



INGLE ANGLE

See us on <u>Facebook</u>
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PO Box 138, Ingleburn NSW 1890

President's Report

It has once again been a busy and rewarding month of events for the club.

On the first meeting of the month, 8 April, we held our annual *Pride of Workmanship Awards*. This year we received seven nominees who have been recognised by their employees for going beyond in their job.

- Myrtle Cottage Group Christina Lennox
- ▼ Fire and Rescue NSW Andrew Evans
- Ingleburn RSL Club Shree Limbu and Toni Iredale
- James Meehan High School Kylie Maihi
- 24 Hr Fight Against Cancer Macarthur Dot Lechner OAM
- Murtaza Fashions Tahla Rahman

Congratulations to the winners, and thank you, to the organisations for your ongoing support of the initiatives of the Rotary Club of Ingleburn.

Special thanks to Drew Percival for another wonderful award ceremony; none of which would happen without his tireless efforts.



At the meeting on 22 April, we welcomed Graham Miles as a guest speaker on CPR Awareness. Graham is a fully qualified First Aid Instructor and a registered volunteer with NSW Ambulance, and the Royal Life Saving Society. Graham demonstrated the steps in delivering CPR and the use of a defibrillator. Graham's passion in these areas saw him fundraise for the purchase of his own Heart of the Nation AED unit in 2022. He was behind the Macarthur Champions Project – which has seen the major licensed clubs fund almost two hundred

defibrillators that will be accessible within 1 minute of every home in the Macarthur Region. The launch in June 2023 was held outside Graham's house with his AED unit.

Thank you to Fiona McKinnon for laying the wreath on behalf of the club at Dawn Service at Ingleburn RSL.

We also supported Minto Gardens Retirement Village at their ANZAC commemorations on Monday, 28 April.

The Mental Health and Wellbeing Committee have been hard at work, and you can read about their activities later in this newsletter.

The *Rotary Inspiring Youth* Committee meets on the 3rd Tuesday of the month, via zoom, and is well represented both by members and Friends of Rotary. The committee is in the initial stages of planning a leadership project for our 3 INTERACT clubs.

Once again, thank you to members, partners, families, Friends of Rotary, and community members whose ongoing support allows us to make such a difference in the projects in which we are involved.

Yours in Rotary,



PAG GAIL TAYLOR President 2024-25

Club Celebrations: May 2025



In May, we celebrated 6 birthdays with Rotarian Beth Godwin and Friend of Rotary Judy Wicks, (4 May), Rotarian Barry Woolfe (8 May), Friend of Rotary Jenny Ristic (17 May), Friend of Rotary Rachel-Maree O'Toole (18 May), and Fareeda Khatoon (27 May)



Happy Birthday! May your birthday bring you happiness and joy; have a wonderful year ahead.

Congratulations to the following couples as their celebrate another year of love and happiness together!



Friend of Rotary Liz & Damon Oddy (12 years) on 4 May, Rotarian Peter & Carol Flew (47 years) on 6 May, Rotarian Drew & Julie Percival (42 years), and Rotarian Gail & Brian Taylor on 7 May, Rotarian David & Debbie Skeoch (48 years) on 8 May, Friend of Rotary Warren & Sue Morrison (39 years) on 10 May, and Friends of Rotary Jenny & Darko Ristic (23 years) on 20 May.

Congratulations to Alan Hammond who will celebrate 7 years as a Rotarian on 29 May.

Our club, and Rotary International, sincerely thanks all those above for their continued service, and support of Rotary International, and the community.





The Words and Wisdom of Paul Harris

The yearly, daily, hourly spirit of Rotary should be the spirit of Renaissance. We need men and women of microscopic visions who will explore the molecules, atoms, and electrons, but we also need men and women of telescopic vision who will explore the stars.

My Road to Rotary

May is Youth Service Month



In May 2025, Rotary clubs worldwide will be focused on Youth Service Month.

Youth Services, commonly referred to as New Generations, is Rotary 5th Avenue of Service and is dedicated to promoting, and supporting, youth

programs. Such programs are geared to developing the next generation of leaders.

Our programs help younger leaders build leadership skills, expand education and learn the value of service.

