

LIGHT UP ROTARY THROUGH COMMUNITY SERVICE



ROTARY INTERNATIONAL DISTRICT 9685

MARCH 2015



HELLO AGAIN,

March - world "Literacy Month". What does your club do to assist either in your local community, Australian community or overseas. Please send me your stories to share. Maybe you spend a few hours a week listening to a child read at your local school. I have included information regarding the Seniors Short Story Competition. If you are not a Senior you will surely know someone who is.

March 5 is **International Women's Day**. See the information which follows about RC of Hunters Hill - **International Women's Day: the art and soul of peacebuilding and Celebrating Women on the Central Coast** Don't forget your donation to the **ANZAC Centenary Garden Project**.

BowelCare kits will be distributed on 2 days only: Friday 17 and Saturday 18 April See following notice for details

In May, we are encouraged to "Kiss Goodbye to MS" by holding a Bunnings BBQ and donating the proceeds to Multiple Sclerosis research. Start planning now.

A really full newsletter once again. Finally check out "Sunnies at School" AQs one who is to have cataract operations in the next few weeks I can see this program as a valuable Community Service.

Marilyn Mercer PDG

Community Service Chairman



Australian Rotary Health

Chairman Trish Wetton

Email:

Trish.Wetton@forsight.net.au

Zone Committee Members:

North Shore: Robyn Gaspari

robyn@gaspari.com.au

U. North Shore: Trish Wetton

Trish.Wetton@forsight.net.au

City North: Jenny May

jmaylc@yahoo.com.au

Peninsula: Raylene Jarvis

RayleneI@iprimus.com.au

Northern District: Stephen

Nichol

nicholsc@cba.com.au

Riverside: Robert Erskine

boberskine@swiftsl.com.au

The Hills: Pamela Lawrance

pambobsydney@optusnet.com.au

Central Coast: Marlene Carty

cartymarlene@gmail.com

Upper Central Coast: Harold Sharp

harold.gina@bigpond.com

Hawkesbury: Terry Davies

TerryDavies@australianrotaryhealth.org.au

Please be sure to **invite your zone committee member as Guest Speaker** at your club meeting **asap**.

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### Aboriginal Health and Literacy Programs

Chairman : Shamus Davies

Email: [AboriginalHealthLiteracy@rotarydistrict9685.org.au](mailto:AboriginalHealthLiteracy@rotarydistrict9685.org.au)

Please share your projects or programs with us.

### DIARY DATES

#### March

- 1 St Ives Food and Wine Festival
- 1 Clean up Australia Day
- 5 International Women's Day
- 7 Peppercorn Candle Lit Dinner
- 8 Seniors' Short Story
- Inspirational Women Awards
- 25 RC Roseville Chase Golf Day
- 28 Opera in the Arboretum
- 31 Presidential Citation due to DG

#### April

- 17-18 BowelCare stock distribute
- 22 RC Sydney Inner West
- ANZAC Garden dedication

#### May

- 2 BowelCare Pharmacy sale start
- 1-31 Kiss MS goodbye
- 2-27 BowelCare Kit sales
- 15 RC Ryde Golf Day
- 24 ARH ANZAC Parra-Amble

#### June

- 7 Yuendumu Doors – E-Club talk
- 27 Final BowelCare kit sales

**SAY NO  
UNITE  
TO END VIOLENCE  
AGAINST WOMEN**

## International Women's Day: the art and soul of peacebuilding

Hosted by Rotary Hunters Hill, Macquarie University's Equity and Diversity Unit and Creators of Peace.

Re-energise yourself with an evening featuring live music and inspirational conversation with peacebuilding change agents. Saluting achievements since the 1995 UN World Conference on Women in Beijing will be special guest Ms Tang Ying, China's deputy consul general in Australia. Women's networks will be on hand to share news about their projects and resources before the program.

**Venue:** Macquarie University's 'The Hub' Building, C10A, Level 3, North Ryde.

Thursday, March 5, – 6 to 9 pm

**Tickets:** \$30 (\$20 students or concession)

benefit Rotary Hunters Hill international service projects.

**Enquiries:** Lucy Hobgood-Brown, [lucy@claypartners.com](mailto:lucy@claypartners.com) or 0417 272 101.



BowelCare stock **distribution**  
Murray Farm Primary School,  
Dryden Avenue Carlingford

**2 Days Only:** Friday 17 and  
Saturday 18 April 2015 from  
9:30 am to 2:30 pm both days

**Pharmacy Sale Dates:**

Saturday 2 May to Saturday 27  
June 2015

[pwalsh.bowelcare@bigpond.com](mailto:pwalsh.bowelcare@bigpond.com)

## PROBUS



*Active Retirees*<sup>TM</sup> magazine is available online. All links in the magazine are active in the digital version, making it easier for you to follow up any information in the articles or email someone if you have any queries.

