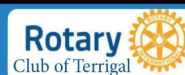




Well done to all that volunteered for the MUNA event, with special thanks to the wonderful catering team.

Rotary Club of Terrigal

BENEFIT NIGHT FOR



RAISING FUNDS FOR SHELTERBAGS FOR THE HOMELESS LIVING ON THE CENTRAL COAST

AUSTIN
BUTLER

TOM
HANKS

A
BAZ LUHRMANN
FILM



THUR 14TH JULY FROM 6:30PM FOR FINGER FOOD, 7PM FILM
TICKETS \$25 | BOOK ONLINE - AVOCATHEATRE.COM.AU

Rotary Club of Crows Nest

600 DONATIONS TO LIFEBLOOD!

Bruce de Graff, that zany, lovable, skateboarding Rotarian from the Rotary Club of Crows Nest has achieved a remarkable milestone. At age 60 he is one of only 60 Australians to have made 600 blood donations, saving the lives of over 1800 people.

<https://www.lifeblood.com.au/news-and-stories/stories/on-a-roll-600-donations>

Keep your eyes open for the next Rotaract Australia blood cup where they call upon Rotarians to support your local Rotaract club by donating blood. In 2022 the Hills Rotaract club was the #1 Rotaract club in Australia. Congratulations and thank you, Bruce.

 Australian Red Cross
Lifeblood



Congratulations, Bruce. What an achievement!

The Rotary Club of Northbridge

Many would have seen the North Shore skyline light up with the Northbridge Rotary Club's annual community fireworks on the evening of 7th May, and what a spectacular afternoon and evening of fun, food and entertainment it was. Well done to all those involved.

The event, attended by some 4,000 people, raised close to \$50,000 which the Northbridge Rotary Club will use to support a range of worthy charities and causes. Our special thanks to Willoughby City Council and to Northbridge Plaza for what is now our 30th year of joint partnership with them for this event. Northbridge Rotary Club President, John Gidney, is photographed presenting a plaque to the Plaza management commemorating this achievement. The event, attended by some 4,000 people, raised close to \$50,000 which the Northbridge Rotary Club will use to support a range of worthy charities and causes.

Our special thanks to Willoughby City Council and to Northbridge Plaza for what is now our 30th year of joint partnership with them for this event. Northbridge Rotary Club President, John Gidney (r), is photographed presenting a plaque to the Plaza management commemorating this achievement.



Rotary Club of North Ryde



Sydney Morning Herald 9th May 2022

A number of Rotary Clubs in District 9685 have already come out in support of the Uluru Statement from the Heart with statements on newsletters, Facebook and the like. Many Clubs have introduced Acknowledgement of Country as part of their meeting procedures.

You are cordially invited to an open forum discussion hosted by the Rotary Club of North Ryde on Friday 3rd June at 7.30 am via Zoom.

Join Zoom Meeting at

<https://us02web.zoom.us/j/87821656014?pwd=S1IOT1hBVDVXSVB4OFhTL2p1cFhhdz09>

Meeting ID: 878 2165 6014

Passcode: 2113

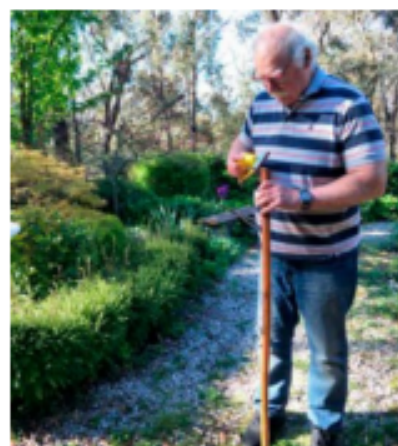
The Forum will canvass views from participants with a view to encouraging Clubs to support the three key elements of the Statement: Voice, Treaty, Truth.

The background paper can be accessed at https://docs.google.com/document/d/1sZpXubB5LgFAo_adX3QDMdxVTYA6srKcGdUH1dM3ssY/edit?usp=sharing

Please let me know if you are able to join us. The session will be recorded and posted on the Club's Facebook page.

Bob Selinger, Rotary Club of north Ryde

Rotarian Handcrafts Hiking Sticks to Raise Funds for ARH – DG Partner Project



ROTARIAN and Rural Fire Service Captain, Larry Howard, is handcrafting hiking sticks and donating all the sale proceeds to Australian Rotary Health, as part of the District Governor's Partner Project.

Initially, Larry handmade these sticks for his grandkids and wife, whilst New South Wales was enduring their second major COVID-19 lockdown in June 2021. His wife, District 9685 Governor Elect Mina Howard, suggested he sell these hiking sticks to raise funds for Australian Rotary Health. Since then, Larry has raised close to \$2,000 from his initiative so far.

Larry sources the wood for his hiking sticks from the local fire affected tree branches of the Upper Blue Mountains region. The beautifully crafted sticks are all unique in shape and size, with some even showing markings of fire.

The sticks are painted, stained and lacquered or oiled, before having paracord wrappings applied to them in a variety of styles and colours. Some of the sticks are further enhanced with hand drawn designs burned in by another local Rural Fire Service member, Kate Jane. All the materials, time and expertise in crafting these hiking sticks

are donated, such that 100% of all the proceeds can go to Australian Rotary Health.

Alongside his fundraising efforts supporting mental health research, Larry also volunteers at the NSW Rural Fire Service. As the Brigade Captain, he served the communities that were affected by the Black Summer fires in 2019-20. The recovery from those devastating bushfires on top of the stresses from the COVID-19 pandemic, mental health could not hold a higher importance in communities across Australia.

A highlight for Larry whilst undergoing this initiative, was and still is its therapeutic quality.

"From debarking the sticks to designing them, I find it very enjoyable," Larry said. "Each stick has its own unique value and beauty to them."

Larry encourages the community to be active and give back to the community, either that be contributing to local fundraising initiatives or volunteering. If you want to support his initiative or even request a customised hiking stick, you can contact him via his email, larryhoward0704@gmail.com. **ARH**