

Rotary

Club of Epping



8 November 2021

Co-Presidents' Corner

Our special guests for Monday night were Bob Kaye Smith and Geoff Brennan of Australian Rotary Health. We record 31 people at the hybrid meeting, enjoying the fellowship and eager to learn more about an institution that is universally admired.

Despite some technical sound issues, Geoff delivered an enlightening talk and encouraged the club to use the national profile of ARH for fundraising activities through increased community engagement. The Rotary Club of Epping has been a consistent supporter of ARH over many years. In fact, the club raised \$3000 for ARH during lockdown through our Walkathon initiative.

Australian Rotary Health



ARH's current programs are in the areas of Mental Health Research, All Health Areas Research, Indigenous Health Scholarships and Rural Medical and Nursing Scholarships. Since 1985 ARH has supported Australian researchers to the tune of \$50 million.

Last year ARH raised \$1.3 million, of which \$84,000 was from District 9685. Donations are made by the Australian public, Rotary clubs, individual Rotarians, commercial organisations, charitable trusts, and bequests.

Since the year 2000, the major focus of ARH has been on Mental Health research.

In 2012, the focus narrowed to Mental Health of young Australians.

In 2022, this will again narrow to the Mental Health of 0-12 years old because research has shown that approximately 14% or 500,000 children in this age range suffer from a mental disorder.

Medical Adviser to the ARH Board of Directors Professor Michael Sawyer OAM says that "mental disorders have a major adverse effect on the well-being of children and their families, and on the education outcomes of children. There is also evidence that approximately 50% of mental disorders across all age groups have their onset by the age of 14 years. The time between birth and 12 years is a very important developmental period where successes and failures can cascade down the years"

Some of ARH sponsored research results over the years:

SIDS (cot death) reduced by 80%

Mental Health First Aid - A program now used in 22 countries to teach members of the public to recognise symptoms of mental health problems and how to give initial help

Motor Neurone Disease - A simple urine test has been developed to detect and monitor the progression of motor neurone disease in patients

Lung Transplant Program - Patients are achieving a 95% survival rate after 2 years and the number of deaths while on the waiting list has reduced from 29% to 3%

INDIGENOUS HEALTH SCHOLARSHIP A collaboration with State and Commonwealth Governments

RURAL NURSING SCHOLARSHIP Nursing students take part in Rural Placement in their Final Year of Nursing and in their Post Grad Year in a Rural Hospital

Paul Harris Awards

It was with great pleasure that the club presented a Sapphire Paul Harris pin to **John Goddard** on Monday for his generous contributions to the Rotary Foundation. John joined Rotary in July 1982 and has been a proud Rotarian for 39 years. John has held many responsible positions in the club, twice serving as club

President in 1988/89 and 2003/04. John was an active participant in the establishment of Australian Rotary Health, an organisation which has gone from strength to strength over the last 40 years.



Alan Baker has belatedly received the Paul Harris pin awarded to him in July 2021 for his active contributions to the club, as editor of our newsletter, RIM, as webmaster and as our unofficial photographer. Alan is always generous with his time, patient with delays and an absolute pleasure to work with. No job is too big, no challenge is too small!

Toula

What is Coming Up

Date	Venue	Organisation	Speaker
15 th November	Pub/Zoom	Fun Night	Truth or Lies
22 November	Epping Club	Bendigo Bank Awards	
29 th November	Pub/Zoom	50/50 by 2030 Foundation	Virginia Haussegger
6 December	Pub/Zoom	AGM	
11 December	On site	Official opening	North Epping Community Gardens
13 December	Epping Club	Christmas Party	

Next week - Truth or Lie



<https://us02web.zoom.us/j/5526138035?pwd=ZVRMTnRwTEdPYndKUUFkYUVjT2J0QT09>

Meeting ID: 552 613 8035
Passcode: 866069



Event: Official opening of the Community Garden

Date: 11 December 2021

Time: 11 am

Venue North Epping Primary School, Boundary Road.



Bendigo Bank Community awards



Rotarians, Partners and Friends

are invited to

The Bendigo Bank Community Awards

on Monday 22 November, 6.00pm for 6.30pm

at The Epping Club, 45 Rawson St

Cost: \$40 pp

EFT payment in advance would be appreciated and can be made to:

Members Account

Acct no: 153118740

BSB 633000

Reference: Bendigo Awards – your name

Raffle tickets may be purchased on the night or with dinner payment via EFT - 1 ticket for \$5, 3 tickets for \$10 or 8 tickets for \$20.