[Click here to subscribe to the current issue.](#)

In the Dec-Jan issue, Tony Martin, the Probud Cover Star of the Year, was introduced. Ever since he was a young boy, Tony has had a great passion for motorcycles and travel. During his life, he has seen 68 different countries and while he may be retired, life has not slowed down at all for Tony. At 64, he walked the Inca Trail with his wife Lorel for the first time and over the last few years he has ridden his motorcycle around India and Iceland.

## Wheelchairs for Kids



Retiree volunteers in Australia use your donations to make and distribute up to 300 wheelchairs per month to poor disabled children in developing countries. Millions are needed, but everyone makes a difference. Please help.

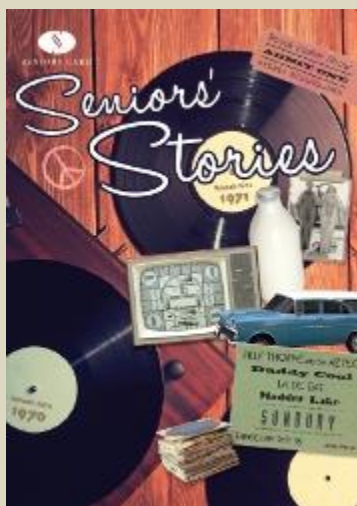
Every \$150 raised gives a child the freedom of mobility and liberates a carer.

The ABC recently did a story on Wheelchairs For Kids recently on the 7.30 Report. It can be [viewed here](#).

Send an email:

[davsuetags@iinet.net.au](mailto:davsuetags@iinet.net.au)





## We Want Your Stories!

Last year the inaugural Seniors Story Telling Event was such a success that it is being run again. To coincide with World Story Telling Day, The event will be hosted in Sydney on the 20th March. All Seniors Card members are invited to share their stories with your community. In line with this year's World Story Telling Day theme, stories are to focus on the word **"Wishes"**! Have you ever wished for anything that ended up coming true? (Maybe Polio Free India)

What do you wish for now for your family or community? It might be a true story about a life experience, something you are looking forward to, or simply a story you would love to share with other people. Email your story of **under 1,000 words** to

[memberstories@seniorscard.nsw.gov.au](mailto:memberstories@seniorscard.nsw.gov.au)

by the **8th March**.

100 of those who enter will be invited to attend the Event together with a friend, and take the opportunity to tell their story first hand. Winners will be contacted by email or phone so please be sure to include the following on your entry:

1. Full Name
2. Seniors Card Number
3. Email Address
4. Phone Number
5. Title of Story

For inspiration please [click here](#) to download a copy of last year's wonderful collection of stories

## "Make it Happen"

**International Women's Day EXPO 2015**

***Celebrating Women on the Coast***

**Date:** Saturday 7 March, 2015  
**Time:** 10am till 3 pm  
**Cost:** No entry fee  
**Venue:** University of Newcastle Ourimbah Campus, Chittaway Road, Ourimbah

***Can you help?***

- hold a **booth** to share your program/project
- hold an **interactive activity**
  - give a **seminar**
  - provide **entertainment**
- **sponsor** (from only \$100) this special event.

**Join us:** for a fun filled and informative day.

**Enquiries:** Lyn on 0429 951068

**Further information and bookings:** Vicki 0437 999797

For further information or to receive a Stall Booking Form or Sponsorship Proposal!  
Email: [ccwdeexpo@gmail.com](mailto:ccwdeexpo@gmail.com)  
Phone: Vicki de Carle on 0437 999797

## Central Coast International Women's Day Expo

<http://www.rotarydistrict9685.org.au/Event/4f5fecb-ba73-4150-ab76-6cb0a7264627>

**International Women's Day  
EXPO 2015  
on Saturday 7 March, 2015  
10:00 – 3:00  
The University of Newcastle,  
Ourimbah Campus,  
Chittaway Road Ourimbah**

An initiative of CC Rotary Clubs, it is a wonderful collaboration between many women's groups in our community including Soroptomist International, WowGirls, The University of Newcastle, CC Women's Health Centres, Zonta, Lions and Business Women Connect. We have been able to reach out to many Central Coast women, men and their families to ensure a truly wonderful celebration. There will be over **60 stalls, food outlets, entertainment, interactive activities and informative seminars, including many Rotary programs and activities**







## Australian Rotary Health ANZAC Parra-Amble



### Great fun. Great prizes.

Check out the website

[www.parra-amble.org](http://www.parra-amble.org)

facebook.com/Parra-Amble

**VOLUNTEERS** will be **needed** for this community event.

Volunteers for the Sydney Convention will remember the fun they had. Let's do it again. Please contact Marilyn Mercer if you wish to add your name to the growing list of Volunteers 0416 026 848 / [mmm@myisp.net.au](mailto:mmm@myisp.net.au)

### KISS GOODBYE TO MS



Make multiple sclerosis a thing of the past and *kiss goodbye to ms* - the event on

everyone's lips during May!

