, and me. That is why we have established a named endowment fund through the Foundation, helping to ensure that future generations working on these projects will have the resources they need.

As we celebrate Environmental Month this April, I invite you to consider how you can make an impact. Every action matters. Explore environmental project ideas in Rotary's new Service Project Center, take part in an existing initiative, or support The Rotary Foundation through a gift. In this way, members worldwide can protect our shared home.

I thank you, as always, for all that you do for Rotary and our Foundation.

MARK DANIEL MALONEY
Foundation Trustee Chair



District Governor Patsri Suwimol RID 3350



In this issue, Rotary Thailand magazine highlights District 3350. Our special article is an interview with District Governor Patsri Suwimol of District 3350 to get to know more about her leadership role this year, her approach to managing Rotary work, and her journey of over 31 years as a Rotarian. DG Patsri began her Rotary journey in 1994 as a member of the Rotary Club of Sathorn. She served as club president in 2008-09, during the 104th year of Rotary with the theme “Make Dreams Real.” Over the past three decades, she has played vital roles at the club, district, and zone levels.

At the zone level, she served as the chair of Promotion for the Taipei Rotary Institute in Taiwan, as well as being part of the organizing subcommittee for the Bangkok Rotary Institute in 2012 and 2016, and the 2012 Rotary International Convention in Bangkok.

At the district level, she has held numerous key roles, such as:

- Chair of Vocational Service Committee
- Chair of Club Administration Committee
- Chair of Youth Service Committee
- Organizer of Rotary Youth Leadership Awards (RYLA) three times



- Assistant Governor for five terms
- Continuous member of organizing committees for district events for nearly 30 years

Regarding contributions to The Rotary Foundation, she is Major Donor and a member of the Paul Harris Society.

Vision and Goals

DG Patsri shared her commitment, “I aim to hand over District 3350 in its best condition to the next leader.”



Her action plan focuses on strengthening clubs because strong clubs contribute to sustainability in both the club itself and the Rotary organization. A strong club is capable to:

- Grow its membership
- Implement impactful service projects
- Contribute to The Rotary Foundation
- Nurture leadership among members

This aligns with RI President Stephanie Urchick's initiative to "Create the Magic of Rotary" which encourages clubs to become vibrant and appealing to both new and existing members. Create the Magic of Rotary helps to make the club become simply irresistible.

From her visits to clubs during the first half of this Rotary year, DG Patsri observed that many Rotarians still lack understanding about the purpose and ideals of Rotary. Therefore, she prioritizes member education, encouraging collaborative learning through seminars such as the Presidents-Elect Learning Seminar, and promoting the use of the Learning Center in My Rotary to strengthen clubs. She recommends effective club management strategies, focusing on service, engaging and concise meetings, well-planned agendas, annual planning, access to speakers, Rotary information, club bulletins, and efficient time management. She also emphasizes fellowship and a friendly atmosphere, such as recognizing members' milestones and encouraging interpersonal relationships



among Rotarians. She also recommends conducting a Club Health Check to assess club strengths and weaknesses, as well as identifying opportunities and challenges.

DG Patsri highlights three core elements for Rotary's long-term sustainability, likening the organization to the human body:

1. Membership – the backbone of Rotary and essential for its foundation
2. The Rotary Foundation – akin to the bloodstream and vital for funding and sustaining projects
3. Public Image – represents the face and limbs of the organization: club meetings, service projects, member conduct, and overall representation

According to Rotary International's research, the key reasons why people join Rotary include friendship, community service involvement, professional networking, and international fellowship.



Notably, the reasons members “stay” are largely friendship and service projects. However, the top reasons for member resignations are club environment, club not meeting expectations, time constraints, financial concerns, and personal commitments.

Thus, the key to attracting and retaining members - and reducing resignations - lies in enhancing the club experience. DG Patsri is committed to building a strong and sustainable Rotary by creating a welcoming and engaging club atmosphere and promoting harmony through her theme: “Unite with Love, Caring through Sharing”.

By PP Chuntanee Tienvichit
Rotary Club of Lanna



Rotary Statistics As of 18 March 2025

District	Rotary		Rotaract	
	Clubs	Rotarians	Clubs	Rotaractors
3330	105	2,358	18	159
3340	63	1,308	4	57
3350	131	3,167	35	533
3360	66	1,285	12	165
4 Districts	365	8,118	69	914
Total Worldwide	36,512	1,162,954	9,314	131,119

Country	Rotary		Rotaract	
	Clubs	Rotarians	Clubs	Rotaractors
Cambodia	9	189	4	60
Thailand	344	7,551	58	665
Myanmar	6	288	6	152
Laos	1	17	-	-
Vietnam	5	73	1	37
In addition there are 376,464 Interactors in 13,363 clubs and 13,870 Rotary Community Corps in the world.				

The Rotary Leadership Institute (RLI) - Cambodia Division in Bangkok



The first Rotary Leadership Institute Training in Thailand was hosted by the RLI - Cambodia Division on 17-19 January 2025 at the Novotel Bangna Hotel in Bangkok. The objectives were to develop the potential of district leaders, get them to take on leadership roles, and improve the training of the district. More than 60 Rotary leaders from Thailand, Malaysia, Singapore, Taiwan, Myanmar, Laos, and Cambodia participated in this workshop.



This leadership development program consists of two days of Basics in Parts 1, 2, and 3, and a one-day Facilitators workshop. PDG Paul Muczynski, Executive Director of RLI, PRID Jackson Hsieh, RID Naomi Lin, PDG Stan Lee, PDG Jason Lim, AG Jacky, and numerous other seasoned speakers were featured in the program. Under the direction of P Oliver Yeh, the Bangkok Bangna Rotary Club hosted this event.



The program was successful because it improved the participants' leadership skills, their knowledge and understanding of Rotary, their capacity to share ideas and viewpoints, their practice of facilitation techniques, and their ability to form friendships.



The Rotary Leadership Institute International is a leadership development institute established in 1992 dedicated to strengthening Rotary clubs through the provision of high-quality leadership training, knowledge and philosophy about Rotary. Although RLI is a program that Rotary International recommends, it is not an official Rotary International program. There are currently more than 400 Rotary districts across 188 countries and territories, with 90 member divisions. Rotary districts in Thailand are not members at this time.



