

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

31st March 2024



Hi Everyone,

27 members enjoyed a wonderful evening of fun and fellowship last night at the Camden Golf Club.

Whilst we did not conduct our new members information evening, we still had a perspective new member attend. Please continue to speak to those that may be interested in joining our club. Those that may be interested in serving the community might be closer to you than you think.

A very big thank you must go to Colin for his "Meet Our Club Member" presentation. Colin has definitely had a busy and interesting life. We also now know why he is so good on the BBQ after telling us about making spaghetti for 100 people. Great work Colin and it's a privilege to have you as part of our club.

On Saturday we held our inaugural Mental Health Forum & Expo. A successful day which was very well received but mental health support agencies and the public. As a club, we must "raise our hats" to Stephen and the committee for such a well organized and lead event. Speaking at the event opening was a very proud moment for me.



Next week we have a Monday night off for Easter, but Ross is organizing Barefoot Bowls for Friday 5th April. If you are attending, could you please contact Ross as soon as possible as final numbers are required before the event.

Have a great long weekend and drive safe if you are going away.

Kind regards, David.

Wishing all Rotarians, partners and friends of Rotary a wonderful Easter.

Relax, celebrate, reflect and be safe.



Our guest speaker this week was our very own Colin Stanzone. As a new and valued member, Colin provided an insightful presentation on his family history, his experiences and of course his passions.



Outlining his mother and father's journey from Sicily in the mid 1950's, it was evident that the traditions of his parents and grandparents have impacted his life. He was joined at this meeting by his partner Michelle and together, very proud of their children and grandchildren. Colin outlined his passion for community including supporting farms during drought and also his work life with special emphasis on his work with the NRMA. It is no doubt he is passionate about cars as can be seen by his projects of building a Torana and an FJ Holden. Thank you Colin for sharing your journey.



Upcoming Events

1st April 2024

No Meeting—Easter Monday

5th April 2024

Barefoot Bowls at Camden RSL

8th April 2024

Liam McDermott

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

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)

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

facebook

[Rotary Club of Camden | Facebook](#)

MARCH

CELEBRATIONS

Happy Birthday to our Rotarians:

◇ Mike Scarce 19th Mar

Happy Birthday to our Rotarian spouses / partners:

◇ Robin Harricks (Roy Kellaway) 1st Mar

◇ Pauline (Graeme Watson) 24th Mar

Happy anniversary to our Rotarians and partners

◆ Matt and Sandy Playford (34 years on 3rd Mar)

In March, we recognise Years of Rotary service by:

Bruce Harding (48 years of service on 1st Mar)

Bruce Farquharson (48 Years of service on 1st Mar)

Greg Eagles (36 years of service on 1st Mar)

Kevyn Moore (28 years of service on 1st Mar)



Rotary

DID YOU KNOW
The Rotary was founded in Chicago in
on February 23, 1905?



Rotary clubs and partners built 222 toilets, six rainwater collectors, seven communal handwashing stations, and 20 biosand filters. The project provided more than 1,000 people with access to proper toilet facilities and almost 600 people with a regular supply of clean water. If you ask a Filipino living in a rural area of the Philippines where they go to the toilet, they will turn their head towards a non-specific direction and say "over there." This means that they use any location that gives them some sort of privacy to do their needs. Women generally have to go longer distances to avoid prying eyes and avoid assaults. In fact, when one talks to local community health workers about the risks of open defecation, they tell you about parasitic and bacterial infections while also emphasizing the high percentage of women harassed.



The Silver Coin Project

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Thank you to [Rotary Club of Camden](#) for your ongoing support—you have been with us from the start and we are so very grateful. The kids in our community will benefit so much ❤️



Introducing Liam McDermott as our Guest on Monday 8th April. Liam moved across from St John Ambulance WA where he worked as a Patient Transport Officer to NSW Ambulance in 2007. During his on-road clinical career, he worked mainly in the city and lower north shore as a qualified paramedic. In 2014, Liam completed intensive care paramedic training and took a 12 month position at Narrabri in the New England region before returning to the city. Liam commenced his management journey in 2019 working in multiple roles including, Health Relations Manager, Executive Staff Officer to the Deputy Commissioner and in the COVID-19 incident management team before settling into his current position as Superintendent Zone Manager. Liam spent two years as the Zone Manager for Newcastle before transferring back to Sydney into his current position in the South West in late 2022. Outside of ambulance, Liam enjoys cross-fit, hiking and have been a volunteer for 8 years at Tamarama SLSC as a life saver and medical educator.



