



# Jerraganda

The Newsletter of Jerrabomberra Rotary  
RI District 9710



Volume 20 No.11

Support the Rotary Foundation!

Meeting 907  
15th September, 2016

## GUEST SPEAKER, MARTIN FISK – MENSLINK



As many members know, Jerra Rotary has been supporting Menslink over the past few years, and to continue this relationship we were fortunate on Thursday 15 September to have Martin Fisk, the Menslink CEO, along as our guest to keep us up to date on the work of Menslink. Martin commenced his talk, with some background to Menslink that would be of interest to our newer members.

Menslink operates as a local charity supporting young men in the Canberra Region. It has been in operation for 12 years and continues to steadily grow and deliver free counselling, volunteer mentoring, and education programs to young men between the ages of 12 and 25, and their families.

It is a fact that most young men don't talk about their problems, preferring to keep them bottled up and pretend they can cope and all is good. The reality is that everyone needs a bit of help from time to time and young men are no different. Menslink offers access to a community of good blokes who look out for and look after each other, while at the same time having some fun along the way.

Menslink services are free and completely confidential. Martin advised that while 50% of funding comes from government, the other 50% comes from organisations such as Rotary and is an extremely important aspect of the program, and Martin thanked Jerra Rotary for its ongoing support.

*Read more of Martin's talk and the great work of Menslink at page 2.*

## Dragon Boat Regatta Delayed



Due to the closure of Lake Burley Griffin to any primary contact after an unfortunate contamination during the recent heavy rain, the Dragon Boat Regatta scheduled for 17 September had to be cancelled.

Anton and the 2 Pauls who were primed and ready to deliver some excellent catering to the Dragon Boat crews and their supporters have had to stem their enthusiasm until October when the next Regatta will

hopefully be able to proceed.

*Read more about how you can help with the Regattas on page 3.*



Hi, Guest Editor Paul here. Chris is away on a well earned holiday. Mez offered to stand in as Editor while Chris was away, and then decided to go on holiday as well. Go figure. So wind back to the past, past Editor and here I am.

It's a pretty packed newsletter this week with lots of things to read about. Must be that spring has sprung and the warm weather, blossoms and flowers have got everyone into action, and starting to implement their plans for the year.

Get a coffee, sit down, and enjoy the read.

Paul  
Guest Editor

Don't forget, deadline for contributions to the newsletter is Sunday 5pm.

I tried cooking with  
wine but after four  
glasses I forgot why  
I was in the kitchen

## **Martin Fisk – Menslink (continued from page 1)**

Martin felt the best way to deliver his talk was through the use of two case studies highlighting the work of Menslink.

*Joe was being harassed by three boys every day at school. The harassment was not physical, but rather verbal taunting and abuse. Joe thought he could cope and tried to battle it out, but after 6 weeks he found himself suffering from low self-esteem and he started to self-harm and attempted suicide. Martin highlighted how our society does not necessarily help in these circumstances as the society message is that we cannot escape violence and violence works to escape conflict. The message here for all, is that we need to role model our behaviour as responsible adults, and everyone has a choice as to how they behave. We need to aim to build positive messages and counter negative messages.*

*Fortunately, Joe's attempt at suicide alerted his mother and others to his plight and Menslink were able to help Joe build his confidence and learn how to deal with the type of behaviour he encountered. Martin also noted that when the three boys who had been harassing Joe, were made aware of the potential consequences of their actions, they were shocked - having thought they were just having some fun. They changed, and became friendly towards Joe.*

Martin suggested that members could learn more about this case by reading Joe's mother's testimonial on the Menslink website. To assist our readers this testimonial is reproduced below for convenience.

*I was first introduced to Menslink early this year, after my teenage son began self-harming. Our school counsellor suggested several organisations, but the Menslink message of 'Silence is deadly' resonated with me; my son had been silent about what had been happening to him and how he was feeling.*

*Initially, my son was very apprehensive about meeting a Menslink counsellor, probably because he did not feel comfortable discussing his feelings, fears, frustrations or disappointments. From the very first meeting, the fabulous counsellor put him at ease. With each appointment, my son became that little bit more confident in explaining what had been happening, not only to your counsellor but also to me.*

