

Rotary International President Holger Knaack's theme for 2020-21,

***Rotary Opens Opportunities,***

asks Rotarians to create opportunities that strengthen their leadership,

help put service ideas into action and improve the lives of those in need.

**Future Events**

8 June - Bee Keeping - Hamish Ta-me

15 June - Science & Engineering Challenge Wrap Up

22 June - First Responders - Alternate venue - Watch this space

**29 June - Changeover - Book your table now** -\$50pp which includes welcome drink and nibbles, 2 course alternate drop and 80<sup>th</sup> anniversary birthday cake. A bar will be in operation. RSVP by 18<sup>th</sup> June

**Please Note: Apologise by Friday noon, attendance is the default position.**

**Meeting Notes - June 1 2021**

**Venue:** Kazcare / Your Angel, 15-17 Kirkham Road, Bowral

**Journalist:** Denise Coad

**Welcome: President Rod Aistrope:**

Thanked Mel and Lisa for hosting us at their Community Cooking School. They had both presented to Members of our Club previously.

**Members:**

Des Rudolph  
Brian Ritson  
Leigh Robinson  
Rod Aistrope  
Rose Conley  
Rosemary Kelly  
Mike Dealtry  
Denise Coad  
Ian Langford  
David Rees

David McCosh  
Robbie Allan  
Gwenda Webb  
Will Eddowes  
Lynton Kettle  
Robert de Jongh  
Louie Liberale

**Partners:**

Eric Conley  
Robyn Liberale

One of the volunteers in the Kitchen was our Carolina Torregrosa who volunteers every second Thursday. Another Volunteer was Sarah.

We were all welcomed into the Kitchen with big bowls of Bread and Butter on all tables. Mel gave us an introduction into the history of Your Angel, which is a small Charity, set up by the Kazacos Family in 2006.

Here is the link:

<https://www.yourangel.org.au/about-us/>

The Community Cooking School was set up to support local Southern Highlands Families. The Doors are always open. Peter Kazacos helps with Food costs. It brings People together.

They deliver and develop highly engaging, hands-on Programs, which deliver fun social recreation and important life skills to community groups and individuals. Their goal is to break down social barriers and help improve the circumstance and opportunity for people in need.

The sponsors for the Community Cooking School are all local. Some of the sponsors are:

Grayco

Coles

Oxley Butchers

Highlands Fresh

At Christmas Oxley Butchers provided discounted hams. 126 went out with 77 being donated to case worthy families some of which had never eaten fresh ham.

Lisa said, "Let's eat Dinner" and demonstrated the cooking of our beautiful Dinner. There was a bit of a panic as the Chicken had to be marinated for 48 hours? We then smelt our Dinner cooking in the oven, as it "had been prepared earlier".

Here is the recipe of our Dinner:

#### OTTOLENGI INSPIRED CHICKEN WITH DATES, OLIVES AND CAPERS.

Ingredients:

8 chicken Maryland, skin on (2kg net)

5 garlic cloves, crushed

15g fresh oregano, torn, plus extra for garnish

3 tbsp red wine vinegar

3 tbsp olive oil

100g pitted green olives

60g capers, plus 2 tbsp of their juices

70g pitted and quartered lengthways Medjoul dates

2 bay leaves

120ml dry white wine

1tbsp golden syrup

Salt and black pepper

1. Place the chicken in a large non-reactive bowl and add all of the ingredients, apart from wine and syrup, along with  $\frac{3}{4}$  teaspoon of salt and a good grind of black pepper. Gently mix everything together, cover the bowl and leave in the fridge to marinate for 1 to 2 days.
2. Preheat the oven to 180c
3. Spread out the chicken legs on a large baking tray, along with the marinade ingredients. Whisk together the wine and golden syrup and pour over the chicken. Place in the oven and cook for 50 minutes, basting 3 or 2 times, until the chicken is golden brown on top and cooked through.
4. Remove from the oven, transfer everything to a large platter, sprinkle over some freshly picked oregano and serve with salad and crusty bread.

Lisa then did a wonderful presentation on Nao. It has taken her 4 years to program Nao the Robot.



NAO is an autonomous, programmable humanoid robot developed by Aldebaran Robotics, a French robotics company headquartered in Paris, which was acquired by SoftBank Group in 2015 and rebranded as SoftBank Robotics. The robot's development began with the launch of Project Nao in 2004.

Nao can play games, dance, tell stories, etc. Your Angel has a program in Bowral Public School. They are also looking at putting the program at Tangara School, Bowral Hospital Outpatients, etc.

