

# Rotary

## Club of Epping



**16 August  
2021**

### **President's Corner**

#### **Last Monday**

Toni Catton joined us last Monday and talked about the MITO foundation's wonderful work of funding research into this rare but devastating disease, providing information and support to patients and their families. Toni's talk was the more poignant as she describes the harrowing journey her family went through when her young daughter was diagnosed and eventually succumbed to the disease.

Mitochondria is a result of genetic defect in the cells and is particularly hard to diagnose. The quality of data available about the disease is unreliable as many cases are never properly diagnosed.

Their major fundraiser, the Bloody Long Walk is well known to some of our club members, as they have participated in the past and look forward to participating again when the walk can be rescheduled.

#### **Trivia Night**

A huge thank you Ian Bittner for organising and running the Trivia night last Friday. It was relaxing and a lot of fun. Many partners joined us on the night, which was wonderful. Winners were Gail, Alan Baker, Chris and I scored a box of chocolates, which made my week!!

#### **Walkathon**

At our club meeting on Monday, we announced a new initiative, the **Epping Rotary Walkathon!** We see this a wonderful opportunity for us to improve our own fitness and mental health whilst helping others.

Most of us are already walking, just to get out of the house for an hour or two. The idea is to raise money by doing just what we're doing – and maybe pushing ourselves a little! Participating members will declare the number of kilometres they plan to walk over the 4 weeks and request their friends and social contacts to sponsor them.

The money raised will primarily go towards mental health research through Australian Rotary Health and other major Rotary projects such as End Polio and ROMAC. As this is the first time we attempt such a project, we are not sure how what the uptake will be and how much we can raise. We therefore cannot be more exact in our donations.

We are hoping that all members will participate, either as walkers or as sponsors!

Please see more details in the flyer below.

#### **Tolua**

## Lockdown Corner



Ducks in Terrys Creek



### Rotary Changeover

Just a reminder that the Changeover for the Rotary Club of Epping will necessarily be a Zoom meeting and is scheduled for next **Monday 23 August, 2021**.

Zoom details as follows:

Join Zoom Meeting

<https://us02web.zoom.us/j/5526138035?pwd=ZVRMTnRwTEdPYndKUUFkYUVjT2J0QT09>

Meeting ID: 552 613 8035

Passcode: 866069

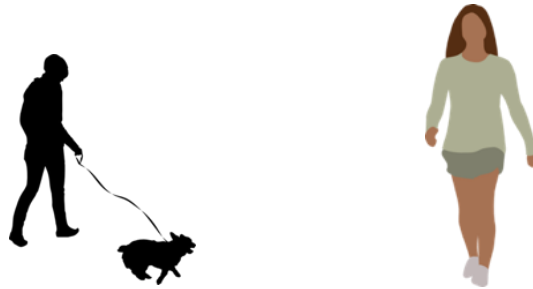
It would be lovely if you could join us.

**Be ready with a drink to toast Australia and Rotary International!**



## Walkathon

**23 August to 20 September**



Epping Rotary Club members are invited to participate in our very own fundraising Walkathon.

All proceeds will go to Australian Rotary Health, which is the largest non-Government organisation supporting Mental Health, and to other Rotary projects.

This is how it works:

- Choose a destination you would like to go to or have been thinking about during lockdown. It may be anywhere you wish. It could be from your home to the Macquarie Centre or Parramatta Park or Kiama or even beyond! Check how many kilometres it will be and decide if this is a distance you can achieve. Your goal is to walk this distance over the 4-week period.
- Invite family and friends to sponsor you. It may be for an amount per kilometre or just a set amount which can be contributed via:

Account Name: Community Trust Account

BSB: 633000

Acct: 145327151

Reference: WALK- walker's last name – sponsor's name

Payments can be made anytime through the Walkathon period. Walkers will be updated weekly on their sponsors and donations (or more often on request). Receipts (which are not tax deductible) can be requested.

- Tally the distance you walk everyday - as you walk around the house or on your daily walk or when you are walking the dog. Keep your sponsors informed of your progress.
- Write a sentence, from time to time, of what you did on the way, to share with your sponsors and other walkers e.g. I stopped to view a site of interest or to visit a friend along the way. This is just for fun!
- Celebrate your success when you reach your destination.