*He provided much more than a safe environment in which my son felt comfortable discussing the issues that were upsetting him. He also taught my son very practical strategies for dealing with difficult people and circumstances. More importantly, he has restored my son's self-confidence. My son now knows he can trust his feelings and has the power to call out the bad behaviour that makes him miserable. He also now believes that just because someone else labels him in some way, it does not make the label true. What a win!*

*Somehow the counsellor has also addressed what my son calls his 'extreme social awkwardness' (those damn labels), but I would call a natural shyness of strangers. While my son still approaches unfamiliar social situations with some trepidation, he now chooses to engage with others and shows his personality more readily. That self-confidence is shining through and each success creates more self-confidence and self-trust. As an example, we attended a big celebration recently and my son knew very few of the attendees. I was concerned when we were seated separately, but really should not have worried. Each time I looked over, my son was engaging with his dinner companions, laughing with them and making them laugh with his stories. Wow! What a win.*

*I firmly believe that my son's early interaction with Menslink and the counselling service will have long-lasting effects. He continues talk, to make positive changes to friendship groups, is more open to change, and is far more confident that he can handle whatever challenges life throws at him. He also now knows that silence can indeed be deadly. He speaks up for himself, sticks up for himself and makes the changes that he needs to. He will also very willingly seek out Menslink again, should that be necessary.*

*My son's self-harming was a complete and utter shock to me. After I was informed, I was terrified of leaving him alone or allowing him to go back into those environments that contributed to his deep unhappiness. From the first phone call, the Menslink approach put me at ease. Your counsellor also discussed my concerns with me and provided an objective viewpoint. While I was pressured to consult a psychologist or psychiatrist, I am extremely happy to say that Menslink was the right organisation for my son and for me.*

*I believe that Menslink provides a unique support and, I suppose, an intervention service for our young men. The pressures being experienced by our teenagers, particularly male, are well documented. Their reactions do not necessarily mean they have a mental illness; they are confused, powerless and disillusioned. They don't need medication; they need support, an objective ear, the safety to speak up and validation of their feelings. Menslink provided my son with all of these and more.*

*Both my son and I agree that as difficult as it sometimes been to deal with the fallout of being honest, the benefits far outweigh the negatives. Without the support provided by Menslink, I'm not sure where my son would have ended up. Certainly deeply unhappy and feeling powerless. Where that would have ended is not something I want to think about.*

*Finally, as you may have guessed, I thoroughly recommend Menslink. I am extremely grateful that we were able to access their expertise, resources and support and am beyond thrilled with the outcomes and the timeframes in which these were achieved. THANK YOU!! More importantly, my self-confident, happy, funny, quirky and fabulous teenage son thanks you too!"*

## Menslink (continued)

*Martin's second case study, focused on 'Lockie' who had grown up in a culture where violence was accepted and expected. Lockie's challenge was how does he break away from this culture.*

*Through Menslink's 'Silence is Deadly' program Menslink together with local sporting teams, like the Raiders and the Brumbies, visit almost all high schools and colleges in the region to provide young men with information about overcoming life's challenges and get the talking and seeking help in tough time.*

*Lockie was able to get the help he needed, and to have someone he could talk to and gain the support he needed, before his problems became more serious.*

*If you want to learn more about Menslink and their great work, visit the Menslink website at <http://menslink.org.au> where you can find further testimonials and additional information on Menslink's programs, mentoring and counselling.*



Martin in full swing



At the conclusion of Martin's most informative and moving talk, Chilly (also a Menslink volunteer in addition to his Rotary work) presented Martin with a book to sign and donate back to the school library.

See also page 8 for important information on a social function and fund raiser in support of Menslink.

## More on the Dragon Boat Regattas



As members know we have risen to the challenge once again, by accepting an opportunity to get out amongst the community and promote Rotary through a little bit of catering. We will be providing a brekky/lunch service to the Dragon Boat crews and their supporters at a number of Regattas over the coming months. This is also a great fundraising opportunity for our club.

This will be a very straight forward project that will take three people per event which are scheduled for once a month.

The benefits to our club is that it will help us raise funds for the extension of the Jerra Fitness Circuit that will enable people with a disability to also use the equipment.

How can you help? It's simple. Anton and Bev are calling for volunteers to be rostered onto one of the events.

In this respect your commitment will be from 6.30am till 1.30pm to help with a brekky/lunch BBQ, bacon egg rolls etc.

