



24th August, 2020

## SYDNEY ROTARY UPDATE



### Why Being Kind is as Important as Ever

Doing good doesn't only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost," says psychologist Mary Berge, a US Rotarian who has led discussions with many Rotary clubs about coping during the pandemic.

"Rotarians in particular have a high need for being compassionate," says Mary. "In my Zoom meetings, I hear people say, 'What can we do to help?' They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability."

[\(Read on for more information\)](#)

Tues, 25th August at 12:30pm  
*Former Soccerro Craig Foster:  
How Community Sports Stepped  
up in a Crisis.*



An opportunity to interact in a Q & A format with Craig Foster, former Soccerro, Broadcaster, Adjunct Professor Sport & Social Responsibility and Human Rights Advocate.

Following a celebrated football career Craig has become one of Australia's most respected broadcasters with an 18-year, multi Logie winning career with SBS Australia.

Craig's social justice advocacy extends to several high profile campaigns including [#SaveHakeem](#) to free Bahraini refugee Hakeem al-Araibi from a Thai prison for which he was a Finalist for the Australian Human Rights Commission Medal  
Visitors most welcome.

[Please Register Online](#)

## Congratulations Jennifer Jones!

Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has been nominated to become Rotary International's president for 2022-23, a groundbreaking selection that will make her the first woman to hold that office in the organisation's 115-year history. As the first woman to be nominated to be president, she understands how important it is to follow through on Rotary's Diversity, Equity, and Inclusion Statement. "I believe this begins at the top and for us to realise growth in female membership and members under the age of forty — these demographics need to see their own reflection in



leadership,” Jennifer said. “I will champion double-digit growth in both categories while never losing sight of our entire family.” ([more](#))

## Threats Facing Humanity and the Planet

At Sydney Rotary Club's **September 1** meeting at 6pm, the guest speaker will be Professor John Hewson AM, Chair, Commission for the Human Future.

He will speak on the work of the Commission which is committed to promoting solutions to threats facing Humanity and the Planet.

John Hewson is an economic and financial expert with experience in academia, business, government, media and the financial system.

[Please Register Online](#)



## Change Makers: leaders of positive social change



Western Sydney University's Chancellor Professor Peter Shergold AC will be the guest speaker at Sydney Rotary Club's meeting on Tuesday 8th September.

Chancellor since 2011, Peter Shergold has had a highly distinguished academic and public service career spanning more than three decades, including serving as Secretary of the Department of the Prime Minister and Cabinet from 2003–2008.

[Please Register Online](#)

## Briefly



You are invited to join Melbourne Rotarians on Sept 2 in hearing **Prof Brett Sutton**, Victoria's Chief Health Officer who is the spokesperson for the Victorian Government on matters related to health protection, including public health incidents and emergencies.

[Register for 2 Sept here](#)

**Spring into Alice virtually** - 19-20 September Join Rotary's international and Australian leaders online - [Details here](#).

**Sydney Rotary's City Coffee Club** meets for 30 mins (virtually still) on Thursday 27 August at 11am. Sip on a coffee and catch up with some of your fellow Rotarians and their friends. [Details](#)

Looking to buy **Rotary merchandise** - t-shirt, cap, scarf, badge, hoodie, etc. Visit [RDU Supplies](#) and start shopping.

A shout out to [Bromley Rotary Club](#) in the UK who toasted our Club last week.



# Member Profiles



## Member: Christopher Paris

My name is Christopher Paris and i was born in Sydney where my family originated in both Greece (Castellorizo & Crete) and Cyprus. I'm first and foremost a husband and father where i immensely enjoy spending time with my young son. To give you an understanding of my parenting style, i believe in the following words of wisdom "Instead of buying your children all the things you never had, you should teach them all the things you were never taught. Material wears out but Knowledge stays"

My favourite fictional author is Haruki Murakami and I have a passion for nature, exploration and many adventurous outdoor activities. My love of our native coasts and hinterlands originated early in life being fortunate enough to be part of the Australian scouting movement. In my adult life i have developed a keen interest in art where i adore spending time at galleries and exhibitions. ([more](#))



## Member: Hassan Hameed

Hassan specialises in guiding and orchestrating technology initiatives with Enterprise & Government clients as a Client Partner, Complex Engagement Lead and Project Lead for multi-domain ICT projects. Over last 16 years, his experience includes securing and delivering projects in unified communications, collaboration, network evolution, mobility, cyber security strategy, contact centers through consultative IT strategy, architecture and roadmap definition, business architecture, capability setup, large scale sourcing initiatives, IT organisational reviews and IT due diligence.

He typically works with senior executives, enterprise architects, service delivery managers, project managers and client executives to develop strategies, reviews and recommendations after extensive stakeholder engagement to drive significant business benefit – either capability uplift or cost reduction. ([more](#))

## SUPPORTING LEBANON

Humanitarian organisations such as Médecins Sans Frontières (MSF) and Red Cross Lebanon are supporting Beirut's health services cope in the aftermath of blasts amidst ongoing COVID-19 public health crisis. We are urging fellow Rotarians and members of the community to support these organisations pursue the much-needed frontline medical support. ([more information](#))



## Seeking Inspirational Women

The Rotary Inspirational Women's Awards (RIWA) recognise service to the community across all sectors. They are directed at the non-Rotary community. It is about commitment, dedication, perseverance and proactivity in improving the lives of others. The Awards are open to women across NSW. There are separate awards for city and rural nominations. [More information](#)



# 2020 Inspirational Women's Awards



**Rotary**  
District 9675

**For details about future activities, go to ClubRunner or the Website.**

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