



JULY 2023

# INGLE ANGLE

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## President's Report

The 2022/23 year was an amazing year for our club, and I am excited to see how our club will grow and flourish over the next 12 months. I would like to thank our Immediate Past President Bill Salter for his leadership over the past twelve months. I am honoured to lead the Rotary Club of Ingleburn for the 23/24 year and look forward to working with President-Elect Gail Taylor to lay the foundation for projects for her 24/25 year.

Thank you to everyone who attended our Changeover dinner. It was a lovely night, and I was inspired by the projects that our Interact clubs are leading in their schools. My first introduction to Rotary was through the Interact club at Hurlstone Agricultural High School, and that experience led me to seek out Rotary later in life. Many of our club members have come to Rotary through programs such as Interact, RYLA, and RYPEN and I am looking forward to supporting students in these programs.



Each year, the new Rotary International President selects a theme for their year. This theme is meant to unite Rotary clubs across the world with a common purpose. The 2023/24 theme "*Create Hope in the World*" really resonates with me. Our Rotary International President, R. Gordon R. McNally, calls for all Rotarians to work together to bring peace to our world. We can do this by embedding inclusion, diversity, equity, and belonging into our activities. Having a theme not only unites us but gives purpose to our activities. As we make decisions,

plan projects, and work with our community, we can reflect on how even small acts bring about change that helps to *Create Peace in our World*.

This year mental health projects will also be a focus for Rotary. We are blessed to have so many mental health advocates in our club, and our Ingleminds team will continue to lead this space with RUOK Day, and other programs which encourage Rotarians to practice self-care.

Another major goal for Rotary is the eradication of polio. What must have felt like an insurmountable task, has now almost reached its conclusion. I anticipate that we will hear about the success of this project in the not-so-distant future.

I would like to share my own personal theme for this year, which is to do *all things with kindness*. Kindness is key to building a Rotary club that values inclusion, equity, and diversity; and that cares for the mental well-being of others. Kindness helps us to help others in a way that empowers those we serve, protecting their dignity, whilst giving them what they need.

We have had our first guest speaker for the year, PAG Anita Robinson, who is a member of Gregory Hills Next Gen, as well as being the ROMAC Eastern Chair. ROMAC stands for Rotary Oceania Medical Aid for Children, and Anita shared stories of the children that Rotary has been able to help receive vital medical treatment by bringing these children to Australia. ROMAC not only helps coordinate the medical treatment, but also provides accommodation, and emotional support to the child, and the family member who accompanies them. I am proud that our club supports this program. It is one that requires more financial support in the future, especially with the waiting list being so long due to COVID preventing travel.

I look forward to our club assembly at our next meeting and can't wait to see what our club can achieve when we work together to *Create Hope in our World*.



VANESSA OLSEN  
*President 2023-2024*

## Club Celebrations: August 2023



August will see 6 people celebrate birthdays, and we wish them a wonderful and special day: **Rotarian Drew Percival** (1 Aug), **Rotarian Allan Hammond** (14 Aug), **William Strickland** and **Khaleda Ahmed** (15 Aug), **Christine Salter** (25 Aug), **Gary Cooper** (29 Aug), and **Rotarian Tania Hasib** (31 Aug)



*Rotarian Jahangir Alam & Selina Akter will celebrate their wedding anniversary on 16 August. Our congratulations and best wishes to you.*



*Whilst we have no specific Rotarian celebrating their time in Rotary in August, we collectively thanks all members for your continued support of Rotary!*



### **The Words and Wisdom of Paul Harris**

"What would you, as a person (*substituting for 'man'*) old and experienced in Rotary, like to tell the new Rotarian if you had the opportunity?". That question was put to a large number of Rotarians by Edwin J Brown, the Dean of University College, St Louis University, and a member of the Rotary Club of St Louis, Missouri.....

Well, suppose that you advise your new member to get intimately acquainted with each and every member as a first step. Suggest to them that they make observations as to what their fellow members are thinking about, and what their problems are, and how that are trying to solve them. They must see that Rotary is fundamentally an educational process. Rotary helps a person to keep their feet on the ground. It helps them to get the "low-down" as well as the "high-up" on things.

