

Quo Vadimus

Where are we going?

The Bulletin of the Rotary of Macarthur Sunrise, District 9675
Wednesday 4th September 2019
Solis Ortus (Sunrise) Campbelltown 6:22am



From the President

Good morning Sunrisers and welcome to week 10

September is Basic Education and Literacy Month, something to focus on for our meetings this month.

Last Thursday Denise and I met with the new events coordinator for Campbelltown Council, Kerry, to discuss our participation in the Christmas Carols event at the athletics stadium on Saturday 7th December. We have been given a more prominent site location, away from the food stalls. Kerry is keen to work with us to promote selling our merchandise. Hopefully we will do much better than last year.

On Friday Barb, Di B and I attended the 24 hr Fight Against Cancer Macarthur Ladies Lunch along with 100 others in the room. There were many stalls offering great products and the credit card took a hiding. \$13,000 was raised for this wonderful community charity which is a huge effort and the organising committee is to be

congratulated.

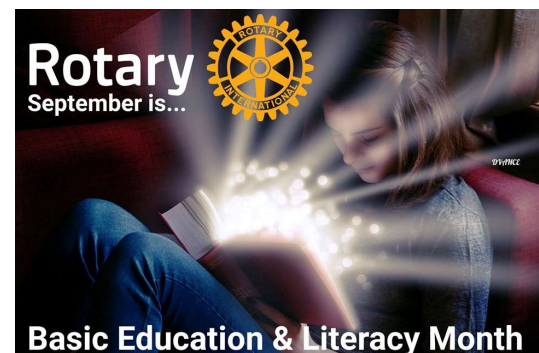
We missed our visit from our Assistant Governor for the Macarthur Group, John Pillay last week as he was unwell. John is attending this week with our District Governor Di North. I'm sure you will all welcome them to our Club and look forward to building a great relationship with John and Di.

Rotary tradition for the DG's partner to promote a project continues with Di's husband David nominating Interplast. The board has agreed to present David with a donation on Wednesday.

Bookings are now open for the Polio Movie Night. Check the flyer for details.

Love you Sunrisers ☺

President Liz



INVITATIONS

Meeting with DG Dianne North this Wednesday 4th September

Please ensure that you are at this very important meeting and bring along partners and friends, everyone is welcome.

Dinner with RI President Mark Maloney on Monday 23rd September

As you are aware we are holding a dinner for Rotarians within Districts 9685, 9675 and 9670 with Rotary International President Mark Maloney, which is being held at The Deckhouse, Woolwich, on Monday 23rd September. Booking at:

www.trybooking.com/523543

Ride like a Girl premier screening to support 'END POLIO NOW'

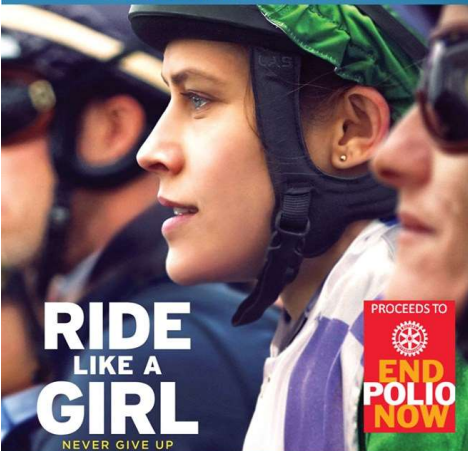
Thursday 26th September, 7pm

\$20 standard seating or \$25 recliner

Bookings www.trybooking.com/BFDEI

THE ROTARY FOUNDATION PRESENTS
THE INSPIRATIONAL TRUE STORY OF JOCKEY MICHELLE PAYNE

Teresa PALMER Sam NEILL



Join us at 7:00pm on Thursday 26 September at United Cinemas in Narellan

Tickets \$20 standard & \$25 recliner

Rotary Clubs of Macarthur

Quote of the Week

"It is well that there is nothing in Rotary so scared that it cannot be set aside in favour of things better" – Paul Harris



Dear all at Rotary Club of Macarthur Sunrise,

Paskali has completed the 2nd semester of his first year at Catholic University Health and Allied Sciences. We thought you would like to see how he is progressing, so we have attached a letter, photo and his self-reflection.

As always we thank you for your support of Paskali and St Jude's and we look forward to sharing more updates with you.

