



# *Quo Vadimus*

*Where are we going?*



## ***The Bulletin of the Rotary Club of Macarthur Sunrise Inc.,***

*Macarthur Group, District 9675*

**Wednesday, 10<sup>th</sup> October 2018**

***Solis Ortus (Sunrise) - Campbelltown 6:21 am***

### **A WORD FROM PRESIDENT BEC**

Good Morning Sunrisers.

What a weekend of fabulous fellowship whilst we wrangled our way around four Dressage Arenas. Thank you to all that helped out and to our two Rotarians from another club that backed up after they had done some hard work on their own project. You're amazing.

Please keep promoting the Polio movie night. It's a group effort and by all accounts the movie looks like it's going to be amazing.

Take some time this month to talk mental health with loved ones. We will be wearing our hats this morning to raise awareness. We will also be having a hat making competition so my friends best you do some research. This could be a fiercely contested event!

Lift the Lid on Mental Illness is Australian Rotary Health's National annual fundraising day for mental health research.

The campaign, founded by ARH Vice Chairman Greg Ross, started in 2016 in partnership with Rotary Clubs of Victoria. The event was such a success that it has now been extended to all Rotary Clubs across Australia.

Each year approximately 1-in-5 Australians will experience a mental illness and in order to help future generations of young Australians, we need to look ahead through research and find out how we can prevent this type of illness occurring.

You can support this wonderful initiative by making a donation on World Mental Health Day, Wednesday, October 10 to your local Rotary Club or to Australian Rotary Health. As we are also celebrating Hat Day, you are invited to hold an event and wear your most eye-catching hat.

For further information, please contact the Australian Rotary Health office on:  
(02) 8837 1900 or [admin@arh.org.au](mailto:admin@arh.org.au)

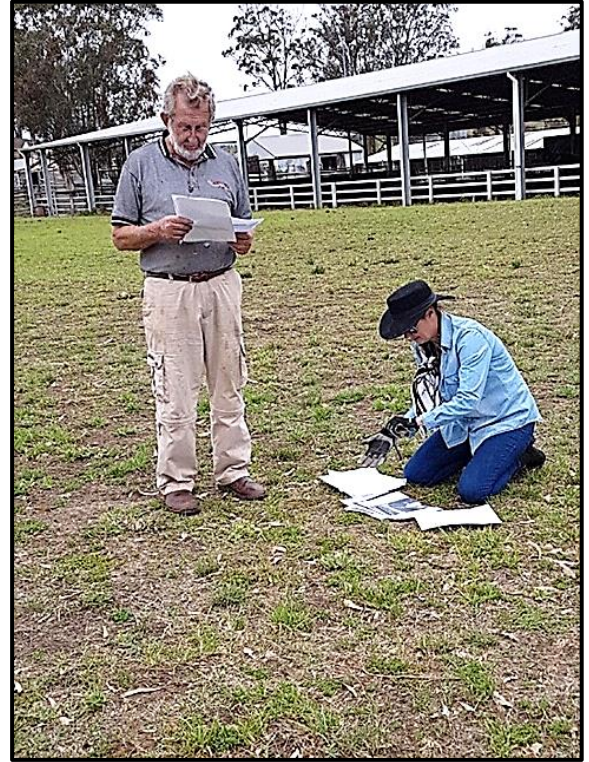
[#MentalHealth](#) [#LiftTheLid](#) [#Community](#) [#Charity](#) [#Research](#) [#Depression](#) [#Anxiety](#)



Take care; **Bec Purcell.** President, 2018-2019 - Rotary Club of Macarthur Sunrise



## WORKING HARD AT THE DRESSAGE



They all seem to be enjoying themselves and, since we also get paid for the work, that is exactly what we want.

The next time for us is set down for the 1<sup>st</sup> and 2<sup>nd</sup> of December.

