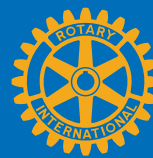


# NEWSLETTER

Rotary  
Club of Dee Why Warringah



## LAST ROTARY TUESDAY 2022

### Last meeting before Christmas!

A fun night was had on Tuesday 20 December, our last official Brookvale & Dee Why Warringah Rotary meeting before Christmas.



## In this issue...

- **Last Rotary Tuesday '22** 1  
**DYW & Brookvale Rotary**
- **Rotary Foundation:** 2  
**2022 Annual Report**
- **Christmas Toys:** 3  
**Bound for Lebanon**
- **NB Women's Shelter:** 5  
**2022 - A year to remember**
- **2023 Club program:** 9  
**January - March**

Throughout our bulletin, **bright blue** text indicates a website link.



Top: Pres. Ruth Vumbaca RCDYW, John Campbell, Assistant Governor 2022-2023 Northern Beaches, Colin Bradford, Maureen Fanning RCDYW.

Bottom: RC Brookvale Bruce Downie, RCDYW, Tracey Chaffer, Ruth (& Tony) Vumbaca.





## Rotary Foundation's ANNUAL REPORT for 2022 has been released.



Here are some highlights in the report:

- **We secured \$149 million in PolioPlus** funding to support global polio eradication efforts, including immunization campaigns and virus transmission monitoring in countries where polio is endemic.
- **Our members and others donated \$15 million** to our Disaster Response Fund to help Ukrainians in need, funding projects that provide food, water, clothing, medicine, transportation, and more.



Rotary members, Ukraine Friends deliver ambulances to Ukrainian officials

- **Rotary awarded our second \$2 million** Programs of Scale grant to Together for Healthy Families in Nigeria, which aims to expand its work to reduce mortality rates and improve health care for mothers and newborns.
- **Rotary members raised more than \$434 million** for our Foundation to support programs that make a difference in people's lives.

To read of the outstanding work done world wide by Rotarians and their supporters, have a look at the Report.

<https://www.rotary.org/en/annual-report-2022/our-year>







## CHILDREN'S CHRISTMAS TOYS BOUND FOR LEBANON



The toys journey from **The Peninsula Senior Citizens Toy Repair Group** in Ingelside to the Immaculate Heart of Marie of the Fransiscaines Sisters school in Adonis, Jbeil, a small village in Lebanon, is a Christmas Story to share.

Thank you to Ruth Vumbaca, President of the Rotary Club of Dee Why Warringah and the board of directors for supporting, 2 years in a row, the Kids Education Project in Lebanon by assisting families and putting a smile on the faces of over 300 school kid on Christmas.

Thank you to Terry "The Toyman" for his ongoing support to this project and the toys donated to go through the journey from the Northern Beaches to Lebanon.

To the 3 sisters, Suor Assunta Francescane, Jaqueline Daccache and Cecilia Kattoura you are living guardian angels to the families, their children, teachers and the community.



Finally, this project would not have been off the ground without my sister Cindy Finianos, who was the catalyst, highlighting the struggle that those families are going through after August 4th Beirut Port Blast.

As we all celebrate Christmas this year, please pray for those who are less fortunate than us, whether in Australia or around the world, who are making it tough this Christmas.

*Wendy Finianos - Director of Community Services  
Rotary Club Dee Why Warringah*



*Above: Sister Assunta  
with the Bishop*

*Left: Wendy Finianos  
RCDYW with Terry Cook  
from the Peninsula Senior  
Citizens Toy Repair Group.*




# Comedy for a Cause

Saturday 1st of April 2023

Doors: 7pm / Show: 8pm / 18+

Featuring comedians from  
**Sydney & Melbourne  
International  
Comedy Festivals**

[comedyforacause.net/DWR](https://comedyforacause.net/DWR)

 **Manly Warringah  
Rugby Leagues Club**  
563 Pittwater Rd,  
Brookvale



BOOK NOW!  
**\$40**



**Presented by:**

**Rotary**  
Club of Dee Why Warringah



**In Support of:**

**Women & Children First**

**WOMEN  
&  
CHILDREN  
FIRST.**







NORTHERN BEACHES  
*Women's Shelter*

## Shelter Begins with Community

Rebuilding women's lives, together

### **2022 has been a year to remember. We couldn't have done it without you.**

Over the past year, NBWS, like the rest of the world has been struggling with the added weight of Covid. This period has also shown us that our service is needed more than ever.

Our staff at the NBWS are highly qualified professionals, who understand the work and how to walk side by side on someone's journey. Resources were particularly put under added strain, but we have managed to pull through. The Shelter is thriving and we are seeing great outcomes for the women who are accessing our service.

We have been able to achieve some wonderful milestones in 2022.

We provided crisis accommodation for 34 women and transitional accommodation to 46 women totalling 80 women accessing support. 69 women were assisted with 1706 hours of outreach support.

#### **Program Highlights: Well-Being Program**

Our Wellbeing Program has been restructured, with a strong focus on improving our women's physical and mental wellbeing, it is an important part of their journey. We are so grateful for the support of our volunteers who enable us to run this program.