The events are as follows:

- Regatta 1 (200m and 2000m) Saturday, 17 September - this was to be a Pirate themed regatta but was cancelled (see page 1);
- Regatta 2 (500m) Saturday, 15 October;
- Regatta 3 (200m and 2000m) Saturday, 29 October - this will include schools from NSW;
- Regatta 4 (500m) Saturday, 19 November;
- Regatta 5 (200m and 2000m) Saturday, 10 December;

- Regatta 6 (500m) Saturday, 21 January 2017;
- Regatta 7 (500m) Saturday, 4 February;
- Regatta 8 (200m and 2000m) Saturday, 4 March;
- Saturday, 18 and Sunday 19 March National Capital Dragon Boat Festival - this will include Corporate teams and the day is from 0700 - 1600;
- Regatta 9 (500m) Saturday, 1 April.

At this stage Anton has volunteered to do nearly all of the events except for the 15th October.

Therefore, there is a need for three volunteers for 25 October and thereafter 2 volunteers to work with Anton.

If you have not already done so, please email Anton and Bev as soon as you can on your availability. Also please do not conflict with your market roster.

#### LAST WEEK'S MEETING – WITH ACTING PRESIDENT – Paul Robey

**GUESTS FOR THIS WEEK:** Martin Fisk CEO Menslink, and of course Vera

**APOLOGIES THIS WEEK:** Only two apologies received by Pam, these being: Anton and Bev. Anton was reported to have a family commitment (see photo under Club Service report) however the better story was that he was making up for his away trip to Korea and Japan where he had a propensity to be constantly in the company of young ladies. No interesting stories as to Bev's whereabouts, maybe she was locked in or locked out, we may never know.

**CHARGE TO AUSTRALIA:** Jan delivered the Charge

**TOAST TO ROTARY INTERNATIONAL:** Chilly toasted RI and kept it very simple. On ya Chilly.

#### OUR VISION STATEMENT –

*“A vibrant and fun-loving community group actively making a difference both locally and internationally.”*

#### OUR ELEVATOR SPEECH -

*“Jerrabomberra Rotary is a group of like-minded people who come together to serve the community and to make sure they have a good time doing it. We have lots of programs that impact on youth, the aged and the disadvantaged. We are active locally but also internationally as we are a global organisation.”*

## REPORTS FOR THIS WEEK:

#### ACTING PRESIDENT PAUL'S REPORT:

- Past President Paul stepped in at the last minute to take the chair, as Pres Liz was missing in action. Rumour had it she was holidaying on the coast, but other rumours suggested she might be sick – poor chook. Anyway Attendance Officer Pam clearly had not received advice re the absence.
- Acting President Paul had nothing to report.

*Editor's note; Past President Paul advised the Jerraganda on Friday morning that President Liz had sent an email on Thursday asking him if he could chair the meeting and to give her late apologies, but he had not logged on until Friday, hence did not see the email or have the information on Thursday. Morale of this story is that just because you send an email, doesn't mean it has been received and read. Perhaps resorting to an old fashioned phone call might be a better way to convey urgent messages.*



#### **MEZ MULVANEY'S SECRETARY'S REPORT:**

- No report from the Secretary this week as Mez was also missing in action, believed, and later confirmed to be with the Pres.

#### **TERRY SPENCER'S TREASURER'S REPORT:**

- Terry had nothing to report, but did advise that the Joker was still not quite \$1000 and might need another week.

*Pictured right: The men regained control of the meeting tonight with the return of the 'two grumpy old men' (reference the Muppets) on the head table.*



#### **CATHY HOBBS'S YOUTH & VOCATIONAL SERVICE REPORT:**

- Cathy had nothing to report, but noted that Juniors on Watch would be on Friday, 16<sup>th</sup> Sept – 1.40 pm at school hall. – Jan and Cathy are attending. There will be two recipients.

#### **BRUCE MILLER'S INTERNATIONAL & FOUNDATION REPORT:**

- Chilly reported on behalf of International.
- Noah, our potential ROMOAC child continues to be delayed. However positive signs are that a relative has travelled to Samoa with all the necessary forms and will ensure the paper work gets done properly and does not get lost (like last time).
- The Basket Balls donated by the Canberra Club have arrived safely in Tonga and have been presented to Lapaha School by Ricky of the Nuku'alofa Rotary Club.

