



PHOTO OF THE WEEK

Thanks to Damon for being photographer at our last meeting.

A great photo of Kerry presenting to our guest speaker, Toby Kable from All Ability Sports Coaching

PHOTO OF THE WEEK COMPETITION

Do you have a photo of a club event?

Email it to our club
warnersbay@outlook.com
You may win a prize



Contact Us ...

Visit our website
using this QR code
Email: warnersbay@outlook.com
P.O. Box 81, Warners Bay, 2282



Guest speaker at our last dinner meeting was Toby Kable. Toby is the founder of *All Ability Sports Coaching*. What an amazing young man! See page 6 for more about Toby's passion.

Do you like a Trivia night? RC Cardiff are holding their Trivia night on October 15. Lets get together and support our local club while having loads of fun. See page 7

As we move into a very busy part of the year, we need to keep up to date with rosters and calendars. Please make space in your diaries for selling raffle tickets at Lake Macquarie Square, Mount Hutton from November. Do you have a time each week when you can give a few hours regularly? See page 3

Schools are celebrating Term 4 and many children are looking forward to Santa's visit which is creeping up on us very quickly. So that schools can be ready for the new school year, we are working on Our Backpack Blitz project. Chris and John have kindly offered their home for packing bags on October 19. We hope you can join us for this social/service get together. See page 3

Have you got your hat ready for another great Hat Night? Ross is planning a fun night on Oct 27 See page 8

Planning is underway for our fabulous Christmas party on December 14 at Brownsugar. See page 9

Stay tuned for more adventures with RCWB.

Glenys Tomkins
RCWB President



October

Happy Birthday

Ross
Graeme



Coming Events

October

Tuesday Oct 11 7.00am - 9.00am

Survivors R Us Network Breakfast

Interesting guest speakers
and yummy breakfast
Coordinator - Kerry

Wednesday Oct 12 6.00- 8.30pm

Club meeting @ Brown Sugar

Thursday Oct 13 8.00 - 10.00am

Survivors R Us BBQ

Coordinator - Kerry

Saturday Oct 15 6.00

RC Cardiff TRIVIA NIGHT

Cardiff South public School
Lake St, Cardiff South

Wednesday Oct 19 4.00pm at

Chris and John's
Service/Social event

Packing Backpacks

followed by sausage sizzle

Wednesday Oct 26 6.00- 8.30pm

Club meeting @ Brown Sugar

HAT NIGHT

"Lift the Lid on Mental health"

Thursday Oct 27 8.00 - 10.00am

Survivors R Us BBQ

Coordinator - Kerry

Monday 31st October 7.00p.m.

Board Meeting via Zoom

FIND THE JOKER JACKPOT

The Joker Jackpot is about \$400.
Will the Joker be discovered
this week?
You've got to be in it to win it!



Rotary Education

The following club members will share
their knowledge of Rotary acronyms.