Kind regards,

The Beyond St Jude's Team

SAVE THE DATE

Wednesday 16th October will be a night meeting for us and is a combined meeting with Gregory Hills Next Gen at Gregory Hills Hotel 7pm start, dinner is optional at 6pm.

BIRTHDAYS & ANNIVERSARIES

Rebecca Purcell	Re-joined 2015	9 th Sept
Greg Warren	Joined 2015	9 th Sept
Wendy Underwood	Birthday	10 th Sept
Cathie Richardson	Birthday	17 th Sept
Barbara Edwards	Joined 1996	18 th Sept
Cathie Richardson	Joined 1996	18 th Sept
Peter Wilson	Birthday	21 st Sept

2018/2019 BOARD

President: Liz Stonestreet
Secretary: Denise Pritchard
Treasurer: Di Blyth
IPP: Bec Purcell
Directors: Barbara Edwards
Malcolm Nearn

DG: Di North
AG: John Pillay
International Pres: Mark Daniel Maloney

CALENDAR 2019

SEPTEMBER

Wed 4 th	Meeting Sugar Mint Café DG Di North Visit
Sat 7 th	Diner Under the stars
Wed 11 th	Meeting Sugar Mint Café
Fri 13 th	Bunning BBQ
Wed 18 th	Meeting Sugar Mint Café
Sat 21 st	Discobility
Wed 25 th	Meeting Sugar Mint Café
Thu 26 th	Movie Fundraiser 'Ride like a Girl'

OCTOBER

Wed 2 nd	Meeting Sugar Mint Café
Wed 9 th	Meeting Sugar Mint Café
Sat & Sun 12 th & 13 th	Dressage Set up /Dismantle Sugarloaf
Wed 16 th	Night Meeting with Gregory Hills Next Gen
Wed 23 rd	Meeting Sugar Mint Café
Thu 24 th	World Polio Day – Train Ride to End Polio
Sun 27 th	Graffiti Removal Day
Wed 30 th	Meeting Sugar Mint Café

NOVEMBER

Wed 6 th	Meeting Sugar Mint Café
Wed 13 th	Meeting Sugar Mint Café
Wed 20 th	Meeting Sugar Mint Café
Sat 23 rd	Discobility
Wed 27 th	AGM Sugar Mint Café

DECEMBER

Sat 7 th	Council Christmas Carols
Wed 11 th	Xmas Party

Please check the Green Book for more details, tick to say if you are coming or not and if you are bringing anyone with you.

Information to be included in the newsletter must be received by 5pm on the Monday before the meeting. Please send to sharonc3012@icloud.com

FIND US



Macarthur Sunrise Rotary
PO Box 1181 Campbelltown NSW 2560
Email: macarthursunrise@gmail.com
Web: macarthursunriserotary.org

MESSAGE FROM THE SECRETARY OF DISTRICT 9675

Janice M Hall

1. **PDG Stephen Humphreys is our acting District Webmaster** while Peter Townsend is taking a temporary leave of absence due to family reasons. Many thanks to Stephen for stepping into the role and we send best wishes to Peter and his family. Please direct all enquiries and requests for the District Website to Stephen at sjhumphreys14@bigpond.com

2. Please note the correct email address for the **District Treasurer** is treasurer@rotarydistrict9675.org

3. What an amazing opportunity! There are still just a few places left for dinner with **Rotary International President Mark Maloney and his wife Gay** to be held at the Deckhouse restaurant in Woolwich. on Monday night 23rd September. Tickets are \$70pp and can be booked through Trybooking www.trybooking.com/523543

4. **Malcolm Brown, RAWCS D9675 Director** has forwarded the latest newsletter from the recent conference in Katoomba held on 17th - 18th August. PDG Keith Roffey, estimated that through HEERA (Health and Education Repurposing Activity), goods valued at over \$10 million were packed by volunteers and shipped. Formerly known as DIK (Donations in Kind), unwanted or obsolete medical and educational equipment is repurposed and delivered to those in need overseas. There is also an inspirational 'Refugee Made Good' story and information about the Shamida Project in Ethiopia. (For more reading please see the attachment)

5. **Charmaine Langley, President of the Rotary Club of Concord,** invites all Rotarians and friends to attend a seminar *Changing our Lifestyles to Confront Ageing and Dementia* to be presented by Dr James Chin, at Concord Golf Club on

Monday 16th September at 6.00pm.
Cost \$35.00 pp. Contact Charmaine on 0420 588 115.