Camden Rotary Mental Health EXPO & FORUM



Our Club hosted a Mental Health Forum and Expo on Saturday 23rd March 2024 at the Camden Civic Centre to raise community awareness of mental health issues.

The aim of the Mental Health Forum and Expo was to help to de-stigmatise mental illness; deliver information about mental health to people living in our community; improve the capacity for individuals to access relevant services; improve the capacity of individuals to care for

themselves if they develop a mental illness; increase community awareness about mental health; and build capacity within the community to give and get help. Mental health is a key component of the over-all health and wellbeing of all Australians.

The Mental Health Forum and the Expo ran concurrently in different rooms at the Civic Centre with six speakers throughout the day covering topics across the mental health spectrum and 25 stalls by a broad range of mental health care support providers in the Macarthur area.

The speakers were Prof. Valsamma Eapen MBBS, PhD, FRCPsych, FRANZCP Chair of Infant, Child and Adolescent Psychiatry who spoke about the mental health of children from

birth to 12 years old;

Lyn Worsley, a Clinical Psychologist and Registered Nurse who spoke about resilience; Fred Purcell from Talk2MeBro who gave a very passionate presentation on suicide; John Kirkland from The Fathering Project whose presentation was titled "What Kids Need from their Dad"; Prof. Tony Jorm and Better Kitchener, the founders of the Mental Health First Aid program; and Dr. Steven Walker who spoke about mentoring programs and community-based activities aimed at addressing the associated behavioural disorders, attachment issues and mental health issues in children.





Camden Rotary Mental Health EXPO & FORUM



The event was free to the community and was extremely well attended by members of the public and fellow Rotarians. The feedback was excellent and the event was seen as much needed in our community.

Many thanks to the MHF&E Committee of Stephen Humphreys, Greg Eagles, Jacquie Lockyer, Rob Elliott, Nigel Smith, Andrew Ellis, Judith Humphreys, Denise Tsoukalas, and MC Wendy White, as well as those club members who assisted on the day and members who attended the event.

The Mental Health Forum & Expo was a great showcase for the great work that Camden Rotary Club continues to do in our community. Making a difference.



Check out more photos
on Camden Rotary
Facebook





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

Monday 1st April, 2024

This is **Easter Monday** and therefore NO Meeting.

Friday 5th April, 2024

Social Lawn Bowls WILL now be held at the Camden RSL Club. Ross Newport has confirmed a venue and it is the RSL Club in Cawdor Road, with food and drinks available. The cost is \$20 per head adults and \$15 children. Payment needs to be by cash as no EFTPOS is available, paid on the night. Please provide your name and any visitors you wish to bring during meetings. Any questions please contact Ross Newport.

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 31st May, 2024

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



APRIL ROSTER

Monday 8 th April	ROSS NEWPORT
Monday 15 th April	CHRIS EVANS
Monday 22 nd April	GARY IRELAND
Monday 29 th April	ANDREW ELLIS



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 **Reaching out to our Friends**.

During adolescence, friendship was one long, uninterrupted conversation. These were the friends we talked to daily, both at school and at home via MSN and Facebook, sharing all manner of stories and personal insights with even though we'd see them again in less than a few hours. For some, such friendships have lasted throughout adulthood, while others have seen their friendship circles whittle down during adulthood, only to lose touch with those people that made their school years so entertaining, hilarious, and emotional.

The fact remains that as a society, we tend to place greater emphasis on those romantic connections in our lives. But the fact is, it's our friends that also get us through the hard times and these relationships are ones that should be nurtured and regarded as something significant and special.

Not surprisingly, new research suggests that such texts, phones and emails aren't just necessary to sustaining a good friendship, but are also greatly appreciated by your friends. According to a study published in the Journal of Personality and Social Psychology, check-ins from friends are greatly important.