Rotary's reach in our community is epitomised by our youth programmes which are well structured, well respected, and geared to the development of the next cohort of leaders.

In our District the following are the standard programme offered but, of course, there are further initiatives by individual clubs:

For youth to age of 18:

- Interact
- RYPEN Rotary Youth Program of Enrichment
- MUNA Model United Nations Assembly
- ♥ U-Turn the Wheel

For young adults:

- ♥ RYLA Rotary Youth Leadership Awards (18 to 26 years)
- Rotaract (19 to 30 years)

Rotary's reach into the community is most typified by our youth programmes which are well structured and well respected. Rotary believes in developing the next generation of leaders.

INTERACT



Interact is a Rotary-sponsored, school-based service club comprising 14 to 18 year olds. Interact gives young people the opportunity to take part in fun, meaningful service projects. Interactors are able to develop their leadership skills and ingenuity whilst exchanging ideas, opinions, and plans with other talented, energetic people in an environment exempt of negative pressures and distraction. Interact strives to promote student leadership, local volunteer service, and to make

members aware of the many global and world issues that affect us all.

Chartered and sponsored by their local Rotary club, Interact clubs are self-governing and self-support; focus on local community services projects and projects which foster international understanding and goodwill.

Through Interact students:

- * Become familiar with a premiere service organisation (Rotary International) and proven leaders from communities throughout Rotary;
- * Learn how to manage and head community service projects;
- Learn about other Rotary club programs including Rotaract (service club for young adults), and the District's youth programs.

The word *Interact* stands for "international action" and today has 20,372 clubs in 139 countries with almost 468,000 young people involved. Club membership varies greatly and can be single-gender or mixed, large or small.



The Rotary Club of Ingleburn has chartered, and proudly mentors, 3 local Interactor clubs - Hurlstone Agricultural High School, Sarah Redfern High School and James Meehan High School.

Students taking advantage to attend RYPEN, as well as participating in MUNA, and willingly assist in major local community projects such as Ingleburn Alive, and 24-hour Macarthur Walk Against Cancer. Additionally, the

students run their own projects within their respective schools.

ROTARACT

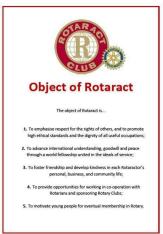
Rotaract is a Rotary-sponsored service club for young people ages 18-30. Rotaract clubs are usually community, or university-based, and are sponsored by a local Rotary club, making them staunch "partners in service" and key members of the Rotary family.

Rotaract clubs focus on community service projects and international cooperation. Young adults enhanced their knowledge and skill, whilst addressing the physical and social needs of their communities while promoting international understanding and peace through a structure of friendship and service. Rotaractors are able to participate in RYLA.

Rotaract is one of the fastest-growing programs of Rotary service with over 10,904 clubs covering 184 countries and 250,792 individuals globally.

Rotaractors follow the motto "fellowship through service".

The Rotary Club of Ingleburn co-sponsors the Rotaract Club of Macarthur along with the other Rotary clubs in the Macarthur region.





CHRISTINE SALTER
Bulletin Editor, 2024-25

Rotary Foundation

Following on from the several articles I have previously written, I thought it opportune this month to reassess a few of the interesting facts about the Foundation.

- 1. **The Rotary Foundation** is a non-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange.
- 2. What is the Rotary Foundation it transforms gifts into projects that change lives both close to home, and around the world. As the charitable arm of Rotary, it taps into a global network of Rotarians who invest their time, money, and expertise, into priorities, such as eradicating polio and promoting peace. Foundation grants empower Rotarians to approach challenges such as poverty, literacy, and malnutrition with sustainable solutions that leave a lasting impact and legacy.
- 3. **The mission of The Rotary Foundation** is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

4. **The Foundation was created** in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." It has grown from an initial contribution of US\$26.50 to more than US\$2billion; this balance varies due to annual investment income, donations, and grant funding. Over the years more than US\$4 billion has been distributed in grants.

