



Co-Presidents' Corner

NEW VENUE FOR THE XMAS PARTY

Due to an unfortunate miscommunication with the Epping Club, they are unable to host us for the Xmas Party on Monday.

We have managed to secure an alternate venue at **Muirfield Golf Club**.

Xmas Party	Monday 13 December 2021, 6pm for 6:30pm start
New Venue	<p>Muirfield Golf Club 58 Barclay Rd, North Rocks NSW 2151</p> <p>Map: https://goo.gl/maps/LFc1aT1m397iCmN87</p> <p>The restaurant has beautiful views over the Golf Course</p>
Cost	Same cost to members as planned - \$45 for a two course meal.
Parking	Easily available at the venue
Payments	<p>Attendees are encouraged to prepay to the following account:</p> <p>Members Account Account number 153118740 BSB 633 000 Reference: Xmas Party - Your name(s)</p>

AGM

An Annual General meeting was conducted at the start of our Monday meeting.

- After a quorum was confirmed, the minutes of the last AGM meeting were approved.
- Narelle provided a President's report summarising the club's activities in the last few months.
 - The impact of the COVID Delta strain and the ensuing lockdown has had a major impact on our program. The club continued its weekly meetings on zoom until 1 November.
 - We engaged interesting speakers and organised zoom social activities such as Truth of Lie and a Trivia night.
 - We conducted a very successful Virtual Walkathon raising more than \$7000 for Rotary Health, Rotary Foundation, Polio Plus and ROMAC
 - The Garden Project has continued to 'blossom' with the construction of a shed, shelves and an orchard established. Tables on which children can work will be installed soon. The opening will now take place in February
 - In October we had our virtual visit to the Club meeting by the District Governor, Lindsay May. He provided some very positive feedback on how the Club is functioning.
 - Bendigo Awards night was most successful with 4 community members acknowledged for their work – including Epping Rotarian Bruce Jacob.
- The new Club By-Laws were approved
- Nominations of the Board of 22/23 were received and accepted

Monica Saville	Rotary Foundation Director
Gail Davis	Club Service Director
Peter Garrard	Community Service Director
John Corney	International Director

3-On-Me

Three members of our club have kindly shared their life stories on Monday. Here's a summary of what they said:



A Reluctant Fireman

Chris O'Brien described the background behind an Irish surname, an English accent and living in Australia. A great-great-grandfather voluntarily(!) arriving in Maryborough from Cork in 1842; a grandfather who travelled to England to take up a position with Wellcome Research resulting in a C.B.E. for the mass-production of tetanus and diphtheria vaccines in WW1. Other relatives of interest were a grandmother who was a professional violinist and toured with soprano Amy Castles, and a great-grandfather who commuted fortnightly from Maryborough to Lithgow by train to oversee production at Lithgow Small Arms Factory during WW1.

Sue and Chris came to Australia intending to stay for 2 years, which has now turned into 40, with a career in I.T. after a brief stint as a fireman in the U.K. A 6-weeks on a picket line in the middle of a U.K. winter helped bring that dream to a close!

Now retired, enjoying life, but somehow still looking for a few extra hours in every day!



Hannah Banana

Anne Robinson is a 5th generation Australian who has a passion for gardening and social justice.

After graduation and working as a speech pathologist for a few years, she decided to open a private practice. Her manager at the time warned her that she would fail. Anne proved him wrong because 33 three years later, her practice is still thriving.

In 2003, and after a two year process, Anne adopted an orphan Ethiopian girl who she affectionally calls "Hannah Banana".

Anne describes the day her daughter completed her Design Degree as the 'proudest moment of my life'.



Music, Marketing & Mensa

Music runs deeply in Stefan Sojka's family. His grandfather was a composer who wrote scores for the music industry, including Alfred Hitchcock films. He acquired a fortune which he bequeathed to the Catholic Church after his passing, much to the chagrin of his family.

The family moved to Ingleburn, Australia after persistent requests from Stefan's aunt. When they eventually arrived, the aunt had sold her place and was moving back to England, which left Stefan's family homeless for a while. Stefan's mother started giving English classes to survive. She is a well-educated lady and has multiple degrees and is still currently active at 87, giving English language lessons. She met Stefan's father in England after the war. He had been a Morse code operator during WWII and was rescued the British after one of its battles.

Stefan had a difficult time at school only because he was a gifted child and well advanced for his age. He became a member of Mensa at the age of 12. Music is in his genes and Stefan has had a 30 year music career, performing at major functions for Optus, Microsoft and celebrity events. In 1995, his mom gave him a *modem*, a piece of hardware that allows computers to connect to the internet. This was transformational and changed the direction of his career into the digital media world. His company, Cyrius Media helps clients in the Digital Media, Marketing & PR space. Stefan sees his strengths as an innovator, an ideas man.

Toula

Season's Greetings



Finally, I'd like to take this opportunity to wish you all a very Merry Christmas and a lovely break until the end of January. Thank you for your friendship and support and for making the Rotary Club of Epping such a joy to be part of!

It's been another difficult and turbulent year for many here in Australia and around the world. We give thanks for the blessings that we do have and wish one and all a Happy and Healthy New Year 2022.

Toula

Supporting the Environment - Rotary's 7th Area of Focus

On 1st July 2021, Supporting the Environment became Rotary's 7th Area of Focus. More than US\$18 million has been made available by The Rotary Foundation for Global Grants for environment related projects over the next five years.