*THE ROTARIAN*, February 1946

The thoughts of others are as necessary to one's mental well-being as food is necessary to one's physical well-being.

*The Founder of Rotary*



## Members' Corner



My name is Roz Travers and I have lived in Ingleburn most of my life. I came here when I was 2 with my parents who bought property on the corner of Chester Road and Collins Promenade (which is now Billy Bear Pre-School) and Lancia Drive. I have two younger brothers. We were only there 3 years when my father, who was in the Navy, died with what they said at the time was TB, but could also have been asbestos-related - but nothing was known of it then; he was only 32. Mum managed our little farm, and us on her own. Legacy helped with our schooling and medical.

I went to Ingleburn Public School and Campbelltown High School. When I finished school, I went nursing and trained at the old Fairfield Hospital. I also worked at Parramatta Hospital and Concord Hospital, as well as undertaking agency work.

I met my husband, who was in the British Army, when he was out here on compassionate leave to meet up with his twin brothers who had been sent out with other children who came from war-torn cities of England. This meeting was organised by the two governments. He had to return to England because he was still in the army. I went the following year and worked for 12 months. He left the army, and we were married in Coventry. I came back to Australia first, with him following. He secured a Job with the Nepean River County Council, which later became Prospect County Council, and now is Endeavour; he was also a soccer referee.

We had four children. After my mum retired and was able to look after our youngest child, I went back to work with specialists. However, until I went back to work, I also looked after other children. When our children were in their teens, we also took in some of their friends from time to time, when they thought they couldn't get on with their families.

In March 2004 my world was tipped upside down when my husband died suddenly; it really knocked our socks off. We had no idea what to do but, luckily, I knew the Welfare Officer at the RSL who helped us through the process.

I joined Legacy Widows that year; and have held the positions of Secretary, Treasurer, and President, which I still hold. I also joined the Mountain Devils Bushwalking Club; I have held the positions of Publicity Officer, President and Welfare Officer - this position I still hold. I went back to working with a specialist until I retired. I met another gentleman in the Bushwalking Club whom I was with for nearly 14 years until he died of an asbestos-related cancer.

I try to keep fit by doing daily exercise, bushwalking, and Pilates. I really enjoyed my time with Rotary, helping out where I can.

I am Roz Travers, a proud member of the Rotary Club of Ingleburn.

Yours in Rotary,

**Roz Travers**

*Proud to be a Rotarian*

August is

## MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH



August is Membership and New Club Development Month. This is the perfect time to celebrate our club's members, and when Rotary Clubs, around the world focus on membership in Rotary.

**Does our club have a plan? Are we executing our own plan** to invite our friends and business associates to join your Rotary Club? It's time. Time to celebrate our Rotary club, our members, and the good we do in our community and around the world.....

There are many ways to join in the celebration; so let's consider the many options available for strengthening our membership. The following ideas can get us started:

- ***Say it loud, say it proud!*** Let everyone in our social network know that you are a proud member by changing your Twitter and Facebook profile to the [I'm a Proud Member](#) graphic. Copy and save the graphic as your profile picture for August.
- ***Exchange ideas.*** Do we have successful membership strategies that have worked well in our community? Share them on the [Membership Best Practices Discussion Group](#).
- ***We Are Rotary.*** Using the hashtag #WeAreRotary, post photos to Facebook, Twitter, Instagram of our club members at work in our community, or abroad, to show how Rotary makes a positive impact in the world.
- ***Making a difference.*** Rotary clubs are known for the high-impact service projects they undertake locally, and globally. Share stories about your service projects and how they improve lives on [Rotary Showcase](#).

Be sure to follow us on [Facebook](#), [Twitter](#), and [Instagram](#) to see what Rotary members around the world are doing to celebrate Membership Month.

- ***What does Rotary mean to you?*** Rotary members have pushed polio to the brink of eradication, delivered clean water to those in need, improved their local communities, provided scholarships to the next generation of peacemakers, and continued to do good in the world.
- Show your ***Rotary pride*** by adding a [Proud Member frame](#) to your profile picture on Facebook.
- Welcome new members to your club [with Rotary Basics](#). The online course covers all things Rotary in an interactive, multimedia format. The course was designed for new members; but is also a good refresher for long-time members who want to test their Rotary knowledge.