- 5. **Rotary is focused** on the following seven areas:
 - Peace and conflict prevention/resolution
 - Disease prevention and treatment
 - Water and sanitation
 - Maternal and child health
 - Basic education and literacy
 - Supporting the environment.
- 6. **Foundation Grant Condition** to be awarded a grant to undertake a project in one of the areas of focus, the club must demonstrate it is sustainable. That is, the project will continue after Rotary has completed the project implementation; therefore, each project must have a component that trains the recipient community on how to maintain the on-going project outcome.
- 7. *Is Rotary a charity* The Rotary Club itself is not a registered charity. However, the Rotary Foundation, which is supported by all Rotary Clubs, is a registered charity.

Some interesting facts about Rotarians who unequivocally support the ideals of the Rotary Foundation:

- 1. What is the wife of a Rotarian called While the name "Rotary Ann" has not gone completely out of favour; wives are more commonly known as "Rotary Spouses" or "Partners." In 1987, women were admitted to Rotary and, today, women are the fastest growing segment of Rotary's membership. The partner tag now describes both males and female.
- 2. Why is Rotary important Rotary develops character and brings out the best of the human spirit. It teaches people ethics, humanity, cultural awareness, people skills, and the desire and ability to serve. Rotary creates a more positive environment for promoting world understanding and peace.
- 3. Is it worth joining a Rotary Club:
 - Personal Growth and Development.
 - Membership in Rotary continues one's growth and education in human relations and personal development.
 - Leadership Development Rotary is an organisation of leaders and successful people.
 - Citizenship in the Community, Membership in a Rotary club makes one a better community citizen.



PDG BILL SALTER Foundation Director 2024-25

Community Service

BUNNINGS BBQ

Our second Bunnings barbeque for the year, held on 5 April, was a great success. Our morning crew of Beth, Allan, Gail, Suzanne, and Peter were very eager to get set up and cooking. The use of plastic tablecloths, instead of sheet plastic, has made the set up process much quicker and easier. The sun was shining, and the air was warm, and we were looking forward to a great day ahead.



But where were the customers? Business was slow to begin with but slowly gathered pace with a steady flow of customers coming throughout the morning.



The afternoon crew arrived – Rosslyn, Brenda, Brian, and Cheryl, while Gail and Peter stayed on for the whole day. Business continued to be steady throughout the lunch period and, before long, it was time to head off to the shops for more sausages and ice to cool the drinks.

It was a fun and rewarding day, giving our members an opportunity to socialise and get to know each other better in a relaxed atmosphere. As usual,

we met a few interesting customers who all had a story to tell, or a joke to share.

Thanks to everyone who helped on the barbeque. We raised around \$1,400 to support our projects.

CAR SHOW BBQ

Due to the weather, the monthly Car Show BBQ was cancelled. Look forward to seeing all again in May.



PETER FLEW
Community Service Director 2024-25

International

Though there is no international report this month, I can report that the science equipment has arrived in Kathmandu and awaiting delivery. Hopefully we will have more to report in May.



PAG GAIL TAYLOR
International Director 2024-25

Membership



The Rotary Club of Ingleburn is known for upholding the motto of 'People of Action' and is always looking for new members.

Should you know anyone with a passion to serve our community, please have them contact us.

The Membership Committee recommended two prospective members be inducted at the first meeting in May – 13 May 2025.

The prospective members have, over the last month or so, contributed to both meetings and projects. They understand that participation in these areas, as well as social events, creates fellowship and inclusion, so they can fully get the benefit of being part of a global volunteer community service network.

It is our club policy to recommend that new members look at our various projects and committees in the first months of membership to decide in what area they wish to contribute. New members bring a new approach to how the club works, and a new emphasis on what possible projects can be added to our portfolio.

WHAT DO ROTARIANS BELIEVE?

What is our philosophy as Rotarians, and is it something we share with others?

A wise Rotarian summed it up by simply saying "Rotary will mean different things to different people". However, we also believe that at the heart of all things, each Rotarian wishes to make a positive difference in the world. We work hard to make that difference, our joint philosophy and what we strive to achieve, is all about people.

When talking to others about what Rotary means to us, we really are sharing our philosophy, and what we believe is important. This is important in the context that we often ask like-minded people to join our organisation. A shared belief and outlook are part of what we need to do to engage prospective members, but it is also important to share this belief in every project and contact we have with our community.

