

RIM

The Bulletin of the Rotary Club of Epping Inc.

www.eppingrotary.org.au



Rotary Opens Opportunities

22 February 2021

Toula's Corner

Last Monday Professor Hosen Kiat delivered to the club a stimulating presentation about risk factors affecting Heart Health. His talk was engaging and involved the members. The session lasted well over an hour, exceeding the time allotted and the professor kindly and patiently answered all the questions raised. It was highly educational, instructive, and hugely informative. I personally learned a great deal and really enjoyed the evening.

Thank you, Professor!



What's coming up



Rotary Club of Epping		
Monday Night Program 2020-2021		
Date	Venue	Speaker
Monday, 1 March 2021	Hotel, Epping	AGM Lesley Bradshaw, COVID Vaccination
Sunday, 7 March 2021		CLEANUP AUSTRALIA DAY
Monday, 8 March 2021	Hotel, Epping	Senior Constables Julie Lewis and Shane Carne, Crime Prevention Officers at the Ryde Police Area Command
Saturday, 13 March 2021	Online	DISTRICT CONFERENCE
Sunday, 14 March 2021	Online	DISTRICT CONFERENCE
Monday, 15 March 2021	Club, Epping	Pride of Workmanship

Next Monday

COVID 19 Vaccine

With the greatest immunisation program in Australia and the world being rolled out, it is timely to ask the questions such as 'what is a vaccine', 'how does it affect my body', 'what is efficacy' 'what is herd immunity' and 'why it is important to vaccinate'.

On Monday we look forward to hearing from Dr. Lesley Bradshaw who has taken upon herself to research the topic of the COVID-19 vaccine and present it in a layman's terms to help us navigate difficult decisions. After her presentation, you will have the opportunity to ask questions.

Join us at the pub 6:00 for 6:30 start

Announcement – Good News

When we meet at the pub, you no longer have to carry your drinks down the stairs. The bar in our meeting area will be open from 6:00 to 6:30.

Upcoming Events and Some News from Bruce

Special Coming Events

The following are special events which will be held at The Epping Club.

March 15. Pride of Workmanship. Alex will forward details.

April 12. Celebrating Di Walker.

Di the only member who has been associated with our Club since it chartered in 1962. Both her father and late husband have been Presidents.

See me if wanting to help organise this special night.

May 17. Ikebukuro Celebration of 50 Years.

This is a unique achievement and honour. Graham Stephens, Narelle and myself have begun organisation but others are most welcome to join us. Please see me.

Congratulations and Thanks to Toula and Narelle

As an AG I've seen joint Presidents work very successfully and I have no doubts this will work very successfully. The Club is in excellent hands.

Wine Update

Getting close to completing sales of our 77 dozen so contact me ASAP if wanting some of the remaining wines.

We have 6 bottles of SSB, 15 bottles of Rose, 7 dozen Shiraz and 5 dozen Semillon.

Bruce

Continuing Help Needed for CCA

Epping Rotary Makes a Difference

The sad reality is that the suffering of people in need is not extinguished by our Club's very generous response to the CCA Christmas Hamper Appeal. Christmas or New Year. Nor is it confined to places outside Epping/Eastwood.

Rotarians are people who at some time or another, have all asked how we can influence the world in a positive way. We would not have joined an organisation such as Rotary if this were not the case. So how about this for a Late New Year's Resolution or Challenge:

For the next four weeks, every time you go shopping for groceries, add one extra item (non-perishable) to your basket. Put it to one side when you get home and when you have enough to fill a shopping bag, take it down to Eastwood CCA. Or you can give it to me at Rotary if you are unable to deliver it yourself.

Trevor McAlister (coordinator)

Rotary walks - Trevor's Passion

Rotary Walkers Still Walking

So why not join us? Yes, some of us have trodden these paths before. Many times. But what better way is there of keeping fit while enjoying the great Aussie outdoors? Come along and meet your fellow Rotarians. Share some laughter and finish it off with a cool drink or cappuccino at the North Epping Village. For those who prefer their cold drinks and cappuccinos without the walk, come join us in the village at 9.45 – 10am.

We meet at North Epping Bowling Club every Thursday morning at 8.00am.