The Rotary Club of Ingleburn encourages local businesses, non-profits, and government groups to get involved in Rotary by offering corporate memberships.

Did you know you can start a satellite club with as few as eight members? The [Guide to Satellite Clubs](#) explains

what a satellite club is, how it can benefit your community, and steps for starting one.

Passport clubs encourage their members to visit other clubs and participate in their activities as a way to get fresh ideas. Learn more about this club model in the new [Guide to Passport Clubs](#).

The newly updated [Club Flexibility page](#) has great ideas and tips for how your club can stay relevant to current, and future, members.

Finally, Rotary has a series of membership courses available in [the Learning Center](#): from managing [Online Membership Leads](#) to [Building a Diverse Club](#). Each course includes self-guided learning modules that let you explore real-life scenarios you might experience in your club.

You can find all these resources and more at [rotary.org/membership](https://rotary.org/membership).



CHRISTINE SALTER  
*Bulletin Editor, 2023-24*

## Rotary Foundation

When talking to members about the Rotary Foundation, they are aware of it, but the real workings, and how it benefits the community, is mostly unknown. One of my aims this year is an educational influence, particularly with the type of grants, the areas of focus, the management and the sustainability requirement.

### FOUNDATION COMMITTEE ROLE AND RESPONSIBILITIES

The Rotary Foundation is the charitable arm of Rotary International and is supported solely by contributions from Rotarians and friends of the Foundation. Through Foundation grants, Rotarians are able to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

The role of the club's Rotary Foundation Committee is to develop, and implement, a plan to support the Foundation through participation in grant projects and activities, and through financial contributions.

The main committee responsibilities:

- Develop committee goals to achieve the club's Foundation goals for the year.
- Educate club members about the Foundation.
- Encourage, and facilitate, participation in Foundation grants and activities.
- Ensure the club, and encourage members, to contribute to The Rotary Foundation.
- Ensure the club is qualified to receive Rotary Foundation grants, and a system for managing grant funds as outlined in the Memorandum of Understanding, signed with each grant application.

- Liaise with the District Foundation Committee in regard to potential opportunities for the club.

### COMMITTEE PLAN

The committee's goals will be set, in conjunction with the club goals, at the goal setting club forum, however; in the meantime, I have attended the annual Foundation Grants webinar to qualify the club to apply and receive grant funding.

Throughout the year, articles will be written to educate members about the Foundation which is an integral part of Rotary's service work throughout the world.

### DISTRICT 9675 ROLE

In the coming year, I have accepted an appointment on the Rotary District 9675 Foundation Committee in the role of Stewardship. This role is predominantly in the grants area with review of grant terms, applications, and closing reports.



PDG BILL SALTER  
*Foundation Director 2023-24*

## Community Service

### BINGO NIGHT

Campbellfield Public School and Minto Gardens jointly organised a Bingo night to have a bit of fun and social interaction. Our Rotary club was invited to join, with our already familiar partners, to cook a BBQ for dinner. So, Brian Taylor, and yours truly, cooked the sausages and onions, while Gail, Beth, Roz, and Brenda manned the kitchen and did all the greeting, and serving. Our Friend of Rotary, Polly, was the main organiser for the event so she was very busy flitting here and there all evening.

All was going well on the BBQ front until the big fella upstairs decided to turn the afternoon sunlight into darkness. That was a real curved ball for us, (or a swing ball if you are into cricket), because the lighting around the BBQ area did not come on automatically at the same time as everything else. So, there we were, trying to see our gourmet cooking by the light of our mobile phones! After a couple of quick telephone calls, we were able to get the situation resolved and, as the lights came on, we were able to proudly boast that not even one sausage was burnt.



After eating and drinking, the fun night of Bingo calling began. There were about 80 people there with heads down and listening for their lucky numbers.

“**BINGO**” someone shouted, and we had our first of many winners. There were even extra prizes for the kids as they completed their number cards.

The night was a great success and was enjoyed by all there. It gave the residents an opportunity to meet and

mingle with the students and their families. It is hoped that in the future more joint activities such as this may be developed. Our Rotary club is always willing to be an active partner.

