

# OFFICIAL JOURNAL OF THE ROTARY CLUB OF NORTH SYDNEY



CHARTERED 16<sup>TH</sup> AUGUST 1928. CLUB NO. 18035, DISTRICT 9685.

(Please Note: No meeting on the last Thursday of each month). ISSUE NO 4073 Thursday 9th September 2021



## Board Members for Rotary year 2021-2022

**President:** Toni Field OAM **Secretary:** Tony d'Arbon **Treasurer:** Ross Waugh  
**Administration:** Ross Waugh **Youth Counsellor:** David Field **Foundation:** John Taylor  
**Community Service, Membership:** Jenny Thomas OAM **Public Relations:** Lily Clarke  
**International Service:** Samantha Lee & Jiji Lee, **Youth Service:** Peter Lulic  
**Vocational Service:** Geoff Pritchard OAM **Speaker Program:** David Field  
**District Conference/Verification Officer:** Denis Booth **Bulletin Editor:** Mal Sharpe

### Acknowledgement of Country.

*The Rotary Club of North Sydney acknowledges the Cammeraygal people on whose land we meet each week and continues to foster friendship and service to the community. We pay our respect to past and present elders and emerging.*

## President's Message:

Dear Rotarians,

Dr Nina Yang gave us a very detailed look at eye health in older people in our last zoom meeting. It seems we need to heed her advice and have regular check ups. This week we will hear from the **CEO of Mary's House** North Sydney. It seems that domestic violence is increasing and the Covid situation is not helping. So it will be interesting to hear how Mary's House is helping.

The zoom Board Meeting was held last week and discussion took place about future plans whenever we can return to face to face meetings.

The Tree of Joy, D'Caf and the Seniors Christmas Lunch will not be going ahead. Hopefully the Markets may start again when we can circulate a bit more in October.

I have emailed the **Rotary Club of Rancho Mirage in Palm Springs** California to request a zoom social meeting with them for the 30<sup>th</sup> September.

This is the 5<sup>th</sup> Thursday of the month when we do not have a meeting but if you are happy to join in and chat with their members you will be very welcome. I have not had a reply as yet.

Only four of us joined the Crows Nest Club in socialising on zoom last Friday night. It was interesting and a good start to keep in touch.



[www.facebook.com/rotarynorthsydney/](https://www.facebook.com/rotarynorthsydney/)



**"For Good Food, Good Fellowship and the Opportunity to serve through Rotary, we give thanks".**



SERVE TO CHANGE LIVES

## Presidents Message continued.....

I do hope everyone is keeping calm and well. **Happy Father's Day** to all our dads and grand dads in the club. It was hard not to celebrate face to face but I am sure there were many facetime calls and phone calls.

To share some ideas.. could you send me your **3 favourite places** in Sydney ..just 3 and I will post them in the next Cogs.

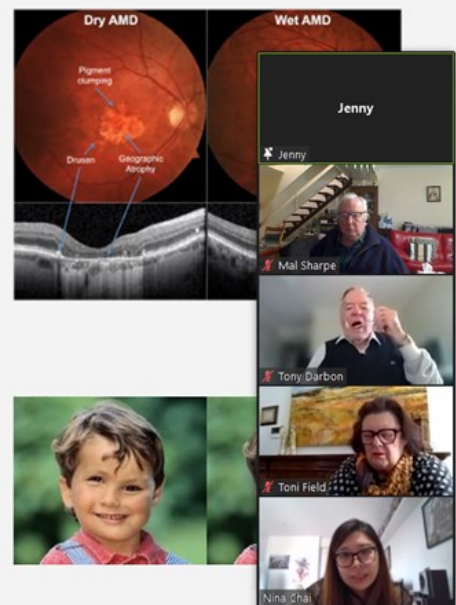
My 3 are : **The Art Gallery of NSW, Mrs Macquarie's Chair and Sydney Harbour.**

Take care

Toni Field OAM

## MACULAR DEGENERATION

- Leading cause of blindness among seniors
- In Australia more than 1.25 million people have some degree of age-related macular degeneration. Due to the ageing of the population, that number is expected to more than double to by 2050.
- This condition affects the macula, an area at the center of the retina that is responsible for focused, central vision.
- Difficult to read, drive and perform other daily functions.
- AREDS: supplements: Macuvision Plus, treated with laser surgery and anti-angiogenic drug injections
- Risk factors: age, smoking, family history, race







Our experience of working in Haiti will prove invaluable in overcoming multiple challenges after the recent earthquake.  
Image: Haiti 2010

Dear ROTARY PRESIDENT,

I hope you are keeping safe and well. Our thoughts go out to those of you who are currently in lockdown.

Thanks to all of you that have donated to our Haiti earthquake appeal, we've raised nearly \$100,000 and it would be great if we could double that total in the coming weeks. There are over 1.2 million people affected by the recent earthquake and following tropical storm. The situation in Haiti is dire and thousands of families need our help. It's heartening to see our community of supporters step up.

*Mike*

**Mike Greenslade**

*CEO ShelterBox Australia*

A powerful 7.2 magnitude earthquake on Saturday 14 August and continuing aftershocks have rocked Haiti. Heavy rains and mudslides from Tropical Storm Grace have made the need for emergency shelter even sharper.



HAITI - EARTHQUAKE/TROPICAL STORM

Buildings have been flattened. Around 137,000 homes have been damaged or destroyed – the full extent of the damage may not be known as remote communities remain cut off. Hospitals already under strain from COVID-19 are overwhelmed. Tropical Storm Grace dumped more than 380mm of rain over some of the worst affected areas.

## Upcoming Events for your Diary

Date	Speaker	Subject
9th September	Meeting via Zoom <b>CEO of Mary's House</b> North Sydney.	Starts at 1pm Tony d'Arbon will set up meeting to join



Date	Birthdays	Date	Anniversaries
13th September	Ross Waugh		
21st September	Jenny Thomas	10th September	Peter & Millie Lulic
29th September	John Taylor		

Date	Front Desk & Room Set Up Attendance Required from 12:00pm
	Not Applicable as meeting on Zoom

## Visitors & Apologies for 26th August 2021

### Via Zoom:

#### **Guests:**

Dr Nina Chai Guest Speaker

#### **Members Present:**

Toni Field OAM

Tony d'Arbon

Ross Waugh

Lily Clarke

Jenny Thomas OAM

David Field

Elaine Lindsay

Ken Pratt

Denis Booth

Philip Brook

Mal Sharpe

### Apologies:

### Leave of Absence:

## Upcoming Event for your diary

Next Board Meeting ... TBA



**We are grateful to: Rotary Club of North Sydney Supporters**



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**‘Keep It At Kennards,  
The People Who Care’**