

CLUB BUZZ

Rotary Round UP

16th February 2023

Rotary Club of Brookvale



YOU & YOUR BUSINESS CAN HELP YOUR COMMUNITY

Have your business or employees sell **B2B** raffle tickets that aid our community groups.

80% of tickets sales, go to a community group or charity of your choice **OR** buy tickets to **WIN 5 nights** at the **Seaview Hotel**, Norfolk Island, includes airfares and a car hire.

Contact Christine on 0418 201 228 or email brookvalebd@bigpond.com

**AUSTRALIA'S
most beautiful
FUN RUN!**

SUNDAY 27 AUGUST 2023
13km - 6km - 3km
Dee Why Beach to Newport Beach

27 AUGUST 2023!
Register for Australia's most beautiful charity fun run – sign up today!

The banner features three photographs of runners. The top left photo shows a group of runners in pink and blue gear. The top right photo shows a large group of runners on a path. The bottom right photo shows a group of runners in various colored gear. The text is in blue and red, with a white background for the main text area.

This book contains many of Irene's recipes, used in both hospitality and Rotary fundraising events.
We have also included recipes from many of Irene's Rotary friends.
The funds raised will go towards Mountains Rotary Clubs and
Link Wentworth Housing homelessness projects.



\$40.00

Plus
\$10.00
postage
if
applicable



Bank details for payment
BSB 633000
A/C 114261976
or phone
Bill Pixton 0418113643 Jenny Hartnett 0414516827

Rotary
Upper Blue Mountains Sunrise



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point of view.
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The Rotary Club of Springwood Inc

DCaf

Dementia Support Group

The DCaf social café is an opportunity for people living with dementia, their home carers and family to meet friends and create a supportive community network.

DCaf is a place to socialise and share your experiences with others who understand.

We also share information on resources available in the community that can assist those living with or effected by dementia, while having a bit of fun.

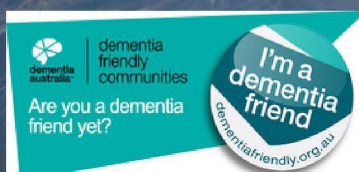
**Second and Fourth Tuesday of each month
at The Orient Hotel Springwood from 10:30am**

**For more information or to book please email or call
Dr Geoffrey Glassock glassock@bigpond.net.au 0408 436 676
Or Valda Bray 0414 974 686**

Proudly Supported by

Rotary Club of Springwood Inc

National Dementia Helpline 1800 100 500 <https://www.dementiafriendly.org.au/>



Rotary
Clubs of



Ku-ring-gai
St Ives
Turramurra
Wahroonga

VOLUNTEER STREET MARSHALS URGENTLY WANTED!

St Ives SUNDAY 27 MARCH 2023

Can you spare a couple of hours?

Contact John at jkwsydney@bigpond.com



Rotary
Clubs of



Ku-ring-gai
St Ives
Turramurra
Wahroonga

Lifeline Saving
Lives
Crisis Support. Suicide Prevention.

Can you volunteer a couple of hours Sunday morning 27 March 2023?

Bobbin Head Cycle Classic, better known as Bobbo, is fast approaching and we **NEED YOUR HELP** for a couple of hours on Sunday morning 27 MARCH 2023. Rotary Club of St Ives needs 100 volunteer street marshals to help us manage the event through the streets of St Ives. Can you help us? It's a fabulous event and a lot of fun! For a couple of hours of your time on a lovely Sunday morning you will help this event raise almost \$200,000 for Lifeline and other local charities. Join our team for the morning!

Contact John Waterhouse if you are able to volunteer: jkwsydney@bigpond.com

Rotary Club of Brisbane Water



Enjoy a selection of sweet and savoury high tea treats at Hatter's Tea House Ettalong Beach.

**Saturday
18th February
1.30pm to 4.00pm
Cost: \$55**

Dietary needs can be accommodated.
Bookings through Eventbrite
<https://www.eventbrite.com/e/499333288307>
Enquiries: Monica
0410 722 045

Rotary Brisbane Water Presents

High Tea for a Cause

All profits will go to Woy Woy Little Theatre's youth engagement program.

Rotary
Brisbane Water

For a larger image please click on the image above



Book HERE

Rotary Club of Dee Why Warringah

Comedy for a Cause

Saturday 1st of April 2023

Doors: 7pm / Show: 8pm / 18+

Featuring comedians from Sydney & Melbourne International Comedy Festivals



BOOK NOW! \$40

comedyforacause.net/DWR

Manly Warringah Rugby Leagues Club
563 Pittwater Rd, Brookvale

Presented by: Rotary Club of Dee Why Warringah

In Support of: Women & Children First



For a larger image click on the image above

Rotary Clubs on Northern Beaches (early notice)

SAVE THE DATE 17 MAY 2023



Rotary

Former iron man, Guy Leech will speak about the difference of life & death and the importance of defibrillators.

Brought to you by the **Rotary Clubs** on the Northern Beaches. Details to follow.



OPENING NIGHT FUNDRAISER



THE TELEGRAPH



THE GUARDIAN



DAILY MAIL

"BILL NIGHY PUTS IN
A CAREER-BEST PERFORMANCE"
TIME OUT

LIVING



IT'S NEVER TOO LATE
TO START



THUR 2ND MAR FROM 6:30 PM
\$25 INC CHIPS & CHOCOLATES

BUY TICKETS AT WWW.AVOCATHEATRE.COM.AU

FOR ANY QUESTIONS CONTACT MONICA ON 0418 969 598

Rotary
Club of Erina



ALL PROCEEDS TO GO TO
THE SCHOOL OF ST JUDE, TANZANIA
CRADLE OF LOVE BABY HOME, TANZANIA
MAHBOBA'S PROMISE AFGHANISTAN

JOIN US!