The first Myanmar Rotary Club in Thailand

Many Myanmarese Rotarians participated in the Rotary Leadership Institute training in Bangkok. They all gained an extensive understanding of Rotary and have a strong interest in club and leadership development. Alex Kaung, a well-known figure among Myanmar's Rotary leaders, was one of them. He is well-known among Rotarians in Myanmar as a wonderful, perceptive, and inspirational individual. However, the club of Charter President Alex is not in Myanmar, it is in Thailand. It is therefore a really fascinating story.



The Rotary Club of Shwe Bangkok is in District 3350 and received official charter on 21 March 2024, as Thailand's first Myanmarese Rotary club. With the Rotary Club of Central Yangon as the sponsor club, it was established by the association of Myanmar business people and leaders employed in Thailand and had three goals:

1. To help each other
2. To understand and access Thailand's culture, traditions and values, as well as foster positive relations between each other
3. To support and assist Thai and Myanmar people in need



The Rotary Club of Shwe Bangkok has two main areas of service focus: maternal and child health and basic education and literacy. In particular, it supports the education of the children of Myanmar's migrant workers in the border trade areas in collaboration with international non-governmental organizations (INGOs) and non-governmental organizations (NGOs).



The club currently has 42 members, 20 males and 22 females including the PHF donors, from 14 classifications including engineers, doctors, business consultants, marketing specialists, jewelers, certified public accountants, real estate agents, IT specialists, owners of international restaurant chains, etc. Of these, 85% have resided in Thailand for more than three years and 10% have resided in Thailand for more than 10 years.

The Rotary Club of Shwe Bangkok meets every 2nd and 4th Friday of the month from 5:00 - 7:00 pm at the V-Co Hub Business Center in the Sivatel Hotel, on Wittayu Road in Bangkok.





We, the members of the Maechan Rotary Club, traveled to Vientiane, Laos to accompany District Governor Apisak Jompong on his official visit to the Vientiane Rotary Club. This year marked the first time that the district governor of District 3360 traveled to Vientiane by high-speed train, making the trip even more exciting for us.

The delegation departed from Chiangkhong district in the morning of 20 February 2025, crossing the border at the Huay Xai checkpoint. We continued our journey by van to the Nateuy Train

Station in northern Laos, a distance of about 200 kilometers, which took approximately five hours due to road conditions and speed limitations. At the spacious train station, we boarded the train on schedule and continued to the nation's capital of Vientiane, covering another 400 kilometers in five hours. The train we took was known as the "slow train" because it operated at only 160 km/h and stopped at every station. The carriages were full of passengers and luggage so by the end of the day, we were quite exhausted, but delighted and fascinated by the new and different atmosphere.



The following morning we visited Sappanya School, a bilingual school owned by Club President Chinda Phontesa of the Rotary Club of Vientiane. The students formed a line to warmly welcome the district governor's delegation with applause. We participated in the club's activities and observed the progress of the Vientiane Rotary Club, which has increased its membership to 17 people. The club has undertaken service projects, notably installing clean drinking water filtration systems in nine schools. They also welcomed visiting Rotarians from other districts and countries, especially from Korea and Japan, and actively participated in club meetings, installation ceremonies, and district activities.



On the returning journey the next day, we traveled by high-speed train to Luang Prabang. This time it was the fast train, taking less than two hours to reach Luang Prabang Station. We visited the World Heritage City, admired the beauty of Wat Xieng Thong and the Luang Prabang Royal Palace, and walked around the lively night market which attracted many foreign tourists.

Another important mission of the district governor was to plant the seeds of Rotary in Luang Prabang. Earlier, President Chinda arranged for Khun Sombat, a person interested in Rotary membership, to join us for dinner in Luang Prabang. During the meal, we introduced prospective members who had previously been involved in efforts to establish the Luang Prabang Rotary Club over ten years ago, to reconnect and coordinate the formation of a Rotary Satellite Club in Luang Prabang province. On this occasion, the district governor pinned a Rotary pin on Khun Sombat as a new member.

Since the re-establishment of the Vientiane Rotary Club in 2006, Rotarians in Laos have consistently cared for and carried out service activities to ensure the continuity of Rotary. Today, we clearly see the growth and prosperity of the club, and we believe this tree will



The club president and members also traveled to Bangkok in October 2024 to sign a Sister Club Agreement with the Bangkok Bangna Rotary Club, and in January 2025, three members attended the Rotary Leadership Institute (RLI) training in Bangkok. This demonstrates that the club has members with Rotary knowledge and understanding who will become leaders and continue to strengthen the club.

After visiting the club, we joined in delivering clean drinking water filtration projects at six schools in Vientiane. In addition, the Maechan Rotary Club donated notebooks and stationery to the students. Seeing their smiles and hearing the cheerful voices of the children made us smile along with them.



soon bear fruit and flourish. On this day, we believe there is no team more dedicated and committed than this one. We wish to express our gratitude to the Rotarians in Laos for their collective effort in spreading the spirit of Rotary.

PDG Anurak Napawan
District 3360



Rotary Knowledge —
Women in Rotary
 PDG Onanong Siripornmanut
 Women in Rotary Subcommittee
 Chair, District 3340

March is International Women's History Month

International Women's Day (IWD) is celebrated every year on 8 March since 1911. It grew out of efforts in the early 20th century to promote women's rights and equality, and especially the right to join a labor union. International Women's History Month was started in 1987.

History of "International Women's Day"

During the early 1900s, many women were employed in textile factories where they faced long workweeks, low wages and potentially hazardous working conditions. They assembled to protest employee exploitation by companies that saw productivity as more important than people's lives. The female workers living in Chicago were similar to the period of slavery. They worked 12 to 15 hours a day but received low wages. Women who had become pregnant were fired.

Under the leadership of Clara Zetkin in the German textile factory employing female workers, they rose up and fought with a strike march on 8 March 1907, calling on employers to reduce working hours to eight hours a day. Three years later on 8 March 1910, the demands of the women workers were successfully achieved when delegates from 18 countries attended the 2nd Socialist Women's Assembly in Copenhagen, Denmark. The meeting announced the endorsement of the demands of women workers by reducing the working hours to eight hours a day with eight hours of study and eight hours of rest, with determination of wages. It also provided protection for the welfare of women and child labor.

