



Quo Vadimus

Where are we going?



**The Bulletin of the Rotary Club of Macarthur Sunrise Inc.,
Macarthur Group, District 9675**

Wednesday, 26th September 2018

Solis Ortus (Sunrise) - Campbelltown 5:50 am

A WORD FROM PRESIDENT BEC

This week is a good evening Sunrisers as we have a night meeting. How lucky are we that Wollondilly North changed their venue to have a combined meeting with us? Thank you, Peter.

We will be hearing from Liz and sue about their Nepal trip and also a chat with Peter to hear about Wollondilly's projects.

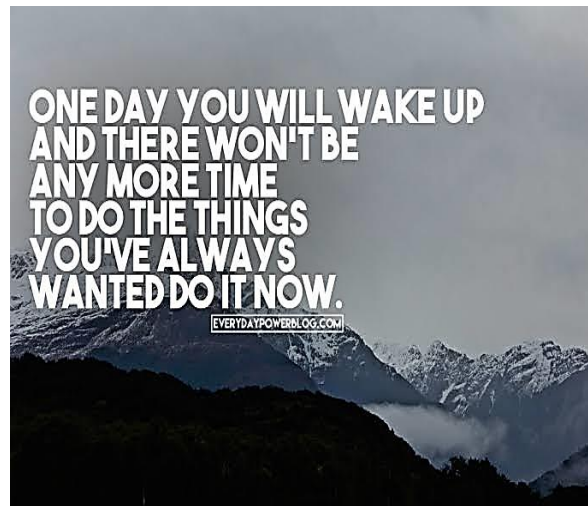
Saturday night was Discobility and it was great fun. Lots of dancing, some great singing, pizza and fun. A Thank You to the Sunrisers that helped out and it was confirmed I am a princess for those who doubted it.

Liz and I attended the Campbelltown Chamber of Commerce AGM. They had some fabulous speakers and it's a great way to network for our club.

Last week in September! Wow time is flying by. Take some time to stop and reflect on what we would like to achieve in the next months.



WEEKLY QUOTE Be the Inspiration



BEC'S WEEKLY SHOUTOUT

This week's Shoutout goes to Anita for her work with Discobility.

Discobility is not a fundraiser for our club. It is simply a beautiful event to allow adults with disabilities to have a night out and have fun and interact.

The next one will be our 10th Birthday Celebration can't wait!

VETERAN'S HEALTH WEEK

This year Veterans' Health Week (VHW) will be held from Saturday, 22nd September to Sunday, 30th September. The theme is Nutrition.

DVA will partner with ex-service organisations and community groups to organise and participate in fun events that highlight the importance of improving and maintaining good health.

Events based on this year's theme of **Nutrition** will help veterans and current serving Australian Defence Force members and their families to eat better and smarter. Good nutrition is essential for an individual's health at all ages. Eating well plays a key role in reducing the risk of developing a range of chronic health conditions.



National Police Remembrance Day, 28th Sept

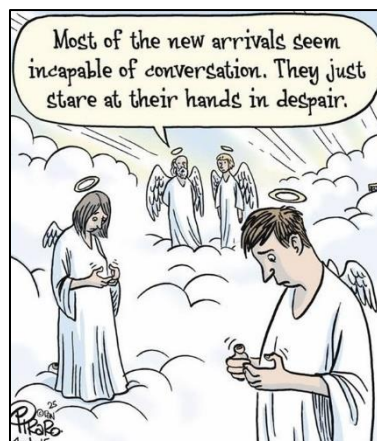
Each year, the 29th September holds a special significance for Police throughout Australia, New Zealand, Papua New Guinea, Samoa and the Solomon Islands. It is a day for Police to pause to honour officers whose lives have been cut short while performing their duty as a police officer. This important day is also a time to remember police officers who have lost their lives through illness or other circumstances.

WHAT'S HAPPENING

Below are dates for Events that involve us. For details please check the **GREEN BOOK**

Date		Event
Wed	26 Sep	Evening Meeting Social Night
Wed	3 Oct	Board meeting
Sat	6 Oct	Sugarloaf, Dressage
Sun	7 Oct	Daylight Saving Begins
Sun	7 Oct	Sugarloaf, Dressage
Sat	13 Oct	Dinner Under the Stars
Fri	19 Oct	Bunnings BBQ
Wed	31 Oct	5 th Wednesday Evening Meeting
Sat	3 Nov	Fisher's Ghost Festival
Wed	7 Nov	Board Meeting
Sat	10 Nov	Discobility 10 th Anniversary
Fri	16 Nov	Bunnings BBQ
Wed	21 Nov	Our AGM
Sat	1 Dec	Sugarloaf, Dressage Carols by Candlelight
Sun	2 Dec	Sugarloaf, Dressage
Wed	5 Dec	White Ribbon Day Breakfast, Camden 6:45am
Wed	5 Dec	Club Christmas Party at Melaluca House, 6:30pm
Fri	14 Dec	Bunnings BBQ
Tue	25 Dec	Merry Christmas
Wed	26 Dec	No Meeting
Fri Sat Sun	15-17 Mar	District Conference

BIT OF HUMOUR



HELP CHILDREN IN EMERGENCIES

From UNICEF: Dear Denys,

Thousands of children, just like this Filipino girl, have been forced to flee their homes and take shelter in evacuation centres after Super Typhoon Mangkhut tore through the Philippines.

Many are now returning to devastating scenes - homes and schools severely damaged or destroyed, and communities in urgent need of health supplies, safe drinking water and emergency food.

The typhoon has killed dozens of people including children. We fear that this number will rise as landslides triggered by the typhoon remain a major threat.

On top of this, almost 35,000 schools have been damaged, destroyed or closed. **That's more than three times the number of schools there are across the whole of Australia.**

UNICEF wants to see all children in these typhoon-hit areas get back into classrooms as soon as possible and will support all efforts to make this happen.

Our specialists in education, nutrition, water and sanitation are on the ground amid the destruction, helping the Philippines Government find and help those who are most vulnerable.