**NAIDOC WEEK BBQ**



Our club was asked by the Department of Communities and Justice (DCJ) to help support NAIDOC Week celebrations in Campbelltown. Our task was to cook 1,000 sausages for a lunch time BBQ. No worries for us, we can do that; but hang on, they all had to be ready at exactly midday when the official lunchtime hand out commenced. We were supported by quite a number of DCJ staff who were very enthusiastic to help carry out the task.

Firstly, we had to erect our large marquee – not an easy feat when most people helping have not done it before. Next it was cutting open 800 bread rolls, and organising 200 slices of bread, all with serviettes, and packed into food crates in preparation for a quick serve later on. For others, it was a time for assembling BBQs, connecting gas bottles, testing for no leaks, and heating the cooking plates.



Then the word went out to “start cooking”. With great enthusiasm, the helpers from DCJ took control of their BBQs, like captains steering their ships. They lined up their sausages in long neat rows and began the arduous task to cook all 1,000. As the sausages were cooked, they were transferred to insulated containers to keep them warm until the feeding frenzy could begin.

“What about the onions?” someone asked. “Not yet. Wait until all the sausages are done” came the cry from the BBQ master as the crew strived onwards towards their goal.

The smell of a good BBQ cooking soon attracts attention, and ours was no different. Lots of people were asking for sausage sandwiches as early as 10.30; but we had to hold fast until the dedicated lunch hour at noon. Like good sailors in a storm, the crew had to deal with the endless waves of people who kept coming to our stall.



Well finally it was high noon, and the word went out that lunchtime was here. Masses of people descended upon our area, all wanting one (and often more) of our delicious sausage sandwiches.



The serving team was truly well organised with the customers having to file past in a line to collect their bread first, then sausage, then onion, and finally their sauce. The line was kept orderly and moving by one or two staff who were seen encouraging people to stay in line and move along as quickly as possible.



In just over an hour, the entire 1,000 sausages were gone! And it must be pointed out that we were not the only food venue – next to us they were giving away roast beef, pulled pork, and salads for free as well. It was indeed a well-attended event.



With their adrenalin still running high, the DCJ staff enthusiastically helped clean up all the BBQs and tables before they headed off. A big thank you to all those DCJ staff who helped during the day – you were fantastic. As were our own club members, Roz, Gail, Brenda, and Cheryl, (and Vanessa who made a quick drop in visit during her work break).

Also, a special thanks to Jim, and his wife Julie-Ann, who helped me load my truck with all the gear very early in

the morning.

As the pictures show, there were lots of people there to see our club being active in supporting our local community. Well done, the Rotary Club of Ingleburn.

### A NEW HOME FOR OUR CARAVAN

*There was movement at the property, for the word had passed around that the caravan from Rotary had to move,  
It had spent the last few years resting quietly on its wheels – it was still a valuable asset to us,  
So a few Rotarians had gathered for the task,  
All keen and reliable volunteers from houses near and far,  
Had mustered at the property that morn,  
There was Barry, who has been in Rotary forever  
The old man being very wise and shrewd,  
And Steve, the practical one with trusty pump in hand  
Who knows that flat tyres don't easily move,  
And Jim, the quietly spoken one  
Who works in wondrous ways,  
And Peter, the BBQ man  
Looking out for all his precious gear.*

*(with apologies to Banjo and all his followers)*

..... *Well we did it. !!!*

The cover was removed, lots of gear was emptied onto the back of Peter's truck to lighten the load, items were repositioned inside for better balance, then the caravan was expertly hooked up to Jenny's (Barry's wife's) car by Barry, Jim, and Steve. Then we hit the road on our way to our new location in Macquarie Fields. It was not very far, but Barry took it nice and steady, while Peter and Jim provided convoy assistance to the new site. The caravan was positioned, and levelled; and Peter, Barry, Jim, and Jenny, reloaded the contents. The tricky replacing of the cover was completed and toasted - with water! Congratulations to all involved for a magnificent effort in moving and resettling the caravan.