History of Women in Rotary

In Rotary, the first woman in Rotary was Dr. Sylvia Whitlock. Because of her leadership qualities, she had the courage to pioneer greater status for women. Dr. Whitlock became the first woman president of the Duarte Rotary Club in California, whose admission caused the termination of that club, and so she joined the Ex-Rotary Club of Duarte.

In 1987, the year the United States Supreme Court ruled that the club could be reinstated, she became the first woman in the Rotary World to lead a club as president. Two years later, the Council on Legislation provided opportunities for Rotary clubs to have female Rotarians. Once again, she served as the club president of the Duarte Rotary Club.

Looking back in July 1995, it was the first time when eight women Rotarians were elected as district governors. Rotary in the

21st century saw Catherine Noyer-Riveau to be elected as the first female RI Director in 2008. PRID Dr. Saowalak Rattanavich became the first woman RI Director in Thailand in 2015-17 and Jennifer E. Jones was the first woman to serve as RI President in 2022.

History of Women in Rotary District 3340

In 1990, there was a phenomenon of more than 20,000 women becoming Rotarians, and the first female Rotarian of District 3340, Past President Opcheoy Tangbursuwan, became a member of the Rotary Club of Trad (formerly District 335), and received ID no. 1765984 on 1 June 1990. At that time, the community saw a woman Rotarian serving with a man Rotarian, and it was a magnetic activity of the Rotary club. This extraordinary event resulted in the revival of the power of women for District 3340. Four years later, Sumon Jaikid became the first female charter president. She gathered friends, doctors, merchants, both men and women to establish the Rotary club of Plutaluang in 1994, with Charter Certification ID no. 30102. She was brave and strong and inspired other women in serve in Rotary. In 1995, an all-women Rotary club was established as the Rotary Club of Mitraparp Khon Kaen. Thailand had its first woman governor in 2001-02, PDG Sriya Siriweij of the Rotary Club of Sritapee in District 3330.

After being inspired by many female governors from different districts, the time was ripe for District 3340. Thirteen years later, PDG Rachnee Euprasert of the Rotary Club of Chumphae, became the first woman governor of District 3340 in 2014-15. Then followed six woman governors, including Governor Sangtiwa Tong-U-Chang in 2024-25. Apart from these women, PDG Wimon Kachintaksa of the Rotary Club of Mitraparp Khon Kaen, was appointed to be Assistant Rotary Coordinator 2024-25 in RI Region 12.

District 3340 has many more lady Rotarians who can reach the level of district leaders. When comparing the percentage of a number of men to women, the proportion of women in Rotary District 3340 this year has risen to 51% which is the highest over the other districts in Thailand.



PRID Dr.
Saowalak
Rattanavich



PP Opcheoy
Tangbursuwan



CP Sumon
Jaikid



PDG Sriya
Siriweij



PDG Rachnee
Euprasert



DG Sangtiwa
Tong-U-Chang



PDG Wimon
Kachintaksa



Apply for the 2026 Programs of Scale award

If you have an initiative that has demonstrated its success and is ready to expand to help more people in more places, consider applying for The Rotary Foundation's 2026 Programs of Scale award.

One program may receive US\$2 million over three to five years to further its impact.

Concept notes from qualified Rotary and Rotaract clubs and districts will be accepted until 1 August 2025.

Learn more at
rotary.org/programsofscale



March - April 2025 | 25

Translated documents can help, be open-minded and take some time

Rotary is a learning organization. There are many things to learn, from self-development and leadership, to the stories of Rotary organizations and foundations.

When Rotary was first established in Thailand, the Rotary Club of Bangkok was an English-speaking club. Therefore, members had no problem with Rotary documents in the English language. However, for Rotary to grow and expand throughout Thailand, it needed Thai documents to learn about Rotary practices and other things. Luang Sitthisayam was the first person to translate documents into Thai. Later, Past Rotary International President Bhichai Rattakul took over the job, and many Rotarians continued with the translation work, such as PRID Noraseth Patamanand, PRID Prof. Dr. Saowalak Rattanavich, and PDG Chow Nararidh.

Currently, the Rotary Centre in Thailand with its Translation Subcommittee chaired by PDG Nakarin Ratanakitsunthorn of District 3350, has been responsible for translating various Rotary International documents. Of course, when Rotary changed its organization, the form of knowledge that Rotary International also changed was from printed materials and manuals to a digital file format, including interactive courses in the Learning Center of My Rotary. The Rotary Centre itself has to adjust the format of the translation work, so that Rotary members can learn about Rotary in Thai, understand various topics, including Rotary's changes, areas of focus, Rotary Foundation grants, etc. We have translated 35 courses in the Learning Center, covering important topics such as preparation for club officers, district committees, assistant governors for club and district leaders, and many other topics of interest. You can view and download them from the Rotary Centre website www.rotarythailand.org such as:

- Is Your Club Healthy?
- Protecting Personal Data
- Strengthening Your Membership
- Our Logo: Representing Rotary
- Recommended Rotary Club Bylaws

In 2021, we started coordinating with Rotary International to create interactive courses in Thai that are similar to English in the Learning Center in My Rotary. We can say that we are in the early stages. We invite everyone to come and see and learn. Although it is not 100% perfect, we will continue to try. This is not easy because the Rotary staff who are responsible do not understand Thai. Therefore, the work takes quite a while.

However, at this time, if there is a course that you are interested in and want to learn but have a problem with the language, you can inform us to translate it into Thai in the form of a PDF file. If you want to learn it immediately, you can use Google Translate to quickly translate each page of the course. Although Google's language is a bit different from our Rotary language, it is not too difficult to understand.





PDG Nakarin Ratanakitsunthorn
Translation Committee Chair
Rotary Centre in Thailand

Up to today, many Rotary documents and information have been translated into Thai by the Rotary Centre's Translation Committee, but there is still a lot of translation work that they have to review and update after the 2025 Council on Legislation meeting in mid-April 2025. I hope that Rotarians in Thailand will gain a better understanding and benefit from our work. If you are interested in any articles in English from Rotary International but still have trouble understanding them, please inform the Rotary Centre so that we can translate them for you. Don't forget to check our translated documents at www.rotarythailand.org

Finally, I would like to thank the Director of the Rotary Centre in Thailand, Ms. Danucha Bhumithaworn, and the Chair of the Rotary Centre, PDG Niwes Khunavisarut, as well as the staff of the Centre and the Translation Subcommittee who work hard to make the translated documents available on time.



To access the Thai language courses in the Learning Center, just type the Thai name of the course in the search box.

