

Club President: David Binskin  
Secretary: Chris Evans  
Treasurer: Alek Jankowski

Rotary International President 2023/2024: Gordon McNally  
District Governor 2023/2024: Tonia Barnes  
Assistant Governor: Gail Taylor

## Club Bulletin

15th April 2024



Hello members. What a great day it's been.

I have just returned from attending the Camden Hospital Palliative Care Garden afternoon tea. Thanks to Ross and his team of workers, both Rotarians and those from businesses, that gave up their time to create a wonderful garden.

Last night 28 members enjoyed a wonderful evening at the Camden Golf Club. We listened to Liam McDermott from NSW Ambulance give a presentation on the work he and his fellow staff do to keep us safe and well. Well done and we thank you for what you do.

It was also another great night of trivia, and I'm sure easy points for those members that travel around Australia and may have had a beer at Beerwah.

Next week we have Rob and Rachel coming to present about Camp Quality and the wonderful work they do for kids going through a tough time. After last weekend, I'm sure Rob will have some new jokes to share with us also.

Have a great week.

Kind regards, David.



*Our guest speaker this week was Liam McDermott, NSW Ambulance Superintendent Zone Manager. Liam was introduced by Rowan Moore and thanked by Matt Playford.*



*Liam spoke about SWIFT, the Strategic Workforce and Infrastructure Team which was established to oversee the implementation of the \$1.76 billions investment in NSW Ambulance announced by the NSW Government in 2022. The South West Sydney sector is receiving a large share of the extra funding. Over 6 years we will see huge increase in the number of paramedics, support staff, nurses, and doctors as well as 30 new ambulance stations. The number of paramedics has increased by more than 100 in 2022/2023, equating to 9 extra paramedics every day and night.*

*Liam also spoke about the VCCC (Virtual Clinical Care Centre) which is a team of doctors, RN's and paramedics who call back lower acuity patients to conduct a secondary triage – identifying patients who would benefit from referral to a more appropriate care provider. The VCCC helps patients to access the right care earlier in their journey; it ensures emergency ambulance services and emergency departments are available for the patients who need them most; and supports patients to receive care within their local community or even at home.*



*On Monday 15th April, The Rotary Club of Camden welcomes Rob and Rachel Elliott as our Guest speakers. We look forward to hearing about the many special events that have been conducted and those in the planning to support Camp Quality programs. This will be an informative session.*

# Upcoming Events

## 15th April 2024

Camp Quality - Rob Elliott

Camden Golf Club (7:00pm - 8:30pm)

## 22nd April 2024

Larry Robertson - 'No One Succeeds Alone'

Camden Golf Club (7:00pm - 8:30pm)

## 29th April 2024

Andrew Carfield - Camden Council GM

Camden Golf Club (7:00pm - 8:30pm)

## 6th May 2024

Denise Pritchard

Camden Golf Club (7:00pm - 8:30pm)

## 13th May 2024

Pride of Workmanship

Camden Golf Club (7:00pm - 8:30pm)

## 20th May 2024

Pat Gleeson

Camden Golf Club (7:00pm - 8:30pm)

### **IMPORTANT MEETING INFORMATION**

If you are **NOT** attending a meeting, or **to register** your guests, you **MUST** notify the Attendance Committee by email. **No later than midday Friday.**

[camdenrotaryattendance@gmail.com](mailto:camdenrotaryattendance@gmail.com)



[Rotary Club of Camden | Facebook](#)

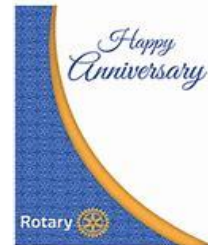
# April CELEBRATIONS

Happy Birthday to our Rotarians:

◇	Giri Padmanabhan	6th April
◇	Jim Drinnan	10th April
◇	Matt Playford	13th April
◇	Graeme Watson	26th April

Happy anniversary to our Rotarians and partners

- ◆ Rob and Marlene Eaglesham (19 years on 16th April)
- ◆ Graeme and Pauline Watson (24 years on 24th April)



*In April we recognise Years of Rotary service by:*

Greg Penman (3 years on 22nd April)



Rotary makes high-quality health care available to vulnerable mothers and children so they can live longer and grow stronger. We expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation — all of which can be prevented

### HOW ROTARY MAKES HELP HAPPEN

Rotary provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.



*These are upcoming events additional to the next four weeks on Page 2 in the Bulletin. Important to keep your calendars updated with key programs and activities*

#### **Tuesday 9th April 2024**

Afternoon Tea at 3:00pm at the Palliative Care Garden to celebrate this important project. More information to follow.

