



NOVEMBER 2023

INGLE ANGLE

See us on [Facebook](#)

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PO Box 138, Ingleburn NSW 1890

Vale, Allan Bonner

Though not a charter member, Allan was one of the first members of the Rotary Club of Ingleburn having joined at the start of July 1977, a couple of months after the club was chartered. After many years of service, Allan resigned in 2012.



During his years as a Rotarian, Allan served as President in 1987-1988 having also served as President for part of the 1986-1987 Rotary year. He was Secretary for a number of years and was one of the keynote speaker at the club's 40th anniversary in June 2017. Allan was involved in, and supported, club projects in a willing and caring manner.

A family man, Allan was a loving husband to Katherine, and a devoted father to their children.



A Chartered Accountant by profession, Allan had a successful business based in Leumeah for many years and was honorary Auditor for the club's financial accounts for many years up to the end of the 2021 financial year.

Rest in Peace, Allan; you will be missed.

Club Celebrations: December 2023



In December, 4 people will be celebrating birthdays: *Rotarians* **Brenda Simpson** (6 Dec), **Andrew Nguyen** (11 Dec), **Jan Domanski** (16 Dec), and *Friend of Rotary* **Carolyn Flint** (28 Dec).



We wish each and everyone of you, notable and wonderful birthday!

Congratulations and best wishes to the following couples as they celebrate their anniversary next month:

- Rotarian* **Devendra & Parlina Sapkota** (14 Dec),
- Rotarian* **Andrew & Thi Bao Ngoc Nguyen** (25 Dec), and
- Rotarian* **Mohammad & Romana Foiz** (29 Dec).



Jan Domanski will celebrates 11 years of Rotary service on 31 December this year.

Our club sincerely thanks you all for your continued service and support of Rotary International and our community.



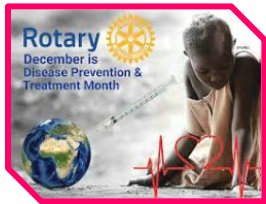
The Words and Wisdom of Paul Harris

The great river is the sum total of contributions of hundreds, perhaps thousands of little brooks and rivulets which come tumbling down the hillsides and mountains, singing as they go, eager to cast themselves into the channel of the great river. That is like the growth of Rotary. It has become great because of the self-sacrificing contributions of thousands of Rotarians of many lands.

My Road to Rotary

December is

DISEASE PREVENTION AND TREATMENT MONTH



Rotarians believe good health care is everyone’s right; yet 400 million people in the world can’t afford, or don’t have access to, basic health care.

Rotarians worldwide are working to combat diseases through effective treatment and prevention. In 1985, Rotary pledged to eradicate polio, and today, Rotary International, in partnership with the World Health Organisation, the Center for Disease Control and Prevention, the Bill and Melinda Gates Foundation, and regional governments worldwide, is closer than ever in completing this pledge.

Although infectious diseases continue to be a major cause of illness and death across the world, they are not the major health concerns for most developed countries; but do continue to be so for peoples in less developed countries. Disease results in misery, pain, and poverty for millions of people worldwide and that is why treating, and preventing, disease is so important to Rotarians.

Disease and illness results in pain and injury; prolonged severe illness can result in loss of employment and income thus affecting families, and it affects people’s quality of life.

Rotarians lead efforts, both large and small ; they set up temporary clinics, blood donation centres, and training facilities in under resourced communities that struggle with outbreaks and health care access. They design, and build, infrastructure that allows doctors, patients, and governments to work together.



Rotarians combat diseases like malaria, HIV/AIDS, Alzheimer’s, multiple sclerosis, diabetes, and polio and know that prevention is important, which is why they also focus on health education, and bringing people routine hearing, vision, and dental care.

OUR IMPACT ON DISEASE

The Rotary Foundation’s impact on disease is changing the world with **\$65 million** being provided in grants to fight disease around the globe, and in your own backyard

It should be noted that there has been a **99.9% reduction** in polio cases since the Eradication of Polio program commenced in 1985.