The Universal benefits observed across students, during NAO time:

- ◆ High levels of engagement and interaction
- ◆ Improved self-regulation
- ◆ Reduced anxiety, increased calmness
- ◆ Improved confidence and self-esteem
- ◆ Improved responsiveness and co-operation
- ◆ Increased motivation (NAO privilege at school)
- ◆ Willingness to step outside of comfort zone/s
- ◆ Increase in resilience
- ◆ Improved communication and social interactions
- ◆ Behavioral barriers, abandoned/forgotten (when in the room with NAO)
- ◆ Improved relationship/connection between teacher/student
- ◆ Immediate trust in Robot (& Robot facilitator)
- ◆ Objections met in all instances

NAO finished his Program with us doing Tai Chi.

The Presentation by Your Angel on both the Community Cooking School and NAO was wonderful. There was so much interaction by our Members.

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### Pop In - Article from SHN regarding the opening of Pop In



Imagine a place where women and their children can escape, even momentarily, situations of domestic and family violence.

Where they'll be listened to and cared for as a whole person.

Where they'll be given advice and referrals for solutions and safety.

Where the lounges are soft and the voices are gentle.

It sounds like a dream and in most parts of the country, it would be. With most providers stretched to the limit, and constant funding shortfalls, family and domestic violence services struggle to meet even a fraction of the needs.

But now there is somewhere right in the heart of Bowral that ticks all those boxes.

It's called Pop In, and not only is it a step in the right direction for the region, it's a whole new way of addressing the issue.

Designed to be both preventative and restorative, Pop In is a drop in centre and online service that provides a place to be heard, and avenues to take action, all in a cosy cottage environment on Mona Road, Bowral.

There are many aspects that set Pop In apart from similar services, but perhaps the most crucial is that it operates entirely without government funding.

"We decided not to go with government funding as it gave us more control," said chair of the Pop In board and one of the founders, Vicki Kelley.

"It also gave us the ability to advocate for the women, because you can't be taking with one hand and then be critical of the government with the other."

Two years ago, Vicki put her head together with three other residents to start thinking about how to tackle the "significant and neglected problem of domestic violence, abuse and control" in the Southern Highlands, citing research that indicates up to 1,000 women and children are victims of domestic violence and abuse each year in the Wingecarribee Shire.

"We know that this is not limited to physical violence," she said.

"Women who are dealing with emotional, psychological, financial and sexual abuse, as well as other types of behaviour that exert power and control, are welcome at Pop In."

They set out on a six month journey of talking with academics and other experts in the field, determined to pursue an evidence-based model that really worked. Lou's Place - a daytime refuge for women in Potts Point - was the only place they found that operated similarly to their goal, and it became a model for the project.

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### **A message from Courtney Gugusheff -**

I just wanted to write to share some lovely news say a HUGE thank you to this very special group of people on behalf of the Bali Children's Foundation.

Sintya is a student who has been sponsored by Dad and Jenny for some time now. She is currently in her final year of high school and has a dream to study medicine.

Thanks to the kindness of this group, with all of the generous contributions made to the memorial fundraiser following Dad's Irish Wake, Sintya is now set with full sponsorship all the way to the end of her second year of university! How amazing is that?!

Marg, the Founder of BCF just sent me a report detailing everything and she was so excited to share this incredible news.

Thank you so much for your wonderful support, it will really make a huge difference in Sintya's life.

Love,  
Courtney xoxo

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### A message from OzHarvest

Happy Friday to you! Please thank all the club members for their generous donation to support our work in the Southern Highlands (receipt attached).

I loved this recent news piece, honouring our female drivers. They are all legends! <https://www.ozharvest.org/news/international-womens-day-ozharvest/>. And here's a new video link to watch a day in the life of our van drivers. <https://www.youtube.com/watch?v=NtmEdCycz4M&t=1s>

Our national COVID stats, **1/3/2020 – 23/5/2021**, keep telling the story of how intense demand for food relief remains.

- 11,581,552 kgs food diverted from landfill (collected via Food Rescue)
- 42,331,238 meals delivered across all programs (Food Rescue delivered + Hampers + Cooked Meals + Mobile Market)
- 553,787 meals facilitated via Food App
- 811,277 cooked meals created (via OzHarvest kitchens and partnerships)
- 37 "hospo hero" partnerships
- 143,152 hampers created and delivered
- 6 Pop-up hubs feeding communities including international students
- 2 mobile markets delivering into 35 regional locations
- 7 new vans on the road, including those used mobile markets and cook meals programs
- 517 new charities supported across all programs (Food rescue, Hampers, Cooked Meals, Mobile Market)

Finally, we received an update last week from one of our charity partners in Western Sydney. It's very sobering.....