6. **The Rotary Club of Liverpool** invites all Rotarians and friends to the **70th Anniversary Lunch** at 1pm on Sunday 24th November at the William Inglis Hotel, Warwick Farm. Tickets are \$70pp.

7. **The Rotary Club of Five Dock** would like to invite all golfers to their annual Golf Day on Thursday 21st November at Concord Golf Club. Registrations start at 11.30 am and costs \$185pp. Rotarians and friends are also invited for dinner at the golf club that night starting at 6.30pm. The cost for the dinner is \$70pp.

8. **The Rotary Club of Sydney** invites all Rotarians and friends to lunch with Tim Sims AM, founder of Pacific Equity Partners, the most successful private equity investor in Australia for more than 20 years. This will be held on Tuesday, 3rd September from 1pm to 2pm at the Castlereagh Boutique Hotel, 169 Castlereagh St., Sydney. The cost is \$44. Book through Trybooking <https://www.trybooking.com/book/sessions?eid=534477>

"This is a changing World: We must be prepared to change with it. The story of Rotary will have to be written again and again."

~ Paul Harris 1935



President Jo-Anne Taylor

invites you to celebrate

Rotary Club of Mount Druitt 50th Birthday

Wednesday, 25 September 2019

Venue: *Boomerang Room, Rooty Hill RSL
Sherbrooke Street, Rooty Hill*

Time: *6.30pm for 7.00pm*

Cost: *\$40.00 per person, 2 course meal, birthday cake and cash bar
Please advise any dietary requirements*

*Payment can be made to Westpac Banking Corporation
BSB: 032 273; Account No: 415865, please include your ID*

RSVP: *13 September 2019 - Nevie Lacey
pnlacey2@bigpond.com | 0408 200 482*



The Rotary Club of Sydney Inner West

invites you to join our

Spring into Spring Dinner Dance

Dress in your Spring Festival best and dance the night away with the East West Blues



Prizes for Most Elegantly Dressed Man and Woman

At the Balmain Bowling Club
156 Darling St, Balmain
Saturday 21 September 2019 at 6:30pm

Tickets: \$75 pp (includes champagne and canapés on arrival, 2 course meal with wine on the table)

Book <https://www.trybooking.com/BEIDJ>

All funds raised for PCYC Glebe-Leichhardt

Proudly sponsored by The Balmain Bowling Club and many more wonderful people

All Sponsors will be noted and acknowledged on the evening!



Rotary

Club of Concord



Dr. James Chin presents

*Changing our
Lifestyles*

**to Confront Ageing
and Dementia**

Concord Rotary Club would like to invite you to attend a Healthy Lifestyle & Wellness Presentation by Dr. James Chin on "Changing our Lifestyles to Confront Ageing & Dementia".

About Dr. James Chin



Dr. James Chin is an Immunologist and Nutritionist. In his many public presentations, he has been an active advocate of holistic lifestyle changes to promote wellness and healthy ageing. Nutrition through healthy wholesome cooking, high intensity intermittent exercise and relaxation/meditation should become normal practise in one's lifetime.

What you will learn

Aging is unavoidable and the stresses of study, work and family life in our younger days will inevitably ravage our bodies as we age. Knowledge about disorders and diseases associated with aging and how these may be confronted through even small changes in our lifestyle can significantly change outcomes in the aging process. The presentation will focus on some key changes we need to undertake in how we need to treat our bodies and minds through exercise and nutrition as well as mindfulness, relaxation and sleep to combat many of the clinical signs of aging – weight-gain, high blood glucose, high cholesterol, high blood pressure, sleep apnoea & other sleep disorders, feeling irritable and/or tired, forgetting things as well as many aches and pains all over. All of these factors representing the way we have been living our lives, will contribute to the ageing process and risk of dementia. The presentation will be based on the latest medical/scientific/epidemiological peer-reviewed publications that show conclusively how the science of "epigenetics" will provide a way for lifestyle changes to reshape our metabolic fate.