#### **New Programs: Empowerment Circle and Women's Choice Housing Program**

We have successfully run 4 groups of the Empowerment Circle program which is a reflections-based domestic violence support program using the My Safety Kit Resource. We have run this program at Mosman House and at Shelter twice, and in partnership with Community Northern Beaches. One woman reported that the group had given her the chance to see things differently in a safe space that was non-judgmental. The Women's Choice Housing Program is an innovative initiative for women who are working and can rent privately but need a sixth month financial buffer. This program has been tested by NB Zonta so far we have worked with seven of our women so they were able to access this program. The women receive 24 payments of \$100 per week towards their rental payments.

#### **Service Highlight: Volunteer Program**

We have re-established our Volunteer Program, inducting 23 new volunteers. The NBWS volunteers are an integral part of the team. We would not be able to do what we do without their commitment, skills and support. The Wellbeing Program has given us the structure to allow our volunteers to be involved in helping support our group work and day- to-day living activities at Shelter.





## Extension of Shelter: Mosman House continues to flourish

Mosman House is an innovative project that opened its doors in November 2020 and has provided safe, secure, and affordable housing to 34 women over 50 years of age since opening. The testing of the Mosman House learnings has been replicated in other regions which is a credit to our staff in making this model work so well.

"During my stay in Mosman house I was convinced that the workers are doing a great and very noble job to support women in need. Here I find not only support, but consolation and peace of mind as well." previous Mosman House resident who is now in long term social secure suitable over 55s housing.

## Resident Improvement: Work and Study

We've seen a significant increase in our residents who are working and/or study. 53% of women participated in education, study or other vocational training in the last financial year. 23% percent of our women accessed income from working which is a 20% increase on the previous year.

## Service Accreditation: ASES Accreditation

We are preparing now for 2023 and our Australian Service Excellence Standards Accreditation (ASES). This will be an important opportunity to showcase our service and all the quality improvement opportunities that ASES raised.

*"It has been a year to remember. We have been tested to our limits and I believe we have come out shining. With a pandemic to challenge the service, we were able to maintain full capacity and continue to operate business as usual but in a different way."*  
Narelle Hand, Shelter Manager

Since opening our doors in 2010, we have assisted 584 women. Sadly, we turn away an average of 15 women a month, our service is needed more than ever. It is our mission in 2023 to expand our service, to raise more funds to access more accommodation so we can help more women leave domestic violence and abusive relationships and reduce homelessness on the Northern Beaches.

Thank you for your continuing support which means the world to us and the women in our care. If you have questions, please do not hesitate to get in touch.

Wishing you and your family a happy holiday break. Now is the time to rest and recharge ready for a fabulous 2023.

Warm festive regards,

**The NBWS Team**

**The Board, the staff, and the volunteers**

<https://nbws.org.au/>





## SUN RUN REGISTRATIONS ARE NOW OPEN!



[Sun Run registrations are now open, click here.](#)

Secure your spot at the start line and you could be running alongside our new ambassador and local fitness guru, Shannan Ponton.

The celebrity personal trainer and former coach on TV show, The Biggest Loser, has competed in the Sun Run at least six times (he's lost count!) and has signed up to run again in 2023 as our event ambassador.

*"The Sun Run is one of the highlights on my annual sporting calendar", Shannan said.*

*"I've raced in hundreds of events nationally and internationally but there is nothing more impressive than running along Sydney's Northern Beaches".*



Shannan Ponton



### YOU & YOUR BUSINESS CAN HELP YOUR COMMUNITY

Have your business or employees sell **B2B** raffle tickets that aid our community groups.

**80%** of tickets sales, go to a community group or charity of your choice **OR** buy tickets to **WIN 5 nights at the Seaview Hotel, Norfolk Island, includes airfares and a car hire.**

Contact Christine on **0418 201 228** or email [brookvalebd@bigpond.com](mailto:brookvalebd@bigpond.com)





## COWRA BREAKOUT



Japanese Garden



Full moon over Wyangala Dam



The region is renowned for its boutique wineries



Australian World Peace Bell



Vast fields of canola

District 9685 Annual Conference  
17-19 March 2023



DISTRICT 9685 ANNUAL  
CONFERENCE 2023

Click [HERE](#) to go to the  
Conference website.

**Relax.  
Refresh.  
Refocus.**



Stay Safe,  
Ruth Vumbaca, President  
2022-2023  
Email: [rtds3de@gmail.com](mailto:rtds3de@gmail.com)







## JANUARY 2023

Date	Guest Speaker/Event	Location	Time	Activity
Tuesday 3	No Meeting	–	–	–
Tuesday 10	No Meeting	–	–	–
Tuesday 17	First meeting 2023	Manly Leagues Club	6pm 7pm	Dinner Meeting
Wednesday 25	Mike Pawley - Cambodia	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 31	TBA			

## FEBRUARY 2023

Tuesday 7	Sharon Dale Relationships Australia	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 14	Trevor McAlister - Epping RC Exploring Hidden Sydney	Manly Leagues Club	6pm 7pm	Dinner Meeting
Wednesday 22	TBA			
Tuesday 28	TBA			

## MARCH 2023

Tuesday 7	TBA			
Tuesday 14	TBA			
Wednesday 22	TBA			
Tuesday 28	TBA			

**A big thank you to Manly Leagues Club staff and management  
for their great support in 2022!**

**The Rotary Clubs of Dee Why Warringah & Brookvale look forward  
to another great year at Manly Leagues Club.**