- Get Ready: Club President
- Get Ready: Club Secretary
- Working with Your Club Leadership Team
- Rotary Action Plan and You
- Rotary Basics
- Rotary Foundation Basics
- Minimizing Risk
- More Thai documents are coming soon.

How to access Thai language courses in the Rotary Learning Center on the Rotary.org

Method 1

1. Go to **My Rotary** and select a topic: **Knowledge & Resources** → **Rotary Tools** → **Learning Center**
2. Follow the steps.



Method 2

1. Go to **My Rotary** and select **Learning Center**.
2. Type the name of the Thai language course.

Monitoring, preventing and helping those in school-age groups and teenagers with depression and at risk of suicide in Krabi province, 2024-2027



PP Patchara Phulphokphol
Rotary Club of Leung Krabi
District 3330
Rotary Foundation Chair

Depression is a major public health problem in all countries around the world. From a joint study by various organizations, it was found that there are more patients with depression. According to the results of a study by the Department of Mental Health in 2018, it was found that three percent of Thai people aged 15 years and over, or approximately 1.5 million, suffer from this disease. The World Health Organization states that one in 20 people in the world's population are suffering from the disease and that 50-70 percent are recurrent illnesses. Importantly, it is the cause of an increasing number in teenagers committing suicide. In 2020, results from a joint study between the World Health Organization, Harvard School of Public Health, and the World Bank found that depression is the second leading cause of death after cardiovascular disease.

Depression is a disease with complex causes, such as genetic factors, biological brain factors, psychosocial factors, and personality issues that affect the efficiency of thinking, decision-making, and may lead to risky behaviors, especially suicide, which is the leading cause of death among teenagers in Thailand. Because adolescence is an age of physical, mental, and social changes, it is an age when mood disorders are common. Patients with depression feel distressed, discouraged, and disheartened in life, which results in a clear decrease in their efficiency in studying and working. In Thailand, many teenagers are at risk of depression



Workshop for medical personnel



Organizing the meeting with relevant government department heads and receiving equipment from the president of the Jean Paul Ohadi Memorial Foundation.

or are depressed. In 2018, the World Health Organization reported that 44 percent of teenagers aged 10-19 years in Thailand are at high risk of depression, or about three million out of a total of eight million teenagers, with an 18 percent rate of depression. It is estimated that more than one million people are sick. The Department of Mental Health revealed the results of the assessment of the mental health of Thai children and teenagers in 2021, which found that 28 percent of children and teenagers are highly stressed, 32 percent are at risk of depression, while another 22 percent are less social, more addicted to screens and online games, have conflicts and domestic violence, leading to a risk of suicide. Factors from family and people around are often neglected or rarely talked about, and they are important factors that trigger depression in teenagers.

Krabi is a province in southern Thailand, and the data from three years (2021-2023) revealed that the school-age and adolescent groups in Krabi successfully committed suicide at 4.66, 2.28 and 0.0 per 100,000 population respectively, of all successful suicides that year. As for attempted suicide, it was 24.24, 28.05 and 43.79 percent respectively, of all attempted suicides that year. It can be seen that attempted suicide in the school-age and adolescent groups has a clear tendency to increase, as indicated by data from the Mental Health Department of Krabi as of 30 September 2023.

From the above situation, problem-solving should focus on comprehensive issues from the beginning, which is prevention, to the point of referral to the service system, treatment, and rehabilitation of the mind in the community. The operation must set strategies and involve all sectors through cooperation, and solve problems continuously and seriously. To ensure school-aged people and teenagers have good mental health and live happily together in society, the Krabi Provincial Public Health Office has therefore organized a project to monitor,



Members of the Rotary Club of Leung Krabi help facilitate the registration of workshop participants.

prevent, and help those with depression and risk of suicide in the school-aged and teenager groups of Krabi during the years 2024-2027.

Objectives:

- 1) To monitor, prevent and help those who are depressed and at risk of suicide in the school-age and adolescent groups in Krabi province.
- 2) To increase the rate of access to services for patients with depression in the school-age and adolescent groups of 13 to 18 years.

Key Performance Index (KPI): In the school-age and teenager groups aged 13 to 18 years in Krabi province (44,464 people in 2024), it is expected that approximately 1,000 patients will be found from screening.

- 1) The successful suicide rate in the risk group (13–18 years old) does not exceed 5.6 per 100,000 population.
- 2) At-risk depressed patients (13-18 years old) access depression services at least 80-90 percent, according to the estimated prevalence of 2.3 percent.
- 3) The number of people who attempted self-harm aged 13-18 years decreased from those who attempted self-harm in the previous year.
- 4) Ninety percent of those who attempted self-harm did not relapse within one year.

Implementation:

Organize the meeting of the heads of related parties to jointly consider the operation plan, organize a workshop for public health personnel to screen for patients from the target of 44,464 people, organize a workshop for teachers in educational institutions and student leaders to build mental strength, organize a workshop for parents who take care of children with depression, produce public relations signs, support for a Telemedicine system to provide accurate, appropriate and timely patient care, create a mental health consultation service system in Krabi province via the Line OA application "Kid D Krabi" to increase channels for monitoring, prevention and increase the rate of access to services to help those with depression and risk of suicide in the teenagers and school-age group. It is the first service that users can access most easily. It also helps save costs and gets advice from medical personnel and experts, which can help reduce the problem of suicide and suicide attempts. There is a quarterly follow-up and evaluation of the project and a workshop to summarize the results of the project.



Training of 100 village health volunteers in each district, totaling 800 people

Project Supported by: Mr. Farshid Paul Ohadi, President of The Jean Paul Ohadi Memorial Foundation in the amount of THB 10,205,824

Project Advisor: PDG Dr. Peera Farnpiboon

Project Coordinator: Rotary Club of Leung Krabi

Project Administrator: Krabi Provincial Public Health Office and Krabi Hospital

Lecturer Supported by: Southern Institute of Child and Adolescent Mental Health and Mental Health Center 11



Kick-Off: Application Line OA "Kid D Krabi"



CP Apaladee Lekhakul
Thailand - Malaysia Intercountry
Service Subcommittee Chair

Rotary Malaysia and Rotary Thailand have maintained a relationship for more than three decades. Since Thailand and Malaysia share a number of border regions, including Narathiwat, Yala, Songkhla, and Satun, there is uncertainty about whether Malaysia is condoning the occurrence of separatist group's issues in Thailand's three southern border provinces. Thus, the Malaysian government has intervened in peace talks between the separatist organization and the Thai government. At the same time, leaders of the two Rotary districts, District 3330 in Thailand and District 3300 in Malaysia, share the worry.