We would like to share some of our thoughts on what we believe as Rotarians:

- We believe in connection, and the inspiration and joy that occurs when like-minded people come together in pursuit of a common cause.
- We believe at times, the world can be unfair, but no matter what life throws our way, we can choose to embrace struggle, learn from adversity, build resilience and grow.
- We believe that throughout life we will experience suffering and joy, scarcity and abundance, loneliness, and love.
- We believe in creativity and the abundance that can flow when you look at our world in a different way.
- We believe we each have a gift, and there is nothing more empowering than finding that gift and taking it to the world.
- We believe that by doing things together we can make a positive difference in the world.

The majority of people become Rotarians because they are asked – a simple philosophy – but also a common reality. If we do not ask – they most likely will not join. Sharing, and demonstrating, what we believe is a start to any conversation on why people should find Rotary to be the organisation of choice to join, if they also wish to create positive change for society. Start the conversation with others as soon as possible and share what you believe; it may be the catalyst for them to actively request to join us.



BILL SALTER & DREW PERCIVAL Co-Membership Directors 2024-25

New Generations

SARAH REDFERN HIGH SCHOOL INTERACT / RYPEN

Two students from Sarah Redfern High School attended the RYPEN (*Rotary Youth Program of Enrichment*) Camp at Teen Ranch over the weekend of 4 to 6 April.

Both students indicated that they enjoyed all the activities, and we look forward to them coming to a future meeting to talk about their experiences.









BARRY WOOLFE
New Generations Director 2024-25

Vocational Service



VOCATIONAL SERVICE - this is both a Club, and members, responsibility.

An excellent Pride of Workmanship Awards event was held by the club on the evening of 8 April at Ingleburn RSL.

Thank you to Rotary Club members, and the caterers at the Ingleburn RSL, for helping to make the event so successful.



Congratulations to ALL award winners, and to the employers that participated this year.

The award winners, and the businesses involved, were -



- Shree Limbu and Toni Iredale from Ingleburn RSL Club
- Dot Lechner OAM from 24 Hour Fight Against Cancer Macarthur
- Captain Andrew Evans from Fire and Rescue NSW
- Kylie Maihi from James Meehan High School
- Tahla Rahman from Murtaza Fashions
- Christina Lennox from Myrtle Cottage Group.















It is very pleasing to be part of these awards, and also to see the pleasure on the faces of each of the award recipients when receiving their plaques and when congratulated by their colleagues.

VOCATIONAL SERVICE VISIT

On the evening of 29 July, a vocational visit has been organised to *Noumi Limited* on Williamson Road, Ingleburn. Noumi is a global leader in the production, sales, and distribution of native Lactoferrin, a highly valuable dairy protein. It also produces dairy and plant milk.

The tour will commence at 6:00 pm and go for about 1½ hours. We will need names for the visit to sign in.

After the visit, we will enjoy a 'social' get together at a nearby restaurant. Those interested in the tour and dinner let me know.



DREW PERCIVAL

Vocational Service Director 2024-25

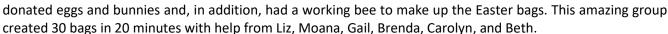
Mental Health Committee



EASTER

This month, as we celebrated Easter, we donated 30 bags of Easter goodies to homeless children. In addition, we donated 40 Easter Eggs and Bunnies to Shining Stars for their outreach program.

We are grateful to the generous donations from Rotary members, Ingleburn RSL, Di Smith, Wendy Lowe, and Harmony Strickland. Minto Gardens Retirement Village



Two hundred and thirty-five (235) Easter cards, with personalised messages, were delivered to the residents of Minto Gardens. The handcrafted cards were made, and donated, by Rotarians and members of the wider



community. They featured colourful and fun designs to bring a smile to the recipient. Thanks goes to Debbie Goodfellow (Bradbury), Wendy Court (Wedderburn), Calvin Sokha (Mittagong), Louise (Willowdale), Suzanne and Lesley (Lutheran Church card group), Judy Dickinson (South Coast), and Campbell House school students. In addition Rotarians: Gail, Brenda, Carolyn, and Beth devoted hours to