Amazing things happen when Rotary, and Rotarians, are involved:

♥ PROVIDING CLEAN WATER

Rotary has worked with partners to provide more than 80% of Ghana’s people with clean water to fight Guinea worm disease.

♥ REDUCING HIV INFECTION

In Liberia, Rotary members are helping women get tested for HIV early in their pregnancies and by using prenatal care, reduced new HIV infections in children by 95% over two years.

♥ ENDING POLIO

Rotary members have, and continue, to play a key role in bringing the world to the brink of polio eradication. Their efforts have not only ended polio in 122 countries but have also created a system for tackling

innumerable other health priorities, such as Ebola.

Some Rotarians help through a Rotarian Action Group (RAG) which is a voluntary organisation that functions independently of Rotary International; has Rotarians, their family members, expert program contributor. and alumni in a specific field as members. These groups share their expertise by collaborating with districts and clubs on service projects. There are a number of RAGs committed to disease prevention and treatment; for example, RAG for Blindness Prevention, RAG for Diabetes, RAG for Multiple Sclerosis Awareness, and Polio Survivors and Associates RAG.

Disease prevention and treatment takes on many forms and the world relies on Rotary to tackle these global challenges, and to set an example for others to follow. Rotary's continued involvement in Disease Prevention and Treatment will need to be directed toward finding solutions to these social and behavioural determinants of health, while continuing to fight against existing, and emerging, disease threats.

You as a Rotarian have been enlisted as being a part of that fight. Thanks for all you do to support these important initiatives.



CHRISTINE SALTER
Bulletin Editor, 2023-24

Rotary Foundation

WHAT IS THE 'PLUS' IN POLIOPLUS?

Have you ever wondered what the 'Plus' in PolioPlus stands for, and how the name came about? When we talk about PolioPlus, we know we are eradicating polio, but what additional benefits does the program have?

On Rotary's 80th birthday in February 1985, at the District Governors' training institute in Nashville, Tennessee, RI President Carlos Canesco announced that the World Health Organisation had endorsed Rotary's bold plan for an effective Sabin style polio program. Rotary's 'Polio 2005' commitment was to eradicate polio worldwide by its 100th birthday in 2005. However, a few months later, it was decided to eliminate the reference to 2005 – which could denote a lack of urgency – and to add 'Plus' to reflect the inclusion of other health conditions, as well as polio, in the program. The Polio 2005 program became PolioPlus, to immunise the Children of the World.

The Plus, provided as a part of the polio eradication campaign, varies from one area to another depending on what is seen as a need. It might be additional medical treatment, bed nets to prevent malaria, or soap, access to clean water, or education to improve hygiene. The polio virus spreads through human waste, so making sure people aren't drinking, or bathing in, contaminated water is critical to eradicating the disease.

Over the years, health workers and volunteers, supported by PolioPlus grants, have built an infrastructure for delivering health care that, in many parts of the world, didn't previously exist. The legacy of PolioPlus is more than eradicating a deadly disease from the planet, it's also building a stronger health system that provides better access to lifesaving intervention for the world's most vulnerable children.

OUR CURRENT STATUS WITH POLIOPLUS

Since 1988, Rotary has been working to eradicate polio for more than 35 years, and we have made incredible progress in the fight to rid the world of it forever. As a founding partner of the Global Polio Eradication Initiative, we’ve seen a worldwide reduction in polio cases of 99.9% where only two countries remain polio endemic – Afghanistan and Pakistan.

The most recent numbers for 2023 are: Afghanistan 6 and Pakistan 5.

It’s crucial to eradicate polio from the last two countries where it remains endemic, as well as to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyse as many as 20,000 each year.

The fight continues but the end is close, Rotary must remain vigilant to ensure the job is completed.



