

# Rotary

## Club of Epping



**26 June  
2023**

### **President Ian's report**

**District Changeover This Saturday** – a good number of us have registered to attend the District Changeover Lunch - on this Saturday July 1<sup>st</sup>. We will hear incoming District Governor Christine Owen outline her goals for 2023-24 and it's also a good opportunity to catch up with fellow Rotarians from other clubs that we have got to know over the years.

**No Meeting Next Week** - 3<sup>rd</sup> July

**Next Meeting – Monday 10<sup>th</sup> July – BACK IN THE RAWSONS**

Dementia & The Challenges We Face - Speaker: Associate Professor Kathryn Goozee

A/Prof. Kathryn Goozee is the CEO and Director of the KaRa Institute of Neurological Diseases based in Macquarie Park, Sydney. Kathryn holds a Hon. A/Prof position at Macquarie University, Sydney, within the faculty of Medicine & Health Sciences. She has a PhD in Clinical Neuroscience which focused on the prevention of Alzheimer's disease, examining cognitive, neuroimaging, and blood biomarkers.

### **Farewell To Narelle**

Narelle has decided to end her membership with this club in order to focus on her long list of other voluntary positions in the community. She wrote:

*"Over the last couple of years ....., I have taken on more responsibilities, one of which was Interim Chair of SchoolAid in 2021. In March this year, I was asked to take on the permanent role of Chair, to which I agreed. I am passionate about this organisation and helping grow tomorrow's philanthropists. Also, as you are aware, and after 6+ years of volunteering at RYDA, I've become involved in facilitating various sessions with Years 10 and 11 students at different locations across the metropolitan area. My support too of the Salvation Army has increased over the past 3 years. I have many other commitments in the community, including my role on the CCA Board, Meals on Wheels, Neighbourhood Watch, Ryde Council Events Committee (including Lunar New Year organising committee). I am assessing these and endeavouring to work towards more of a balance across my community work.*

*I wish to thank all of our Club members for their friendship, support and the contribution each of them has made to my Rotary journey. Thank you Bruce for your support and encouragement during my time at Epping."*

Narelle has been, and continues to be, a great example of 'Service above Self' and we wish her well in her ongoing activities. Please come to the next meeting to give Narelle the thanks she deserves as she leaves Rotary but remains a good friend of our club.

**Ian B**

**Last Monday – Changeover**



### **President Ian's Report on the 61<sup>st</sup> Changeover Of The Rotary Club Of Epping**





As incoming President, I was greatly encouraged by the attendance of almost the entire club membership at our Changeover Dinner this week. A couple of our members were overseas and one was interstate but otherwise the members showed huge support for the event.

I was also encouraged by the promise of individual support and well wishes that I received on the night. This support is what makes the president's role the most rewarding.

We heard outgoing President, Bruce Jacob reflect on the achievements of the past twelve months and the legacy that he has left as a four time president of the club. Bruce's positivity and enthusiasm for the role of president contributed greatly to the success of the Rotary year 2022-23.

The next year ahead will be challenging. While coping with the advancing age of our membership and the inevitable health obstacles, we need to ask ourselves, where is the next generation of Rotarians coming from and how do we engage with them now?



By far the biggest news of the evening was that our Honorary Member Di Walker is to become a Major Donor of the Rotary Foundation. This is the result of an incredibly generous gift from someone who has known our club since its very beginning. Congratulations and well done Di.



**Rotary Foundation Awards**





At our Changeover on Monday 26 June, we acknowledged the generous donations of several Epping Rotarians.

**PP Johanna Johns** was very pleased to recognise **PP Melanie Lewis** with a sapphire pin for her PHF. Melanie is a committed Rotarian and the Environment Chair for our District. She is formerly from the Rotary Club of Beecroft and is the founder of the Social Impact Network Rotary Club.



As we are all aware **Trevor McAlister's** book, "Exploring Hidden Sydney", has been an outstanding success with over 470 copies sold through Rotary Clubs, Probus and walking groups etc. Trevor, who recently suffered a mild stroke, and is making a rapid recovery, even sold copies of the book in his rehabilitation centre! Trevor generously passes on all the profits to The Rotary Foundation which to date is \$8,000 with more to come. As a result of his generosity, Trevor was recognised with a sapphire pin for his PHF.