The Walkathon commences on 23 August to 20 September.

***So, get walking, improve your mental health and support mental health initiatives at the same time!***

**Please register your interest with the Club Service Direct, Gail Davis**



## What is Coming Up

Date	Venue	Organisation	Speaker
23rd August	Zoom	Changeover	
30th August	Zoom	Anglicare	Magnus Linder
6th September	Zoom	Shine for Kids	Andrew Keo
13th September	TBA	Social Night ???	
20th September	TBA	Inner Wheel	Robyn Mackey

## Wine Sales Decision

At our recent Board meeting it was decided not to buy more wines this year as a fund raiser. First Creek, our supplier, was asking for \$9 per bottle which made for a skinny profit margin. It's been a successful fundraiser for the past 3 years, earning a net profit around \$15,000. I'd like to thank members for their support in this time. There are two dozen Semi remaining. Contact me if interested.

## Joan Clune Update

I see Joan for around 20 minutes each Friday on my way to MoW. She is amazing and seems to be quite well although very frail and immobile. She needs continual 24 hour per day help and her family, especially Phil, have been fantastic. She sends her best wishes to everyone.

## Bruce

### Updates from DG Lindsay and District team:

- To date, Tania and I have **e-visited 20 clubs** and we're delighted with your positivity and amazed by your achievements across our District.
- Yes, it's a challenge to engage online, but important that we try to assist **all** to meet this way. Once members learn how easy Zoom meetings can be, the surprise bonus is that **every** attendee can contribute to the conversation because we have equal presence on screen.
- Yes, lockdown is inhibiting our fundraising, the ability to hold events and recruit new members. Innovative clubs are actively pursuing **online events**; pet show, trivia competitions and online Fun Runs. The limitation is your imagination and the buzzword is **pivot**.
- Clubs utilising **Facebook** have seen **renewed interest** from prospective members, improved active member's attendance for online club meetings, social activities and overcome the limitations of face-to-face engagement.

**Rotary Leadership Institute course #64** was held last weekend with 15 keen Rotarians, including 2 from D9670. I attended their graduation ceremony on Sunday, and it was easy to tell that all had thoroughly engaged with the learning experience. Thank you to RLI Convener, DGN Christine Owen and her team of experienced instructors for preparing a new group of skilled future Rotary leaders.

**RLI 65** is to be held October 8 – 10 2021, register at: <https://www.rotarydistrict9685.org.au/sitepage/rotary-leadership-institute>

**STV Windeward Bound** R100 Adventure Training Voyage via Sydney has been postponed.

**Rotary Australia World Community Service (RAWCS)** - I attended the Eastern Region (NSW) AGM, Sunday, 15 August. Most on the call were from D9685 which represents our tremendous involvement with 80 humanitarian projects underway across the globe. D9685 RAWCS Chair, Jan Pryor produces an extensive summary of D9685 projects: <http://rawcs.org.au/project-search/>

**Rotary Emergency Service Awards (RESCA)** presented a professional webinar Saturday, August 14 chaired by PDG Sue Hayward 9675. Details of awards to volunteers and employed professionals engaged in seven NSW emergency services organisations at <https://nsw.rescawards.org.au/> RESCA 2022 nominations open **30 March 2022** - I encourage all clubs to conduct a local RESCA event, collaborate in club groups to identify potential finalist candidates. Rotarians are also involved in volunteer rescue organisations and their members are great prospects for Rotary, a boost to my Membership Goal of 2022 by 2022. There are 168 emergency and rescue bases in D9685.

**Police Officer of the Year awards 2021** - nominations close Friday, 27 Aug 2021. For more information click [HERE](#).

#### **Upcoming Events**

D9685 Directory and Calendar <https://www.rotarydistrict9685.org.au/page/district-directory>

We look forward to joining your club's meetings and activities on screen. Try to stay positive, stay safe, find new ways to adapt and reach out if you need me or any of the Team.

DG Lindsay n Tania

**Lindsay May OAM**  
**District Governor 2021-2022**

#### **RIM ARTICLES**

Please send RIM articles to Alan at [alan.baker.om@gmail.com](mailto:alan.baker.om@gmail.com) or [secretary@eppingrotary.org.au](mailto:secretary@eppingrotary.org.au)