12th October

Janette - MUNA

Glenys- VTT

Steve J - DIO

Coordinator: Steve J



Hat Night

Have you got your hat ready?
October 26th

November

Tuesday Nov 8 7.00am - 9.00am

Survivors R Us Network Breakfast

Interesting guest speakers
and yummy breakfast
Coordinator - Kerry

Wednesday Nov 9 6.00- 8.30pm

Club meeting @ Brown Sugar

Guest speaker: Vina - Landcare

Thursday Nov 10 8.00 - 10.00am

Survivors R Us BBQ

Coordinator - Kerry

Saturday Nov 12 7.00am - 4.00pm

Bunnings BBQ

Glendale Bunnings

Coming Events



Backpack Blitz



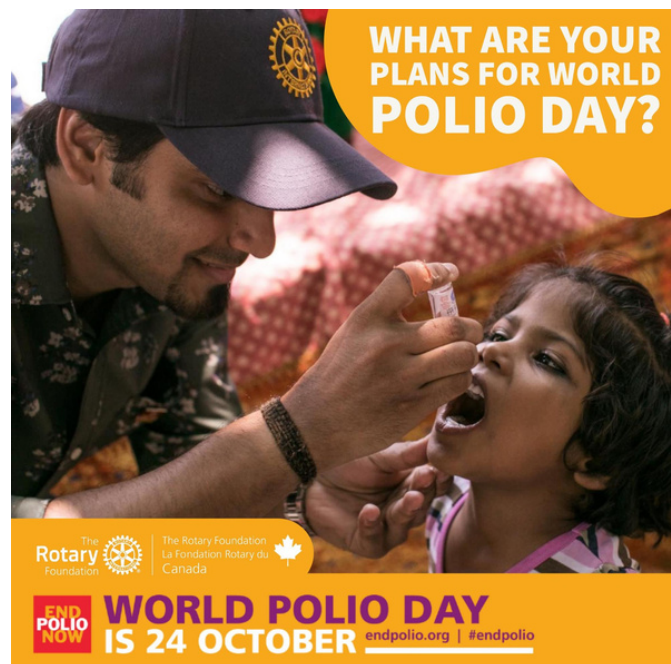
SERVICE / SOCIAL EVENT

WORKING BEE

October 19 @ 4.00pm

we will be packing backpacks ready to deliver to schools during Term 4. Come along and join the fun.

Venue: Christine and John's
36 Fairfax Rd, Warners Bay



CHRISTMAS RAFFLE

Coordinators: Christine and John

Selling Raffle tickets

at Lake Macquarie Square, Mount Hutton
will begin on 2nd November.

This year we will be selling from
Wednesday to Sunday each week until the raffle is
drawn on Saturday December 17



The online raffle is ready.
This QR code will take you
to the link to purchase
tickets for our raffle



Service Projects - Update

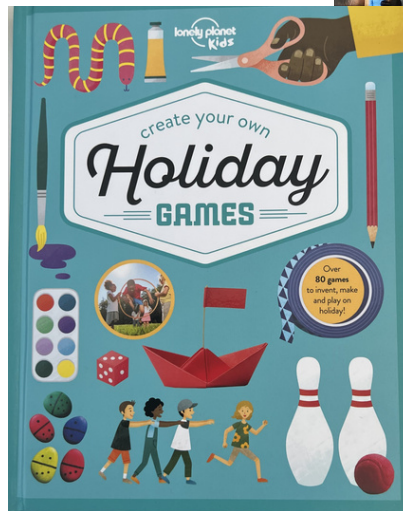


Book Donations for local schools

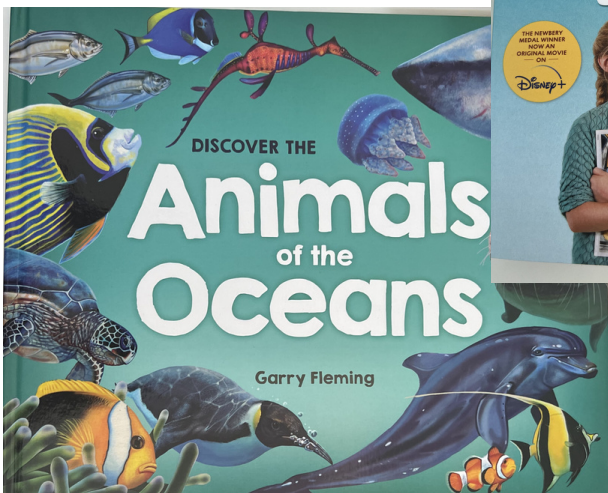
Our club project of donating books to local schools on behalf of our guest speakers is ongoing. Recently the following books have been presented



Adrian presented these books to Bill and Debbie Power.



Kerry presented a book of Holiday Games to Toby Kable



Reading aloud together **prepares** your child to read.

Reading aloud builds **vocabulary** and **understanding**, teaches shapes, names, and sounds of **letters**.

Reading aloud helps ignite your child's **imagination** and curiosity, and increases **memory** and **attention span**.



Boynton

Service Projects - Update



MHERV

Men's Health Education Rural Van

We were delighted to have Bill and Debbie Power join us at our last dinner meeting. They shared tales of their travels and were looking forward to a week at home before heading off again with MHERV



First stop Walcha then on to Stanthorpe where the local doctor, Dr Dan came along to get a health check as well.

Survivors R Us

Are you able to help at Survivors R Us for the Healthy Hearts BBQ Breakfast?

If you haven't already put your name on the roster contact Kerry [or just come along] to join in the fun.

Thursday October 13 8.00am - 10.00am

Vina Steve J Ross Adrian

Thursday October 27 8.00am - 10.00 am

Kerry Vina Steve J



Guest Speaker - Toby Kable



It doesn't take much to make someone smile, you just have to make them feel needed and wanted. That is what Toby Kable does as the founder of All Ability Sports Coaching – a sporting organisation geared towards supporting people with an intellectual disability.