**PETER FLEW**  
*Community Service Director 2023-24*

# International

## ROMAC (*Rotary Oceania Medical Aid for Children*)



On Tuesday, 18 July 2023, Anita Robinson, recently appointed Eastern Region Chair for ROMAC (*Rotary Oceania Medical Aid for Children*), was our guest speaker.

Anita's background is nursing, and she worked for many years in the Pathology industry. In 2001, Anita undertook a Marketing Sales certificate with a desire to enter the pharmaceutical industry as a sales professional working with health professionals to ensure the best patient outcomes.

Her Rotary journey began in 1999 as a member of the Rotary Club of Macarthur Sunrise where she held many positions, including President 2008 – 2009. In 2017, she decided to investigate establishing a new Rotary club in a growing area of Macarthur where she lives. Subsequently, the Rotary Club of Gregory Hills Next-Gen was formed in October 2018, and Anita continues serving the community as a charter member today. Anita has also held District roles as Assistant Governor 2018-22, District Conference Committee Member 2011, 2013, 2017, 2019-22, and Conference Chair, November 2022.

Anita loves to spend her spare time with her husband, and grandchildren; to cook, and to help, where she can, with other charitable organisations.

## ROMAC HISTORY

ROMAC commenced in March 1988 out of the actions of an Australian Rotarian who, with a group of surgeons, visited Lambasa in Fiji. They found the child mortality rate as high as 25% in some places. They quickly identified that lack of medical and surgical facilities and skills, for children of the island nations in Oceania, was a major cause. Rotary faced the challenge to assist an 18-year-old Fijian girl whose right leg was threatened if immediate surgery was not performed.

During the next four years, eight children were brought to Australia for major, often lifesaving, surgery. Soon 20 Australian Rotary clubs were caught up in the success of each case and assisted in various ways. ROMAC established five regions representing clubs in the west, east, south, north and centre of the country.

A New Zealand region was formally established in 2004 and treated its first patient, from Vanuatu, in December 2005. The inaugural New Zealand region representative was Trish O'Reilly and Dr Max Morris, the first New Zealand Medical Director. It was a slow and steady process to promote the objectives and raise awareness of ROMAC in the New Zealand region, but the number of patients treated in New Zealand has risen to more than 25 patients per year.

ROMAC in New Zealand and Australia enlists assistance from medical experts, hospitals, nurses, physiotherapists, pathology and radiology services, airlines, sponsors and other supporters. Today ROMAC is providing surgical treatment to around 50 children from Oceania every year – we are making a huge difference in their lives.

Rotarians volunteer their time and expertise to run this Rotary project that includes all Districts in Rotary International Zone 8. This humanitarian project has provided life giving and/or dignity restoring surgery to over 500 children, from more than 20 countries, with medical treatment not available to them in their own countries. It is assisted by many eminent Australian and New Zealand surgeons who generously donate their time for the treatment of patients.

ROMAC is quite a rare not-for-profit humanitarian organisation run entirely with volunteers. It has no paid staff and no leased offices - it has minimal fixed costs. Generally, every dollar donated goes to patient care, and our small running expenses are recovered from our investments.

ROMAC’s structure comprises a Board, Engagement Committee, and an Operations Committee which includes the Regional Chairs across Australia and New Zealand. District Chairs, and their committees, work closely with local Rotary Clubs.

Our process begins with a referral of a child from overseas (*or visiting Australia/New Zealand doctors*) directly into the ROMAC database. From this single form, the Medical and Operation Directors evaluate whether the referred child meets the ROMAC guidelines, and which Region may be able to provide the necessary surgery, in collaboration with specialist Regional Medical Consultants.

All in all, our team in Australia and New Zealand is nearly 200 totally voluntary individuals, plus Rotarians and medical personnel who support ROMAC in the nations we serve. These are people who help with passport and visa applications, finding and communicating with our potential patients, organising medical checks, and ensuring they are on time to board their plane.

ROMAC enjoys, and appreciates, the support of its patrons and ambassadors who generously promote the work and ideals of ROMAC – “To provide medical treatment for children from Oceania in the form of life saving and/or dignity restoring surgery not accessible to them in their home countries”.