#### **BEV MCKAY'S COMMUNITY SERVICE REPORT:**

- Bev was also absent so no report on the community side of things.
- It was however noted that the Dragon Boat project is reported elsewhere.

#### **ANTON PEMMER'S CLUB SERVICE REPORT:**

- Nothing to report from Anton as he was absent.
- Post meeting Facebook picture (right) tended to confirm there was indeed a family function with newly arrived visitors from Austria. As photo indicates the visiting family brought over a care package of new clothes. Rosemary seems to have done best! Unfortunately, shoes are still needed for the children, so we might need to have a whip around at the next meeting.



#### **GENERAL BUSINESS**

1. Paul (Roger) advised that he had one Jerra Rotary beanie available with no name on it. (It is left over stock). If anyone would like it the going rate payable to the club is \$10. Paul had in fact had two beanies but sold one to Kaz at the start of the meeting.

**SERGEANT'S FINES:** There was no fines session, but Pam did hand around the bag for anyone's loose change, so there may be some takings reported to the Treasurer later.

**MEALS: THIS WEEK!** This week we had a great Turkish Feast. Perhaps a little too much food, as despite everyone enjoying it and tried to eat it all, there was still plenty left.



Don't forget that the person to notify about meals is **Pam**. See her details at the end of the newsletter.

PLEASE, try to make her job easy and notify her if you will be there or **not by midday on Tuesdays.**

**ATTENDANCE:** 76%



Scrutineering was tight for the Joker draw with only three cards left to accompany the Joker in the draw. Chilly was asked to make the draw (see photo) and drew out a ticket belonging to Vera (second week in a row). As Vera had left the meeting Sue R was asked to draw the card on Vera's behalf. Sorry to Vera, but Sue drew the 10 of diamonds and the Joker survived. See photos of Sue and the fate of the 10 of diamonds.

**ONLY 2 cards left in the pack! Plus the Joker.** Next week it is a 1 in 3 chance of getting a winner. Who will it be, well you have to be at the meeting to find out.



## **DON'T FORGET!**

### Weekly Meeting Reminders – Meeting No. 907

#### **\*\* The market is our cash cow and needs everyone's support!**

- 24/9/16 – Anton, Jan, Bev
- ALL banking to Terry, please.
- Save \$2 a week in your Centurion money boxes for The Foundation!
- Still H/W: Think of some potential members for our list

\*\*\*\*\* MEETING CLOSED – 8.30 pm \*\*



#### **SOME NEWS FROM THE MARKETS....**

PLEASE NOTE - New Email address: Please ensure you update your email contacts list to reflect the new address [market.manager@crfm.com.au](mailto:market.manager@crfm.com.au)

#### **\*\* PLEASE NOTE – THIS IS THE “NEWEST” ROSTER – DELETE ALL OTHERS!**

24/9/16	Anton	Jan	Bev
1/10/16	Sue J.	Peter J.	Andrea
8/10/16	Kaz	Bruce	Bev

\* Details as provided by the Market Master

Market Roster is current as of the date of publishing however changes may have occurred.

Please visit:

<http://portal.clubrunner.ca/9728/SitePage/capital-region-farmers-market/roster> for the most up to date roster.



A community project of The Rotary Club of Hall

**Report this week by: Cathy**

**17 September, 2016**

It was a quiet day but beautiful weather. Only one ATM enquiry. Several enquiries for The Cheese Project -- she has decided to retire so won't be coming back.

Smoke from the next stall gave me a headache -- it might pay to put the side up to prevent the smoke from permeating our stall.

Next Saturday access and parking for the markets will be via Old Wells Station Road or Morisset St only due to National Caravan Rally. The only gate access will be gate 7 beside the toilets.

10 <sup>th</sup> September 2016	Cathy, Colin, and Terry	Tables \$45.00	Bags \$44.00	Water \$8.00	Books \$20.00	Cooler Bags \$15.00	Donations \$00.00	Total \$132.00
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NOTE: Last Saturday market is on 17<sup>th</sup> Dec with an afternoon market on 22 December. There is then a break until January 14<sup>th</sup>! Yippee!

**Reminder on times – Arrive 6.45 am / Set up by 7 am / Parking by 7.30 am / Finish Parking at 11 am / pack up at 11.30 am**



Great opportunity for a social night - Save the date and get your funk on for the Menslink Big Night Out.