Eligible projects cover an array of fields:

- Protecting and restoring land, coastal, marine and freshwater resources
- Enhancing the capacity of communities and local governments to support natural resource management and conservation
- Supplying agroecology and sustainable agriculture, fishing and aquaculture practices to improve ecological health
- Addressing the causes of climate change and climate disruption and supporting solutions to reduce the emission of greenhouse gasses
- Strengthening the resilience of ecosystems and communities affected by climate change and climate disruption
- Supporting education to promote behaviours that protect the environment
- Advocating for the sustainable consumption of products and the environmentally sound management of by-products to build a more resource-efficient economy
- Addressing environmental justice and public health concerns

For many years Rotarians have conducted environmental projects. In 1991, before I joined Rotary, the Rotary Club of Epping approached Epping West Primary School where I was the Deputy Principal, to erect a shade house so the the students could propagate native tree seedlings and nurture them until they were ready to be planted in the Penrith Lakes area of NSW. BHP supplied the materials, the Epping Rotarians erected the shade house, Catt's Nursery provided the seedlings, soil and containers and the students

learned about the “Greening of Australia”. Shade houses were also erected at Epping PS and North Epping PS. That year, “Preserve Planet Earth” was a world-wide Rotary initiative.

A few years later, our Terry’s Creek project saw the construction of paths and crossings, and the cleaning up of this local waterway. Work for the Dole people and the local council were involved, and Macquarie University students monitored the water quality. Each year “Clean Up Australia “ volunteers collect many bags of litter from the creek.

Rotary’s 7th Area of Focus, Supporting the Environment joins six other focus areas:

- Peace building and conflict resolution
- Disease prevention and treatment
- Water, sanitation and hygiene
- Basic education and literacy
- Maternal and Child health
- Community and economic development.

Monica Saville

Rotary Foundation Director



Past RI President Ian Riseley is a keen environmentalist

CCA Christmas Appeal

CCA has launched its Christmas Appeal. Trevor is kindly going to coordinate Epping Rotary’s collection of presents for our community members in need, so please bring them along to our Christmas party on 13 December. The list of gifts from which to choose to buy for the various age groups are attached. Your donations are greatly appreciated.



Christmas Hampers Wish List

Each year CCA hosts a Christmas Hampers giveaway for the disadvantaged children, families and elderly in our community. Sadly, the statistics on the impact of Covid-19 indicated that thousands of Australian children will go without receiving a gift this Christmas, simply because they can't afford it.

You can help bring a smile to a disadvantaged child's face and help them to create a sense of belonging this Christmas. We **THANK YOU** in advance for your generosity!

Want to know more? contact us on 9858 3222 or email administration@ccas.org.au

0 – 5 year olds :

- Books
- Puzzles
- Dolls / Barbie
- Toy trucks
- Dolls that you do their hair or makeup
- Toys that replicate real things (ovens, pots and pans, vacuum)
- Learning toys for babies – rattles etc

5 -13 year olds :

- School lunch box and drink bottles
- Books
- Board games
- Backpacks
- Craft items
- Colouring in and puzzle books
- Skateboards, sports balls
- Makeup items
- Lego
- Fidgets
- Barbies or action figures
- School supplies

14 – 18year olds :

(we struggle a lot getting gifts for this age group)

- Backpacks
- Wallets
- Beach towels
- Sports equipment / balls
- Wallet
- Cosmetics
- Jewellery
- Clothing store vouchers

Personal items to add to hampers:

- Deodorants
- Nice soaps
- Hand cream
- Face cream
- Kids toothbrushes and paste
- Hairbrush
- Hairbands/accessories
- Perfume/aftershave

Food Items:

- Box of Chocolates
- Lollies for children
- Sauces and gravies
- Snacks like nuts and chips
- Canned fruits
- Jams
- Soft drink
- Juice
- Biscuits/crackers
- Coffee/tea
- Pancakes or cake mixes etc
- Canned meats

Experiences for all age groups:

- Movie tickets
- Pamper vouchers for hairdressers, massage, facials etc
- Zoo/aquarium tickets
- Swimming passes/Raging water tickets
- Shopping experiences – Children can go and choose something they want eg JB HI-Fi, Rebel Sport, Book shops, Kmart, clothing stores etc

A Year End Reminder – The Four-Way Test


The Four-Way Test is a mirror, not a window

Rotary members should not use The Four-Way Test to look at others but rather to look at themselves in considering the ramifications of a thought, statement, or action.

It should not be a window through which we look to judge others. It is a mirror at which we look to judge ourselves.

I gave much thought to what each of the Four-Way Test questions asked of us and came up with a step by step process to give some real clarity behind these most often recited questions.

by Evan Burrell, Public Image Social Media Sub-Committee Chair

 Rotary	<h1>FOUR-WAY TEST</h1> <p>FOUR QUESTIONS – 24 WORDS</p>
THE UNIQUE STEP-BY-STEP PROCESS	PROCESS TO ACHIEVE DESIRED OUTCOMES THAT ARE ETHICAL, FAIR AND BENEFICIAL TO ALL
IS IT THE TRUTH? <ul style="list-style-type: none">• Clarity• Transparency• Fact checking• Ethical behaviour	That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.
IS IT FAIR TO ALL CONCERNED? <ul style="list-style-type: none">• Inclusion• Empathy• Acceptance• Belonging• Accountability	That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.
WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS? <ul style="list-style-type: none">• Trust• Do good• Feel good• Have fun	That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.
WILL IT BE BENEFICIAL TO ALL CONCERNED? <ul style="list-style-type: none">• What if scenarios• Trade-offs• Being creative and innovative• Better decision making	That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.

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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