

CLUB BUZZ

Rotary Round UP

20th April 2023

Rotary Club of North Ryde

Beneficiary:

Youth
Mental
Health



COOLKIDS
Centre for Emotional Health



Sponsors:

Community Bank
North Ryde
Bendigo Bank



Community supports:

KONICA MINOLTA



Organised by:

Rotary
Club of North Ryde



Be a Superhero!
Family FUN - JOG - RUN - WALK
at your own pace with unlimited challenge



Registration cost:
\$25 Adults
\$15 Students
(13+)
\$10 Children
(3-12yrs)



Are U Ready?
Virtual Run & Challenge

JOIN NOW

<https://rotary-northryde-efunrun2023.raisely.com/>

Have Fun

Good Health

Rotary
Club of North Ryde



www.northryderotary.com
www.facebook.com/northryderotary

Worthy Cause

Click on the image above to find out more and register for the eFun Run.

Fabulous Finds Dinner

hosted by

Central Blue Mountains
Rotary
Club



Saturday, May 20, 2023

Katoomba RSL Club

86 Lurline Street, Katoomba

6.30pm - 10.30pm

\$65 per person

Dress: Something you have bought
from your local Op Shop.

HAVE FUN - AUCTIONS

RAFFLES - MUSIC



RSVP - May 12, 2023

Booking essential: <https://www.trybooking.com/CHJGF>

Contact: Jennifer Scott - 0414 367 631 - jennifer@scottadr.com

TEDDY BEAR'S PICNIC HIGH TEA

Saturday 6 May, 2:30pm-4:00pm at Northbridge Oval



*Creating memories for Grandma and their grandchildren
with an early Mother's Day experience*

*Children are encouraged to bring their
favourite Teddy or soft toy*



Scones, jam and cream

Fun cookies

Delicious cupcakes

Fresh fruit

Savoury treats

Lollies

Mocktails

and more

\$70

For 1 adult and

1 child; \$15 for additional
child.

**Includes Fireworks
entry**

Face painting

Hair braiding and hair spraying

included

Rotary
Club of Northbridge



Tickets:



Rotary Myth Buster



ROTARY IS FOR MEN

WRONG! Rotary has welcomed women for over 30 years.

IT'S FOR RETIRED PEOPLE

WRONG! We are open to ages 18+. Age is just a number, it's attitude that is more important.

IT'S FOR PROFESSIONALS

WRONG! Diversity is our strong asset and there's always a place for you in Rotary.

YOU MUST ATTEND EACH WEEK

WRONG! We focus on what you can contribute. Get involved with fundraising activities, community projects and activities.



IT'S A RELIGIOUS ORGANISATION / SECRET SOCIETY

WRONG! Rotary is non-religious and non-political.

YOU HAVE TO BE FORMALLY DRESSED FOR MEETINGS

WRONG! We are interested in what you can offer, not how you dress.

IT'S A LUNCH AND DINNER CLUB

WRONG! We do have meals at most meetings, however we principally meet to plan projects, have guest speakers, socials and run activities.

MEMBERSHIP BY INVITE ONLY

WRONG! Anyone with the right mindset can visit and join. We accept members from all walks of life.

INTERESTED IN BIG INTERNATIONAL

PROJECTS ONLY WRONG! We are involved in these huge projects, however the majority of our work is within local communities supporting local causes.



Rotary - People of Action

Google us to find out more

Rotary E-Club of Greater Sydney

SAVE THE DATE:

Our Rotary International **President Nominee STEPHANIE URCHICK** will be guest speaker at the meeting of the Rotary E-Club of Greater Sydney at 7:30 PM Sydney time on Sunday, **7 May 2023**. All are invited. Please contact secretary@rotarygreatersydney.org for log in details.



Stephanie A. Urchick, of the Rotary Club of McMurray, Pennsylvania, USA, is the selection of the Nominating Committee for President of Rotary International for 2024-25.

Rotary Club of Mosman

[International Project – Hera Pre School, Timor Leste](#)



WE have successfully registered a project with RAWCS which means that any contribution made will be eligible for a tax deduction.