In 2007, District Governor Yutthakit Manajit of District 3330 and District Governor Dr. Joseph Rajendran of District 3300 joined hands to ensure the two districts' positive connection would last a lifetime. That year, Past President Dr. Sanguan Kunaporn of District 3330 and Past President Dato Jagjit Singh started the Memorandum of Understanding (MOU) signing ceremony for the two nations' relations.

The relationship of understanding between Rotarians and the people of both countries has been in place for more than a hundred years to achieve the goal of bringing about peace throughout the world. The MOU states that:

1. Both districts shall appoint international committees (currently, Malaysia and Thailand have active intercountry service committees).
2. Exchange information, including the district directories and the district governor's monthly newsletter.
3. Create an exchange program among Rotarians and establish sister clubs between the two districts.
4. Organize an annual meeting (Intercountry Meeting) with alternating hosts.
5. Develop adult and youth programs for the exchange of cultures and activities, such as group study exchange and youth exchange.

8th Thailand - Malaysia Intercountry Meeting



6. Conduct joint service projects such as Global Grant projects.

In 2007–2008, 14 clubs had previously registered as sister clubs, and that number rose annually until it reached 33. Currently, 26 sister clubs are active. The reason is that the COVID-19 pandemic, poor communication, and other factors have caused some clubs to terminate.

Both districts continue to acknowledge the long-standing excellent connections that have developed between the club-club and district-district levels. The Rotary Club of Khuanlang-Hatyai and Charter President Apaladee Lekhakul were tasked by District Governor Jakchai Visutthakul to hold the international conference this Rotary year. He also has a close friendship with District Governor Arvind U. Gopi Kumar of District 3300. The conference took place on 15 February 2025 at the S Hotel in Hat Yai, Songkhla province.

The program included discussions about the effectiveness of the collaborative service projects between the two Rotary districts, updates on new and existing sister clubs, renewal of the MOUs between districts and between clubs, followed by a fun fellowship night. With 219 participants from District 3300 and 131 from District 3330, the event attracted the most participants ever at 350, which was a wonderful delight. We look forward to the 9th annual conference to be hosted in Penang, Malaysia in 2025–2026.





The Rotary Club of Poochaosamingprai led by District Governor Jakchai Visutthakul and fellow Rotarians from Samut Prakan province with several past district governors, welcomed the Chair of The Rotary Foundation, PP Patchara Phulphokphol during his visit to observe the dialysis machine project. This initiative is part of a series of nearly completed Global Grant projects jointly carried out by Rotary clubs in Samut Prakan and District 3690 from South Korea, along with their Rotary families. The visit took place at the Rajpracha Samasai Institute in Phra Pradaeng district, Samut Prakan province.



The Rotary Club of Hua Hin in collaboration with the Hua Hin District Public Health Office, Isan Ban Suan Restaurant and Wanna-Pranee Superstore, organized a project titled “Medical Equipment and Tool Bank” from District Grant #2568568, with a total project value of THB 150,000. The project donated items to the Hua Hin District Public Health Office including hospital beds, air mattresses, oxygen concentrators, suction machines, and other medical equipment. These items will be used as outlined in the Memorandum of Understanding to support healthcare networks and target groups, specifically those caring for bedridden patients and dependant individuals in Hua Hin district.



The Rotary Club of Ban Phaeo in collaboration with the Rotary Club of Jeonju-Moak, Rotary Club of Jeonju-Harmony, and Rotary Club of Jeonju-Vision from District 3670 (South Korea), implemented a project to provide a Cardiac Stress Testing Machine (DG#2568963) to Ban Phaeo Hospital (a public organization), with a project value of THB 1,300,000. This machine will facilitate early detection and diagnosis of heart disease, enabling prevention, timely treatment, and reduction of mortality rates from cardiac conditions in Ban Phaeo district and neighboring areas.



The Rotary Club of Leung Krabi led by President Suchada Sairngam and her team, organized a vocational training program titled “Developing Occupational Skills for the Community”. The program provided training for teachers and students of Ban Nam Chan School, local leaders, and residents in the community. Activities included painting the fences and walls of Nurul Islamiyah Mosque in Moo 12, Krabi Noi subdistrict, Mueang district, Krabi province. The total project budget was THB 40,000. The objective was to engage students and community members in improving the mosque’s landscape and to enable participants to develop useful skills for future careers.



The Rotary Club of Naresuan-Kanchanaburi led by President Marinee Pawakaranond and fellow members who are sponsors of the Dong Mai Daeng Rotary Community Corps (RCC), presented the official charter and explained the details of the RCC’s bylaws and standard constitution to the local villagers of Dong Mai Daeng, Moo 5, Tha Lo subdistrict, Tha Muang district, Kanchanaburi province.



PAG Anchaneer Wongkalasin
Rotary Club of Sakon Nakhon
Intercity Meeting Organizing Chair

Intercity Meeting: The main objective is to allow members of Rotary clubs in districts to meet and exchange ideas with each other, focus on Rotary club members to build



networks, enhance friendships and promote cooperation in various projects aimed at community development.

It is also a great opportunity for

members to listen to special talks or participate in inspiring activities for social work, in accordance with Rotary's principle of "Service Above Self".

The Rotary Club of Sakon Nakhon had the great honor to host the Intercity Meeting 2024-25 on Saturday, 23 November 2024 at the Chamchuri Auditorium of Sakon Nakhon Rajabhat University, which received the cooperation of many club members who attended the meeting. The Sakon Nakhon Rotary Club has spread and shared various projects that have been exemplified and continue to be done, such as the "Underground Water Bank Project". This is a project that the club continues to implement, both in various communities and among club members in various areas. It brings about the strengthening of friendships and the image of being Rotary's "People of Action". In addition, we've carried out the "Reduction for Global Warming" project to support tree-planting on members' land before spreading to villagers in communities, and the "Alternative Medicine for Survival" project. The entertainment that evening helped create the atmosphere of fun, talking, smiling, and music that were all part of Rotary's friendships.