Trevor's generosity also enabled **PP Narelle Barker AM**, a very committed and valued Rotarian, to receive a sapphire pin in recognition for her many years of outstanding service to Rotary and to a number of community organisations.



**PP John Fenessy** was also recognised with his second sapphire pin through Trevor's generosity for his commitment to membership across the district as well as our club and for his persistence and tireless work in our club's desire to take over the lease of the Epping Guide Hall.



Our wonderful and creative Honorary Member, **Di Walker**, has generously made a significant donation to The Rotary Foundation on behalf of herself and her late husband and Charter member PPRuss Walker. Di has been involved with Epping Rotary since it's inception and has made a massive contribution particularly through hosting, catering and decorative contributions to our club. For this large donation Di is being recognised as a Major Donor and will be presented with her pin and a crystal by the world President of The Rotary Foundation, Past Rotary International President Barry Rassin, at The Rotary Foundation Dinner at the Epping Club on 6 November. In the meantime, Di has been presented with a Paul Harris Fellow pin with three rubies.

Thank you to all donors and congratulations to all the recipients. Your generosity will certainly make a significant contribution to Rotary's educational and humanitarian programs throughout the world.

**Monica**

## Club Calendar

Date	Speaker/Topic Mondays	Venue
3 July	BYE – No meeting	Epping Club
10 July	Dementia & The Challenges We Face - A/Prof. Kathryn Goozee	Epping Club
17 July	Clinical Trials	Epping Club
24 July	RYPEN – Bruce	Epping Club
7 August	TBA	Epping Club
14 August	District Governor visits Epping Rotary Club 6pm	Epping Club
Date	Other Events	Venue
1 July (Sat)	District Changeover Lunch	
15 March 24	District Conference	Terrigal



## Visit to the Chinese Gardens

### Cultural Outing

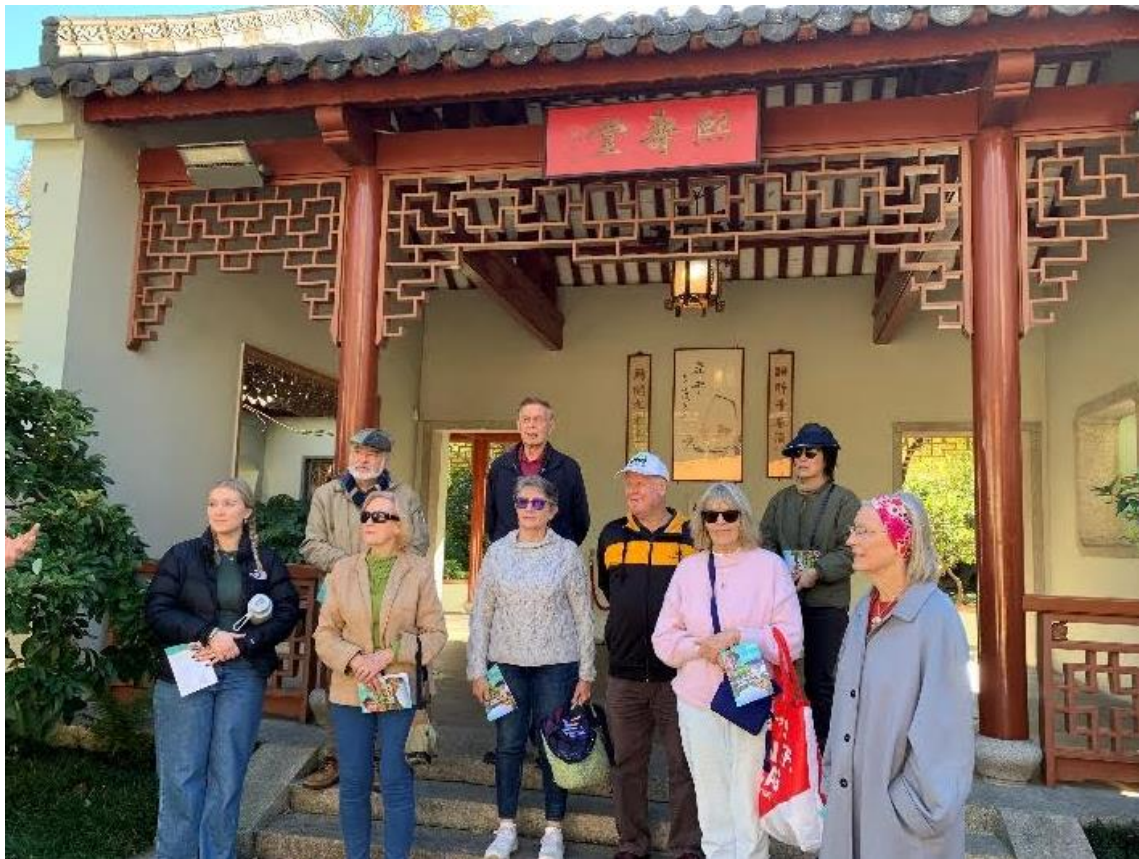
On a beautiful winter's Sunday in June, a dozen Rotarians and their friends visited the Chinese Garden in Friendship in Darling Harbour and proceeded to have a delicious Yum Cha meal at XOPP, an elegant Chinese Restaurant nearby.