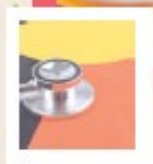
HIGH TEA

AUSTRALIAN ROTARY HEALTH

Rotary
Districts of Australia



Rotary
Club of Lower Blue Mountains



Cost: \$39.00 p.p

Payable to: Via online Trybooking

RSVP: 13th February 2022

Payment link:

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

Enquiries:

Jan Winterburn - 0438 010 342

Club Australian Rotary Health chair

RAFFLE,
LUCKY DOOR
PRIZES 
& MORE

19TH FEBRUARY 2 PM - 4PM

—
JOIN US AT
KATOOMBA RSL
86 LURLINE ST, KATOOMBA

FUNDRAISING FOR ROTARY INDIGENOUS HEALTH SCHOLARSHIP



**MENTAL HEALTH
FIRST AID®**
Australia

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: info@believesupportconnect.org

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.

DATES 2nd and 9th March 2023

TIMES 8.30am to 4.00pm

COST Free

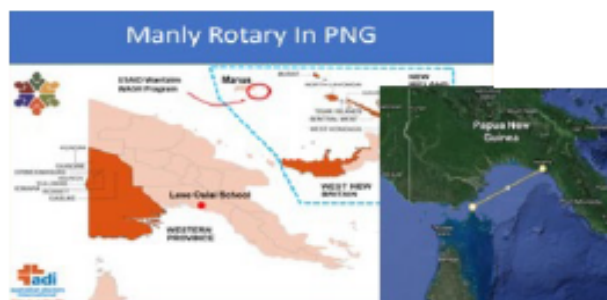
VENUE Richmond Club
6 East Market St
Richmond NSW

FACILITATOR/S

Ian Scott
Michele Ellery



LESE OALAI SCHOOL PNG – SANITATION PROJECT



- The mainland of PNG is only 6km from the Australian Border.
- The PNG Gulf Province and Lese Oalai are just 320km from the Australian border.
- The school services a large area and has just 13 teachers to almost 1000 students
- Teaching and Learning conditions at Lese Oalai Primary School are currently appalling.
- Parents, Teachers and Students are desperate to replace old, overcrowded and severely weather and flood damaged classrooms.
- Textbooks, Stationary Supplies and Solar Buddy lights are already being collected and sent to Lese Oalai
- **Replacing the School toilets is our priority as poor toilets affect student health and school attendance**



- Every 3 months parents of the students at Lese Oalai must empty the old school toilets.
- There is a solution to this unsanitary and high health risk activity- installation of composting toilets will have a huge impact on everyday school life for these children

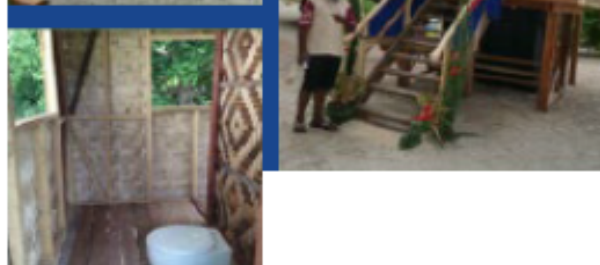
- This is something the **Rotary Club of Manly** already has experience through its association with Wantaim PNG, based in Manus Province where 9 Clivus Multrum (composting) toilets have been installed.
- The composting units are ideal for coastal areas with a shallow water table.
- They do not require cleaning, they use local product and skills in their manufacture, they are hygienic and provide compost for gardens.

Objective

- To replace existing inadequate pit toilets at Lese Oalai School in the Gulf Province of Papua New Guinea with composting toilets, and to support the school in providing basic hygiene training for students, and particularly girls. The school population is currently around 950 students and initially the plan is to provide 10 girls, 10 boys and 1 staff/disabled toilets. This project will ameliorate the immediate needs of the school population. It will improve health outcomes for students through improved sanitation and we will monitor performance and outcomes.



Communities working together



From the:

NEWSLETTER

Rotary 
Club of Dee Why Warringah



International Women's Day

Norwest Sunrise
Rotary



Invitation to International Women's Day Breakfast

THIS YEAR'S THEME: 'Embrace Equity'

The Rotary Club of Norwest Sunrise is proud to host this **special event** to inspire members of our local community to more fully understand and implement the concept of women's equity.

WHERE: Maurice's Café, The Hills Shire Council Chambers,
3 Columbia Court, Baulkham Hills

WHEN: Breakfast from 7.00 am Friday 3rd March

Speakers commence at 7.30; concludes by 8.40.

COST: \$30 including breakfast and tea/coffee

Our keynote speakers are:

- **Julie Charlton**. Founder, CEO and Head Coach JC2 Athletics, Youth advocate, disability advocate, 2022 NSW Young Woman of the Year Finalist.
- **Rosemary Kariuki**, former Australian of the Year, a police multicultural community liaison officer who specialises in helping migrants who are facing domestic violence, language barriers and financial distress.
- **June Young** Rotarian, Order of Australia, NSW Premier's Volunteers Award for her 40 years of community service.

Those attending will leave this event having been **inspired** by three
outstanding keynote speakers.



RSVP by 2 March. To book your tickets securely, go to
<https://www.trybooking.com/CFUBI> or use the QR Code (credit card or PayPal options) or call Robert on 0425 233 783.