Check the **GREEN BOOK**



## WHAT'S HAPPENING

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

Date		Event
Wed	10 Oct	Rotary Hat Day (Wear a hat to meeting)
Wed	10 Oct	Rotary Mental Health Day
Sat	13 Oct	Dinner Under the Stars
Fri	19 Oct	Bunnings BBQ
Sat	20 Oct	24 Hour Fight Against Cancer, Macarthur Walk
Sun	21 Oct	24 Hour Fight Against Cancer, Macarthur Campbelltown Stadium
Wed	24 Oct	World Polio Day
Thu	25 Oct	Australian Rotary Health Evening <i>A Night with Our Researchers</i>
Wed	31 Oct	5 <sup>th</sup> Wednesday Evening Meeting
Sat	3 Nov	Fisher's Ghost Festival
Wed	7 Nov	Board Meeting
Sat	10 Nov	Discobility 10 <sup>th</sup> 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
Tue	1 Jan	Happy New Year
Wed	2 Jan	No Meeting
Wed	9 Jan	Business as usual.
Fri Sat Sun	15-17 Mar	<b>District Conference</b> Bankstown Sports Club 8 Greenfield Parade Bankstown, NSW 2200

## WEEKLY QUOTE BE THE INSPIRATION

Don't save things  
for a special occasion.  
Every day of your life  
is a special occasion.

## ANNIVERSARIES

Just the one for this week.

Today is the Wedding Anniversary for Judith and Denys. Congratulations.

## OTHER MATTERS

Don't forget that the 21<sup>st</sup> of November, just six weeks away, is set down for our AGM.

At this meeting we receive reports from the Immediate Past President, Denise and, the big thing, elect the Board Members for the year 2019-2020.

The Board will consist of President Liz and elected President for the Year 2020-2021 (referred to as the Incoming President), the Secretary, Treasurer and two Directors. Immediate Past President Bec remains as a Board member.

We also elect a Sergeant at Arms but this person is not a Board Member.

Nomination Forms will be available next week.

## OTHER STUFF



Did you know that in District 9675, only 27.8% of our membership is female? This presents a great opportunity for all of us. Incidentally we, Macarthur Sunrise, have 60% female Members!

On Sunday 14 October, a special WOMEN in ROTARY Forum is being organised in Bankstown to help Clubs to discuss and exchange views on how to increase the number of women in Rotary.



Here is our District Governor, Sue Hayward at the awards for *Inspirational Woman of the Year*. Picture shows: L to R:

Susan Wakefield OAM, District 9685 Governor;

Angela Stansfield – Young Inspirational Woman of the Year; (Fairfield Heights)

Vera Sistenich – Inspirational Woman of the Year; (Rotary E-Club of Greater Sydney)

Sue Hayward, District 9675 Governor.

### GIFT OF TIME

Secretary Denys is required to keep a record of our Rotary Hours. Previously he also had to report these to District monthly but that is no longer required. The reason that we do still request the time spent is for an acknowledgement from the Campbelltown City Council made to all organisation that give time to the community, called The Gift of Time. They issue a certificate of thanks to all those who have given their time.

The biggest problem is getting Members to tell Denys what time they have spent. He did send an e-mail to those who had not given their times (82%) and did get some response so he now has 53% returns.

For those who don't respond by next week, you will be allotted 1 hour per meeting and 20 minutes travel time.

### ROTARY HUMOUR

Since we have a little space left over and since it has received positive support for previous copies that included it, here is some more Rotary Humour.

**LEXOPHILIA:** Lexophilia is a word used to describe those that have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless." Other examples include:

- When fish are in schools, they sometimes take debate.
- A thief who stole a calendar got twelve months.
- The batteries were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- With her marriage, she got a new name and a dress.
- Police were summoned to a day-care centre where a three-year-old was resisting a rest.
- When she saw her first strands of grey hair she thought she'd dye.
- He had a photographic memory which was never developed.
- Those who get too big for their pants will be totally exposed in the end.