As lizards basked in the sun, we walked around the exquisite garden, guided by a private tour guide who highlighted design features and reminded us that the Garden was opened in January 1988 in time for Australia's Bicentenary celebrations, and was a collaborative project between the sister states of NSW and Guangdong of China.

In the midst of a buzzing city, the Garden's beauty and serenity provided tranquility, calmness, and peace. It was so good for the soul.

Many thanks to Caroline Xu, who made it happen. Caroline also invited her photojournalist friend Ming, who documented in photos and on film the whole day. Ming was delightful and provided us with stories and anecdotes about his cultural experience when he migrated to Australia.

All told, it was a wonderful day!







### **North Epping Community Gardens – Doing Well**

Some great lettuces, snow peas, various beans etc coming through.  
We had a compost and worm workshop that the local Hornsby Council came and ran the students through today.  
Was great - plenty of dirty hands and good for the students to hold the worms and mix them into the soil and compost bins.



### Trevor's Stroke Journey

It came like a thief in the night. An arrow from the least expected direction. Was it real? Of that I had no illusions. I was tuned in to what was going on. 'Stretch out your arm,' the paramedic instructed. It wouldn't work. I couldn't tell him that it wouldn't work. Strangely I wasn't terrified. I just knew that for the moment I was locked inside a body that wouldn't work. And I was going nowhere; not even to heaven. Where was that eternal peace that was supposed to come at death? Even heaven at that time was simply not an option. The whole thing was

extremely perplexing.

After a week I am in rehab. The food is better. The view is better. I have my own room. I am the subject of a rigorous program of physio. I have my own personal trainer. Steps up, steps down, arm flexes, hand manoeuvres. She gives me a fifty cent piece and tells me to twirl it between my thumb and each finger in turn. There is a 100mm high obstacle to be stepped over. Ten repetitions leave me exhausted. My trainer plans to return me to the real world with a reconditioned body far superior to the one I arrived with. She herself has a body to be admired. I happened to notice it when she stripped to a swimming costume to take me into the hydrotherapy pool. There was another workout with obstacles but all of them water based. It is my first swim for two weeks. But I can't swim.

My world has changed. No longer do I have any input into the way that world is run. I'm not asked for my opinions. Decisions concerning me are made as if I wasn't present. Conversations about me frequently occur 'off camera' and out of my hearing. They can be patronising and in the second person. 'Its time for our medication now and did the prunes do the trick this morning?' she asks expectantly and looking intently in my direction. And yes they did.

There is an inspection. I am determined to pass as the consequences of failure mean serving more time inside this place. This is no time for false modesty. I must be observed attending to the most intimate and personal of functions. Can I comb my hair? Am I able to reach my backside? She looks on closely. She makes notes. I am observed walking. Can I carry a cup filled with water around an obstacle course without spilling a drop? I can't but somehow I still manage to pass. I have the letters 'nil aid' put on the whiteboard at the end of my bed. I am now qualified to walk without a minder. It is a huge responsibility. I am fully mindful of the consequences of an unscheduled stumble or even a fall. More weeks might be added to my sentence.

