

Rotary

Club of Epping



20 September 2021

Co-Presidents' Corner

Our speaker on Monday was Lynette Ison from Inner Wheel Australia. Lynette joined Inner Wheel in 1988 and since then has held several committee positions, including Secretary and President (twice). In 2013-14 she was Chairman of Inner Wheel Australia District A53 and then on to IWA Council Member.

Lynette is currently the Secretary of the Beecroft branch of Inner Wheel and Secretary for the Inner Wheel Australia Conference 2022 in Western Sydney.

Inner Wheel was established by Margaret Golding in 1924 in the US and the first Australian Inner Wheel club was established in Ballarat in 1931. Inner Wheel invites women to become members for true friendship, professional service and to promote international understanding. Since the year 2000 the Inner Wheel have supported Umbilical Cord Blood (UCB) basic and clinical translational research under the auspices of their National Project. Cord Blood research aims to find cures for the treatment of leukaemia, strokes, heart disease and other autoimmune diseases such as Cystic Fibrosis. Cord blood is one of the most valuable tools being used in the research of these diseases.

Lynette expressed interest in working with Rotary Clubs in the area on joint projects.

Toula 7 Narelle

What is Coming Up

Date	Venue	Organisation	Speaker
27 th September	Zoom	Destiny Rescue	Rachel Dunwell
4 th October		Holiday	
11 th October	Zoom	DG visit	Lindsay May
18 th October	Zoom	Shelterbox	Johanna Johns
25 th October	Zoom	The Men's table	David Pointon/Michael Lofaro

Walkathon Final Update

The Walkathon project was conceived during lockdown. It was a way to help members of the club improve their own mental health through walking, one of the few activities we could realistically do when we were allowed out of our homes for only one hour a day. It was also a way to raise funds for mental health research and other Rotary projects.

It was the first time this type of project was attempted by our club. We did not know how we would fare.

The timeline was set to four weeks, August 23 to September 20, 2021. Participating members determined the number of kilometres they would walk before asking their friends and acquaintances for sponsorship.

Diaries of the imaginary voyages were written and shared with sponsors and other club members. It encouraged others to also share other walks around Sydney. The tone was set. It was creative, it was entertaining, and it was fun.

Six members participated in the Walkathon: Narelle Barker, Monica Saville, Gail Davis, Deretta Andrew, Sharyn Hubert and Toula Serna. Other club members sponsored participants or donated directly to the Walkathon funds.



Walking in tunnel under the M2

We raised a total of \$6,277 in four weeks!

The funds will be distributed as follows:

Australian Rotary Health	\$3,777
Polio Plus	\$1,500
ROMAC	\$1,000

Many thanks to all the participants who did an amazing job at raising spirits, increasing fitness, and keeping club members entertained and engaged in difficult times.

Special thanks to Gail Davis, our Club Service Director for organising and coordinating the project.

The Walkathon was certainly a great success on all fronts.

Toula & Narelle

Food Delivery

You couldn't help but be moved by the plight of some people in our community as a group of Epping Rotarians distributed food hampers and vouchers to a social housing complex in Ryde on Wednesday 22 September.

A special thanks to Wal Dover who drove the bus from and to CCA. Rotarians Peter Garrard, Toula Serna, John Fenessy, and Anne Robinson assisted CCA with the food distribution.

We were met by people who were relieved to receive their next meal. "How did you know I was hungry?", asked one man.

They varied in age and outlook. Some kept their homes immaculately clean and tidy; others were reluctant to engage. One kindly gentleman wanted to chat and tell us about the garden beds he tends.

It was truly humbling.

Toula



First Bushwalk After Lockdown



Thursday 23 September 2021 marks the day Trevor's group resumed their bushwalking after 13 weeks of lockdown. The seven of us started at the North Epping Bowling Club and walked down to Whale Rock and then along the main fire trail to the picnic table at Browns Water Hole.

The rules were clear, and well understood. We had to be double vaccinated, we had to walk in groups of no more than five, we had to be over 16....

But for all the rules and regulations, it was just wonderful to walk with friends on a beautiful day.

Blue Mountains Trip

With a compliant Covid, this weekend will be on in late November. Previously 16 members and 27 including spouses expressed interest. Most have re expressed interest.

We should have a tentative booking tomorrow (Friday) at Nesuto at Leura. Hopefully the cost is around \$160 per night, and evening meals around \$45-\$55. Will confirm costs next Rim.

If there are members who previously couldn't attend but now can please contact me ASAP.

Bruce

Miracle of Kabul

10 Afghan orphans have escaped to Australia due to great humanitarian work by Mahboba's Promise lead by Mahboba's Rawi.

Toula has done numerous hours behind the scenes to help make this happen. Congratulations and thanks Mahboba's and Toula.

Bruce

The following report was page 1 of today's Telegraph with two more pages of reports on pages 4 and 5



Mito - Bloody Long 35 km Walk - November 14

Entries aren't officially opened yet due to COVID uncertainty but expressions of interest (EOI) are. The walk from Malabar to The Rocks is 35 km and is on November 14. A number of us did the walk last year; it's spectacular.

If interested I suggest you enter your EOI (no payment until walk is confirmed) ASAP. I have.

Google Mito Bloody Long Walk, East Sydney. Easy to navigate (I did it).

Your EOI puts you at front of list for entry later as COVID may lead to number restrictions as per 2020. More details in following RIMs.

Bruce

RIM ARTICLES

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