The project is run by Timor-Leste Rotary Alumni to purchase building materials to enable them to construct a pre-school with their labour being supervised by a professional builder. School running costs will be covered by the Timor-Leste Education ministry and also by income from onsite agriculture and aquaculture projects already set up and running by the RYLA alumni. Hera is a village 15kmm east of Dili and is a farming community with just under 8,900 people of which around 2,700 are children with currently very limited access to any formal education. The school will play essential roles to transform the knowledge of children through a safe environment of learning and provide equal opportunity for children.

Donations can be made via the RAWCS website: <https://donations.rawcs.com.au/63-2022-23>

Rotary Club of Brisbane Water



Dementia Cafe in the Park

On Easter Monday our DCaf met at Umina recreational area for a picnic in the park. It was a lovely sunny morning and everyone seemed to enjoy getting out in the fresh air having a cuppa and some yummy cake.



Rotary Club of Lane Cove



Sunday 30 July 2023
9:00am – 1:00pm
Council Civic Centre car park
between Phoenix Street
and Little Street, Lane Cove

Apply now for a carspace
www.lanecoverotary.org

Find a RECYCLED bargain!

- clothes
- toys
- household items
- sporting equipment and more

Proceeds to Lane Cove Rotary



Lane Cove
Council

Rotary
Lane Cove





65th ANNIVERSARY

ROTARY CLUB OF HUNTERS HILL

**READY
TO
ROCK**



featuring

George Washingmachine

plus

Aubrey and Purton

WEDNESDAY 26 April

6pm for 7.00pm

Baytree Village

6 Ulonga Ave

Greenwich



GEORGE WASHINGMACHINE



BILL SCOTT



BAYTREE VILLAGE



AUBREY and PURTON

**DRESS:
BLACK TIE**

**TICKETS
\$125.00 PER PERSON**

to pay & register

www.trybooking.com/CGLDW

FUNDS RAISED FOR NZ CYCLONE APPEAL

Norwest Sunrise
Rotary



Wine & Cheese Night

Come along and join us for a tipples and a nibble for great causes.

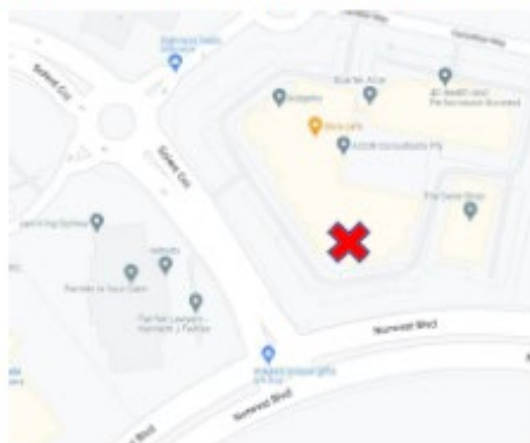
An enjoyable evening of tasting great wine while munching cheese and canapes. Money raised will assist Dinner on The Table, a local social enterprise changing the lives of vulnerable families AND a project in collaboration with our Twin Club the Rotary Club of Bangalore Koramangala supporting young girls to reintegrate with their communities. Also, any wines you like can be ordered on the night.

WHEN: Friday 12 May, 6.30 pm to 9.00 pm

COST: \$40 (\$35 for Rotarians)

WHERE: Rotary Down Under, 25/1 Maitland Place, Norwest

Directions: Turn left off Solent Circuit **just before** Norwest Boulevard. From Norwest Blvd, turn on to Solent Circuit, make a U-turn at the roundabout, then turn left off Solent Circuit **just before** re-entering Norwest Boulevard. Look for the Rotary signage.



Bookings can be made using the QR Code or the link below:

<https://www.trybooking.com/CHQCL>

Rotary Club of Lane Cove - The Journey of PDG Lindsay May OAM

PDG Lindsay May's journey on Kialoa II. – Sydney, Australia to Falmouth, UK via “the Horn” – currently heading from Panama to Antigua, unfortunately without Lindsay due to a dislocated shoulder injury.