With a focus on cricket and touch rugby, Mr Kable gives everyone involved in AASC the chance to hone their skills, and then showcase those skills in a game.

"We travel around the state during the year for special Olympic cricket competitions, we also played half time at the NRL city-country at Tamworth last year and we did the same thing in Mudgee this year," Mr Kable said.

It was in Hay, a small town in central NSW that Mr Kable decided he wanted to help people with an intellectual disability be the best version of themselves. He went on to complete a Bachelor of Secondary Teaching (Special Education) at the University of Newcastle.

"I've always grown up loving making people feel welcome and getting the best out of people," he said.

Mr Kable, 28, worked in supportive unemployment for disabled people when he was a teenager, saying he would play cricket with intellectually disabled people there. "I realised just how enriching and how great it can be to work with such amazing people," he said.

He says there are huge boosts in confidence in everyone who joins AASC. "You see that growth of self-esteem; the way they hold themselves in the group," he said.

"It's all that positive behaviour, positive body language, positive social skills and the communication that they're using with each other." He was reminded of the trip back from a cricket competition, where the team mates are laughing and chatting with each other. "It all comes back to them feeling comfortable being themselves," he said.

"It's just about seeing them for who they are, what they add value and bring to the world and celebrating that every time they present that whether it's in a game context or with their mates."

Mr Kable says that while sport is the main focus of AASC, it is only the vehicle for the bigger goal: building self-esteem and confidence.

He said sport gives everyone "that experience of being part of a team, part of something bigger and working towards something and actually achieving it".

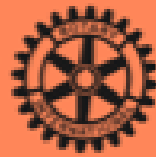
"For a lot of our guys as well they've made great mates ... so all of a sudden they're going to watch a Knights game or they're going out to Wests [New Lambton] for dinner."

He says anyone wanting to join AASC should contact the group via its Facebook page.

Article from

NEWCASTLE
HERALD

Rotary
Cardiff NSW



TRIVIA NIGHT

Tease Your Brain &
Win Prizes

Saturday,
October 15

Cardiff South Primary
School
9 Lake Avenue, Cardiff
South
Doors open at: 06:30pm
Game starts at: 07:00pm

\$10

per person /
maximum
table of 8

BYO drinks &
nibbles

For registration & further information
<https://www.trybooking.com/CBJUY>

Or call John : 0414 548 308



Supporting Cardiff Sth PS & other community projects

JOIN US THIS OCTOBER

Hat Night 2022

Wednesday, 26th October

Guest Speakers:

**Saj Basnet, Social Work Postgrad,
Newcastle University**

Ann-Maria Martin, Survivors R Us

Venue: Brownsugar Restaurant

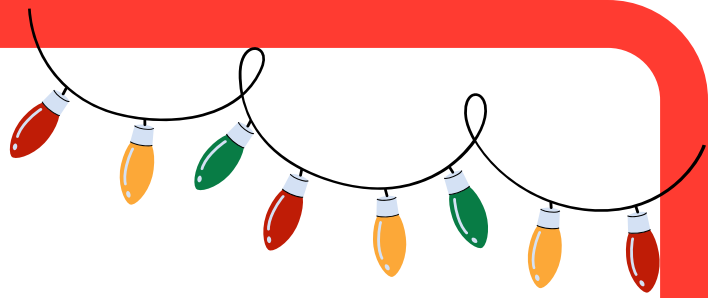
Time: 6.30 pm



WWW.LIFTTHELIDONMENTALILLNESS.COM.AU/HAT-DAY
#LIFTTHELIDONMENTALILLNESS #HATDAY21

Rotary
Districts of Australia





Come along and join us at our
Christmas Party

Partners welcome

WHEN: 6pm

Wednesday, December 14

WHERE:

Brownsugar Restaurant,
The Esplanade, Warners Bay

COST: \$40.00 pp

includes 2 course Christmas dinner

1 drink voucher

1 Lucky Door ticket

WEAR :

Your favourite Christmas
apparel



Monster raffle!

Tickets - \$5 each or 3 for \$10
Proceeds will go to giving the
Homeless a little bit of joy
at Christmas

RSVP - December 1st

Please pay to RCWB account

:BSB 646 000 Acc 1000 67991

Label your payment - Xmas your surname

Further information:

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kezzac1@bigpond.com