Menslink, supported by principal sponsor Lennox Volkswagen, is hosting a fun 70's themed night with great entertainment by the Smooth Ops and a terrific auction on Friday 4th November, to raise money for our free support programs in Canberra.

Tickets are now on sale via Try Booking!

Menslink are also looking for additional auction items to help raise money on the night for their free support programs. If you or your business can help, please get in touch with Rebecca Swan on 6287 2226.



**70's BIG NIGHT OUT**

PROUDLY SPONSORED BY LENNOCK VOLKSWAGEN

**M menslink**  
supporting young men in Canberra

**YOU'RE INVITED**

**DRESS IN 70S THEME AND SWING TO THE SMOOTH OPS**

**SOUTHERN CROSS CLUB  
WODEN - CORINA ROOM 1  
FRIDAY 4TH NOVEMBER  
6.30 TILL LATE**

**TICKETS \$200 EA  
INCLUDING DINNER AND  
WINES. AVAILABLE AT:  
[www.trybooking.com/LJMQ](http://www.trybooking.com/LJMQ)**



*Kiama Car and Bike Spectacular*

**BURSON AUTO PARTS**  
THE CARTE PROFESSIONALS

With all proceeds to Melanoma Research

**SUNDAY 13 NOVEMBER 2016, 9AM - 3PM**  
**SOMETHING FOR EVERYONE IN THE BEAUTIFUL SETTING OF KIAMA SHOWGROUNDS AND PAVILION!**

DISPLAY OF VINTAGE, VETERAN AND CLASSIC CARS AND BIKES.

STALLS WITH AUTO SUPPLIES AND ACCESSORIES.

FULL PROGRAM OF EVENTS AND ENTERTAINMENT FOR THE WHOLE FAMILY INCLUDING

- Car and bike judging competitions
- Lawnmower racing
- Off-road remote car competitions
- Jumping castle and face painting for kids
- Musical performances
- Radio coverage by WAVE FM
- Variety of food and coffee stalls
- Free skin care checks by Skin Cancer Care doctors

ENTRY CHARGE - DONATION OF \$5PP (UNDER 12s FREE)

BOOKINGS FOR DISPLAY VEHICLES & STALLS:  
Bob (02) 4234 1336 or Christine (02) 4234 3033  
or email [kiamacarspectacular@gmail.com](mailto:kiamacarspectacular@gmail.com)

PROUDLY HOSTED BY  
**Rotary Kiama** **Gerringong Sunrise**



Reproduced for convenience a few extracts from the most recent Shelterbox Newsletter.

### Italy - Earthquake



On the night of the 23rd August a 6.2 earthquake struck South-East of the Italian city of Perugia, leaving over 70 people dead and destroying hundreds of buildings. A ShelterBox Response Team were on the ground within 48hrs and coordinated with our Italian Affiliate, Rotary and the Civil Defence to conduct a needs assessment. After consultation with government agencies and other NGO's on the ground, it was decided that emergency shelter requirements were under control and no further ShelterBox involvement needed. Thanks to all that responded to our appeal. Funds will be channelled in to future disaster relief.

### Syria - Conflict



It has been over four years since conflict broke out. More than 10 million people, almost half of Syria's population have been displaced. 1,500 summer shelter kits have been distributed in Aleppo via Relief Aid. Additional kits have been procured ready for movement to Hasakeh as and when the security situation allows. Hand In Hand for Syria distributed 30 tents over the weekend to people who had been evacuated from Darayya. You can help by donating to Shelterbox's [Syria Refugee Appeal](#)

### Ambassador Training - Chuwar, QLD



Do you want to join the ShelterBox Australia Team? We have an Ambassador training and information weekend coming up in Chuwar, QLD on 4th-6th November. Come and learn all about disaster relief, ShelterBox equipment and what it takes to become a ShelterBox Response Team member. Being an Ambassador is a rewarding experience, come be part of a global team working toward a common end: No family without shelter following disaster. For more information, email: [volunteer@shelterbox.org.au](mailto:volunteer@shelterbox.org.au)

ShelterBox is also working in partnership with ACTED to provide **455 Shelter Kits** to families south of Erbil.



