

BUNGARRIBEE

Volume 59 Issue 25
21st. January 2020

R.I. President
Mark Maloney

District Governor 9675
Dianne North

Club President
Mel Gray



ROTARY CLUB OF BLACKTOWN CITY INC.

CHARTERED 16TH NOVEMBER 1961 INCORPORATED 25TH JUNE 1991

Meetings held Tuesday Nights. 6 for 6.30 in the Marana Room at the Blacktown Workers Club, Campbell Street Blacktown.



DUTIES FOR THE 21st. JANUARY

Meet & Greet	Dinner Fees	Grace & Loyal Toast	International Club Recognition	Program Chair	Note Taker
Scotty Mcinally	Pam Carne	Ivan Kelly	Jack Kestle	Mel Gray	Elizabeth Amper

UPCOMING DUTY ROSTER

DATE	28th. Jan 2020	4th. Jan. 2020	11th. Feb. 2020
DINNER FEES	Bob Gardiner	Russell Ashley	Paul Reid
GRACE & LOYAL TOAST	Dick White	Gary Raymond	Jack Kestle
INTERNATIONAL CLUB RECOGNITION	Spiro Constantinou	Len Winter	Roma Price
PROGRAM CHAIR	Keith Waller	Mel Gray	Mel Gray
NOTE TAKER	Len Winter	Keith Waller	Ray Stanwell

UPCOMING EVENTS & PROGRAMS

DATE	January
21st January	?
28th. January	Paul Naylor - Master Plumbers Association Apprentice Scheme

ROTARY GRACE

O Lord & giver of all good
We thank thee for our daily food
May Rotary friends & Rotary 8th. ways
Help us to serve thee all our days.

THE 4 WAY TEST

Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL &
BETTER FRIENDSHIP?
Will it be BENEFICIAL to all?

INFORMATION FOR MEMBERS - JANUARY

Date joined our Club - Pam Carne 20th. Peter Makinson 21st.

Birthdays - Ivan Kelly 11th. Joe Russo 21st.

Partners Birthdays - Doulla Constantinou 5th. Anne-Marie Kestle 12th.
Michelle Raymond 23rd. Rhonda Orr 30th.

Wedding Anniversary's - Geetha & Chandra Eruvatt 2nd. Michelle & Gary Raymond 9th.
Anne-Marie & Jack Kestle 18th.

CLOSEST MAKE UP CLUBS

Holroyd - Mondays 6.00pm for 6.30 Merrylands Bowling Club

Mt. Druitt - Wednesdays in the Bistro 6pm for 6.30 before heading to the meeting rooms.

**St. Mary's - Tuesdays 6.00pm - 7pm & then for a meal 7.00 to 8pm a meeting room in the St. Mary's
Band Club. 1st; 2nd. & Tuesday of the month.**

A REMINDER FROM PAM

APOLOGIES & OR GUESTS NAMES FOR FUTURE MEETINGS ARE REQUIRED BY MID-DAY MONDAY. PLEASE TEXT OR PHONE PAM ON 0414764604 IF YOU HAVE A GUEST OR CAN'T ATTEND. PLEASE NOTE THAT IF YOU ARE ON THE DUTY ROSTER TO ASSIST FOR THE NIGHT & ARE UNABLE TO ATTEND THE MEETING COULD YOU ASK ANOTHER MEMBER TO TAKE YOUR PLACE FOR THAT NIGHT.

LAST WEEKS NOTES FROM GEETHA

President Mel welcomed our guests who were his CEO Jan & Rob's CEO Leigh. Gary led us in Rotary Grace that was followed by Rob reading this weeks International Toast. It wasn't actually an international toast but a toast to the Rotary Club of Batemans Bay who have been through a nightmare with the fires which have occurred throughout the country.