*"We have definitely seen another increase in demand for food since Job Keeper finished. Lots of new faces coming to the food pantry, lots of marriage breakdowns and at least 3-4 people a week breaking down on volunteers shoulders We are giving out over 2,000 hampers a week, packed with OzHarvest food. Also still supplying the school with food for breakfast, lunch and snacks which is needed now more than ever."*

**If any club members would ever like to become regular supporters of our work locally, just go to our NSW link. Select your donation amount and choose the "weekly", "monthly" or "yearly" option. Absolutely no pressure of course. <https://www.ozharvest.org/your-local-ozharvest/southern-highlands/>**

With hope and gratitude,  
Kim

**KIM VANDEN HENGEL**  
Individual & Regular Giving  
OzHarvest

## Science & Engineering Challenge - 2021 - Article from SHN - 1 June 2021

Year 10 students across the region had to put their thinking caps on to build things like hovercrafts, bionic hands and turbines, as part of the Science and Engineering Challenge (SEC) at Mittagong RSL.

Eight schools competed in a series of science and engineering-based challenges yesterday that were designed to test their problem-solving skills, and inspire them to consider STEM subjects for their senior years.

The program also aims to expose students to what careers in science, technology, engineering or mathematics can offer them.

The program was founded by the University of Newcastle in 2000 and is a joint venture with Rotary clubs, local businesses, local governments, universities and communities.

"It's so much more interesting," said Southern Highlands Christian School student Harry Salgeant. "I have always had a passion for physics, but this has made me want to do it more."

Chevalier High School student Sheridan Connelly also reaped the benefits from the day. "It's good to know how much you can do, with the knowledge and stuff you have," she said.

The event was hosted by the Rotary Club of Bowral-Mittagong and the University of Newcastle, with volunteers from the club, Engineers Australia, the Inner Wheel of the Southern Highlands and the Bowral Uniting Church present throughout the day.

University of Newcastle representative, and mechatronics and aerospace engineer student Sean Gilhooly said the day provided students all the disciplines of engineering. "The experience gave students glimpses of what engineering is like," he said. "It's really hard to explain what engineering is like."

Students submitted their approaches to each challenge throughout the day, which were then judged and scored for their design and efficiency.

Students also designed, and constructed load-bearing bridges that were required to handle various weights being run over them without collapsing.

All the schools came together at the end of the day to test the strength of their bridges, which were critiqued by three judges.

Some bridges buckled and snapped, and some eventually caved with the gradual addition of heavier weights.

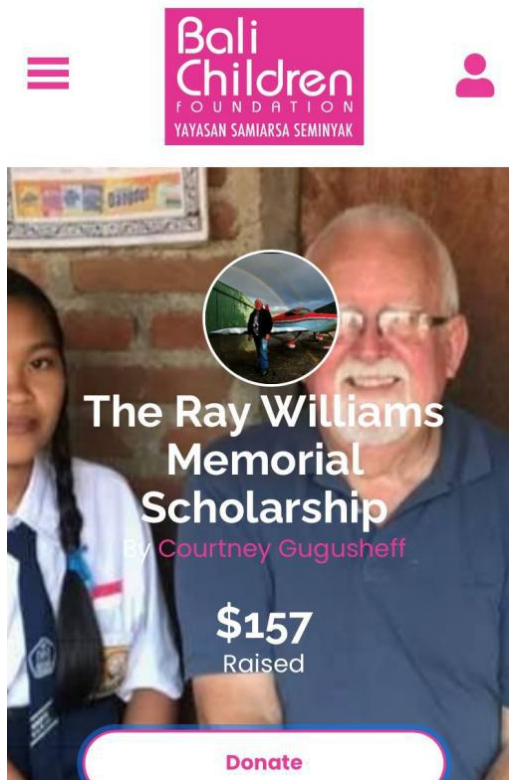
Frensham ranked first at the end of the day, and received \$1000 from the Rotary Club of Bowral-Mittagong for transport to the state competition in Newcastle.

The college was also awarded a trophy and a careers workshop from the Atlassian Foundation.

The Rotary Club of Bowral-Mittagong has brought the event to schools in the Highlands and Tablelands since 2008.



In lieu of flowers please consider making a  
Donation to Bali Children Foundation



The banner features the Bali Children Foundation logo at the top center, which includes a pink square with the text "Bali Children FOUNDATION YAYASAN SAMIARSA SEMINYAK". To the left is a pink hamburger menu icon, and to the right is a pink person icon. The main image shows an older man with glasses and a blue shirt, identified as Ray Williams, standing next to a young girl in a school uniform. A circular inset image shows a person walking on a path. The text "The Ray Williams Memorial Scholarship" is prominently displayed in white, with "By Courtney Gugusheff" in pink below it. The amount "\$157 Raised" is shown in white, and a pink "Donate" button is at the bottom.

<https://fundraise.balichildrenfoundation.org/fundraisers/courtneygugusheff/the-ray-williams-memorial-scholarship>

*Thank you for reading this Bulletin: Journalists and Editor appreciate your interest!*