Please note: All attendees are required to be double vaccinated.

Any questions should be directed to: secretary@eppingrotary.org.au

Your Rotary Legacy

As our Queen said recently “none of us will live forever.” So, what will be our legacy when we have departed this life?

My husband, Geoff and I have given nearly 70 years of Rotary service between us and we have thoroughly enjoyed doing what we can to make our world a better place. To ensure that our work will continue when we are no longer able to, we have included a bequest to The Rotary Foundation of Rotary International in our Wills. We have discussed this with our two daughters and they are wholeheartedly in agreement as they know how much Rotary has meant to us.

Since November is Rotary Foundation month, I encourage all members to consider a bequest to The Rotary Foundation. This could be in the form of a cash gift, a percentage of your estate, property, shares or other assets in your Will. Four Epping Rotarians have done this already. You will be recognised as a Benefactor with a bequest of any amount. For a bequest of US\$10,000 you will become a member of the Bequest Society. Bequests of US\$25,000 and more can bear your name or your family's name or the name of a loved one. It may also be possible to direct those funds to specific programs or regions. We have Rotarians in our district who have advised of bequests of US\$1 million!

I have attached a sample Codicil and a brochure about the program and various recognition levels. We always suggest that you contact your financial adviser and legal adviser about your plans. Please contact me if you wish to know more about leaving a legacy to The Rotary Foundation.

Monica Saville
Rotary Foundation Director



Instructions: Please sign this document in the presence of and on the advice of your lawyer and ensure that it is stored with your existing Will.

THIS CODICIL is made by me **Name** of **Address** in the State of

1. I hereby amend my existing Will as below.
2. Out of my Residuary Estate, I first Give the sum of US\$ **Amount** to the Rotary Foundation of Rotary International for its general purposes and I declare that the receipt of the General Secretary or his or her delegate, the Treasurer, Secretary or Public Officer for the time being of such organisation shall be an absolute discharge to my Trustee [and I further declare that at my death such organisation has ceased to exist or has amalgamated with another organisation or has changed its name this shall not fail and my Trustee shall pay such to the organisation which they consider most nearly fulfils the objects which I intend to benefit].
3. I Give Devise and Bequeath the balance of my Residuary Estate in accordance with the provision for my Residuary Estate under my existing will.
4. For the purposes of this Codicil, Residuary Estate means the residue of my assets after any specific gifts devised or bequeathed in my existing Will.
5. In all other respects I confirm my existing Will.

IN WITNESS whereof I have set my hand to this Codicil to my last Will and Testament this day

....., Two thousand and.....
SIGNED by the Testator as a Codicil to)
her last Will and Testament in the)
presence of us both present at the)
same time who at her request and in)
her presence and in the presence of)
each other have hereunto subscribed)
our names as witnesses:)

Signature

Signature

Name

Name

Address

Address

Occupation

Occupation

**Yes, I/we have made a commitment to
The Rotary Foundation Endowment.**

Name(s) to appear on recognition materials and/or for future publication.

Address

City, state or province, country, and postal code

Email

Optional:

Rotary ID # Rotary club name

Rotary district

Date(s) of birth

Home, business, and/or mobile phone

The spending portion of the gift shall be:

☐ Unrestricted (World Fund)

☐ Directed to:

☐ SHARE (World Fund and District Designated Fund)

☐ Rotary Peace Centers

☐ One or more areas of focus:

☐ Peace and conflict prevention/resolution

☐ Disease prevention and treatment

☐ Water and sanitation

☐ Maternal and child health

☐ Basic education and literacy

☐ Economic and community development

☐ Please contact me at the phone number above to discuss gift designation preferences.

The bequest will be funded by (some gift options are not available in all regions):

- ☐ Will or living trust
- ☐ Retirement plan beneficiary designation
- ☐ Life insurance beneficiary designation
- ☐ Donor advised fund
- ☐ Charitable remainder trust
- ☐ Other (please describe) _____

The gift to The Rotary Foundation is expected to be:

US\$

(The dollar amount is used for recognition purposes; if no amount is selected we will default to Level One.)

Recognition options:

For those who commit \$10,000 or more, an engraved recognition crystal and one recognition pin per person will be automatically shipped to a home address.