Tonight, we recognise the Rotary club of Batemans Bay in southern NSW. It was chartered in June 1960 so it is celebrating 60 years of service to the community. Batemans Bay is on the NSW South Coast, a four-hour drive south of Sydney, or a two-hour drive east of Canberra. The traditional custodians of the land surrounding Batemans Bay are the Indigenous Australian Yuin people of the Walbunja clan. Known for its natural beauty, rich history and lively community, Batemans Bay is one of the most popular holiday destinations on the South Coast of NSW. Captain Cook named the town in 1770 after Nathaniel

Bateman and it was developed in the 1860s when saw milling and, later, oyster farming industries were established. Isolation isn't too hard to find in the nearby Murramarang National Park, or you can visit one of the many historical villages in the region and browse craft stores and galleries. The outdoor options are endless, with bushwalking, kayaking, surfing, fishing, diving and whale watching all available in the bay and its surrounds. Mogo, a gold rush town that was established in the 1850s, is a 10-minute drive down the road and home to the impressive Mogo Zoo. After the recent fires however, this is how a recent visitor to Batemans Bay described her experience:

Its eerie, There's no lights, No power, No reception. Above me, smoke billows, with a thick, menacing orange glow on the much-too-near horizon. Normally, the chatter of birds is almost deafening. But now, I hear nothing. Nothing but sirens. And helicopters. And in the distance, I can see those normally chirpy birds – flying away, as a wall of fire approaches the tiny towns of the NSW south coast.



MELS TALK ON HIS BIKE RIDES

Mel thanked everyone for the opportunity of presenting his talk on "A man, a push bike, and the need to change an attitude" The story of how I came to do the Bike Rides raising funds for research into Arthritis and eventually

Prostate Cancer. What most people don't know is that I was 58 when I started to ride. I commenced by explaining Arthritis, you don't notice it because it creeps on slowly in the back-ground. I explained my first knee replacement and highlighted there were over 100 types of Arthritis. I said it felt that I was becoming crippled because I couldn't walk more than a hundred meters or so. Then on New Year's Eve 2004 I bought my first bike, it was a steep learning curve & a mechanic came up with the idea that of using a BMX crank on one side. I had the desire to step out of my comfort zone and test myself completely, attempting to do something that most people either couldn't or wouldn't be stupid enough to try and do. I decided I would ride my bike on a long distance solo bike ride, but for the reason of setting up research into Arthritis through ARH.

I approached the club board with the idea and their response was where too, someone then suggested to the back of Bourke, hence the start of "B to B". Joy Gillette was then asked for sanction from Australian Rotary Health, to which she agreed. I promptly wore out my first bike and purchased a new one after which the training went full speed ahead until September. I was as ready as I ever would be, or so I thought, for the start of my first epic ride. The Arthritis Association came on board as did clubs along the way with make-ups.

The DG at the time, Bill Little along with some members of the club flagged me off, I'm sure thinking to themselves, we'll be kind when he gives up in a few days, say "Good Try" and then that will be that but by this stage I was so positive in my own mind, nothing was going to stop me. By half way I was really starting to fight with my emotions to the point where I think sheer adrenalin took over. The aches and pains, the raw emotion of drifting in and out of day to day living and self-doubt and trying to beat it. But then the last and worst day of my life. The sky opened up with all its fury, my cycle jacket was extracting heat lowering my temperature by another 4 degrees. The team stopped where they could trying to offer me solace, although the pull offs were ankle deep in sticky clay, it was freezing cold and pouring with rain. We eventually made it, I was just about beaten and burst into tears. But I'd made it to Bourke and finished what I thought was to be the swansong adventure of my life.

But I was wrong.

