

Rotary Club of Epping



**24 April
2023**

Quote

"Every day is a gift, that's why it is called the present."

Bruce's Banter

Last Monday. Brian Bailey and the North Epping Men's Shed.

22 of us were fortunate enough to experience an outstanding presentation by President Brian.

Peter elaborates below but Brian outlined the reasons for the establishment of men's sheds, their benefits, problems with their establishment, the future plans for the North Epping Shed.

Brian stated that there are more men's sheds in Australia than McDonalds. Amazing.

There exists potential opportunities for a strong partnership between this men's shed and Epping Rotary. It was great to also have VP Michael Du Plessis, Secretary Shaun Garvey and wife Erica and Treasurer Jong Byun.

Currently they have 32 members and are looking at increasing membership. Women are welcome.



7 Bridges Walk. 7 May

North Ryde are conducting this great event for Youth Mental Health. There is a eRun and a 14 km run across 7 iconic Sydney bridges. I've registered and I'm hoping we can form a team.

See below for more details including registration.

POW. Educational Recognition. 5 June

Please see the link below. Let's support Alex.

CCA Gala Night. 19 May

We have a great relationship with CCA and I'm asking every member to attend this special function. See details below.

Next Week. Tom Sweeney. Entertainment and Musical Director.

Tom is a veteran in the Musical Field and will entertain us with a presentation on this subject which many of us enjoy.

Monica provides more detail below.

Membership.

At our most recent Board meeting, considerable discussion was on membership, especially pertaining to the immediate future. The following 4 points form a summary of our discussion:

- Need for a major project to engage all members.
- Need to attract younger and more diverse members.
- Avenue of Service Directors need to form a team for each service.
- Club needs new blood with energy, enthusiasm and new ideas.

Bruce

Last Monday**Meeting presentation by Brian Bailey
Topic North Epping Men's Shed- NEMS**

Brian gave a very informative presentation on the history of the development of the NEMS.

During the last 5 years since 2018 when the NEMS was formed there had been a significant number of bureaucratic hurdles to overcome. These include: Crown Lands, Hornsby Council, Scouts and more that resulted in numerous delays and endless submissions and requests.

The NEMS committee has been working tirelessly in applying for Grants from state government, Epping Bendigo Banks and others. Overall in excess of \$400,000 has resulted in achieving excellent results. These include: demolition of the old Scouts Hall due to asbestos, leveling the site, concrete pour of 33 sq meters and purchase of the shed structure which is about to be delivered over the next week or two. Amazing progress has been made given the very difficult circumstances including COVID. The next major steps are the internal cutout, electrical installation and setting up the NEMS for use by members.

There are currently 32 members who have been loyal to the NEMS and it is expected this will increase once the building is completed.

Well done to Brian, the management committee and members for this fabulous vision for North Epping and surrounds.

Thank you to Brian and his NEMS committee members for attending our Rotary meeting last Monday.

Peter Garrard

Community Director



Next Monday – Tom Sweeney



“Let’s Put On A Show” a behind the scenes look at how a musical actually gets on the stage

TOM SWEENEY OAM JP A Past President (twice) of the Rotary Club of Crows Nest and a PHF, Tom has been in Rotary since 1999. He has compared at least five District Conferences and District Change Over dinners.

His career as a guest speaker has spanned nearly 35 years giving presentations to Rotary Clubs, Probus and many community and seniors groups.

He joined the then Willoughby Musical Society in 1969 and started directing musicals in 1978. Since then Tom has directed over 40 productions for Willoughby and another 20 for other companies.

He directed the Australian premiere of Zorba, Meet Me in St Louis, Titanic, and The Scarlet Pimpernel and recently directed the NSW premiere of “Strictly Ballroom”.

In 1989, the then 18 year old Hugh Jackman was in his chorus for ‘Paint Your Wagon’. Hugh doesn’t remember this but Tom does!

Now past President of Willoughby Theatre Company (2004), Tom and his wife Joy, also an accomplished director and costume designer, spend most of their leisure time involved with the theatre.

