

# Rotary

## Club of Epping



**3 April  
2023**

### Quote

Without patients, knowledge is only knowledge." Dr. Deepak Gain quoting.

### Bruce's Banter

#### **Dr. Deepak Gain. Childhood Epilepsy. The Westmead and Sri Lankan Connection.**

Deepak gave a wonderful presentation on this important topic. He was able to present a complex area of work in an easily understandable form.

Narelle expands on his presentation below, but I'd like to thank Deepak and his wonderful family, wife Meera and sons Gill and Amar and thanks to RYLA student Daniel for attending.

#### **DIGIT. May 14-19.**

See below for detail, but we are still looking for a hosting family for the 5 nights of the program. Please see me.

#### **Monday Night Attendance.**

We have 42 members, but our average member attendance fluctuates most Mondays between 18 and 22, which is disappointing.

At our recent Changeover / 60 th Anniversary, I emphasised that Monday night is Rotary Night. All members should aim for a 75% plus attendance.

We average over 25 per Monday, but that is because of visitors and other interested people. Ideas are encouraged.

#### **Pride of Workmanship (POW). Education.**

Vocation Director Alex is leading this and will have forms available next Monday. POW is an iconic Rotary event but it should invite more than just Alex.

If you know of someone in the educational sector, from early childhood to the tertiary sector, please get a form or link from Alex.

#### **Next Monday, April 17. Social Night and 3 on Me.**

I've been told that we have too many guest speakers, so in coming weeks, there will be more variety, starting next week, with a low key, social meeting.

We will have 2 members doing a 3 on me, with the remaining time for fellowship.

### Bruce

#### **Last Monday: Deepak Gill. Epilepsy in Children - The Westmead and Sri Lanka Collaboration**

Our guest speaker on Monday night was Dr Deepak Gill, a Paediatric Neurologist and consultant at The Children's Hospital at Westmead, Senior Lecturer at The University of Sydney and University of Melbourne and Head of the Epilepsy Research Group at The Kids Neuroscience Centre, Kids Research Institute.

Deepak presented a wonderfully interesting and informative talk about Children's Epilepsy and briefly his work in this area in Sri Lanka. Deepak explained that a Paediatric Neurologist works in the treatment and diagnosis of diseases of the brain, spinal cord, nerves and muscles with those from birth to 18 years of age. Epilepsy is an excess of sudden electrical activity in the brain. We learnt that 250,000 Australians have active Epilepsy. Seizures are common - 10% of us will have a seizure in our lifetime. Where only 1 part of the brain is affected, it is called a focal seizure and where the whole brain is affected is called a generalised seizure. It was fascinating to hear how diagnoses are made and how medication, epilepsy

surgery and epilepsy gene therapy are used to prevent seizures. Videos of the behaviour of young patients provide helpful insights for the paediatric neurologists in their investigations.

I'm sure most of us weren't aware that 26 March is National Epilepsy Association Day.

In 2018 Deepak visited Sri Lanka to support, liaise and advise colleagues working in the area of Epilepsy.

He was a guest speaker at the Association of Sri Lanka Neurologists Conference in 2023.

Finishing off his presentation to us, Deepak quoted a Japanese doctor, 'Without patients, knowledge is only knowledge'. Many questions were asked by our members who all clearly enjoyed and appreciated Deepak's presentation.

#### Narelle



## Club Calendar

Date	Speaker/Topic Mondays	Venue
17 April	Social Night 3-on-Me	Epping Club
24 April	Brian Bailey. Men's Shed at North Epping.	Epping Club
1 May	Tom Sweeney. Entertainment/ Musical Director.	Epping Club
8 May	Breakfast meeting at Darcy Street. To be confirmed.	Boronia Grove
15 May	DIGIT	Epping Club
29 May	Joint Ikebukuro Meeting	Epping Club
6 June	Pride of Workmanship	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

## Rotary Country NSW IT Student Tour (DIGIT)

This is a great program as it gives disadvantaged students from rural communities the opportunity to narrow the digital divide that exists between country and city.

We can car pool to make it easier.

Sunday night is the only night that needs catering as Epping Rotary will host them on Monday night. We may even have a group BBQ on the Sunday night at my place.

Narelle has said yes to hosting and my family can do it, although I'd prefer others who didn't host recent exchange students to share and enjoy this experience.

Please let me know by Friday this week if you can help.