But it is the visitors and the expressions of love and concern and genuine caring that have so invaded my normally complacent world that mean so much. I have been the recipient of so much kindness. I find myself bargaining to the effect that if I get through this I will try hard to show equal kindness. At least that is the plan. For the moment, I must be focussed on putting one foot forward at a time and giving my wife the love she deserves.

There is no doubt that this has been a time of reflection for both Ellen and I. Our lives are never going to be exactly the same. I am forbidden to use ladders for example. The mice will be allowed to play freely inside the ceiling for as long as it takes a professional rodent removal expert to come and evict them. We realise now that nothing can be guaranteed in this life. Opportunities to give talks and to lead walks about 'Hidden Sydney' may no longer be possible. My charity work and my bushwalking may cease. I have told God that if He wants me to continue to do any of these things, then He is going to have to help me. For the moment Ellen and I will enjoy each other's love and company for as long as we are allowed.

So it is to all of you who phoned, Emailed, wrote and visited me during this difficult time that I address this note. It has meant so much. I am trying to reply individually to you all but I am terrified of missing somebody. So to all of you, thank you for caring. It has meant so much to Ellen and I.

Trevor McAlister

June 2023

### **City2Surf Promo/ ShelterBox Fundraiser**

Please check the Facebook link below to see how you can support ShelterBox

We are looking for more keen and fit women of all ages to join us in the City2Surf this August! If its not your thing please support us via a donation via this link so our effort will be rewarded by supporting our favourite charity ShelterBox Australia. Thank you in advance !

[The ShelterBox Girls in 2023 City2Surf](#)

### **District 9685 Changeover 2023**



**Saturday 1st July from 12.00 pm to 4.00 pm at Rydges Norwest, 1 Columbia Court, Baulkham Hills.**

Please join PE Ian, JF and myself at the District Changeover on July 1 at midday. The District helps us so please help them

You register by following the link below

[MyEventRunner - Event Registration Summary \(crsadmin.com\)](https://crsadmin.com)

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

Dear Rotarians and friends,

Thank you so much for registering for our District Changeover this coming Saturday. Christine and I really appreciate your support.

I wanted to let you know about an auction item that will be used to raise money for Polio Plus. Our International President, Jennifer Jones provided all District Governors with a print of her brother's painting to be used solely for the purposes of raising funds for the cause.

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I have had it framed in white, rather than the black as in the attached photo, and will be putting it up for auction at the changeover where it will be on display. The print is valued at \$800 and the frame was \$250.00. The bidding will start at \$500. Please read the Certificate of Authenticity, which will accompany the print, to learn more about the painting. Only 600 copies of the print were made. < /div>

Christine will also have some distinctive themed raffle items, the proceeds of which will go towards the 'Say No To Domestic Violence' Campaign.

***"Imagine One's Dream" a limited-edition print, signed and dated by Darren Jones, a Chicago***



**artist and brother to Jennifer Jones.**

Darren Jones created a painting for the 2022-23 Rotary theme. The theme tie and scarf were made from this artwork.

The "Imagine One's Dream" original painting was a combination of acrylic paints, industrial staples, shredded studio paperwork, plaster and beach sand painted on wooden panel. For this piece, Jones used beach sand from their family cottage in Ontario, and paper he shredded and used from the Rotary website to include the "Objects of Rotary and the Four Way Test." After the textures were layered and dry Jones said he began the colour process by literally applying paint to his hands and then onto the panel.



The colour palette was inspired by the colours of Rotary and the Presidential theme, *Imagine Rotary* "The gradient shading is also done on purpose to create a more landscape emotion, representing the horizon we all walk towards!!" states Jones.

The numbered print includes a signed Certificate of Authenticity and is valued at \$US800. It has been beautifully framed in brushed silver as suggested by the artist. It would be a beautiful addition to a home or office to reflect the importance Rotary plays in the lives of people around the world.

## RIM ARTICLES

Please send RIM articles to Alan at [alan.baker.om@gmail.com](mailto:alan.baker.om@gmail.com) \_or [rob@tosswill.com](mailto:rob@tosswill.com)

Articles should be submitted by Thursday afternoon

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