#### **Monday 6th May 2024**

U TURN the WHEEL at Elderslie High School. We will need a team to assist with the BBQ lunch.

#### **Monday 13th May, 2024**

An important date in our yearly calendar where we recognise local citizens through our **Pride of Workmanship Awards**. Please note that the nomination forms are now available.

#### **Friday 17th May, 2024**

First day of RYPEN Program. Please see the attached notice in this bulletin for further details

#### **Saturday 18th May, 2024**

District Assembly. A big day for President Elect, Directors and Office bearers in 2024-2025.

#### **Friday 31st May, 2024**

U TURN the WHEEL at Macarthur Anglican School. We will need a team to assist with the BBQ lunch.

#### **Monday 6th June, 2024**

No Rotary Meeting as we celebrate the King's Birthday Public Holiday.

#### **Monday 24th June, 2024**

Change-over night for Rotary Club of Camden.



### **APRIL ROSTER**

<b>Monday 8<sup>th</sup> April</b>	<b>ROSS NEWPORT</b>
<b>Monday 15<sup>th</sup> April</b>	<b>CHRIS EVANS</b>
<b>Monday 22<sup>nd</sup> April</b>	<b>GARY IRELAND</b>
<b>Monday 29<sup>th</sup> April</b>	<b>ANDREW ELLIS</b>



Any gossip greatly appreciated by these Sergeants

Let us take time for a Camden 'Friendly FIKA'. Make time for family, friends and rotary colleagues to share a cuppa and chat.



This week, my focus on **Having Enough Time**

Does your happiness and feeling of success suffer because you never have enough time? If so, you're not alone. When you're always playing catch-up and you're struggling to stay on top of your to-dos, it's easy to feel down on yourself. Especially when being behind means you have to work later and sacrifice time for yourself, your family, and your friends. So what's the solution?

The short answer is to sharpen your productivity skills. Productivity works because it empowers you to get more done in less time. And when you learn to do things quicker and more efficiently, you'll find you have more time for yourself. But how do you acquire these magical productivity skills?

This week, I am starting a series of steps to increase or focus on Productivity. I will continue this in the coming editions of FRIENDLY FIKA.

This week, my first step is **Remove Distractions**

A colleague had an Iphone which kindly records screen time. When they first saw the social networking figures, they were startled and terrified! 'How could I have spent quite so long looking at Facebook, Instagram and other social media platforms' was the response. In fact, many people are blissfully unaware at the amount of our day that gets consumed by social media. A quick glance here and a quick glance there. But over the day those little glances added up into a big number.

It's really, REALLY hard to stay away from your phone and all the digital addictions that go with it. It's not your fault. Social platforms are designed to keep you 'addicted' as they want you to keep checking! It's why creating time that's free of distractions takes real discipline and practice. But get into the habit, and you will reclaim a big chunk of your day. And not just because you're not wasting time needlessly.

In the brilliant 'Impact Theory' podcast, the presenter reveals that it's not just the time you waste that's the problem. Every time you're distracted, you bring back some residue to the task you were doing. This reduces your mental capacity and can hinder your ability to do your best work or participate in your passion projects. In my work at Deakin, the topic of time was a key focus in one of my lectures. On my research into this very topic, it became evident that it can take up to 63 seconds to refocus on a task that you were doing after a distraction. For me this is very true lesson and an action to take. When marking assignments, I ensure the emails are off so I do not get that PING in the bottom corner of incoming emails so I can focus on the task at hand.

Now it is over to you. If you're serious about getting things done better and quicker, make space for deep work. Set yourself up for zero distractions - however challenging! And watch your productivity soar. What can you do to remove those distractions??? Happy Chatting .....



### TRIVIA this week

This week is Australian Geography question time.

See how you go at answering these tricky little questions. Big thank you to my co-host and partner in Quiz-time, Nigel Smith (AKA Robin) for helping out Factman at Monday's meeting.

1. There are two Perth's in Australia. One is in WA ..Where is the other one?
2. How many time zones are there in Australia?
3. In which state or territory would you find Oodnadatta?
4. Palmerston is the former name of which Australian state or territory capital?
5. Christmas Island is off the coast of which Australian mainland state?
6. Which place is the eastern most point on the Australian mainland?
7. Which using lines of latitude, which city is the most northern .... Sydney or Perth?
8. Can you name the Zoo at Beerwah?