Rosie was ROMAC’s 5th patient back in 1991, and she is now our Ambassador. Rosie is seen in the photo with, Dulcia, a recent scoliosis patient.

**PATIENT - SENRI TENGATA**

Playing after school one day near his home in the Solomon Islands, Senri Tengata picked up an old mortar, left over from World War II, that he found lying in a creek. Despite warnings from family to never touch any munitions found around the islands, curiosity got the better of the 11-year-old.



“I just wanted to know if it was a live bomb, or a dead bomb, and then I touched it,” Senri recalls. “I just moved it, but somehow, I don’t know what happened, it exploded.” The old bomb poured white phosphorus – a horrific chemical which just keeps on burning through to the bone – on to his hands and arms.

He was rushed to hospital by his father with terrible burns and, despite the best local care available, the fingers of his left hand fused to his palm, leaving it permanently clenched in a fist. He also suffered constrictions in his right hand.

Embarrassed by the injuries ever since, Senri kept his hands in his pockets when out in public. That was two years ago and, with little medical expertise in the islands, he was resigned to having the debilitating injury for the rest of his life.

But now, thanks to top Australian doctors at the Sydney Children’s Hospital at Randwick and dedicated efforts from Rotary Oceania Medical Aid for Children (ROMAC) charity, Senri is likely to regain the use of his hand.



The now-13-year-old has had two major hand operations, including one that inserted metal rods into each of his fingers, as way of stretching them and allowing a skin graft to work.

Rotary volunteer and Australian guardian for Senri, Ros Kelly, said it had been a long journey, with delays from COVID and the passing of Senri’s mother, to get him to Australia. “He had an eight-hour operation,” Ms Kelly said. “The biggest fear was his tendons and underneath would have been burnt, as phosphorus bombs burn inwards, but the tendons were all intact thank goodness.”



Senri’s first words after surgery were to ask if he would be able to go back to being a goalkeeper, as he loves soccer. “I like how I can open my hand, I couldn’t do that before,” he said. Specialist plastic surgeon, Dr Sarah Tolerton, from SCH said Senri was “very stoic”. “Before he couldn’t do anything that required two hands or grasp with that left hand. He’ll be able to catch a ball,” Dr Tolerton said.

More than 20 Solomon Islanders each year are injured or die from unexploded ordnances left over from World War II battles between Japan and the USA.

*Published in Daily Telegraph; 24 July 2023; Article written by Clarissa Bye*

During PDG Bill Salter’s DG year, Christine promoted ROMAC throughout District 9750 (now District 9675) to raise awareness, and strongly advocated for clubs to make an annual financial commitment to ROMAC based on what their club could afford. During 2012-13, contributions to ROMAC topped over \$90,000 including a pre-existing \$30,000 grant from the Rotary Club of Sydney.



**GAIL TAYLOR**  
*International Director 2023-24*

# 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.*

A committee meeting for the new Rotary year has yet to be convened, however, that is planned for early August. During that meeting, we will be developing a plan for the near future.

Any member, or Friend of the Rotary Club of Ingleburn, is welcome to join the Membership Committee; volunteer, and help grow the club with dedicated members.



BILL SALTER & DREW PERCIVAL  
*Co-Membership Directors 2023-24*

### *The Words and Wisdom of Paul Harris*

If a more general spirit of tolerance proves to be the only permanent result of its efforts, Rotary will not have existed in vain.

*This Rotarian Age*

## New Generations

No report for this month for New Generations.



BARRY WOOLFE  
*New Generations Director 2023-24*

## Vocational Service



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

There are quite a few activities that merit a Service Award in Rotary in the Vocational Service area. Such activities include:

- Mentoring a young person for success in vocational pursuits. We can do that individually, or as a Club through Interact.
- Organising a vocational service discussion or group gatherings to inspire others to take action. This can be achieved in a number of ways including the Pride of Workmanship

awards.

- Teaching other club members more about their vocation by giving talks. A simple example is our '3 minuter' talks with members identifying their work and careers.

At the District Changeover, the Rotary Club of Ingleburn was honoured, along with the other Macarthur Rotary Clubs, in receiving the District 9675 award for 'Best Vocational Community Event' for 2022 -23. A great example of what can be achieved when all local Clubs work together.

