QuoVadimus

Where are we going?

The Bulletin of the Rotary Club of Macarthur Sunrise,
Macarthur Group, District 9675
Wednesday, 28th February 2018
Solis Ortus (Sunrise) - Campbelltown 6:43 am

When you read this our Cambodia Team will have arrived home or will almost be there.

We look forward to hearing from them soon about how it all went.

Cathie took some pictures, so it will be an illustrated report.

This weekend is the District Conference out at Mudgee. Over the weekend the weather is expected to reach 32^{O} during the day but, whilst cloudy, no rain is expected. For those of you attending, enjoy yourselves both at the conference and the wine tasting later.

Tomorrow is the first of March and the first day of Autumn. Days will get shorter and cooler but also busier. Look at the back page to see what we have lined up.

The District Conference has already been mentioned but keep going down the table. Can you help at the Camden Show? It is just two weeks away.

The week after the Camden Show is another of our really great events, the next *Discobility*. Your help in this is really appreciated. It will be at the Harrington Park Community Hall starting at 5:00 and finishing at 8:00. The sponsor is Bob Jane's T Mart. Thanks to Brad and Bec.

Inside Information

Last Week

Last week we were again under the control of PE Bec. We are getting used to it now although next week it will be business as usual with the return of the Cambodia Team.

We did have a guest speaker last week from *24 Hour Fight Against Cancer Macarthur (*24HFACM) in Warren Morrison. Warren started with the 24HFACM committee nine years ago and enjoys the friendships and helping the community with this great charity. Warren is now the Chairperson.



Guest speaker Warren Morrison with PE Bec.

Warren Morrison & wife Sue run the Sleeping Giant and have been Macarthur residents for over twenty-five years.

The 24HFACM, as have we, have been a strong supporter of the Campbelltown Cancer Therapy Unit. In the waiting room there is an electronic notice board that tells patients what's happening. They have also provided infusion pumps for patients.

We have supported the 24HFACM for a long while by participating in the 24 Hour Walk.

To date this year, Warren told us, they have raised $300 000.

Enriching Survivorship

Warren, our guest speaker last week, also told us about a Cancer Council NSW Program that has begun for cancer survivors.

The program is an evidence-based program for people who have completed their active cancer treatment (surgery, chemotherapy, radiotherapy) and their carer, partner of family member.

The program is free and is facilitated by a physiotherapist,

dietitian, yoga instructor and volunteers to restore physical and emotional wellbeing after cancer treatment.

It will be held in Campbelltown on Fridays, starting last week, and running until the 20th of April. It goes from 9:00 am to 11:00 am.

Registration is essential and can be made by phone to:

1300 360 541

or by e-mail to

enrich@nswcc.org.au



Other Information

The latest copy of the *Macarthur Sunrise Contact Details* handbook is being distributed to Members.

Please remember that this is a private document and is not for circulation either as a booklet or with the disclosure of any private information.

Please make sure that if any of your details change that you let Secretary Denys know.

Last week we wished Ric Robinson a happy birthday. Well, this week we have to do it again since it seems that there has been some confusion as to when the birth actually occurred. However, the family has now agreed that it will be celebrated on the 27th of February, which was yesterday. So, once again, happy birthday Ric.

Yesterday was also Darryl Sidman's birthday and we hope that this was a great day for him and his family.

Sue proudly announced last week that by now she should be a grandmother again! She didn't mention it but her partner, Ric Power should also be grandfather (again). Keep encourageing your children. New Generations are really needed.

Check the back page and, if you haven't done so already, then make a note/initial in the **GREEN BOOK.** The book is circulated each meeting but sometimes takes a while to do the rounds. When you have read it then please pass it on. If you haven't seen it yet, then have a look around and prod where, and if, required.

Rotary Club of Macarthur Sunrise Inc.
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Board 2017 – 2018

President	Denise Pritchard
President Elect 17-18	Rebecca Purcell
Immediate Past President	Di Wilson
Secretary	Denys Cato
Treasurer	Rebecca Purcell
Asst Treasurer	Sue Power
Club Membership Chair	Barbara Edwards
Club Foundation Chair	Jan Drenth

Coming Up (*For Details check the **Green Book***)

2/3/4 Mar	**District 9675 Conference** - Mudgee
Thu 8 Mar	**International Women's Day**
Fri 16 Mar Sat 17 Mar	**Camden Show** Check the ***Green Book***
24 Mar/12 May 1 Sep/ 10 Nov	***Discobility*** will be held on these dates. Please check the ***Green Book*** and let us know that you can help on the evening.
Sat 28 Apr	***District Assembly*** – Greystanes High School (9:00 – 4:00)
Wed 9 May	***Fight Against Polio Fundraising Dinner*** Campbelltown RSL Guest speaker: Air Marshall, Mark Binskin, Chief of Defence
Thu 10 May Fri 11 May	***Science and Engineering Challenge*** Thomas Reddall High School, Ambarvale
Wed 16 May	**Police Officer of the Year Award Night**.
Wed 27 Jun	**Change Over**

WEB SITE
http://www.rotarynews.info/Club4457

The Rotary Four Way Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned.

Rotary Serving Humanity