PDG BILL SALTER
Foundation Director 2023-24

Community Service

Whilst there were no special club projects during November, the Minto Mall Wheel, held each Saturday continues to be run by Rotarian Gabby and her willing helpers.

Unfortunately, the Wheel has not been as well supported as we would hope, especially as funds raised are utilised on local projects.

Let’s hope that Christmas Cheer sees an improvement during December.

Our final wheel for 2023 will be on Saturday, 16 December and, after a little holiday time, the wheel will recommence on Saturday, 20 January 2024.



PETER FLEW
Community Service Director 2023-24

International

During November, little has happened on the International scene, though there will be lots to report in December – watch this space!



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.

The club Membership Committee meets regularly to discuss membership issues such as recruitment, member participation, and club public image. The Committee has settled on how these issues should be addressed; as a consequence, a list of actions has been sent to the Board for them to agree and support the resolutions. The actions proposed should lead to a more vibrant and committed membership, even if there is a slight adjustment.

When reading an on-line article, we noted the following which we think should be of interest to all members as we look to grow our membership; here is an adapted extract. We often think about the ageing process within Rotary, but not consciously think of it when designing recruitment programs.

STRENGTHENING OUR CONNECTION WITH GENERATION – NEXT

As the age of a Rotarian rises, we get closer to the reality that at some point, a decision is made to retire from Rotary service. This is brought into stark reality every 30 June.

Throughout the last ten years we have seen membership grow throughout the year but fall by around 4 per cent when 30 June approaches. The Rotary year is from July to June, so people make the decision on retirement before their annual membership dues fall on 1 July. Many people have provided wonderful selfless service to their communities for many years – often for decades. It is important, and a key strategy, that we must strengthen our connection with the next generation of Rotarians so that they are ready to move Rotary forward.

We often talk about sustainability as being important to our planet – but have we looked at ways to provide for, and achieve, *Rotary Sustainability*. To do this we must invest in our youth, and we can do this by investing in youth focused programs. Programs such as RYPEN (*Rotary Youth Program of Enrichment*), RYLA (*Rotary Youth Leadership Awards*), MUNA (*Model United Nations Assembly*), Youth Exchange, Rotaract, and Interact are other key examples. These programs are all pipelines into Rotary, providing Rotary experiences, and an investment in people – all part of [Generation Next](#).

We also need to invest in maintaining a connection with all people that have been part of other Rotary programs. Reaching out to our Alumni and making sure we continue the connection is something we often neglect. Remaining connected provides further opportunities, and a continued pathway to enable different Rotary experiences. Rotary Alumni includes more than just people from our youth programs – but it is a great place to start.

We need to fulfill promises and provide reasons to join Rotary in an attractive way. By creating a value proposition that makes us feel good about the journey, is a step in the right direction. This is a pathway to enable *Rotary Sustainability* to become a reality. *Generation Next* is a very important part of the equation – so make the connection.

Membership development and recruitment are a responsibility of all members.



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

New Generations

It's starting to get busy with several New Generation programs at the moment.

INTERACT

I have recently attended Interact meetings at both Hurlstone Agricultural and Sarah Redfern High Schools. My visit this time was to discuss each Interact group's possible involvement in Ingleburn Rotary's *Gift of Hope for Children* project this year. They were both given the opportunity to either arrange fund raising or give their time in support for our major wrapping day on Sunday, 10 December.

Hurlstone Agricultural High has already decided to have students attend and help with the wrapping. They have provided us the students' names, and times that they will attend.

I am expecting a response from Sarah Redfern this week as they have indicated they are both fund raising and will offer help to wrap.

RYLA (*Rotary Youth Leadership Awards*)

Ingleburn Rotary's candidate for RYLA in January 2024 has been accepted and will attend our next Club meeting on Tuesday, 5 December to speak about his current situation and expectations of the program.



BARRY WOOLFE
New Generations Director 2023-24

Vocational Service



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

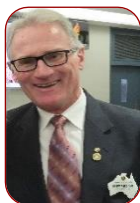
Vocational Service is intertwined in all our lives. In my report last month, I identified a number of ways this can be achieved.