Intercity Meeting: The Power of Rotary Friendship



Another important force that made the event successful was the new generation participating in the service organization that the Rotary Club of Sakon Nakhon established. That was the Rotaract Club of Kasetsart University Chalemphrakiat Sakonnakhon Province Campus which was a great reinforcement helping to organize this event very well. These Rotaracters are the future of Rotary, inheriting Rotary's spirit and forging stronger friendships between generations.

This Intercity Meeting was made possible by the power of Rotary's friendship, and friendship in the club that worked together to act as the host. Friendships between clubs without borders have come together, to work together and friendships between all those who took part in this event. Friendship creates success, and success enhances friendship. This achievement is not only an encouragement for the host club, it also helps to encourage other clubs to host future events.



"Get to Know Rotary: How the 120th Year Comes"

On Saturday, 15 February 2025, the Rotary Club of Khon Kaen held a special event on "Get to Know Rotary: How the 120th Year Comes" by the honorable speaker PDG Wichai Maneewacharakiet of District 3330. He is a current vice-chairman of the Thai Rotary Districts Foundation and shared knowledge about present-day Rotary and the management system of Rotary clubs in the world for the last 120 years.

PDG Wichai's special presentation resulted in a fun, informative, knowledgeable, and understanding atmosphere. A Q&A session followed and provided more information regarding the success of Rotary. Dr. Suraphan Charoenthayarak, a specialist doctor in the field of internal medicine for respiratory diseases and critical care, gave his valuable time to share his experience in saving patients' lives in time with medical equipment provided by the Rotary club. Also, Ms. Kannika Kongchalard, the director of the Khon Kaen Provincial Red Cross Association, expressed her feelings of participating in the medical equipment donation event with the Rotary club at that time.

In the end, PDG Somchai Chiaranaipanit of District 3340, the current Chairman of the Joint Council of Past Governors in Thailand, told us about his impression of being a Rotarian. This event was coordinated by the Rotary Club of Kaen Koon, the Rotary Club of Namphong, the Rotary Club of Mitraparp-Khon Kaen and the Rotary Club of Chumphae. Each club had members attend this special event.

In addition, it also received cooperation from the Khon Kaen Provincial Cultural Center, committees from Khon Kaen Red Cross Association, the provincial community and staff from Khon Kaen Hospital, as well as new members and prospects of the Rotary Club of Khon Kaen who attended the meeting.



After the event, the Rotary Club of Khon Kaen received feedback that the audience had learned more about Rotary, understood its working principles, and learned about the transparency in receiving and using donations to help the poor and suffering. It was also noted that polio has been nearly eradicated from the world through Rotary's PolioPlus initiative. Everyone agreed that their time was well-spent at the meeting and it was a precious, delightful, and heart-warming moment. When it's the right time, some of them will apply to become members of Rotary clubs.

The Rotary Club of Khon Kaen has exceeded its expectations at this event and will organize another special meeting to develop Rotary's public image and expand our reach throughout the world. We will continue to join forces to do good and please encourage and follow each other forever.





The Rotary Club of Mitraparp Khon Kaen, District 3340, in collaboration with the Chiang Saen Rotary Club, District 3360, carried out a community service activity by replacing water filter cartridges and donating beverages and snacks to students at Ban Huai Kiang School in Chiang Saen district, Chiang Rai province.



The Amnat Charoen Rotary Club organized an activity to award monthly educational scholarships to students of Ban Dong Si Tho School in Nong Ma Saeo subdistrict, Mueang district, Amnat Charoen province. In addition to the scholarships, the club donated shoes, mixed grain rice, dolls, and other necessities to every student, and provided a printer and paper for the school.



The Sriracha Rotary Club organized an activity under the project "Dishwashing Liquid Training for Children and Youth", using starfruit as an ingredient. The club also donated Rotary footballs to the students at Ban Sriracha School in Chonburi province.





The Silpakom Rotary Club initiated the project "Sow the Seeds of Love" by donating 1,000 giant bamboo seedlings propagated from tissue culture to Udon Thani Rajabhat University. The club also participated in planting the bamboo in a demonstration plot to establish a green community forest learning center for students and the general public. Later, they plan to plant the bamboo on a 10-rai plot at the university in Sam Phrao subdistrict, Mueang district, Udon Thani province.



The Magkang Rotary Club organized the 6th Rotary Half Marathon Charity Run under the theme "A Day of Kindness and Love". Proceeds from the event were used to provide customized wheelchairs for people with disabilities. A total of 155 wheelchairs were produced, valued at THB 2,949,341. The project was carried out in collaboration with the Rajanagarindra Institute of Child Development. This charitable event promoted good health, cultivated the spirit of giving, and brought smiles to many recipients.



The Trad Rotary Club along with a team of instructors, conducted a "Basic First Aid and CPR Training Workshop" for students at Ban Noen Tabok School. A total of 170 students participated in the training. The club also distributed snacks and milk to the students who attended.

ISTANBUL: A Dream Come True

My name is Maryjane Klunder, although most know me as MJ, or my Thai name, “Fa Sai”. I'm from a small town in Ontario, Canada called Wiarton, but this year I am participating in the Rotary Youth Exchange Program and am hosted by the Rotary Club of Bangkae Dhonburi 50. Late last year my Inbound Coordinator sent a poster for an international essay competition on peace, where the top three essays won a money prize as well as a trip to Istanbul hosted by the Rotary Club of Istanbul. So, I decided to submit an essay about what peace means to me, and I placed first.

My trip was amazing, I got to stay with host families as well as my family from Canada who came to Istanbul to support me and attend the ceremony. The Istanbul club and my host families were amazing hosts, and they really wanted to make sure I had a good and memorable experience. When staying with the hosts I got to see into the lives and build connections with Turkish people, which gave me such a nice cultural experience, something that I wouldn't have been able to have if I were to just vacation or travel there. Their hospitality was so warm and I now feel like I have good friends in Turkey who I am always welcome to visit. On top of a cultural experience, the club also set up tours of the city, so I also got to see the famous and historic places like the Hagia Sophia and the Archeological museum.

I was also graciously invited to the Lady's Night Ball, which was attended by Rotary International President Stephanie Urchick. At the ball, I enjoyed a delicious meal, live music, and I gave a speech. My speech was short and heartfelt about why I wrote my essay, and at the end of my speech I presented the president with a present from District 3350.