Monica

Club Calendar

| Date | Speaker/Topic Mondays | Venue |
|-------------|---|------------------------|
| 1 May | Tom Sweeney. Entertainment/ Musical Director. | Epping Club |
| 8 May | Breakfast meeting at Darcy Street. | Boronia Grove |
| 15 May | DIGIT | Epping Club |
| 29 May | Joint Ikebukuro Meeting | Epping Club |
| 5 June | Pride of Workmanship | Epping Club |
| 19 June | A preview of 2023/4 - PP Ian Bittner | Epping Club |
| 26 June | Changeover | Epping Club |
| Date | Other Events | Venue |
| 30 April | Beecroft Youth Awards | Beecroft Community Ctr |
| 19 May | CCA Gala Dinner | Ryde/Eastwood Leagues |
| 27 May | Rotary International Conference | Melbourne |
| 3-4 June | MUNA | |
| 16-18 June | RYPEN | |
| 15 March 24 | District Conference | Terrigal |

ANZAC Day service Epping

Bruce and Ian laying a wreath, on behalf of the Rotary Club of Epping, at the Dawn Service at Forest Park, on ANZAC Day.



CCA Gala Dinner

Dear members and friends

As you know CCA is holding a Gala Fundraising event on Friday 19 May.
The contribution of each member is most appreciated.

You can help in 3 ways:

1. Organise a table of up to 10 people to attend. If 10 is too many any number you can organise is great.
2. Sell as many raffle tickets as you can over the next 3 weeks. This is a great way to support the event.
3. If you can't attend on the night make a donation to CCA. Bank details can be sent to you or you can donate directly to Heather Pinto or myself on Monday nights. As the dinner costs \$85 this could be a guide to your donation. However whatever you donate will be most welcome.

Please contact Heather Pinto, Toulia Serna or myself for any further details or assistance.

Thanks for your support.

Peter Garrard

You can book by clicking here <https://www.trybooking.com/CHEXJ>

Also see attached below.



CCA^{NSW}
INVITES YOU TO A
GALA DINNER

*Empowering Our Children
to THRIVE*

May 19, 2023 at 6 - 9:30PM
Ryde Eastwood Leagues Club
117 Ryedale Road, West Ryde
Dress code: Smart Casual

★ Emcee: **Lily Serna**, TV Host - Letters & Numbers
★ Canapes and Drinks ★ 3 Course Meal
★ Live Entertainment ★ Lucky Door Prizes

\$85 PER PERSON

TO RSVP:
Scan QR code or
visit <https://www.trybooking.com/CHEXJ>



Rotary Has You Covered!

When Narelle Barker broke her arm at our Clean Up Australia event at Terry's Creek in March, most of her medical expenses were covered by her own health insurance. Fortunately Rotary Insurance is covering any gap expenses so that she won't be out of pocket even for all the physiotherapy that is on-going.

All our Rotarians, their partners and volunteers are covered by the Rotary National Insurance Program when they are involved in officially constituted Rotary Activities. The cost of this insurance is included in our District dues. Rotary Insurance covers personal accident and travel (eg to projects, training, conferences and conventions), public and products liability and damage to property such as our BBQ and Epping Rotary marquee/ shade cover.

For further information before you travel and to make a claim, contact the District Insurance Officer, George Condell, from Crows Nest Rotary Club Mob: 0413 090 953 email: georgec@sterlinginsurance.com.au. The District website also has more information <https://rotarydistrict9685.org.au/sitepage/club-services-administration-insurance>

Over the years I have been very grateful for the excellent insurance cover that Rotary provided for my many trips overseas and within Australia to attend Rotary meetings, conferences and conventions.

Monica Saville

Beecroft Youth Awards, Sunday 30 April 2023



I am writing in my role as Youth Director at the Rotary Club of Beecroft to invite you and your Rotary Club members to the [Beecroft Youth Awards](#).

These awards recognise students in Years 11-12 who pursue their passion while making a difference in the community. [Nominations are open now](#).

The awards will celebrate achievement across 9 categories

- Volunteer of the Year
- Entrepreneur of the Year
- Employee of the Year
- Sportsperson of the Year
- Journalist of the Year
- Performing Artist of the Year
- Young Person in STEM of the Year
- Environmentalist of the Year
- Designer of the Year

We will present the awards at a community afternoon tea with 100+ local students, families, supporters and Rotary members, and we would be delighted if you can join us:

Beecroft Youth Awards

When: Sunday 30 April 2023

Time: 12:30-2:30pm

Where: Beecroft Community Centre, 111 Beecroft Rd, Beecroft

[Register here](#) - \$20 per adult, free for students & children

Thank you for your support for Beecroft youth. We hope to see you at the awards!