President: Gail Taylor 0414 819 605 Secretary: Jan Domanski 0418 255 284









HIDDEN HOMELESS CARE PACKS

Providing toiletries, and the essentials, for those entering temporary accommodation is an important wellbeing project. Thus far, our team has provided 287 care packs for homeless men, women, and children, that they can keep. The items are provided in a durable bag and include:



- ♦ Comb, shampoo and conditioner
- ♦ Toothbrush, toothbrush cover, toothpaste
- ♦ Face washer, deodorant, wrapped soap
- ♦ Notepad, pens, pencil, sharpener, and eraser
- ♦ Water bottle, hand sanitiser, tissues, non-metal nail file
- ♦ A durable plastic plate, cup, and bowl and metal cutlery.
- Men's razor and shave foam
- ♦ Women's sanitary pads (*medium size pack*).



We rely on fundraising for these items and appreciate any donations of medium sized items. Contact Beth if you would like to donate.

Winter is fast approaching.....

Twice a year we undertake a clothing drive for people who need support. These are delivered directly to those in need. For the winter months, we also include blankets, woollen scarves, beanies, and gloves.

The date for our donation delivery is <u>Tuesday</u>, <u>10 June</u>. Contact Beth, on 402347546, for further information.

Needed.....

- Clothing that is clean and in good condition, and that you would wear yourself
- Winter clothing is preferred
- New socks, PJs, scarves, and beanies are welcome

(Sorry we are not able to accept underwear, sleepwear, swimwear, or shoes)

ANZAC DAY

Thank you to Julie Anne who baked, and delivered, 30 packets of Anzac Day biscuits to the people who are homeless and placed in temporary accommodation. This kind gesture sends a wonderful message that the people are important and cared for.



On the move.....

When people move from homelessness to temporary placement, to rental accommodation they do so with limited resources. Through the support from our community, we repurpose quality furniture, whitegoods, and household items. This provides a hand up to those in need, assistance to those who are downsizing, passing on estate goods, and reducing land fill. While our transport and storage is limited, we appreciate donations that we can pass on directly to those in need.

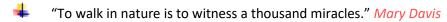
This month thanks goes to Jan D, Jan and John H, Jules and Jim C, Dave, and Gail for their removalist skills. We are always looking for those who can assist with transportation and handling the donated goods.

MINTO GARDENS RETIREMENT VILLAGE CRAFT

This month challenged the residents of Minto Gardens Retirement Village to make Diamond Dot fridge magnets under the tutoring of Brenda, Gail, Debbie Goodfellow and Beth. It was wonderful to see some of the residents invite their grandchildren to join us and appreciate the talents of the group.



Wisdom from Carolyn.....



"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." *Elegnor Brown*

"Great things are done by a series of small things done together." Vincent Van Gogh

Beth Godwin (0402 347 546), on behalf of IngleMinds,



BETH GODWIN

Mental Health Committee 2024-25

The Words and Wisdom of Paul Harris

Smiles are badges of friendliness. There are plenty of them within you, Do not hold them captive. Set them free at right times and places and their beneficent effects will carry to the very gates of eternity.

THE ROTARIAN, February 1034

Social Committee

Who likes an adventure and socialising amongst friends?



The Social Committee is organising a train, ferry, and lunch outing for mid to late May. An adventure to see sites most wouldn't normally venture to and, in doing so, enjoying social interaction. During the trip we will stop off for an enjoyable lunch. All in a day!!

More on this in the very near future.

In June we will provide, for those inclined, the opportunity to attend a morning tea/coffee/chat gathering in our local area. The date, timing, and venue will be provided in the coming weeks.

On 29 July, from 6:00 pm, in conjunction with Vocational Service, a tour of Noumi Limited, at Ingleburn, a global leader of Native Lactoferrin (highly valuable dairy protein) and other products is set. Following, all can join for an enjoyable dinner in a restaurant close by. Put it in your diary.

On 9 September a High Tea at Minto Gardens has been organised; again, put it in your diary.

A lot more has been programmed for later in the year; information will be provided.