We arrived back to many congratulations and the suggestion of taking what was one ride to raise \$10,000 to perhaps turn my dream into a Research PHD of \$30,000 over a three year period. I agreed and within a period of time ready for Broken Hill to Blacktown (the long way) via Wentworth, etc. One hurdle of the bike rides that will remain with me forever, was my using a new saddle, I don't know what possessed me. I took off four layers of skin over the next four days. To describe the discomfort would be an impossibility. I arranged another saddle to be posted to Balranald but the agony remained until just past Hay. We stopped wherever we could because I wasn't thinking straight and needed to replenish my energy. If it wasn't for the team I could have gotten into some real trouble, here I was struggling to ride. At Euston I rode into Victoria to get some assistance from a Chemist in Robinvale. He gave me some cream to help with the pain but told me how serious it was and suggested I get off the bike altogether. The Hay Plains were over and done with and Shoe boxes of toiletries etc dropped at Hay, West Wyalong and Forbes. The ride was becoming Mind over Matter by this stage and the last hurdle of Mt Victoria was my nemesis. In the end trying to ride from side to side in the lane attempting to break down the steepness.

Having the elation of finally crossing the finish line and seeing PDG Alan Grady and PDG Phil Lacey both from ARH, along with many family and friends was ecstatic. But then it was like bursting a blown up balloon.

Next the next ride was Blacktown to Bega and back to Bomaderry, sustenance along the way in any of the rides was very important as I'd learnt by previous mistakes and anywhere that was safe to pull over few minutes was like heaven. We finally arrived at Bomaderry and the achievement of and completion of the PhD, three of what seemed by this stage to be long years but were just a glimpse on the time scale of life. An opportunity arose during the Great Australian Bike Ride during its layover in Parramatta for a weekend to re-group. Dave Humphrey from St. Mary's Club, and myself did a club by club visit of riding around District 9690 as it was then and have every President sign a scroll to be placed within Australian Rotary Health.

Then in May 2009 saw a quick trip out to Forbes from Blacktown. Taking the City to the Country in aid of the great Australian Bike Ride. Our Club had by this stage built a wonderful relationship with Forbes, something may I proudly say still exists today. However there was one last hoorah left, that of setting up a PhD research to investigate Prostate Cancer in 2016, mind you here I was 68 years old, half full of spare parts but excited to give it my best try. Bowral to Blacktown, only 2 days the time frame, surely I could handle this trip. I must have really started to show my age though, as instead of having just two back up vehicles and three people, I had three vehicles and 6 people. We made it though and every good thing must come to a close. Since the rides I have had more spare parts, but hey, at least they keep me going.

The most humbling experience befell me when I received a phone call from Joy Gillette to tell me that she was at the Rotary Institute at Darwin and that I had just been named unanimously, The Australian Rotary Health Medal Winner for 2017. That phone call will remain in my mind and heart forever.

In hindsight the most important part of these rides I don't think is the exertion alone, I think it's a combination of the camaraderie of the team and meeting people of all walks of life and sharing stories; the exhilaration of knowing you have been able to help in no matter how small a role. It's also the opportunity of being able to fundraise, an asset we as Rotarians are blessed with. It's being able to give people the understanding of where their dollar goes too.

It's when we stop and think about how great this organisation of ours is; How Rotary in itself with the Foundation and how we are blessed in Australia, with Australian Rotary Health and the myriad of ways we can utilise our talents, by that I mean Rotary's talents. It makes one feel very proud to be able to say, "I'm a Rotarian".

DIRECTORS REPORTS

David informed **us** that both Roy Chikwem & JoJo Tau have resigned from our club citing that they could no longer meet the attendance requirements.

Pam reminded us about the International night on the 7th Feb. for the Timorese School & if you aren't attending the night as a guest could you please volunteer to assist on the night. Please see Pam for details.

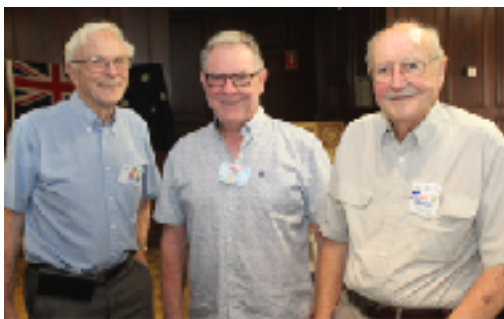
Keith has requested we all put our thinking caps on re guests speakers for our meetings. He has a few lined up but if we could think about your workmates, friends, employers or any body that you can think of as it would make his job a little bit easier.