My/our recognition preferences are noted below:

- ☐ I/we do not wish to receive an engraved crystal.
- ☐ I/we would like a pendant with the pin(s).
- ☐ Tell me more about special naming opportunities.
- ☐ Send all recognition materials to this address instead: _____

☐ I/we have another request. (Please describe) _____

Signature Date

Signature Date

Please return this form and any supporting documents you wish to share that name Rotary as beneficiary. Contact information for your nearest Rotary office is featured on the back cover.

rotary.org/legacy

World Headquarters

Rotary International
One Rotary Center
1560 Sherman Avenue
Evanston, IL 60201-3698 USA
Tel. +1-847-866-3100
Email: planned.giving@rotary.org

Brazil Office

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Japan Office

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Mitsukoshi 4-28
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New Delhi 110 001, India
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P.O. Box 1415
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Tel. +594-2-8894-8800
Email: r.spp@rotary.org



230-6N-(1017)



Rotary's tomorrow depends on what we do today.

You can be an important part of the Foundation's next century of serving humanity by including a gift to Rotary's Endowment in your estate plan.

Your gift will be carefully stewarded to provide funding for the programs you know and love, year after year. The Foundation is known for its commitment to effective programs that make a lasting difference in people's lives. A gift from your estate will provide ongoing financial support, just as your annual contributions do today.

Join the many Rotarians and friends who have made commitments to improving and enriching lives around the globe by creating your personal legacy with The Rotary Foundation.

How to include Rotary in your estate plan

One of the most popular ways to include Rotary in an estate plan is through a will or codicil. Whichever method works best for you, please remember to use the official legal name, **The Rotary Foundation of Rotary International**, unless one of the following names applies in the region where you live:

- The Rotary Foundation (Canada)
- Rotary Foundation (India)
- Public Interest Incorporated Foundation — Rotary Foundation Japan
- Rotary Foundation of the United Kingdom

Here are a few examples for your adviser to consider:

- ◆ For a general gift of a certain percentage or portion of your estate: "I give to The Rotary Foundation of Rotary International one-fourth of my estate."
- ◆ For a gift of a specific asset: "I give 500 shares of [Name] stock to The Rotary Foundation of Rotary International."
- ◆ For a contingent bequest, which takes effect only when certain conditions are met: "In the event my spouse does not survive me, I give to The Rotary Foundation of Rotary International the remainder of my estate."
- ◆ For a residual bequest, which directs the disposition of all or a portion of whatever remains after all other required amounts are paid: "I give the rest, residue, and remainder of my estate to The Rotary Foundation of Rotary International."

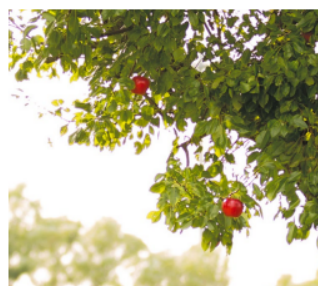
As always, remember to consult independent tax and legal advisers before making any charitable gift.

How your legacy carries on

Once you have decided to support Rotary's Endowment, you can provide direction on how available earnings are spent. A gift to **Endowment-World Fund** allows the Trustees to direct support where it is most needed around the world. A gift to **Endowment-SHARE** allows your Rotary district to direct a portion of the spending along with a portion going to World Fund. This functions as a perpetual Annual Fund gift. You may also support one or more of the **areas of focus**. Current trustee policy is to direct undesignated gifts of \$10,000 or more to World Fund.

Personalizing your fund

Foundation staff can work with you to personalize your legacy through a named fund within the Endowment. The separately identified fund can bear your name, your family's name, or the name of a loved one. Depending upon the amount, it may be possible to more narrowly direct the use of the funds to specific programs or regions. The minimum amount to establish a named fund is \$25,000.



Let Rotary recognize your generosity

Those who commit \$10,000 or more receive **Bequest Society membership**, which provides special Foundation updates, invitations to events, an engraved crystal, and an exclusive pin and/or pendant.

Bequest Society Recognition Levels (in U.S. dollars)

1. \$10,000	6. \$500,000**
2. \$25,000*	7. \$1,000,000**
3. \$50,000*	8. \$2,500,000**
4. \$100,000*	9. \$5,000,000**
5. \$250,000**	10. \$10,000,000**

*Qualifies for a customized named fund
**Qualifies for posthumous Arch Klumph Society membership

Rotary is pleased to confer **Benefactor** status on those who commit any amount in their estate plan to the Endowment. Benefactors receive personalized certificates and a special insignia to wear with their Rotary pins.

We may share your name as one of the growing number of Rotarians and friends who are providing future gifts to the Foundation, unless you request anonymity. Rest assured the details and amount of your commitment will always remain confidential.