Peace and my essay

My essay is about peace in an interconnected world and how it is important to keep hope in your heart when thinking about global peace. Part of my reason for writing the essay was because participating in an exchange has opened my eyes to the fact that harmony across nations is vital to any fight for peace. For example, climate change is a threat to peace and I feel like nations are too individualistic in their efforts to act on it. Climate change is something that affects all nations and needs to be fought by all nations together, or else it doesn't work. But most importantly, if you want to fight for peace, you must have hope and know that whatever is going on in the world, it will never be too late and we must keep fighting.

I would like to end this with a big thanks to all Rotarians, to my sponsor club and district in Canada for supporting me and preparing me to be the best exchange student that I can. I would like to thank the Istanbul Rotary Club for organizing this contest, for giving youth like myself a voice, and for being amazing hosts and giving me an unforgettable experience.

Finally, I would like to thank my host District 3350 and everyone who is a part of the YE Program, I wouldn't have found out about the competition if it weren't for you, and thank you for allowing me to have an amazing experience here in Thailand. I truly have grown so much and am forever grateful for everything this exchange has given me.

Maryjane Klunder

Read the winning essay from this QR code, "Rotary exchange student in Bangkok wins trip to Istanbul"





AG Dr. Sumalai Kongkaew
District 3350 Club Service
Committee Chair

How important are ELECTORS?

The District 3350 Club Service Committee attached great importance to club level meetings. I would like to thank all clubs for the cooperation in submitting attendance reports regularly and participating in the district by encouraging members to attend meetings, which is the key to strengthening the club.

Our Club Service Committee organized a meeting on the importance of ELECTORS at the Rotary Club of Sai Mai on 17 January 2025, with the honor of the Past District Governor Dr. Surachart Chuenchoksan of the Rotary Club of Bangkok Nawamin to provide his knowledge. I would like to summarize the important contents that will be useful in performing duties efficiently and effectively for Rotary as follows.

An Elector is a Rotarian who is appointed by the club to act as an official representative to attend and vote in the District Conference. A club with up to 25 members can have one elector at the meeting. If a club has members more than half from any fraction of 25, they will have right to have one more elector, counting the number from the RI Club Invoice for membership. Most recently, for example, a club with up to:

- 37 members is entitled to one elector
- 38 - 62 members is entitled to two electors
- 63 - 87 members gets three electors
- 88 - 112 members gets four electors
- 113 - 137 members gets five electors

The elector of each club must be appointed at the club's general meeting, and the appointment letter is in accordance with the form prescribed by the district. The delegate is responsible for voting on all agendas or motions proposed at the meeting according to the number of electors depending on the number of members in the club. For example, the electors from clubs with more than 37 members but not more than 62 members will have two votes.

For the selection of a governor-nominee, District 3350 still uses the nominating committee method, with five members coming from the five most-recent past governors. Other agendas may vary from year to year, such as the determination of district maintenance rates and collections, and consideration of the selection of representatives to vote for the election of the Executive Director of Rotary International, etc.



For more details,
please refer to
the QR code.



Samphanthawong Rotary Club delivered medical equipment to five hospitals and provided distance learning projects via satellite, sports equipment and scholarships for six schools in Phrae province on 3-4 February 2025.



Rotary Club of Bangkok Suriwong together with **Rotary Club of Pra Putthabat** and **53 Japanese Rotarians** from 11 clubs donated water purifiers at **Watnongmootai School** in **Saraburi province** on 10 February 2025.

Rotary Club of Bangrak, together with **The Church of Jesus Christ of Latter-day Saints** and the **St. Joseph's Foundation**, donated 60 wheelchairs to the **Disabled Club** in **Prachantakham, Prachinburi** on Saturday, 15 February 2025 for borrowing by the disadvantaged or sick people.



Rotary Club of Bangkok Pattanakarn organized a charity bowling tournament to raise funds for medical equipment for **Wang Chao Hospital, Tak province** and **Chumphon Hospital, Chumphon province** on 16 February 2025.

Rotary Club of Sathorn screened the charity film "**Captain America**" at **Major Cineplex Ratchayothin Cinema** on Sunday, 16 February 2025 to use the income to buy radiant warmers. On that day, they also took blind and deaf children to watch the movie.





"121 Team Building" at the Novotel Hotel Rangsit on Saturday, 25 January 2025.



District Governor meets Club Presidents #3 at the Novotel Hotel Rangsit on Sunday, 26 January 2025.



"Charter President and New Rotary Member Academy" Seminar at Rotary Centre in Thailand on Saturday, 8 February 2025, led by PDG Tanongsak Pongsri, District Membership Development Chair.



From Hometown to Abroad: A Real Experience of a Rotary Youth Exchange Student

Written by: Violeta Vazquez, YE D5440, USA

Edited by: PP Thanijporn Khomson

The Rotary Youth Exchange Program is a project that offers young people from around the world the opportunity to learn about new cultures, develop language skills, and build friendships across borders. The program is supported by Rotary clubs in each participating country and is considered one of the longest-standing youth development initiatives.

This year, the Rotary Club of Doiprabhaht had the opportunity to serve as the host club for one exchange student from the United States named Violeta Vazquez, or by her Thai nickname, “Nong Krathin”. She is sponsored by the Rotary Club of Casper in District 5440, and is currently studying at Lampang Kanlayani School. She has been on exchange for over seven months now and speaks Thai impressively well. She has been practicing Thai language by using karaoke-style to learn pronunciation and has made a strong effort to understand Thai culture, both through her school and her host family.

Nong Krathin shared with the club that what she has gained the most from her exchange experience are “friendship and resilience”, and she has developed a deep appreciation and understanding of Thai culture. She even learned to cook Thai dishes such as pad krapao and pad Thai, and surprisingly enjoys spicy food – in fact, she can handle spicier dishes more than some of our club members during meetings! While studying at school, she has taken Thai language classes, traditional Thai dance, and joined the school’s marching band where she learned to play the traditional Thai instrument “khim”, as she has a strong interest in music and can already play the violin. She has had several opportunities to perform on stage at school events. It’s quite rare to come across an exchange student with such a positive and eager attitude toward learning. Nong Krathin’s enthusiasm for Thai language and culture truly stands out, and she’s even expressed interest in continuing to learn Thai further.