Rotary Dinner with Dr. James Chin

Date Monday 16th September
Venue Concord Golf Club,
Majors Bay Road, Concord
Time 6.00pm for 6.15pm

Cost \$35.00 - two course meal
For further information contact Concord Rotary
Club President Charmaine Langley
email langleycharmaine@gmail.com
phone 0420 588 115



THE ROTARY CLUB OF FIVE DOCK INC

14th Annual Charity Golf Day
Concord Golf Club
Thursday 21 November 2019
Patron: Craig Parry



Help us celebrate our **14th Annual Charity Golf Day** to be held on **Thursday 21st November 2019** at **Concord Golf Club**, one of Sydney's most prestigious golf clubs.

Since 1899, the Club has hosted championship golf tournaments including the Australian PGA, NSW Open, ANZ Championship and now the Rotary Club of Five Dock's Annual Charity Golf Days. It is a unique opportunity for many golfers to play this magnificent course, which was redesigned last year.

Main beneficiaries will be:

ROMAC (Rotary Oceania Medical Aid for Children): provides treatment through dedicated medical and other volunteers in Australia and New Zealand for about 50 children from the Pacific region each year, in the form of life giving or dignity restoring surgery not available for them in their home countries.

Children's Tumour Foundation Of Australia: provides information, resources and support services for children and their families and adults suffering from the debilitating genetic disorder neurofibromatosis (NF), which has severe physical and psychological effects on those suffering from it.

We are seeking assistance from business organisations and there are a number of ways you can assist. Particular areas in which we seek support are:

SPONSORSHIP: includes signage (supplied by each sponsor) on one tee

Gold Sponsorship: \$1,500.00 = Hole sponsorship + Golf, lunch and dinner for 4 players.

Silver Sponsorship: \$ 850.00 = Hole sponsorship.

Sponsors' contributions and participation will be thanked publicly on the night and included in all promotional communications. Printed material you provide, promoting your organisation, will be distributed on the day.

DONATION OF PRIZES OR AUCTION ITEMS

There will be: novelty events, auction items, raffles & business card draw.

GOLF DAY DETAILS: TEAM AMBROSE

Registration & Sausage sizzle: 11.30am to 12.30pm **Briefing:** 12.40pm
Play commences with a shotgun start at 1.00pm.

COST PER PERSON: \$185.00 includes golf, sausage sizzle and dinner.
Golf only: \$140.00 **Dinner only:** \$70.00 from 6.30pm.
Dress rules apply – including no jeans and t-shirts.

Enquiries & Bookings: Richard Farmer: 0421 283 480, Alan Laughlin: 0411 250 189,
Peter Komander: 0403 989 730



THE ROTARY CLUB OF FIVE DOCK INC

14th Annual Charity Golf Day
Team Ambrose at Concord Golf Club
Thursday 21 November 2019



REGISTRATION FORM

Please complete the following registration form.

Please register:

Single Player(s): \$185.00 Insert number of players (lunch and dinner included)

Team of Four: \$740.00

Dinner only: \$ 70.00 per person. Insert number attending

Golf only: \$140.00 per person. Insert number playing

Gold Sponsorship: \$1,500.00 Insert name of company

Silver Sponsorship: \$ 850.00 Insert name of company

COMPLETE DETAILS OF PLAYERS AND DINNER GUESTS BELOW

Dinner guests not playing golf

Player 1 Hcp..... Name

Player 2 Hcp..... Name

Player 3 Hcp..... Name

Player 4 Hcp..... Name

Please attach details of additional players and club handicaps. If necessary, handicaps can be determined on the day. Please arrive early if this is the case. 20 double carts available. **Entries close 11 November 2019.**

Book early via: richardfarmer47@hotmail.com, alaughlin21@optusnet.com.au, komanderpeter559@gmail.com.

YOU WILL HAVE A CHANCE TO WIN:

Nearest the Pin, Longest Drive & other novelty events.

Please return completed registration form with payment details to:

The Rotary Club of Five Dock Inc, PO Box 103, Five Dock NSW 2046

OR email to: richardfarmer47@hotmail.com, alaughlin21@optusnet.com.au, komanderpeter559@gmail.com.

Name: Email: Phone:

Payment of \$.....-00 by

☐ **Cheque:** Please post cheque with your completed registration form.

☐ **Direct Credit:**

Account Name: The Rotary Club of Five Dock Inc

BSB: 112 879 **Account No:** 153939991

Please use your name and 'Golf' as the reference.

☐ **Visa/Mastercard:** Please return your completed registration form and supply your details, including email, below.

Cardholder Name: Card Number:

Expiry Date: / CCV: Cardholder Signature: