

Rotary

Club of Epping



25 October 2021

Co-Presidents' Corner

This week, guest presenters David Pointon and Michael Lofaro, from The Men's Table provided us with a detailed account of this organisation which is a mental health/wellbeing resource for men. Now with 39 Men's Tables across Australia, David and Michael talked about the history, how the 'Tables' are organised, the guidelines everyone is expected to follow, the benefits and also shared their own personal experiences.

Whilst, one can argue that there are several organisations, such as the Men's Sheds, local Bowling Clubs, Golf Clubs and Rotary/Lions Clubs etc that encourage conversation and social interactions for men, it is a case of 'courses for horses' i.e. another option for men to interact and share their feelings, issues, goals etc in a safe and secure group. Not all men wish to be part of a sports group or a handyman group, so this is another alternative.

A great deal of interest was shown by members, judging from the number of questions asked and comments made. At the end of the presentation, David asked that our members share information on The Men's Table with others.

Narelle



The Men's Table

What is The Men's Table?
Groups of 12 men, who meet once a month over dinner, to share the highs and lows of their lives and how they're really feeling in safe and trusted space.

Benefits of participating
Being heard; a trusted peer group; a sense of belonging and community; ability to express and share feelings; friendship and support; men's work

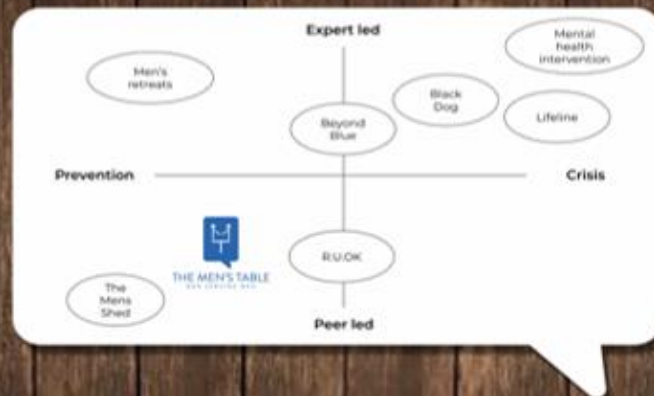
Why men join Tables

- Safe place to share
- A real conversation
- Connection & community
- Contributing to men's work
- A place to connect & belong

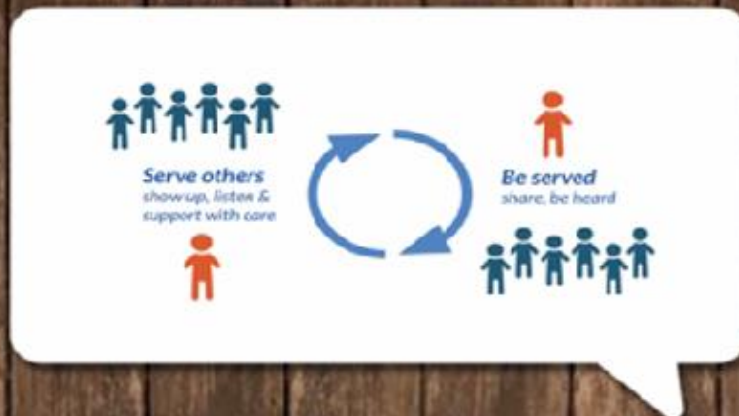
www.themenstable.org

The logo for The Men's Table, featuring a stylized 'M' and 'T' inside a square frame.

Positioning



The generative cycle



All new men are invited to attend an Entree

Fortnightly - online; 7:00 pm - 8:30 pm
In various locations - in-person; 7:00 pm - 9:00 pm

Register via the website

www.themenstable.org

1800 MENS TABLE

Birthdates

The DG has asked that our birthdates be entered into ClubRunner so that statistics can be used by Rotary International. If you are not keen to have your birthdate entered, for security reasons, then you may like to vary the date i.e change the day and month or perhaps the year. It will still be useful if dates are approximate. You can enter the birthdate yourself on ClubRunner but if you are unsure, it can be done for you by Toula, Narelle or Deretta.

What is Coming Up

Date	Venue	Organisation	Speaker
1 st November	Zoom	Rotary Foundation	Monica Saville
8 th November	Zoom	Aust Rotary Health	Bob Kaye Smith
15 th November	Zoom	Fun Night	Truth or Lies
22 November	Zoom	Bendigo Bank Awards	
29 th November	Zoom		Virginia Haussegger
6 December	Zoom	AGM	
13 December		Christmas Party	

Next week

Next Monday night, 1 November, we will return to 'face to face' meetings at the Epping Hotel - the usual 6pm for 6.30pm start. For those members, for various reasons, who are not able to, will still be able to join the meeting via Zoom.