## Program

If anyone has program information, please email Chris – [chris.hunter@det.nsw.edu.au](mailto:chris.hunter@det.nsw.edu.au)

Meetings		Social & Special Events	
Date	Description	Date	Description
		27 <sup>th</sup> – 30 <sup>th</sup> October	DISTRICT CONFERENCE in Goulburn
		Friday, 28 <sup>th</sup> October	RWAF Dinner for the wine buffs as part of District Conference entertainment – see Paul Roger
		Friday 4 <sup>th</sup> November	70' Big Night Out - Menslink
		9 <sup>th</sup> November	Membership Night at the Community Centre
		19 <sup>th</sup> November	Rotary Foundation Dinner
		8 <sup>th</sup> & 22 <sup>nd</sup> January	Home Hosting for NYSF, please. Save the dates.

*\* Compiled from information provided by the Program Person*

BOARD OF MANAGEMENT - 2016-2017	
President	Liz Mulvaney
President Elect	Anton Pemmer
Vice President	Mez Mulvaney
Secretary	Mez Mulvaney
Treasurer	Terry Spencer
Club Service Director	Anton Pemmer
Community Service Director	Bev McKay
International and Foundation Director	Bruce Miller
Youth and Vocational Service Director	Cathy Hobbs

CLUB DETAILS	
Rotary Club of Jerrabomberra Incorporated	
PO Box 8, Jerrabomberra NSW, 2619	
<a href="http://www.jerrarotary.org.au">www.jerrarotary.org.au</a>	
Email: <a href="mailto:secretary@jerrabomberra.rotarnet.com.au">secretary@jerrabomberra.rotarnet.com.au</a>	
Meets	Thursday 6.15 for 6.30 – 8.30pm Jerrabomberra Public School (Staff Room)
Attendance & Apologies	<b>Pam Spencer</b> by 12 Noon Tuesday T: 0418 967 925 <a href="mailto:jerraquilting@gmail.com">jerraquilting@gmail.com</a>
Newsletter	Chris Hunter
Contributions	T: 0418 646 317 E: <a href="mailto:chris.hunter@det.nsw.edu.au">chris.hunter@det.nsw.edu.au</a>

CURRENT CLUB MEMBERS	
Robert Chilman PHF	Anton Pemmer, PHF, PP, PE
Andrea Close	Paul Robey, PP
Cathy Hobbs PHF	Jan Pettigrew, PHF, PP
Colin Hobbs, PHF, PP	Paul Roger PHF, PP
Chris Hunter, OAM, PHF, PP	Sue Roger PHF
Peter Jarvis, PHF, PP	Pam Spencer, PHF, PP
Sue Jarvis, PHF	Terry Spencer, PHF, PP
Kaz Kaczmarek	David Stevens, PHF, PP
Bev McKay	Vicki Still
Bruce Miller	
Liz Mulvaney, PHF, President	
Mez Mulvaney, OAM, PHF, PP	
HONORARY MEMBERS	SUPPORTERS
Alex Alexander, PP	Vera Alexander PHF
	Liz Miller
	David Bailey, PHF, PP
	Glenda Wahlert, PP
	Glenn Wahlert, PHF
	Anne Davis, PHF, PP

## OUR HISTORY

In 1998 the Rotary Clubs of Queanbeyan and Queanbeyan West Rotary decided to sponsor a new Rotary Club based in Jerrabomberra. Bill Lilley, John Snedden and Peter Jarvis from Queanbeyan West took on the joint roll of mentoring the development of the new club. (Peter Jarvis went on to become our Charter President).

Advertising for potential members began in March 1998. After a successful campaign, the Club was chartered on 18 November 1998 with 26 members.

Initial meetings were held at the Jerrabomberra General Store—the venue was very good until we grew in numbers. We then moved to the Jerrabomberra Community Centre for a few years, and we now meet at the Jerrabomberra Public School Staff Room, on Thursdays (6.15 for 6.30 pm).

(Charter) President Peter Jarvis ran competitions to select a name for our Club Newsletter and a design for the Club banner. There were some good and some not so good suggestions. Pam Spencer suggested the winning bulletin name 'Jerraganda' and David Stevens was the successful designer of our club banner. The design incorporated a goose and the windmill associated with the original entrance to the estate adjacent to the Community Centre. Both the Jerraganda and the Club logo have evolved to keep pace with modern times.

We have always been, and continue to be, a vibrant and fun loving club providing valued community service, both locally and internationally. Our motto is,

**“Doing Good and Having Fun”**