On Wednesday, 23 August 2023, the Rotary Clubs of Macarthur are, again, combining to run, and showcase, the '**Police Officer of the Year**' which will be held at Wests Leagues Club (Leumeah). Whilst bookings are expected to close on 28 July, if anyone is interested in attending, we may well be able to still organise tickets. However; you will need to contact me ASAP on 0416 111 881. Tickets are \$60.00 per person which includes an enjoyable dinner; starting at 6.30 pm.



DREW PERCIVAL  
*Vocational Service Director 2023-24*

## Mental Health Committee



During July we had a second wellbeing talk at Minto Gardens Retirement Village for the residents. Rotarian, Tania, presented information about dementia. The residents talked about this being a major concern as they get older and see others struggling with dementia. Personal experience framed the conversation, and all participated in a short quiz to see how they were tracking with their memory and functioning.

Rotarian, Stef, took blood pressure readings at the end of the session, and all were relieved to have good results.

The feedback was very positive with everyone feeling reassured. A significant message was for everyone to stay connected to others and look after both physical and mental health.

With the participants providing the topics they need; our next workshop will be in September with the focus on preventing falls.

Connecting through cards has been an ongoing project this year. Giving handmade cards with a personal message written inside for special occasions has been a way that we reach out others. We have been able to send residents of Minto Gardens Retirement Village greeting cards. We have held monthly card making workshops for the community at the Meals on Wheels operational centre at Ruse.

These will continue on the last Wednesday of the month from 11 am to 1 pm. Community members join Rotarians, and Friends of Rotary, in making greeting cards that will be directly distributed to Meals on Wheels' clients. We welcome other volunteers to join us.



## WINTER APPEAL

We undertook a winter appeal to collect clothing and blankets to help members of the community keep warmer. Meals on Wheels were able to distribute the winter woollies and blankets to clients who were in significant need. The recipients have expressed gratitude and were touched that others care. Thank you to all who were able to donate to this project.

Campbellfield Public School has partnered with Minto Gardens Retirement Village to undertake a Buddy Program. When we visited the retirement village there is a sense of excited anticipation as the program is about to launch.

Rotarians Moana, and Liz, have launched a community program called *Hands on Heart*, which engages women and men in the community through open discussion, and regular volunteering projects. The group is growing and stresses the concept of empowerment for all people. There is also an emphasis on diversity.

Beth on behalf of IngleMinds



BETH GODWIN  
*Mental Health Committee 2023-24*

## Social Committee

A new Rotary year begins, however; a continuation of social, fun, and activities for the Members of our club, Friends of Rotary, and our supporters.

To balance between a number of other club activities over the next six months, we have programmed a few events/activities for all to be involved in. These include:

- **Friday, 11 August** – join us for a movie night at the Dumaresq Street Campbelltown cinemas (*the movie will be advertised closer to the date*). In addition, for those who would like to continue on, join us for dinner at the Siam Thai Restaurant in Dumaresq Street or, if your preference is just dinner, then come along (*estimated time will be provided*).
- **Wednesday, 20 September** - for those who like trains and the water, we have made a booking for a 3-

hour trip (10 am – 1 pm) on the Riverboat Postman on the Hawkesbury River. Catch a train into Sydney and a connection straight to the destination. Cost is \$54.00 per person which includes morning tea and lunch. A great social outing. For those interested, please contact Gail, or Drew, ASAP so we can confirm bookings.

- **Friday, 27 October** - Sausages at Sunset at Milton Park. This is after daylight saving has started. Very low cost, and very local. Families are very welcome to be part of an enjoyable and relaxing event. Start from 6pm.
- **Tuesday, 28 November** - Christmas function at Ottimo House Denham Court; another fun filled event. More details in the coming months.
- **Gifts of Hope** - Presents for children with a cost up to \$20. We are, again, this year looking to raise funds, and receive unwrapped presents to hand out to 500 children; yes, 500 who may otherwise not receive a present at Christmas. If you come across a sale, please seriously consider purchasing a gift. For those who would prefer to provide funds to assist, then you are very welcome to do so.