Kind regards
Daniel Dummer
Youth Director
Rotary Club of Beecroft
M: 0448 423 591

Salvation Army Trivia Night

As part of their Red Shield Appeal in May, the Ryde Zone of the Salvation Army will be holding a Trivia Night on **Friday 12 May**, 7pm at the North Ryde School of Arts Community Centre, 201 Coxs Rd North Ryde. Last year, Epping Rotary had a table as did many other local Rotary Clubs including Eastwood-Gladesville, Ryde, Macquarie Park and North Ryde. It would be great to have an Epping Rotary table again this year.

The cost is \$25/person. Having attended last year, I can honestly say it was one of the most enjoyable Trivia nights I've ever attended. It was a lot of fun! Family and friends are welcome! All proceeds go to a very worthy cause.

Please email me if you are interested in being part of a table - nbar1603@gmail.com



Australian Rotary Health - Update



CHAIRMAN'S REPORT

PDG Kevin Shadbolt

IT was a memorable moment when Anne and I saw our grandson for the first time. He was a beautiful baby, dark eyes, curly black hair and a lovely olive complexion. He was the first and would always hold a special place in our hearts.

As time went on, he developed an irregular sleep pattern. This caused much disruption for his parents and being medical doctors, they were aware of the potential problems that could arise. It is well known that infants require 8 hours sleep per night and between 2-5 hours during the day, our grandson was getting nowhere near that amount. Regular sleep is required for brain and physical development and sleep deprivation can lead to many problems including mental health issues.

In recent years Australian Rotary Health has focused its research on the mental health problems of those under the age of 25. The Board recently decided that from 2023 mental health research would be focused on the 0-12 year olds. This change was prompted by the fact that 50% of adults experiencing mental illness had shown symptoms by age 14.

ARH was advised that by intervening at this young age it may be possible to significantly reduce the incidence of mental illness in this country. Further support was given by statements from WA Auditor General and the NSW Mental Health Commissioner when they both suggested that those working in the mental health space should concentrate on the 0-12 year olds. Exactly what ARH had decided to do.

A very successful ARH National Symposium was held in August 2022 bringing together 25 of the leading researchers from around Australia to discuss the new research focus, to present their thoughts and to recommend ways of improving the mental health of the very young. Many positive ideas were presented.

The new Mental Health Grants were advertised to all research centres in Australia and 149 applications were received. The Research Committee comprising 11 leading researchers had the difficult task of assessing all applications. 13 research projects were supported and each will be funded for up to three years.



I would like to thank members of the Research Committee for generously giving their time and expertise to advise ARH on the many mental health research applications received each year. They also assist in research related matters contributing to ARH's high standing in the medical research space.

The 13 applications have been approved by the Board and research will begin this year. Two projects will focus on sleep disorders, taking different approaches to improving sleep patterns and potentially improving the mental health of this young age group.

Fortunately, our grandson's sleeping pattern improved with the help of a suitable training program. Now 15 years later he is a well-adjusted, very pleasant young man, doing well academically as well as on the sporting field. He still enjoys holidays with his grandparents. [ARH](#)

RAWCS Ambassador



RAWCS is proud and delighted to announce that Jessica Mauboy has agreed to be the Ambassador for RAWCS as of March 2023.

"As the Ambassador for RAWCS I am honoured to support the humanitarian aid that Australian Rotarians are delivering in Australia and

Overseas for those that are in need, especially in the areas of indigenous issues and finishing the fight against Malaria” – Jessica Mauboy.

Rotary International District 9685 Changeover

SAT 1 JULY 12 noon

The RYDGES NORWEST 1 Columbia Court, Baulkham Hills, NSW 2153

DG Mina Howard and DGE Christine Owen invite you to join friends and leaders from across the District as we celebrate the service and accomplishments of Rotarians over the past year, and begin to grow Rotary together in 2023-2024.

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|  | DISTRICT 9685 CHANGEOVER SATURDAY, 1ST JULY 2023, 12.00 pm to 4.00 pm |  |
|  |  | |
| RYDGES NORWEST 1 COLUMBIA COURT, BAULKHAM HILLS LET'S CELEBRATE TOGETHER AND HAVE FUN | | |
| \$60 per head Business Attire Register HERE | | |

RIM ARTICLES

Please send RIM articles to Alan at alan.baker.om@gmail.com or rob@tosswill.com

Articles should be submitted by Thursday afternoon

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