**Bruce**

*Hi Bruce,*

*It was good to chat on the phone this morning. We appreciate your help with billeting 3 or 4 students, depending on final numbers and gender split.*

*After a 3 year Covid hiatus the tour is back this year, running from Sunday evening 14th May through to Friday morning 19th May.*

*In partnership with the Rotary clubs of Inverell and Forbes, we source 4 local State High School year 10 students from each area and bring them to Sydney for a week. The local Rotary clubs organise and pay for the students' transport costs to Sydney.*

*The students are billeted with club members or friends for the 5 nights. Our Rotarians collect the students from Hornsby and Strathfield stations, on Sunday afternoon/evening and deliver them to their host families. Host families are required to provide dinner on the Sunday and Monday nights. The students need to be dropped off at Dunmore Lang College each morning at the appropriate time. They will be delivered home each evening by our supervising Rotarians. We cover dinner for the students on the other nights.*

*Our club Rotarians take the students to visit organisations like Cisco, Coles Distribution, Google, IBM, Konica Minolta, Macquarie Uni, Microsoft, Optus, Oracle and UTS. The idea is to showcase how technology is used in businesses these days and what job opportunities might look like after school. Our club covers all of the students' costs while they are in Sydney.*

*We have activities for the students on Tuesday and Wednesday evenings and a dinner for the students on Thursday night at RDA, where the students give a short presentation on their individual experiences for the week. We pick up the students from their host families on Friday morning and deliver them to their trains.*

*Hope this covers the running of the project. Appreciate your help.*

*Regards  
David Martin  
Student Tour Coordinator  
North Ryde Rotary Club  
0414 642 948*

## **CCA Need Some Help**

CCA requires a person to assist in the linen / bed making service.  
The service is required on Thursday's fortnightly from 9-11am. They must be a diver.

If you can assist please contact Peter Garrard  
By mobile 0410685417

## **CCA Gala Dinner**

Dear friends  
CCA is holding a fundraising event for youth mental health services in our local community.  
I am organising a table of up to 10 people. It would be great if you were able to come and be part of this special event.

**To be part of this fundraiser could you book through trybooking and also let me know by return email.**

Thanks for your support.

**Peter Garrard**

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

Also see attached below.



CCQ<sub>NSW</sub>  
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
- ★ Live Entertainment
- ★ 3 Course Meal
- ★ Lucky Door Prizes

**\$85 PER PERSON**

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

### 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](mailto:nbar1603@gmail.com)

**Narelle**

**Beecroft Youth Awards, Sunday 30 April 2023**



# BEECROFT YOUTH AWARDS

SUNDAY 30 APRIL 2023

12:30-2:30pm



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

## **eFun Run**

Hello from the Rotary Club of North Ryde,  
Just a reminder of our eFun Run starting on the 30th April. We would love you to support us by joining in or sponsoring one of our members. Youth Mental Health is an ongoing issue but COVID has certainly made things worse. It's a challenge in so many ways and, in a situation very dear to my heart, it manifests itself particularly in schools.

Best regards  
Bob Selinger



**Be a Superhero!**  
**Family FUN - JOG - RUN - WALK**  
 at your own pace with unlimited challenge



Registration cost:  
 \$25 Adults  
 \$15 Students (13+)  
 \$10 Children (3-12yrs)



North Ryde  
**eFun Run**  
 30 APRIL - 7 MAY 2023



# Are U Ready?

Virtual Run & Challenge



**Rotary**  
 Club of North Ryde

## Tall Ship – Windeward Bound



Later this Month the spectacular Tall Ship – Windeward Bound – will arrive in Sydney, from Hobart and dock at the Maritime Museum in Darling Harbour.

It is sponsored by Rotary and following its Sydney visit, it will also be taking nominated young teenagers (14 to 17years) on a 9-Day voyage of a lifetime (as crew) to Brisbane, as part of its Rotary Youth Development: <https://www.windewardbound.com.au/northernvoyages>

You have several opportunities to be involved:

1. Applications are still open (but only to the end of this week) for teenagers to be nominated and sponsored for the Sydney-Brisbane voyage. If you know a teenager for whom this would be appropriate, please contact Jeremy Wright via [jeremyw@optusnet.com.au](mailto:jeremyw@optusnet.com.au)
2. You are invited to an exciting 3-hour cruise on the Harbour on the spectacular Tall Ship, the Windeward Bound.

We have secured 3 Cruise times, exclusively (at this stage) for Rotarians, partners and friends. Feel free to put together a group from your Rotary Club.