“I had the chance to visit Doi Inthanon, and I absolutely loved it. There were so many activities up there such as hiking which was fun and exhausting at the same time,” Nong Krathin shared with the club. She also mentioned, “I got to see Thailand’s natural beauty, which is truly amazing.” These are just



some of the impressions she had during her seven months here with us despite not yet having the opportunity to travel to other regions in Thailand. She is currently looking forward to joining the YE trip organized by District 3360 this coming April. A heartfelt thank-you

goes to her host families who have taken such wonderful care of her with genuine warmth and dedication.

When we asked how she felt about her exchange experience in Thailand, the first word Nong Krathin used was “excited”. She said she felt thrilled and fascinated by how different Thai culture is from her home country. New experiences like living with a host family, learning the Thai language, and tasting Thai food, have all become cherished memories. One of the most meaningful parts of her journey has been experiencing the kindness and friendliness of Thai people, which made her feel truly welcomed and at home. However, the initial period of adjustment was not without its challenges. Adapting to Thai culture was sometimes confusing especially with the many unspoken rules. At first, she didn’t quite understand things like dress codes, such as not being allowed to wear shorts when visiting temples, or the requirement to wear a school uniform. There were also various school rules that took some time to get used to, but she reminded herself that this was a once-in-a-lifetime opportunity, and that mindset helped her accept and adapt to the differences. Another big adjustment was the hot weather, which is quite different from the climate back in the USA,



her home country. But now, after spending several months in this country, she feels familiar with Thailand, and would love to return again someday after the program ends.

Of course, not every exchange student has the same experience. Some struggle to adjust to a new environment and culture. However, overall the Rotary Youth Exchange Program is truly a life-changing opportunity for many young people. Some students who once lacked confidence become more open-minded, outspoken, and self-assured. Others who may not have been strong academically find themselves thriving, even becoming top students in their class.

As for the Rotary club, they have involved Nong Krathin in many activities, such as rice-harvesting activities, visiting the “Kok Nong Na” project, and attending monthly club meetings. It can be said that whenever Nong Krathin expressed her desire to learn, the club was there to support her. The issue of youth is a delicate matter, but this program can serve as an important first step in the following areas:

- **Language development:** Living in a foreign country helps young people develop foreign language skills naturally. Therefore, preparing one's language skills before going on an exchange is essential. Nong Krathin started learning Thai as soon as she knew she would be coming to Thailand for the exchange program. She mentioned, "Because if I couldn't communicate during the early days, it would have been really frustrating, and I would have wanted to return home so badly."
- **Learning diverse cultures:** As Nong Krathin mentioned, she had the opportunity to learn Thai customs through her exchange experience. She chose to take on new and unique subjects, such as traditional Thai dance and learning to play “khim”, in order to expand her learning horizons.

- **Building leadership skills and self-confidence:** Living in a new environment helps foster courage, responsibility, and a greater awareness of one's surroundings. Being alone in a foreign country, Nong Krathin had to take care of herself and become more self-reliant.

- **Global friendships:** From what we've observed with exchange students in our district, the YE students get to meet peers from many different countries, forming friendships that can last a lifetime. These connections not only enrich their experience during the exchange but also prepare them for a future in an increasingly interconnected world.

- **Opening educational and career opportunities:** The experience gained from this program can be applied in further studies and future careers. Sometimes, living with a different family can broaden one's perspective. When we asked Nong Krathin if her parents were Rotarians, she said, "No" but the reason she became an exchange student was because Rotary provided information about the Youth Exchange program at her school. This truly shows the opportunity that Rotary has provided.



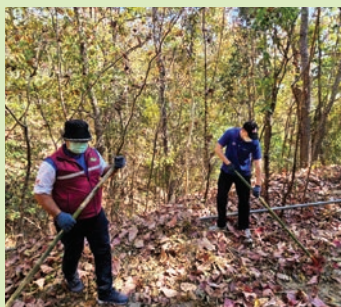


Rotary District 3360 in collaboration with the Rotary Club of Nakorn Hariphunchai, organized the 2nd Rotary Speech Contest 2025 under the theme "The Magic of Rotary". The final round took place on 23 February 2025, at Rapeelert Wittaya School in Lamphun province. The students who won in each category received scholarships, honorary plaques, and certificates from District Governor Apisak Jompong. This year, there were a total of 71 students from 12 provinces in northern Thailand who participated in the contest. The students who won first place in each category will be invited to deliver their speeches at the District 3360 Conference held in Chiang Mai province this March.



The Chiangkhong Rotary Club organized the activity "2 Wheels for Merit Along the Land of Giant Catfish, 8th Edition", cycling across two lands, Thailand and Laos, on Sunday, 9 February 2025. The event was presided over by Mr. Udom Pokpongborwankul, the District Chief of Chiang Khong. The purpose was to raise funds to

purchase medical equipment for the Somdet Phra Yuparat Chiang Khong Hospital and to support various community service projects in Chiang Khong District and neighboring areas. The event attracted over 1,000 participants, including generous cyclists from across Thailand and their supporters. The event achieved the club's objective of publicizing Rotary's community service activities to the general public.



The Chiang Mai Rotary Club and the Rotaract Club of Chiang Mai University collaborated in the project "Love the Forest, Love Life, Stop the Haze Pollution" with government agencies and the private sector as well as communities in Chiang Mai province, along with the

Phuping Forest Fire Control Station and the USAC Project. The activity involved creating firebreaks and campaigning to prevent haze pollution and PM 2.5 dust in Chiang Mai. Creating firebreaks in high-risk areas is an important method to prevent the spread of forest fires by establishing fuel-free zones, which requires continuous cooperation from all sectors. The event took place in the area of Doi Suthep-Doi Pui National Park in Chiang Mai province on 2 February 2025.



The Sukhothai Rotary Club participated in the project "Road User Safety Day", which is observed every year on 21 January, aiming to raise public awareness about the importance of safe road usage, reducing accidents, and building a culture of responsible driving. The campaign, under the slogan "Safe Crosswalks, Safe Country", was held at Wat Thai Chumphon School in Muang district of Sukhothai province.

The Chaiprakan Rotary Club led by President Thammanoon Wuttalak together with club members, donated wheelchairs to five patients in Chaiprakan district. This project aimed to give opportunities and encouragement, as well as to improve the quality of life and well-being of people with disabilities in the community by providing them with wheelchairs, enabling them to live more conveniently and happily.





บ้านวัสดุ

บ้านวัสดุ จันทบุรี

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