A Hidden Sydney Walk Rotary

All Epping Rotary Club Members and their families and friends are invited to join me as we walk through a couple of Sydney's lesser-known suburbs: Chippendale and Surry Hills. Along the way we will catch a glimpse of what is left of empires of Kate Leigh and Tilly Devine. We look at buildings of notoriety such as Darlinghurst Police Station, the Court House and the Gaol and hear some of the stories of how they came to be that way. We will see some of Sydney's remaining townhouse mews, the first (underground) public urinal and some hidden streets which are simply delightful. We will stop for lunch at the farmers' market in the Fitzroy Gardens (Macleay Street). Kings Cross Station is 10 minutes easy stroll from there. Bring sandwiches or you can buy from the market or nearby shops.

WHEN: Saturday, 20th March

MEETING ARRANGEMENTS: Meet outside the information kiosk in front of platforms 5-6 on Central Station at 9.15am. The walk will go ahead irrespective of the weather.

FOR FURTHER INFORMATION: Contact Trevor McAlister. Please text 0449 126 896 or Email temcalister@optusnet.com.au



Trevor

A Rotary Weekend in The Blue Mountains

The response to the proposal for a Rotarians' weekend away in the Blue Mountains has been enthusiastic to say the least. As a result, I have booked 18 beds or 9 rooms (all twins) at the Redleaf Resort at Blackheath at \$165. However please note that the date has been changed from the one given at our last meeting. It is now Saturday, 3rd and Sunday 4th July.

The program is not inflexible but here is a plan:

Saturday 3rd July.

Drive to Lapstone (50 minutes from Epping).

Walk the 1891 railway to the tunnel entrance. Walk the spurline of 1910 and explore the 1867 Zig Zag with its spectacular Viaduct. See the personal railway station of MP Lucasville. Lunch in Glenbrook Park or local cafe. This walk has many alternatives and is suitable for people of all levels of fitness. Since we are following the railway cuttings, the grade is near enough to flat. Walking time: morning 40 minutes return, afternoon 60 minutes return. There are harder extensions for those who wish.

Drive to Blackheath. (50 minutes between Glenbrook and Blackheath)

Dinner at a restaurant to be selected.

Overnight Redleaf Resort Blackheath.

Sunday 4th July.

Breakfast in Blackheath

Drive to Leura exit and turn left (north). Drive along the Mount Hay Road for 8km to Fortress Ridge Fire Trail. Walk 60 minutes return to magnificent views overlooking Govett Gorge. This is a rarely visited viewpoint and one of the most spectacular in the Blue Mountains. The walk is on fire trails and does include one short uphill section of no greater difficulty than the Step Track in Lane Cove National Park. Many will know of the Step Track. There is the option of a harder extension (2 – 3 hours return) to nearby Lockley Pylon which follows a bush track as opposed to a fire trail. This offers a more extensive view and is just wonderful on a fine day.

Lunch in Leura or Wentworth Falls.

Return home.

The two walks described above are chosen for their historical interest and beauty. They are not generally well known and there are no creek crossings or muddy sections. They are short with optional harder extensions for those who wish.

There will be ample time for people to do their own thing and explore the region. There are many fine Antique Shops, Bookshops, Cafes and Galleries in the area for those who don't want to walk or as an option should the weather turn nasty. Shorter walks such as those originating from the bottom of the Scenic Railway to Katoomba Falls (20 minutes ret.) or the pavement walk from the Three Sisters around the top of the escarpment towards Leura Falls (60 minutes max) are available.

I will start accepting bookings on a first come, first served basis and we will see how it works out. Final numbers are required by 19th June and non-refundable payment is required by 26th June.

For further details, please text or phone me on 0449 126 896 or
Email temcalister@optusnet.com.au

Trevor

A Message from our District Governor, David Clark

Dear Rotarians and friends,

I am asking you to **PLEASE register** for the District 9685 Conference 2021.

Why you ask? Do I need to register because I'm going to a club showing, or to someone's house to view the event?

Well, the reason is simple. The District Conference is a mandatory part of the District Governors responsibilities and we have to give a report to RI on the success of the event. It is costing a large amount of money for us to put this very professional event on for you all to view, and it will be sent out to every Rotarian in the District **FREE** of charge, (whether you register or not), but it would be nice to know just how many people intend to view the program either on the day or later. We also need to ensure that we have a guide to numbers to ensure that there is enough capacity in the broadcasts for both days so that all can view the broadcasts.