Once you have included Rotary in your estate plans, please complete this form and mail it to your closest Rotary office or submit notification of your gift at rotary.org/legacy so that we may properly thank you and recognize your generosity.

Supporting Destiny Rescue

Dear Gail and all my friends at Epping Rotary,

I'm putting my walking shoes on to walk 200 kms during December to support Destiny Rescue in their mission to rescue children from sexual exploitation and slavery and to help them stay free. I am aiming to raise 5,000 dollars to rescue kids this Christmas.

Can you help me make my walking count?

My fundraising page is <https://walk-to-rescue.raisely.com/rachel-dunwell>

This page will allow you to track the progress to my distance goal and watch the donations grow.

Going the distance and walking 200 kms will be tough but your donation will help keep me going. Perhaps you may want to join me, all the information is found in the fundraising platform.

For more information about the work of destiny rescue please follow the link [here](#)

Feel free to promote this fundraiser on any of your social media platforms or amongst family, friends and colleagues as the more who know about Destiny Rescue and the opportunity we give kids across the world the greater the impact this Christmas.

Thank you again,

--



RACHEL DUNWELL
PARTNERSHIPS MANAGER NSW/ACT
Destiny Rescue Australia

Email: rachel.dunwell@destinyrescue.org

Mobile: 0427 864 703 | Office: 1300 738 761

6/22-24 Premier Circuit Warana, QLD 4575 Australia

Website: www.destinyrescue.org

Click [donate](#) to Help Rescue a Child.

Destiny Rescue™
RESCUING CHILDREN



There are **MILLIONS** of children trapped in the sex trade today.
[DISCOVER WAYS YOU CAN HELP FIGHT SEXUAL SLAVERY](#)

A Trip to Picton

Rotary Club of Pennant Hills

Social Activity Sunday, 14 November 2021

The district is rich in Aboriginal and European history. A colourful tapestry interweaves the Dreamtime legends of the Gundungurra, Darug and Dharawal people on a backdrop of gorges, ranges and plains with a rural patchwork created by the white settlers who followed the first fleet's famous straying cattle to the Cowpastures.

Picton is one of the earliest European settlements. It was 'discovered' when a number of cattle went missing in the early days of the colony and were found in 1795 by a convict near the Nepean River.

The valuable herd, which had increased in number, were allowed to remain and breed in a sealed-off area stretching from the Nepean to the Bargo River.

This became known as Cowpastures and then Stonequarry until 1841. The name Picton is believed to have been chosen to honour Sir Thomas Picton, an old soldier friend of Governor Brisbane.

In the 1860s the railway system came to Picton and created a building explosion. The area was proclaimed a municipality in 1895, and in 1939 Wollondilly Shire Council (then centred in The Oaks) and Picton Municipality amalgamated to create the Shire that we have today.



Working in partnership with the Wollondilly community



VISIT // WOLLONDILLY

Visit our website for great ideas
VisitWollondilly.com.au

For a copy of our free Wollondilly Map visit the locations below.

Wollondilly Shire Council

Menangle Street, Picton

Open: Mon - Fri 8.30am - 5.00pm

Wollondilly Library

Menangle Street, Picton

Open: Mon-Fri 9.30am - 5.00pm

Sat 9.00am - 12.00pm

NSW Rail Museum

Barbour Road, Thirlmere

Open: Mon-Fri 10.00am - 4.00pm



Here are the details:

- It will take just over one hour to drive to Picton down the M5.
- Meet in Picton **at 11.30am** at the **Rotunda**.
- Parking is available at Davidson Lane car park off Menangle St West.
- If coming from the Hume H'Way, you will arrive in town right at the main intersection (look for the clock tower on the Old Post Office). Go straight ahead into Menangle St West then turn left into Davidson Lane car park. This is very central to everything & we can use the toilets at the Hotel Picton.
- There is a Rotunda on the edge of the car park/ cemetery which has seating & as it's raised, we can see each other easily.
- President Mark Hardacre (Picton Rotary and Lyn (Secretary) will aim to meet us at the Rotunda depending on their other commitments.
- 12.00pm - Historical walk around Picton village & St Mark's Cemetery (audio tour is available at extra cost)
- 1.00pm - lunch
- 2.30pm – make way back to Sydney (or wherever)
- On the way out, you might like to have a look at the Stonequarry Viaduct which you can drive to on Picton Avenue - plenty of parking area & The old Mushroom Tunnel.

Please Note: Daisy is the person to contact to advise your attendance at our social activity. Please let her know at/by our Rotary meeting 10 November.

Members from other Rotary clubs are warmly welcome to join us.

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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