Rob paid tribute to all the members who assisted during last December which was very busy month with the gift wrapping & many BBQ's we attended.

Gary mentioned that next Saturday 18th. January is the 43rd. Anniversary of the Granville Train Disaster at the Bold Street Bridge in which 83 people died & 213 were injured.

Ivan spoke about the International night & the guest speaker Michael Stone. Michael is the Program Director of the Riak Veterans Retreat and Language School. He was deployed to East Timor in 1999 and 2001 as a Platoon Commander in 2 RAR. He returned as a Training Team commander in 2004 to the Timorese 1st Infantry Battalion, mostly former guerrilla fighters. He is a fluent speaker of the Timorese language Tetun. In the 2006 crisis Mick was a negotiator between warring factions, responding to critical incidents on a daily basis and spokesman for International forces. President José Ramos-Horta seconded Michael to his cabinet, where he worked as a senior advisor for 4 years. Featured on ABC's Australian Story in 2007, "The Peacemaker", and 2009, "The President's Man".

LAST WEEKS PHOTOS



THE DISTRICT SECRETARIES REPORT

On Thursday, 16th January, **Direct Relief**, a charity in the USA, supplied **500,000 P2/N95 masks** to Australia to help in the bushfire recovery. Our District was fortunate to be able to take delivery of 40,000 of these. These masks are being distributed to the Rural Fire Services in Picton, Balmoral and Albion Park. They are also available to the community on request, to such places as doctor surgeries, nursing homes and volunteers involved in the clean up. On Sunday morning, 19th January these masks will be distributed to members of the community, including doctors, nurses, and anyone else who needs them, from Picton Storage Express 455 Argyle St., Picton from 10 am to 12 noon. Please come if you need some. For more information please contact Ally Cox, our District Bushfire Relief Coordinator gnacox@bigpond.net.au

Rotary D9675: Membership Interactive Workshop. Bookings are now open for the Membership Interactive Workshop being held at Bankstown Sports Club on Saturday 15th February 2020 from 8.30 am (Registration) to 12.30pm. Morning tea will be included. Come and share ideas, discuss new concepts and 'Dare to be different'. Bookings via the trybooking link: <https://www.trybooking.com/BHVVO>. For further enquiries please contact District Membership Chair, Rae-Anne Medforth Email: raeanne_medforth@worksight.com.au Mobile: 0411 054 119.

New Generations: RYPEN. In your preparations for the upcoming year, Cheryl Deguara sends information about the applications for RYPEN (Rotary Youth Program of Enrichment) for Teen Ranch Cobbitty, on Friday 3rd – 5th April 2020. Please organise early so you are not disappointed as places fill very quickly. 40 spaces only – \$325 per student. More details contact District RYPEN Chair Mark Tanner Email: mark@tanner.net Mobile: 0418 226 177 or RYPEN Registrar Cheryl Deguara Email: cdd@maxi.net.au Mobile: 0419 465 962

Rotary Disaster Response Grants. Clubs and districts can now apply for Rotary disaster response grants to support relief efforts. These grants, supported by The Rotary Foundation, can be used to provide supplies and medical care, and to support rebuilding efforts. To make these grants possible, we are asking for contributions to support our Disaster Response Fund.

Please visit <https://my.rotary.org/en/disaster-response-fund>. To find out more about Rotary Disaster Response Grants please go to <https://my.rotary.org/en/take-action/apply-grants/rotary-disaster-response-grants>