Social All around us!!!



Drew Percival, Gail Taylor & Jenny Woolfe Social Committee 2024-25

The Words and Wisdom of Paul Harris

What is Rotarianism?

There are already more than Six Thousand answers to that question and there are many, many more to follow. How do I make that out? There are more than Six Thousand Rotarians in the world and many more to come. Each has their own individual conception of Rotarianism and they will continue to have it even if a brief concise definition of the word generally accepted. You can't hold Rotarianism in words any longer than you can hold the spirit of brotherly love in a bushel basket.

*The National Rotarian*July 1912

Calendar of Events



Day	Date	Function	Where I Time
MAY			
Thursday	1 May		
Friday	2 May		
Saturday	3 May		
Sunday	4 May		
Monday	5 May		
Tuesday	6 May	Ingle Minds Meeting	Zoom
Wednesday	7 May		
Thursday	8 May		
Friday	9 May		
Saturday	10 May		
Sunday	11 May		
Monday	12 May		
Tuesday	13 May	Meeting – Guest Speaker: PDG Barry Antees I Shelterbox	Ingleburn RSL Club Dinner 6:00 pm Meeting 7:00 pm
Wednesday	14 May		
Thursday	15 May		
Friday	16 May		
Saturday	17 May		
Sunday	18 May		
Monday	19 May		
Tuesday	20 May	Rotary Inspiring Youth Committee	Zoom – 7:00 pm
Wednesday	21 May	Minto Gardens Retirement Village: Craft	10:00 am to 12:00 pm
Thursday	22 May		
Friday	23 May		
Saturday	24 May		
Sunday	25 May	Car Show BBQ	Old Campbelltown Bunnings Site 6:30 am to 9:00 am
Monday	26 May		
Tuesday	27 May	Meeting - Guest Speaker: Glen Cushion, CEO Ingleburn RSL Club	Ingleburn Bowling Club Dinner 6:00 pm I Meeting 7:00 pm
Wednesday	28 May		
Thursday	29 May		
Friday	30 May	Minto Gardens – Health Talk	3:30 pm to 4:30 pm
Friday	30 May	Macarthur Young Champions Awards	Wests Leagues Club 7:00 pm
Saturday	31 May		

Day	Date	Function	Where I Time
JUNE			
Sunday	1 June		
Monday	2 June		
Tuesday	3 June	Ingle Minds Meeting	F2F – Venue TBA
Wednesday	4 June		
	5 June		
Friday	6 June		
Saturday	7 June		
Sunday	8 June	Bunnings BBQ	Bunnings Crossroads 8:00 am to 4:00 pm
Monday	9 June		
Tuesday	10 June	Meeting – Guest Speaker: Kylie Richardson, CEO Myrtle Cottage	Ingleburn RSL Club Dinner 6:00 pm I Meeting 7:00 pm
Wednesday	11 June		
Thursday	12 June		
Friday	13 June		
Saturday	14 June		
Sunday	15 June		
Monday	16 June		
Tuesday	17 June	Rotary Inspiring Youth Committee	Zoom – 7:00 pm
Wednesday	18 June	Minto Gardens Retirement Village: Craft	10:00 am to 12:00 pm
Thursday	19 June		
Friday	20 June		
Saturday	21 June		
Sunday	22 June		
Monday	23 June		
Tuesday	24 June	Rotary Club of Ingleburn: Changeover Dinner	Ingleburn RSL Club 6:30 pm for 7:00 pm Dinner
Wednesday	25 June		
 Thursday	26 June		
Friday	27 June	Minto Gardens – Health Talk	3:30 pm to 4:30 pm
Saturday	28 June		
Sunday	29 June		
Monday	30 June	Car Show BBQ	Old Campbelltown Bunnings Site 6:30 am to 9:00 am
JULY			
Tuesday	1 July	Ingle Minds Meeting	F2F – Venue TBA
Wednesday	2 July		
Thursday	3 July		
Friday	4 July		
Saturday	5 July		
Sunday	6 July		
Monday	7 July		
			Ingleburn RSL Club
Tuesday	8 July	Meeting	Dinner 6:00 pm l Meeting 7:00 pm

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