In keeping with NSW Health guidelines, the Epping Hotel will follow the 4m² /person rule and will require all patrons to be double vaccinated, check in with the QR code and use hand sanitiser. Have your mask with you too.

November is Foundation month, so we do hope as many members as possible will come along next week to the Epping Hotel to hear our Foundation Chair, Monica Saville, talk about The Rotary Foundation and how we can support Rotary's very own charity.

The "Magic of The Rotary Foundation"





1. What is the relationship between Rotary International and the Rotary Foundation?
2. How do we make our world a better place through the Rotary Foundation?
3. Does the Rotary Foundation support significant projects in Australia?
4. How did Rotarians support Beirut following their disaster last year?
5. What is the Rotary Foundation's contribution to world Peace?
6. Who creates the "Magic of the Rotary Foundation"?

Come to our meeting at the Epping Hotel or join us on Zoom on Monday night next 1 November 2021 6.00pm for 6.30pm to learn the answers to these and other questions you may have.

I look forward to seeing your happy faces!

Monica Saville
Rotary Foundation Director

Ian Bittner's take on what blokes should discuss at the Men's Table

This is what blokes talk about around the Table!
And nobody gets killed on the film set with these.



Youth Update

Finally our Club can begin re engaging with some of our youth programs including:

NYSF

Unfortunately, our candidate, Sandra He, has had to withdraw due to a clash with a Biology Olympiad at the same time.

If you know of someone else please contact me.

RYPEN

I've made contact with EBHS and Arden to seek two suitable Year 9 students from each school and I hope

to do similar with Cheltenham in coming days.
This will be held on - line next January and is a wonderful program.

RYDA

Arden will receive an incursion from RYDA on November 18. I'll be attending and encourage someone to join me.
I'm hopeful that EBHS and Cheltenham can do the program live next year.

RYLA

Still hopeful that Stephanie Ho can attend this in January.
We should have funds to sponsor another 19-30 year old, so if you know of someone appropriate please contact me.

**Cheers,
Bruce, Youth Director**

Thursday Walk

15 of us spent a lovely 90 minutes walking in the Cumberland State Forest and having a coffee. Beautiful weather, scenery and friendship.
Trevor does a wonderful job in organising our walks and it's been a huge bonus for our Club.



Thanks Trevor,
Bruce

Mito Walk

The November 14 Mito walk has been cancelled.
There is now a 35 km Mito walk on November 21 from Palm Beach to Manly.

Blue Mountains Weekend

Unfortunately the Nesuto has been closed for business as of this week.
However Trevor and I have some options which we'll put to everyone for the same weekend, so save November 27-29

End in sight for a disease that closed borders, shut pools and theatres

Six years before polio vaccinations began in Australia, Dorothy Thomas recorded the news that parents feared. Her 10-month-old daughter, "darling Gillian had been stricken with the dread polio". Gillian Thomas, now 71 and the president of Polio Australia and Polio NSW, was paralysed in both legs and one arm. Her three-year-old sister had a mild case. When COVID-19 hit, Ms Thomas got vaccinated as soon as possible. "I know what it was like for me. Vaccines were unavailable."

Nearly 70 years after the polio vaccine was invented, elimination is close. Two cases of the virus poliomyelitis have been reported worldwide so far this year compared to 140 last year, says the World Health Organisation.

A case was reported in Afghanistan, where [the Taliban has announced it will allow mass door-to-door vaccination of children next month](#), and the other in Pakistan.

Reported first by the ancient Egyptians about 4000 years ago, huge polio outbreaks in the first half of the 20th century terrorised families. Australia will celebrate being officially polio free for 21 years next week, and about 40,000 people live with some form of paralysis caused by polio.

Even today, there is no cure. Polio is spread through person-to-person contact, mainly by the transmission of faeces to the mouth, and sometimes by contaminated water. If eradicated, it will be the second disease to become history. Smallpox was the first.

The Global Polio Eradication Initiative (GPEI) is calling for a last big push to eradicate the disease. Its members include the WHO, the Gates Foundation, Rotary International, Global Citizen, Gavi and Polio Australia.

They are also asking the Australian government to increase funding, estimating a \$15 million annual contribution would help immunise 11.5 million children.

SMH 24 October 2021

RIM ARTICLES

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

Articles should be submitted by Thursday afternoon

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