Youth Entrepreneur Connect. Our district has received a request from Shuyuan Zheng, a year 12 student at Sydney Boys High School and the CEO of Youth Entrepreneur Connect (YEC). This is an organisation dedicated to fostering entrepreneurship culture in Sydney's youth. He is currently running an event called YEC Talks where they seek to provide entrepreneurial education to high school students by sharing knowledge and experiences of established industry leaders. The speaker's panel for this event are: Karim Yahia: the co-founder of Rose Gallery, Aaron Ngan: CEO of Junior Achievement Australia, Darren Lau: senior Consultant at PWC and sales/finance manager at Huskee, Rob Haggett: senior manager at Deloitte Consulting and co-founder at Caia, and Byron Sakha: managing director at Sakha institute. This event will take place from 5-8pm on the 26th of January at the Castlereagh Boutique Hotel. Shuyuan is asking if there is a Rotary Club willing to be a sponsor for this event. The total cost of the event is \$750.00, which is \$600 for the hotel booking, \$50 for A/V support equipment rental and \$100 for catering. Please contact Shuyuan on 0405 615 996 or shuyuanzheng@gmail.com

Helen Hasan from the **Rotary Club of West Wollongong** invites you to order copies of the club's recipe book for just \$35. This book is a diverse collection of favourite recipes of the club's members and includes some information on their service projects. All monies raised will go to the support of the very worthwhile projects of RC West Wollongong. Please order at <https://www.lulu.com/shop/search.ep?keywords=remarkable+rotary+recipes&type;> Alternatively Helen can order in bulk to increase the amount the club receives per copy. Email: hasan@uow.edu.au or 0419403699

19 designs are now being considered for the **Centenary of Rotary in Australia in 2021**. The final selection of a design will take place in February. They are hoping that more Rotarians will contribute to the discussion.

What should a R100 centenary logo do? Create awareness of the centenary, Be symbolic for New Zealand, Australia or both, Be applicable for media, letterhead, banners/batons, jewellery and merchandise design, Target an audience that is principally Rotarians/Rotaractors but also the general public, Create pride about Rotary and 100 years of making a difference & Enhance Rotary International branding.

This Australia Day VB and the Bendigo Bank are combining for a Bushfire Fund Appeal in conjunction with Rotary. Every dollar raised from specially marked kegs of VB on Australia Day will be donated to the **Rotary Bushfire Appeal**.

Kindest regards, Janice Hall. District Secretary



Nominations are now open for the Blackmores Mercie Whellan Women+Wellbeing Awards 2020, with \$5000 prize money and participation in a leadership mentoring program on offer. These annual awards celebrate women across Australia who have made an outstanding contribution to their local community by improving people's health and wellbeing. The focus this year is on mental health, an area of great need in today's world. Blackmores has partnered with community-based organisation CCNB to run these awards, as we recognise the critical role played by community organisations in supporting holistic wellbeing and the many amazing women driving and supporting key initiatives.

Consider the women within your own organisation and community network who are making a positive difference to mental health & nominate them for a Blackmores Mercie Whellan Women+Wellbeing Award 2020 [here](#).

Nominations close on Monday 10 February at 5pm AEDT, with two award categories – open and youth (ages 15-22). Winners will receive \$2000 each for their nominated charity and be invited to join The Leader's Room® leadership mentoring program to help enhance their personal and professional development and support the valuable work they are doing in the community. Two finalists will receive \$500 for their nominated charity. Don't let this opportunity to recognise the amazing women you know slip away! Nominate them now using [this link](#) before Monday 10 February.

Rotary Blacktown City

First, the East Timorese won their independence. Now, they need to win another battle: Learning English.

HELP BUILD AN ENGLISH LANGUAGE SCHOOL IN EAST TIMOR.

In 2002, East Timor became the first sovereign state of the 21st Century. An independent country and now 11th member of the ASEAN, East Timor is ready to take on another challenge: To teach English to schoolkids, to make them world-ready.

Join us on Friday, 7 February, at 6:30 pm at Bowman Hall, Campbell Street for a Fundraising dinner to build and equip an English Language School at Same, Timor Leste.

\$50 / per person

For booking, please call: Pam Carne 0414764604
Or email: pjcarne.pc@gmail.com

It will be an evening that celebrates all things international: cuisine, people, language. And a new opportunity for East Timorese school children.