Whilst there are a number of activities in undertaking Vocational Service, one very important activity, in my mind, is the *Pride of Workmanship* program.

This is an annual project that we run to showcase some of the quality employees in our local community. The program involves inviting business houses, schools, and organisations to nominate an employee(s) who demonstrates pride in their job, their support for their employer, and the attitude of 'DO IT ONCE, DO IT WELL'. I'm very pleased to say we are holding the award night again; this time on Tuesday, 26 March 2024.

If anyone has come across an employee who demonstrates they are deserving of this recognition, then please let me know and talk to the employer, if known, about the program. A letter and nomination form, together with more information, can then be sent to the employer.

The lead-in time is over a number of weeks, so please start thinking about this now.



DREW PERCIVAL
Vocational Service Director 2023-24

Mental Health Committee



TANIA Talks

Our connection with Minto Gardens has deepened in 2023 as we help address some of the life changes experienced by residents.

As people age, various health concerns become more prominent:

- ◆ One significant issue is the increase risk of chronic conditions, such as heart disease, diabetes, and arthritis.
- ◆ The aging process often leads to a decline in bone density and muscle mass, making individuals more susceptible to fractures, and mobility challenges.
- ◆ Cognitive health is another focal point, with conditions like dementia, and Alzheimer's becoming more prevalent.
- ◆ Additionally, the immune system tends to weaken, making older adults more susceptible to infections.

- ◆ Vision, and hearing may also decline, impacting daily activities.
- ◆ Mental health is crucial, and older adults may face challenges such as depression or anxiety, often exacerbated by life changes, or the loss of loved ones.

Regular medical check-ups, a healthy lifestyle, and a supportive environment can play crucial roles in mitigating these concerns and promoting overall well-being in older individuals.

Each month, Dr Tania, with Nurse Stef, provided group health talks addressing the health concerns experienced through the aging process. These talks are supported by Gail, and target information requested by those attending. They provide medical information and regular checks on health status. The relationship has given courage to those attending to seek medical support and keep up-to-date with vaccinations and health checks.



A huge thanks to Tania, Stef, and Gail for supporting the residents of Minto Gardens Retirement Village and making a difference in their lives.

Beth, on behalf of Minto Gardens (& IngleMinds).



BETH GODWIN
Mental Health Committee 2023-24

Social Committee

It's a social time of the year!

Sausages at Sunset was held very successfully on Friday, 10 November after having earlier been postponed due to poor weather. We were most fortunate to have a perfect spring evening, and all who came thoroughly enjoyed the good company, food, and their choice of beverages.

The council had made sure the barbeques were in good working order too! The conviviality continued until well after sunset and darkness was creeping in. The Social Committee will schedule another such gathering soon.



The members of the Social Committee and Rotarian Beth Godwin have been meeting regularly for several months to plan the **Gifts of Hope** project. Beth has again put in an enormous amount of time and effort to ensure the success of this very worthwhile activity.

Yes, there were scones, and cake to help the planning!

In the coming few weeks there will be several opportunities for **social interaction** amongst members, their families, Friends of Rotary, and community members to undertake the sorting, wrapping, and distribution of over 500 gifts. Last year there was great camaraderie amongst the volunteers which only strengthens relationships within the club and the community. Hope to have lots of helpers join the fun again this year!



Oh (Ho, Ho, Ho) what a night! The **Ingleburn Rotary Christmas Party** was held on Tuesday 28 November at Ottimo House with 70 people in attendance. In a word 'EXCELLENT'.

Everyone came along with a view to have a very enjoyable night. And that we did. FUN, frivolity, fundraising and Santa! In addition all were able to test their creative skills with making a colourful and interesting hat. And that they did.