Wear red "lipstick," dare others to go red and *share* the message with a special *kiss goodbye to ms* event.

Why not dedicate your meetings in May to MS research. Those who wear red "lipstick" to the meeting are fined \$1 and those who do not are fined \$2. Note that the "lipstick" could be applied using red jelly beans to 'save face'.



**URGENT Request for donations**  
from the Rotary Club of  
**SydneyInner West**  
-ANZAC Centenary Garden  
Encourage your club and/or  
individual members to donate  
plants.

Please be part of this great event.


The list of plants and an **order form** was included with the **February Newsletter**.

Contact Karen Rivers  
RC Sydney Inner West

[jayka@bigpond.com](mailto:jayka@bigpond.com)

28 March 2015, 3:00PM

Rotary Club of Woy Woy event  
(02) 43 428 183, /43 423 593



**Opera in the Arboretum's**  
**"TENTH EXTRAVAGANZA"**  
Saturday 28th March, 2015  
commencing 3.00pm

*This annual charity event celebrates its ten-year anniversary with four of Australia's operatic superstars. Come join the cultural event of Pearl Beach and indeed, the Central Coast, and enjoy the exciting line up of artists in our beautiful Cromelin Native Arboretum.*

**TICKETS:**  
\$64 adults  
\$60 Seniors  
\$30 Students (Primary Students - FREE)  
\$56 each ticket purchased in a Block of Ten (10) tickets or more

**\* BOOKINGS: (02) 4342 8183, (02) 4342 3593  
or (02) 4341 6004**



## Save the Date

Friday May 15th is the date for our 2015 Charity Golf Experience ... a golf tournament with a difference.

### Sponsorship Enquiries

In the meantime, if you – or anyone you know – has a business that might be able to provide support or sponsorship, [please let me know via e-mail](#).

Tournament sponsorship packages are only \$100 and we'll do most of the work.

### Prizes

Similarly, if you wish to provide a prize or several, we'll give you appropriate recognition.

David James -  
e-mail [david.w.james@gmail.com](mailto:david.w.james@gmail.com)

## NO REST FOR TURRAMURRA'S GRAFFITI REMOVAL TEAM

**WHILE STILL REMOVING GRAFFITI ON A WEEKLY BASIS AROUND THE TURRAMURRA/WARRAWEE AREA THE TEAM HAS BEEN HELPING OUT IN OTHER WAYS.**

**In January, the Team provided some participants of the District 9685 RYLA course with a graffiti removal activity .....and left the Elanora Heights shops free of graffiti.**



In February, the Team participated in the Community Crime Prevention and Safety Day organized by St Ives Neighbour Watch attracting Federal and State MPs Paul Fletcher (Hon Member) and Jonathan O'Dea.



If your club is looking for a great community hands-on project that promotes your club, strengthens relationships with your local community and has potential for new members then just contact:  
 Roger Norman  
 Rotary Club of Turrumurra  
 Email: [rno00230@bigpond.net.au](mailto:rno00230@bigpond.net.au)  
 or [graffiti@turramurrarotary.org.au](mailto:graffiti@turramurrarotary.org.au)  
 Mobile: 0414 445 361



**"Sunnies at School"** would like to introduce a healthy alternative to the traditional donut and chocolate fundraiser.

Sue and John believe that their "Sunnies At School [Program](http://www.sunniesatschool.com.au)" can not only raise valuably needed for your club or local school but more importantly address the important health issue of eye protection for students.

While many adults know the importance of covering their skin and putting on a hat when

going out in the sun, the need to protect young eyes is often forgotten.

New research has found that Australian children as young as eight are showing signs of serious eye damage from exposure to the sun's harmful ultraviolet (UV) radiation. This exposure can lead to conditions such as inflammation of the cornea, cancer, cataracts - a leading cause of blindness, as well as pterygium (a fleshy growth on the cornea).

Schools are central to protecting children's skin and eyes. This is because:

- Children are at school five days out of seven, at times when (UV) radiation levels are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can change behaviour through role modelling and education.

If your club is interested in this program, please contact Sue and John and they will be happy to answer any questions you may have and arrange for a FREE sample to be sent out.

02 62999030  
[info@sunniesatschool.com.au](mailto:info@sunniesatschool.com.au)

Finally, I encourage you to send me articles before and after events and to include [editorial@rotarydistrict9685.org.au](mailto:editorial@rotarydistrict9685.org.au) in your email address. That way the 9685 Editorial Team can add events/stories to the website and include them in eNews for wider circulation.

Please pass this Newsletter on to all members of your club.

If the print is too small please go to **VIEW** on the top line and **ZOOM** to increase the %

That is all from me for now.

And remember:

**"It is better to light a single candle, than to sit and curse the darkness"** *From the teachings of Chinese philosopher, Confucius M.M.M.*