The only way we can do that is by registrations. For example, we won't know if 20 people show up at an RSL Club to watch it on the day. All registrants will receive the Conference links, a copy of the full program and a name tag which can be used for group events. See below for more information and the Registration link. **So please register today.**

Our virtual Annual Conference 2021 is being held on Saturday, 13th March - Keynote speakers and top 10 Club videos, and Sunday, 14th March - House of Friendship and all of the Club videos.



[CONFERENCE PROGRAM](#) (for Saturday. More details to follow)

[CONFERENCE WEBSITE](#)

[REGISTER HERE](#)

Clean-Up Australia Day



Epping Rotary is back in business for Clean-Up Australia Day on Sunday March 7th.

We have registered our usual site on Terrys Creek and nominated a fairly relaxed two hours of Clean-Up from 9.30 am until 11.30 when we will stop for refreshments and storytelling.

Ian Bittner and Robert Tosswill will be the organisers this year. Please put this activity on your

Calendars. Further information will be provided at our Monday night meetings.

**** STOP PRESS ****

A delicious sausage sandwich (or roll) and liquid refreshments will be provided after 11.30



Happy Birthday Rotary!



On Tuesday 23 February, Rotary celebrated its 116th Anniversary!

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

NORTH RYDE ROTARY

VIRTUAL TRIVIA NIGHT

GREAT MYSTERY PRIZES UP FOR GRABS!

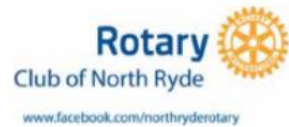
FUNDRAISING FOR ROMAC AND OTHER ROTARY PROJECTS

2021

MARCH 6TH • 7PM
ZOOM MEETING ID:
873 5715 7191

\$20 per person
* Per paid to our NR bank account & notified our club for registration.

Bendigo Bank North Ryde
BSB 633-000 Account Number 126363670
* Please use your surname as an identifier. Please notify our club on northryderotary@gmail.com



**TRIVA NIGHT
USING**

Kahoot! and **ZOOM**

Please Join the Rotary Club of North Ryde
For a fun night& support Rotary Oceania Medical Aid for Children (ROMAC)

Invite your friends & family to create your team and join us on **Saturday 6 March**
From 6.30 for 7:00pm

\$20.00 for each person in your team.

Payment to:

Bendigo Bank BSB 633 000

Acc # 126363670

Acc name: The Rotary Club of North Ryde

Please use **your name and Trivia** as a reference

Then Register by sending a message to Secretary Pam Wood by **Friday 5 March**
northryderotary@gmail.com or woodmal50@hotmail.com mobile 0400803417

Instruction for how to join and play are as follows:

How to use Kahoot! and Zoom

To Play Trivia on the Night

You will need:

1. One **device** for displaying Zoom and seeing the questions & scores
 - a. PC, Laptop, iPad or Smart TV
2. One **Smart Phone** per team
 - a. iPhone or Android

See the Trivia questions on Zoom and Click the Answers n Kahoot!

Step One | Kahoot

Download **Kahoot** onto your smartphone at www.kahoot.it It's free and you will find this in the App Store on your smartphone or follow the steps to create your account:

- Click Friends & Family and
- Give your team a name!

Step Two | Zoom After you sign up, donate and registered with North Ryde Rotary you will receive an email from our club before the night with a link to a Zoom Meeting with instructions on how to join the game. If you don't already have Zoom on your device, it will automatically download when you click the link.

Step Three | On the Night

- Ensure you have the Kahoot app downloaded, set up and ready to go
- Bring your team together on the night and decide who is going to be your Team Leader. This is the person who will have the smartphone and will input your teams answer to each question into Kahoot
- Set up your Zoom screen so your team can all read the questions
- Wait for the Kahoot code to show on your screen to enter the game

Good Luck & Enjoy! See you on the 6 March 6.30 for 7pm start!

RIM ARTICLES

Please send RIM articles to Alan at alan.baker.om@gmail.com or secretary@eppingrotary.org.au