An excellent social occasion where the Ingleburn Rotary Club members combined with partners, Friends of Rotary, Campbelltown Councillors, Directors from Ingleburn RSL, attendees from Minto Gardens, Principals, and some staff from a few of the local schools that we have close relationships with, Rotary DG who travelled from Kiama to join the fun and Rotarians from some of the close by Rotary Clubs.

We were also extremely pleased to receive many gifts and monetary donations from those in attendance (to go with a large number already received) to be used for our mammoth Gifts of Hope project. This is to provide Christmas gifts for those who may otherwise not receive a gift on Christmas Day.

Thank you to ALL who support us, who received a 'taste of Rotary', had a great social experience and who have given generously. A great way in bringing 2023 to an end.





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

The Words and Wisdom of Paul Harris

What is Rotary? What is it all about? Rotarians of many countries arise to make answer, but no two answers are alike. Is there no common accord? Yes, there is one; it is like the rumble of a great organ, the roar of a distant sea breaking on the beach. Beneath Rotary's many and varied activities, there is the unchanging undertone of goodwill, goodwill, goodwill.

On this anniversary, my hope is for the continued advancement of goodwill between men (and women) and between nations. I have no higher hope, nor do I know of one.

Message on Rotary's 39th Birthday

Calendar of Events



| Day | Date | Function | Where / Time |
|-----------------|-------------|--|--|
| DECEMBER | | | |
| Friday | 1 December | | |
| Saturday | 2 December | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| Sunday | 3 December | | |
| Monday | 4 December | | |
| Tuesday | 5 December | Meeting - Annual General Meeting | Ingleburn RSL Club - Dinner 6.00 pm Meeting 7:00 pm |
| Wednesday | 6 December | | |
| Thursday | 7 December | | |
| Friday | 8 December | Christmas Carols - Minto Gardens Retirement Village and Campbellfield Public School | Christmas Carol BBQ - Minto Gardens 6:00 pm to 8:00 pm |
| Saturday | 9 December | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| Sunday | 10 December | Gifts of Hope: <i>Wrapping of Gifts</i> | Ingleburn RSL Club 10:00 am to 3:00 pm |
| Monday | 11 December | Gifts of Hope: <i>Delivery of Gifts</i> | |
| Tuesday | 12 December | Board Meeting | By Zoom – 5:30 pm |
| Wednesday | 13 December | 'IngleMinds' Meeting | By Zoom - 7.00 pm to 8.00 pm |
| Thursday | 14 December | Minto Gardens Market Stall | Minto Gardens Retirement Village 10:00 am to 2:00 pm <i>setup → 8:30am</i> |
| Friday | 15 December | Minto Gardens Christmas Craft | Minto Gardens Retirement Village 10:00 am to 12:00 pm |
| Saturday | 16 December | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| Sunday | 17 December | | |
| Monday | 18 December | | |
| Tuesday | 19 December | Meeting | Ingleburn RSL Club - Dinner 6.00 pm Meeting 7:00 pm |
| Wednesday | 20 December | An Aussie Christmas at Minto Gardens | Minto Gardens Retirement Village 12:00 pm to 2:00 pm <i>in conjunction with Hands on Heart</i> |
| Thursday | 21 December | | |
| Friday | 22 December | | |
| Saturday | 23 December | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| Sunday | 24 December | | |
| Monday | 25 December | CHRISTMAS DAY | |
| Tuesday | 26 December | BOXING DAY | |
| Wednesday | 27 December | | |
| Thursday | 28 December | | |
| Friday | 29 December | | |
| Saturday | 30 December | | |