Researchers did a series of experiments involving nearly 6,000 participants in order to explore the value of reaching out to someone "just because" or "just to catch up." Across all the various experiments and scenarios, researchers found initiators underestimated how much recipients appreciated the contact. It seemed that regardless of just how much time had elapsed between the two friends in terms of communication, a text simply checking-in was always welcome – particularly when the message was unexpected. According to lead study author, Peggy Liu, PhD, "There's research suggesting that when something positive happens to us, that amplifies the positivity of the experience and that receivers feel even more appreciative of being reached out to when they weren't expecting it."

Consider reaching out over Easter and make someone's day!!!!

Barefoot Bowls at Camden RSL on Friday 5th April for 7:00pm start. Come along and have some social fun representing Camden Rotary. \$20 cash for Lawn Bowls.

Contact Ross Newport for further information



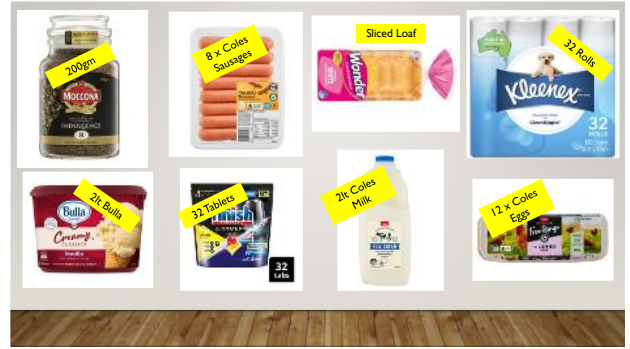
TRIVIA this week

We all hear about the COST of LIVING. This week, I am recalling that quiz show ... The Price is Right.

Your challenge is to put these 8 everyday grocery items in order, lowest price to the most expensive.

No special prices, just the normal shelf price.

Mr Trivia has used Coles as the source (prices as at 20th March 24)



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>

Paws4aCause

DOG SHOW

Dog competition with prizes, 30 stalls and Rotary sausage sizzle

10:00	Open, Mayor of Wollongong
10:30	Best tail wagger
11:00	Fancy Dress
11:30	Most dignified old timer
12:00	Best Hairdo
1:00	Cutest Puppy
1:30	Raffle draw

Scan here for more info

Interplast
Repairing bodies & rebuilding lives in the Asia Pacific region

We are raising funds for an Interplast surgical mission.
Registration \$5 for each dog
<https://paws4acause-2024.raisedby.com/>
Contact Di North 0429774363

Sponsors
TYRES & MORE
FIGTREE

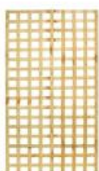
Rotary Club of West Wollongong

Sunday, 7 April 2024 | 10:00 AM to 2:00 PM
Illawarra Dog Training Club, JJ Kelly Park
Wollongong

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 in 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.



Painters wanted for 1.8 x 1.8 trellis fence at Palliative Care Garden. Needs to be completed before Afternoon Tea on April 9th so PLEASE contact Ross Newport if you can assist.





Rotary
Clubs of Macarthur

CHARITY PERFORMANCE

ON SALE NOW

CAMDEN MUSICAL SOCIETY PRESENTS



Funds raised support



Promoting health,
preventing harm

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



CLICK HERE




Help keep them alive,
while paramedics arrive.





Become a GoodSAM volunteer and receive alerts to help in nearby CPR emergencies while the paramedics are on the way.

Every minute counts.
Sign up to GoodSAM.
ambulance.nsw.gov.au/goodsam



Consider registering as a **GoodSAM**

An initiative of the NSW

Ambulance Service

TRIVIA ANSWERS

- | | |
|----------------------------|-----------|
| 1. 2 Lt Milk | (\$ 3.10) |
| 2. Loaf of Bread | (\$ 4.40) |
| 3. Dozen Coles Eggs | (\$ 5.60) |
| 4. 8 Beef Sausages | (\$ 6.00) |
| 5. Bulla Ice-cream 2lt | (\$11.00) |
| 6. Kleenex Toilet Rolls | (\$18.00) |
| 7. Moccona Coffee | (\$20.50) |
| 8. Finish Dishwashing Tabs | (\$44.00) |