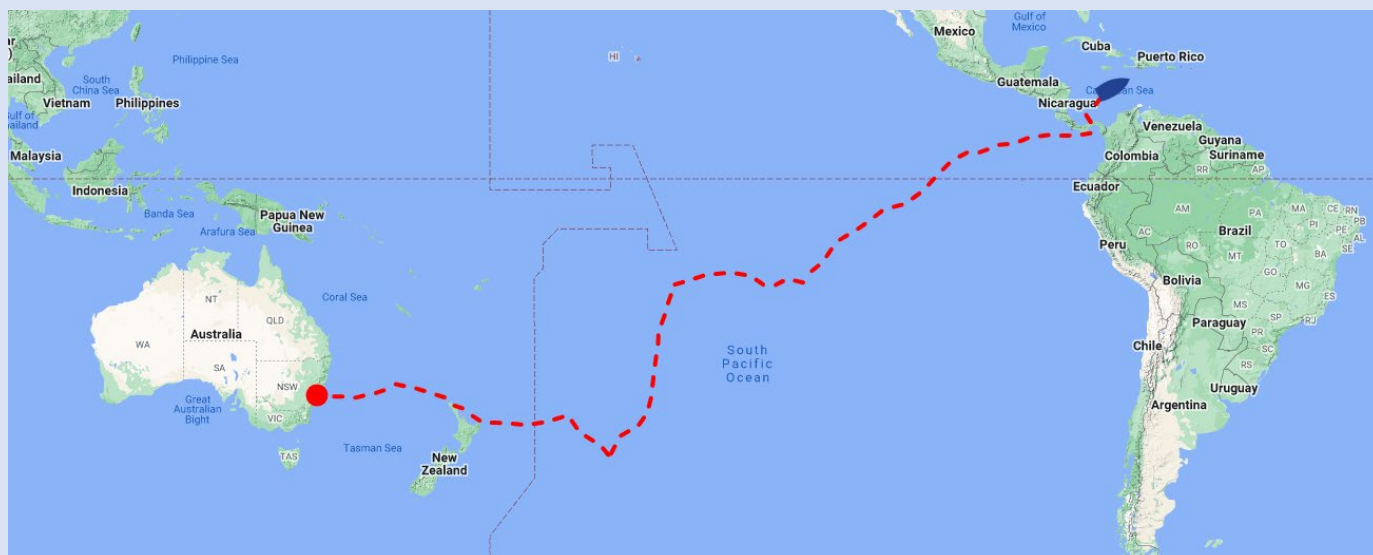
PDG Lindsay's latest remarkable report - Papeete to Balboa, Panama 7 March to 9 April 2023

Wildlife

For such a large expanse of ocean, it appears devoid of wildlife. All the way from Sydney, the dearth of birds and fish has been a talking point. We see sole birds usually a shearwater (mutton bird) and a few exotics, Tropic Birds and Boobies. At 16S 128W a white boobie would fly to leeward and land, allow us to sail by, then about 20 minutes later repeat the process. Each time landing closer to our path but on the last few occasions our close proximity caused him to take off. I say him as we're not sure how to genderise this bird, so we called him 'Bobby/Bobbie' to cover a binary option.

Since sailing into and above 20S, flying fish are the main entertainment. Usually single fish, blue and silvery in colour that take off at a 90 degree angle to the wind and float above the swells, angling downwind, sometimes dropping their tail in the water and changing direction maybe 90 degrees. One day smaller fish changed direction 180 degrees. Nearer 15S there has been larger squadrons of smaller fish white in colour. Flight time about 5 seconds. Many have been disturbed by our passing and taken flight, but I guess this is their escape mechanism from underwater predators.

To read on, click [HERE](#)



[You can track Kialoa's journey here . . .](#)





BECOME A MENTAL HEALTH FIRST AIDER™

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid® (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

Funded by Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, as part of the Australian Government response to the 2022 floods. Rotary volunteer instructors.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Email: ian@scottadr.com This is a 2 day course so you must attend both days of the course to graduate. Manual and course materials provided. Bring pen and note paper. Food and coffee available for purchase on site. Thanks to the Richmond Club for providing the venue. Must

DATES 27 April and 4 May 2023

TIMES 8.30am to 4.00pm

COST Free

VENUE Richmond Club
6 East Market St
Richmond NSW

FACILITATOR/S

Ian Scott