| <i>Day</i> | <i>Date</i> | <i>Function</i> | <i>Where / Time</i> |
|---------------------|--------------------|---|---|
| <i>Sunday</i> | <i>31 December</i> | <i>NEW YEAR'S EVE</i> | |
| JANUARY 2024 | | | |
| <i>Monday</i> | <i>1 January</i> | <i>NEW YEAR'S DAY</i> | |
| <i>Tuesday</i> | <i>2 January</i> | | |
| <i>Wednesday</i> | <i>3 January</i> | | |
| <i>Thursday</i> | <i>4 January</i> | | |
| <i>Friday</i> | <i>5 January</i> | | |
| <i>Saturday</i> | <i>6 January</i> | | |
| <i>Sunday</i> | <i>7 January</i> | | |
| <i>Monday</i> | <i>8 January</i> | | |
| <i>Tuesday</i> | <i>9 January</i> | | |
| <i>Wednesday</i> | <i>10 January</i> | | |
| <i>Thursday</i> | <i>11 January</i> | | |
| <i>Friday</i> | <i>12 January</i> | | |
| <i>Saturday</i> | <i>13 January</i> | | |
| <i>Sunday</i> | <i>14 January</i> | Welcome Back Function | Venue: Barry Woolfe - TBA |
| <i>Monday</i> | <i>15 January</i> | | |
| <i>Tuesday</i> | <i>16 January</i> | Meeting | Ingleburn RSL Club - Dinner 6.00 pm Meeting 7:00 pm |
| <i>Wednesday</i> | <i>17 January</i> | | |
| <i>Thursday</i> | <i>18 January</i> | | |
| <i>Friday</i> | <i>19 January</i> | | |
| <i>Saturday</i> | <i>20 January</i> | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| <i>Sunday</i> | <i>21 January</i> | | |
| <i>Monday</i> | <i>22 January</i> | | |
| <i>Tuesday</i> | <i>23 January</i> | 'IngleMinds' Meeting | By Zoom - 7.00 pm to 8.00 pm |
| <i>Wednesday</i> | <i>24 January</i> | | |
| <i>Thursday</i> | <i>25 January</i> | | |
| <i>Friday</i> | <i>26 January</i> | AUSTRALIA DAY | |
| <i>Saturday</i> | <i>27 January</i> | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| <i>Sunday</i> | <i>28 January</i> | | |
| <i>Monday</i> | <i>29 January</i> | | |
| <i>Tuesday</i> | <i>30 January</i> | Meeting - Guest Speakers: Warren Morrison & Mark Keaton 24 Hour Fight Against Cancer, Macarthur | Ingleburn RSL Club - Dinner 6.00 pm Meeting 7:00 pm |
| <i>Wednesday</i> | <i>31 January</i> | | |
| FEBRUARY | | | |
| <i>Thursday</i> | <i>1 February</i> | | |
| <i>Friday</i> | <i>2 February</i> | | |
| <i>Saturday</i> | <i>3 February</i> | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| <i>Sunday</i> | <i>4 February</i> | | |
| <i>Monday</i> | <i>5 February</i> | | |
| <i>Tuesday</i> | <i>6 February</i> | 'IngleMinds' Meeting | By Zoom - 7.00 pm to 8.00 pm |

| <i>Day</i> | <i>Date</i> | <i>Function</i> | <i>Where Time</i> |
|------------|-------------|-----------------|--|
| Wednesday | 7 February | | |
| Thursday | 8 February | | |
| Friday | 9 February | | |
| Saturday | 10 February | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| Sunday | 11 February | | |
| Monday | 12 February | Board Meeting | By Zoom – 5:30 pm |
| Tuesday | 13 February | Meeting | Ingleburn RSL Club - Dinner 6.00 pm Meeting 7:00 pm |
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| Thursday | 15 February | | |
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| Tuesday | 20 February | | |
| Wednesday | 21 February | | |
| Thursday | 22 February | | |
| Friday | 23 February | | |
| Saturday | 24 February | Wheel | Minto Marketplace 9.30 am to 11.30 am |
| Sunday | 25 February | | |
| Monday | 26 February | | |
| Tuesday | 27 February | Meeting | Ingleburn RSL Club - Dinner 6.00 pm Meeting 7:00 pm |
| Wednesday | 28 February | | |
| Thursday | 29 February | | |