Dates and Times:

- a. Saturday 29<sup>th</sup> April afternoon 1pm to 4pm
- b. Sunday 30<sup>th</sup> April morning 9am to 12noon
- c. Sunday 30<sup>th</sup> April afternoon 1pm to 4pm,

All cruises leave from the Australian Maritime Museum, Darling Harbour at the designated time and include snacks and drinks, tea and coffee and a commentary/guide about the ship.

All Cruises have a limit of 45 passengers so early bookings via TryBooking using this link: <https://www.trybooking.com/CHKYX>

Hope you can join us,  
PDG Jeremy Wright AM - District 90675

### **Invitation to meeting at Epping and District Men's Probus Club – 8 May**

I write on behalf of Epping and District Mens Probus Club. We would like to invite any of your members who may be interested to our May meeting, at which our guest speaker will be the TV personality Mike Monro.

He will speak about his early life, his bushranger history, and his career as a journalist on 60 Minutes, A Current Affair, This Is Your Life, and Sunday Night. He will also present some aspects of his book The Last Bushrangers. Mike's father had abandoned the family when he was only a child. At times his mother, when in an angry mood, would tell him that he was from "a family of thieves and murderers". It was not until many years later when, at his father's side on his death bed, that this family secret was divulged.

The meeting will be at 10 am on **Monday 8 May 2023**, at the **Epping Presbyterian Church Hall**, at the corner of Rawson Street and Bridge Street Epping.

If possible we would appreciate some indication of the numbers likely to attend. John Peters Secretary Epping and District Men's Probus Club Inc. email: [pjpetersoz@gmail.com](mailto:pjpetersoz@gmail.com)

### **District Governor's Message**

Greeting Fellow Rotarians.

I would like to thank all of you who supported our District Conference at Cowra. For many of you it was a long way to go and we all appreciate your support and great feedback. What a great weekend it was and even though it was a tad hot we were lucky to escape the 41 mms of rain that fell on Cowra on the Tuesday following. I'm sure the locals were happy though.

The first thing I need to do is to acknowledge my Blackheath club members ably led by Conference Chairs, Carol Lemon-McCoy and PP John Isbister. It was no easy task putting on a conference so far away, and in a venue where everything had to be outsourced. However, there was never a question of it not happening and even though we were constantly thrown curved balls my hard-hitting team just ducked, batted up and faced each challenge with a new solution.

I would also like to thank the Rotarians from other clubs who volunteered over the weekend, and two special people need mentioning – Bob Kaye-Smith from Ryde Rotary who guided us every step of the way and Marilyn Kenney, Springwood Rotary who went above and beyond to assist with registrations, lanyards and so much more.

And of course, we all are indebted to the Cowra Rotarians not only for the wonderful Friday night BBQ and Sunday morning brunch but for their support and assistance throughout the entire time. You've heard me say it many times – we couldn't have done it as well without their support.

If you didn't come to this conference make sure you get to DGE Christine's conference next March. Conferences are fun and relaxing and a highlight of each Rotary year. So much effort goes into organising them so that you have a satisfying and inspirational experience. Please also consider coming to the



Melbourne Convention in May. An International Convention is a District Conference on steroids and something you will never forget.

I have completed all of my club visits except for one and I'm now enjoying attending club events. I have just returned from Moree at the invitation of PDG Pam Pritchard to take part in Turrumurra's 'Books In Homes' project at Moree East Primary School. I know that several clubs also support this project of providing every student with books to keep for themselves. It was delightful to spend the morning in a classroom once again and then an assembly where each class received their books. Rotarian Julie Owens gave a lovely speech and we even had cake! We were so impressed to hear the students sing Advance Australia Fair in both English and their Gamilaraay language.

I wish you all a safe and relaxing Easter and I look forward to all of the events that are happening over the next few months and sharing time with you. Thank you again for the wonderful work you do to make a difference in the lives of so many.

**Mina Howard**  
**District Governor 2022-2023**



**65th ANNIVERSARY**

**ROTARY CLUB OF HUNTERS HILL**

**READY  
TO  
ROCK**



featuring

*George Washingmachine*

plus

*Aubrey and Purton*

**WEDNESDAY 26 April**  
**6pm for 7.00pm**  
**Baytree Village**  
**6 Ulonga Ave**  
**Greenwich**



GEORGE WASHINGMACHINE



BILL SCOTT



BAYTREE VILLAGE



AUBREY and PURTON

**DRESS:**  
**BLACK TIE**  
**TICKETS**  
**\$125.00 PER PERSON**

**to pay & register**  
**[www.trybooking.com/CGLDW](http://www.trybooking.com/CGLDW)**

**FUNDS RAISED FOR NZ CYCLONE APPEAL**

## 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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