*RYPEN, The Rotary Youth Program of Enrichment, is for young people aged 14 to 16 years and caters for teenagers who have shown qualities and application in everyday life which deserve further development.*

*RYPEN uses the common bonds of learning, co-operation, and friendship to design activities which facilitate trust and self-esteem. RYPEN seeks to broaden each participant's horizons culturally, socially, and academically, providing the inner foundations for a strong future.*

*RYPEN is to be held on 17-19 May 2024 @ Teen Ranch Cobbitty. If you know of a young person aged 14 to 16 who would like to be involved and sponsored by our Club, please let us know.*



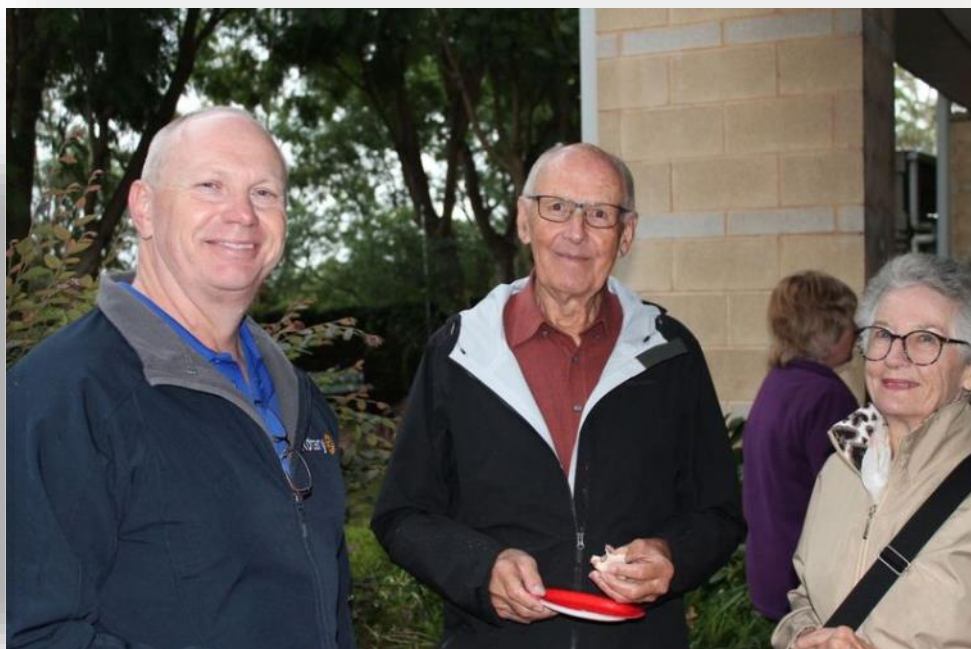
### Camden Hospital Palliative Care Garden Official Opening

*On Tuesday 9th April, 30 representatives from Rotary, Camden Hospital, Volunteers and community gathered for the official opening of the refurbished palliative care garden. Funds for this exciting project were made available through the Jennifer Eggins Cancer Support Fund and it was fantastic to have Warren Eggins present to see the outcome of how these valuable funds have been utilized. Acknowledging the support of trades and volunteers who made this project a huge success was also acknowledged through presentation of certificates. A wonderful afternoon tea of sandwiches and cakes were enjoyed amongst the tranquil and peaceful environment. Rotary can be proud of the process as well as completing a project that built on the work of the local Lions club over previous years. A true community project that benefits so many people at Camden Hospital.*





Celebrating the completion  
of the Palliative Care Project





Thank you note to Rotary Club of Camden for the generous support of the  
Camden Mens Shed Solar Array Project.



# CAMDEN MENS SHED INC.

President: David Funnell

Mobile: 0415 656 791

Email: davidtownfarm@gmail.com

Camden Mens Shed  
Incorporated ABN  
15655624595  
Incorporation 2100575

Date 01/04/2024

On behalf of the members of Camden Mens Shed Inc. I wanted to take this opportunity to say thank you, to the members of Rotary, for your very kind contribution to the Camden Mens Shed allowing for the installation of a 20-kilowatt solar array on the soon to be completed new shed building.

As you would know the ongoing success and development of community organisations such as ours is in large part dependent on generous contributions such as yours.

The benefit of your contribution not only allows this installation but also the ongoing added benefit of cost saving on our energy bills for many years to come.

Once again, many thanks to you all.

Kind regards

David Funnell

President

Camden Mens Shed Inc.

Special Event on Thursday 18th April. Book now!!!