DREW PERCIVAL, GAIL TAYLOR & JENNY WOOLFE  
Social Committee 2023-24

## Calendar of Events



Day	Date	Function	Where   Time
<b>AUGUST</b>			
Tuesday	1 August	Meeting – Club Assembly	Ingleburn RSL Club - Dinner 6.00 pm   Meeting 7:00 pm
Wednesday	2 August		
Thursday	3 August		
Friday	4 August		
Saturday	5 August		
Sunday	6 August		
Monday	7 August		
Tuesday	8 August	<i>'IngleMinds' Meeting</i>	<i>By Zoom - 7.00 pm to 8.00 pm</i>
Wednesday	9 August		
Thursday	10 August		
Friday	11 August	2023 District Grant Applications due today	
Friday	11 August	RYPEN commences	National Park
Saturday	12 August	Wheel	Minto Marketplace 9.30 am to 11.30 am

<b>Day</b>	<b>Date</b>	<b>Function</b>	<b>Where   Time</b>
Saturday	12 August	RYPEN continues	National Park
Sunday	13 August	RYPEN concludes	National Park
Monday	14 August	Board Meeting	By Zoom – 5:30 pm
Tuesday	15 August	Meeting	Ingleburn RSL Club - Dinner 6.00 pm   Meeting 7:00 pm
Wednesday	16 August		
Thursday	17 August		
Friday	18 August	24 Hour Fight Against cancer, Macarthur Ladies Day Luncheon	Camden Lakeside From 11.30 am
Saturday	19 August	Wheel	Minto Marketplace 9.30 am to 11.30 am
Sunday	20 August		
Monday	21 August	Opening of Passfield Park School Library	11.45 am to 1.15 pm
Tuesday	22 August	'IngleMinds' Meeting	By Zoom - 7.00 pm to 8.00 pm
Wednesday	23 August	Police Officer of the Year Awards - Macarthur	West's Leagues - \$60 pp 6:30 pm for 7:00 pm <i>Tickets at Trybooking</i> <a href="https://www.trybooking.com/CIOKT">https://www.trybooking.com/CIOKT</a>
Thursday	24 August		
Friday	25 August		
Saturday	26 August	Wheel	Minto Marketplace 9.30 am to 11.30 am
Sunday	27 August		
Monday	28 August		
Tuesday	29 August	Meeting	Ingleburn RSL Club - Dinner 6.00 pm   Meeting 7:00 pm
Wednesday	30 August		
Thursday	31 August		
<b>SEPTEMBER</b>			
Friday	1 September		
Saturday	2 September	Wheel	Minto Marketplace 9.30 am to 11.30 am
Sunday	3 September		
Monday	4 September		
Tuesday	5 September	'IngleMinds' Meeting	By Zoom - 7.00 pm to 8.00 pm
Wednesday	6 September		
Thursday	7 September		
Friday	8 September		
Saturday	9 September	Wheel	Minto Marketplace 9.30 am to 11.30 am
Sunday	10 September		
Monday	11 September	Board Meeting	By Zoom – 5:30 pm
Tuesday	12 September	Meeting - RUOK Day Special presentation by IngleMinds	Ingleburn RSL Club - Dinner 6.00 pm   Meeting 7:00 pm
Wednesday	13 September		
Thursday	14 September		
Friday	15 September		
Saturday	16 September	Wheel	Minto Marketplace

<i>Day</i>	<i>Date</i>	<i>Function</i>	<i>Where   Time</i>
			9.30 am to 11.30 am
Sunday	17 September		
Monday	18 September		
Tuesday	19 September	'IngleMinds' Meeting	By Zoom - 7.00 pm to 8.00 pm
Wednesday	20 September		
Thursday	21 September		
Friday	22 September		
Saturday	23 September	Wheel	Minto Marketplace 9.30 am to 11.30 am
Sunday	24 September		
Monday	25 September		
Tuesday	26 September	Meeting	Ingleburn RSL Club - Dinner 6.00 pm   Meeting 7:00 pm
Wednesday	27 September		
Thursday	28 September		
Friday	29 September		
Saturday	30 September	Wheel	Minto Marketplace 9.30 am to 11.30 am