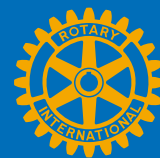


NEWSLETTER



NEW RC WARRINGAH MEMBER, LYNDALL

Life as a Rotarian

Lyndall joined the **Rotary Club of St Ives** (RCSI) in 2010 and was Youth Director for a number of years, from 2013 to September 2020 and was also involved with Rotary Youth Leadership Awards (RYLA), National Youth Science Experience (NYSF) and Rotary Youth Program of Enrichment (RYPEN).



RC of St Ives BBQ

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Conference, Terrigal
- **2024 Club program:** 10
March – May

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



Lyndall was also awarded a **PHF** (Paul Harris Fellow) for service to the Club.

Lyndall was President of the **Rotary Club St Ives** from November 2020 to June 2022, then joined the **Rotary Club of Upper Northern Beaches** in July 2022 and became Team Leader in 2023 and 2024 for **The Bobbo** route H (HOTEL).

The Bobbo, Bobbin Head Cycle Classic is organised by the **Rotary Clubs of Ku-ring-gai, St Ives, Turramurra, Wahroonga & Upper Northern Beaches**. For more information, visit: www.bobbinheadcycleclassic.org.au

What is the BOBBO? Sunday 24th March 2024

The Bobbin Head Cycle Classic includes four scenic rides through Ku-ring-gai Chase National Park, Bobbin Head, West Head and Akuna Bay.

The event is not a race but a community bicycle ride for bike enthusiasts and recreational riders.

LAST CHANCE TO REGISTER - USE CODE **LC** AND SAVE 15%

BOBBO
BOBBIN HEAD CYCLE CLASSIC

FREE THIS SUNDAY?
ENJOY 15% OFF YOUR BOBBO REGO!

Sunday,
24 March 2024

Rotary Clubs of Ku-ring-gai, St Ives, Turramurra, Wahroonga, Upper Northern Beaches

Platinum ASSET MANAGEMENT

Lifeline Saving Lives

CLICK HERE TO REGISTER!

This year we have the **104km, 80km, 57km and 27km** rides for all types of cyclists.



Ku-ring-gai Chase National Park

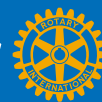


President-elect, Anil thanking speaker & new member, Lyndall

Monday 25 March 2024

HAPPY Birthday!

Colin Bradford



2024 ROTARY DISTRICT 9685 CONFERENCE, TERRIGAL

Rotary conferences are organised so Rotarians can get together while learning more about Rotary and the wider world.

Our **District 9685** at **Terrigal** certainly blended these.

It kicked off with a **“Say NO to domestic and family violence and YES to respectful relationships”** walk from the Terrigal Surf Life Saving Club along the boardwalk and around the Skillion headland certainly gaining notice for those in the area.

A quick welcome drink at the Beach Bar then the purple brigade exploded into multi colours for the dinner – **Good Vibrations beach party**.

So many people put effort into their costumes and sunglasses were needed!

Brad Baker, the head of **exhibition development and design** at the **Powerhouse Museum** spoke about the many famous people he had met over the years during his work, a very entertaining talk!

The conference kicked off early on Saturday with attendees spending time in the **House of Fellowship**, learning about **Rotary programs and projects we support**.



Mina Howard PDG, Liz McDougall RCW



Sally Allen with David Lewis from RCW



Wonderful Good Vibrations dinner

2024 ROTARY DISTRICT 9685 CONFERENCE, TERRIGAL



Tamara Sloper-Harding RC Upper NB, Liz McDougall RCW



Bruce & Barbara Downie, RCW



Ruth, Chrisy, Sally & David, RCW

Our **President Elect, Anil** and Chris Taylor made a bee-line for the Rotary branded stand as he is keen to get us all looking spick and span when he takes over from Dick in July.



Anil, Chris, RCW looking around the House of Fellowship

Well noticed throughout the conference was much of Chrisy's work, with the stand out purple DV banners and the Rotary Disaster Relief pull up banner and leaflets.

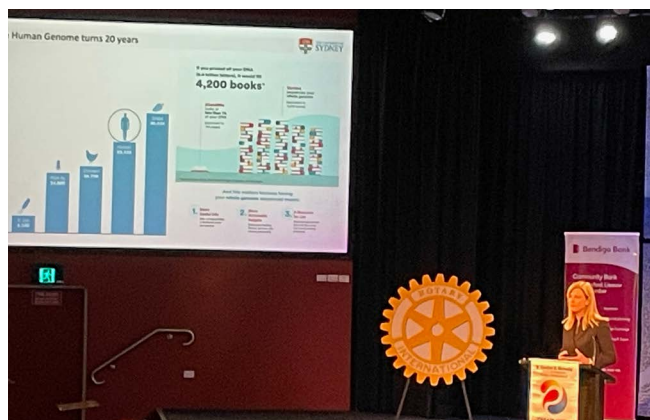
Our club was well represented – with Ruth, Chrisy, Chris, Bruce and Barbara, Sally and David and Liz all returning with their minds seriously expanded by knowledge!