**CHARITY PERFORMANCE**

Rotary Clubs of Macarthur

**ON SALE NOW**

CAMDEN MUSICAL SOCIETY PRESENTS

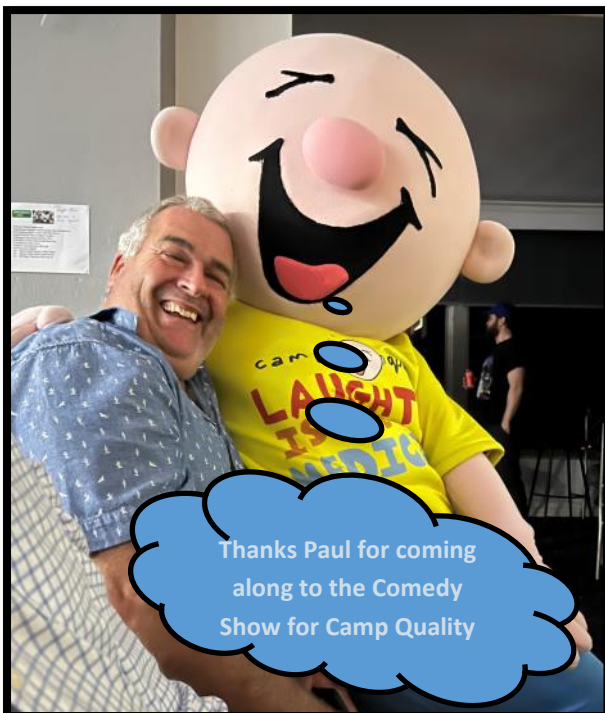
**ROALD DAHL'S CHARLIE AND THE CHOCOLATE FACTORY**

*Funds raised support*

18TH APRIL, 2024 7.30PM  
CAMDEN CIVIC CENTRE  
TICKETS: \$45 ADULT  
\$35 CONCESSION

YS Youth Solutions  
Promoting health, preventing harm

CLICK HERE



1. There are two Perth's in Australia. One is in WA ..Where is the other one? **Tasmania**
2. How many time zones are there in Australia? **3**
3. In which state or territory would you find Oodnadatta? **SA**
4. Palmerston is the former name of which Australian state or territory capital? **Darwin**
5. Christmas Island is off the coast of which Australian mainland state? **WA**
6. Which place is the eastern most point on the Australian Mainland? **Byron Bay**
7. Using lines of latitude, which city is the most northern .... Sydney or Perth? **Perth**
8. Can you name the Zoo at Beerwah? **Australian Zoo**

**BINGO NIGHT**

Join us for a night of fun and games.  
100% of the funds raised will be used to support the cost of transporting sewing machines and materials to a refugee camp in Uganda. Campbelltown Rotary Club supports women in these camps in becoming independent through earning an income.

**SATURDAY, MAY 25TH, 2024, STARTING AT 6 PM**  
**EAST CAMPBELLTOWN PUBLIC SCHOOL**  
**80 WAMINDA AVE, CAMPBELLTOWN NSW 2560**

Tickets are available now and can be purchased online at  
<https://www.trybooking.com/CQMAZ>

**TRIVIA ANSWERS**





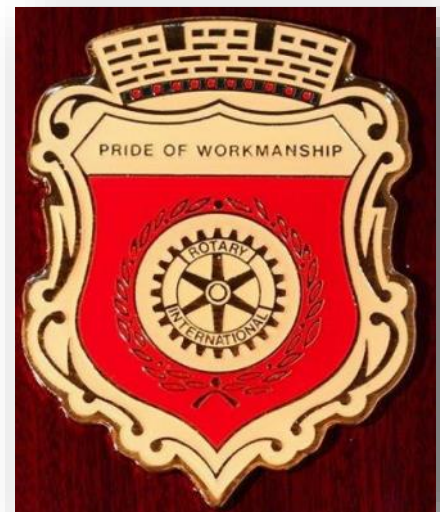
## **PRIDE OF WORKMANSHIP AWARDS**

**To be held 6.30pm for a 7.00pm start  
13<sup>th</sup> May 2024 Camden Golf Club, 50 Lodges Road, Narellan**

This program seeks to identify individuals whose exemplary contributions to their vocation are worthy of public acknowledgement.

All nominees are presented with a Rotary Pride of Workmanship plaque. The aim is to encourage a much-needed pride in personal performance in the workplace and to help create a national attitude for the benefit of the country.

Pride of Workmanship presentations provide an excellent opportunity for Rotary to promote its image, gain access to organisations for vocational visits and develop potential membership, whilst at the same time providing an avenue for small business to recognise individual effort.



### **Objectives of Pride of Workmanship Awards**

- ◇ To promote Vocational Service.
- ◇ To encourage Pride of Workmanship in all vocations.
- ◇ To provide employers with an opportunity to recognise employees who display the qualities worthy of an Award
- ◇ To encourage favourable employer/employee relationships and a sense of community pride in individual achievement.
- ◇ To provide an opportunity for Rotary to be involved in the community, particularly the business community.