Christine Owen DG, opens this year's conference

All the speakers were fabulous and the sessions passed quickly. Topics such as the **Human Genome** and researching exploring **Prostate Cancer** by **Professor Vanessa Hayes**, **Allison Britt** the **Director of Mineral Resources** at **Geoscience Australia** speaking on the 'Role of Mining to Net Zero', **Gemma Sisia OAM** from **St Jude's School** in **Tanzania**, former **Yellow Wiggle**, **Greg Page AM** on **AEDs**,

2024 ROTARY DISTRICT 9685 CONFERENCE, TERRIGAL



Professor Vanessa Hayes



Dr Kelsie Boulton

Dr Andrew Browning AM, from the **Barbara May Foundation**, on **fistula obstetrics in Africa**, **Rosemary Kariuki OAM** whose mission is to empower migrant women after experiencing isolation when she first arrived in Australia “*Don’t be a bystander*” and **Dr Lindsay McBride** who works with **Interplast** to repair bodies and rebuild lives. **Dr Kelsie Boulton**, a **RYLA** graduate and beneficiary of **Australian Rotary Health** support to study her **PhD in autism** spoke about innovative changes in her field. Rotary speakers included **PDG Lindsay May OAM** on the work of **The Rotary Foundation**, **Dallas Booth AM** on why regionalisation is important and why Rotary **MUST** expand to keep doing good in the world and **Rebecca Fry** who has created **RYLA Elevate** to continuing young people’s engagement with **Rotary**.



Former YELLOW WIGGLE, Greg Page

It was great to see the **Youth Exchange** students – the program was halted for a couple of years but is getting back in full swing.

PDG, Susan Wakefield OAM with Youth Exchange students



2024 ROTARY DISTRICT 9685 CONFERENCE, TERRIGAL



Dallas Booth AM

All-in-all a jam-packing day of inspiration which reinvigorates attendees dedication to serve through rotary. We hope the fizz we are all experiencing filters back to all in our Club.
Together we can do AMAZING things!



Dr Andrew Browning AM



Ross & Vince from the RC Kariong-Somersby. One of their club's great projects is Grandparents Raising Grandchildren. For more info: clubadmin@kariongsomersbyrotary.org



Acknowledgement of Traditional Owners, Bob Selinger OAM



DG Christine Owen introducing Rosemary Kariuki OAM



Liz McDougall RCW and PDG Mina Howard at the Rotary Disaster Relief stand



Cher Gonzales & Peter Clarke, RC Gosford City



CREATE HOPE
in the WORLD

Rotary
Districts of NSW



Emergency
Services
Community
Awards

**NOMINATE AN EMERGENCY SERVICE
VOLUNTEER OR WORKER**

Rotary
Districts of NSW

Proudly Celebrating
10 YEARS
SATURDAY
10 AUGUST 2024



Nominations open 1 March 2024 and close 30 April 2024 for:

- 2024 NSW Rotary Emergency Service Community Awards
- Dorothy Hennessy OAM Emergency Service Youth Scholarship

To find out how to
nominate
Scan the QR Code
or at
www.rescawards.org.au



*The community's
chance to say
thank you*



Rotary
Club of Warringah



Easter Raffle

We will be selling
Easter Raffle Tickets
at the Dee Why Grand
Shopping Centre from
Monday 18 March until
Thursday 28 March.
Tickets are just \$5 each.
Come and say hello!





**HAPPY
EASTER**

1st PRIZE: Easter Hamper
valued at approx. **\$250**

2nd PRIZE: Easter Hamper
valued at approx. **\$150**

Rotary
Club of Warringah
Supporting local charities



Tickets: \$5 each



JUST FOR A LAUGH...THANKS BOB



I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.



Mahatma Gandhi said If there is an idiot in power, it means those who elected him are well represented.



MY ROTARY HUB VIRTUAL REALITY

Rotary 


MyRotaryHub now allows members to interact with Rotary projects like never before. Members can now immerse in full virtual reality from within the MyRotaryHub APP

The new VR feature works on all virtual reality headsets. Members can even interact on smartphones and desktop computers, by simply tapping the VR symbol in the APP. 


**For a direct web link,
click this advertisement.**



Scan to
Interact

 myrotaryhub.club

MARCH

Date	Guest Speaker/Event	Location	Time	Activity
Tuesday 5	Tony Irwin - Hon Assoc Prof, Australian National University	Manly Leagues Club	6:30pm for 7pm	Cluster Dinner 5 Nth Beaches Rotary Clubs
Tuesday 12	David Lewis - Cyber Security and Safety on the Internet V2 <i>Come with your questions.</i>	Manly Leagues Club	6pm 7pm	Dinner Meeting
Fri 15 - Sun 17	District Conference	Terrigal, NSW		Easter Rotary Raffle - DY Grand Mon 18 - Thu 28 March
Tuesday 19	Lyndall	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 26	Club Projects and B2B mtg	Manly Leagues Club	6pm 7pm	Dinner Meeting

APRIL

Tuesday 2	NO MEETING <i>(straight after Easter public holidays)</i>	-	- -	- -
Tuesday 9	Isaac Pudney Youth on the Northern Beaches	Manly Leagues Club	6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 16	TBA	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 23	TBA	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 30	TBA	Manly Leagues Club	6pm 7pm	Dinner Meeting

MAY

Tuesday 7	Pride of Workmanship Awards	Manly Leagues Club	6:30pm for 7pm	Award night \$50pp 2 course dinner
Tuesday 14	TBA	Manly Leagues Club	6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 21	TBA	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 28	TBA	Manly Leagues Club	6pm 7pm	Dinner Meeting

Please check our calendar weekly for updates.
Bulletin stories by Liz McDougall

Dick Heintz, President 2023-2024 District 9685
Email: president@warringahrotary.org.au

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TAKE ACTION: www.rotarydeewhy.org



Rotary Club of Warringah