

14th October 2021

Club President: Judith Humphreys

Secretary: Chris Evans

Treasurer: Alek Jankowski

Rotary International President 2021/2022: Shekhar Mehta

District Governor 2021/2022: Jeremy Wright

Assistant Governor: John Pillay

PRESIDENT'S REPORT



Dear Members & Friends,

As of Monday, this week we have been given a taste of 'freedom' again, with still some restrictions. It's amazing behind those masked faces at the shopping centre people look happy to be going about 'normal' everyday life again. However, we still have to abide by health advice at this early stage, but hopefully our 'normal' life, albeit a different sort of 'normal', will return soon.

Greg Ross, Past ARH Chairman, was our very special guest last week via Zoom from Melbourne. Greg shared with us his very interesting journey as an actor, stage performer and Rotarian. As it was 'National Mental Health Day' on the 10th October, Greg spoke about the 'Lift the Lid' campaign and how monies raised go towards research into mental health which affects the very young to the very old in our communities. Greg also entertained us with a song and a verse or two.

The **2021 Winner of the Young Urban Inspirational Woman, Mina Skandari**, will be our guest speaker this week. I'm sure you will enjoy hearing Mina's presentation and realize why she was chosen as the winner in her category recently at RIWA.

World Polio Day is 24th October. To hear an update about how Rotary, along with the Gates Foundation and others, is slowly but surely working towards eradicating this terrible disease from the world, District Polio Chair, PDG Paul Reid, has kindly agreed to speak at our meeting next week with the latest polio news.

Our Social Chair, Rob & his Committee are planning our first social/partners night for this Rotary year on **11th November**. Details soon but, in the meantime, 'Save the Date' for a fun night and a very welcome catchup.

Yours in Rotary, Judith

THIS WEEK VIA ZOOM

MINA SKANDARI

(Winner of Young Urban Inspirational Woman)



Our guest speaker **this week** is **Mina Skandari**, the recent winner of the **Rotary Young Urban Inspirational Woman Award**.

So committed is Mina to her work in mentoring and developing the potential of young people that she has even devoted her first children's book to the subject. 'You Are Amazing and Unique Just the Way You Are', covers mental health, self-love, self-worth and altruism.

Mina is based in Campbelltown and works at the Insurance Australia Group, but volunteers as a youth ambassador, leadership mentor and Macarthur Committee representative.

Mina is part of the Australian Business and Community Network where she works as a leadership mentor for high school girls, most recently at Wiley Park, and is part of an upcoming UN education program

Upcoming Events

Mina Skandari - RIWA Young
Urban Winner

Zoom

Oct 14, 2021

7:00 PM - 8:30 PM

PDG Paul Reid - District Polio
Plus Chair

Zoom

Oct 21, 2021

7:00 PM - 8:30 PM

Mike Greenslade CEO
Shelterbox Australia

Zoom

Oct 28, 2021

7:00 PM - 8:30 PM

Rob Byrne - Senior
Coordinator Rotary Services

Zoom

Nov 04, 2021

7:00 PM - 8:30 PM

Proposed Social Night

Luigi's Restaurant

Nov 11, 2021

6:30 PM - 8:30 PM

Annual General Meeting

Camden Golf Club + Zoom

Nov 18, 2021

7:00 PM - 8:30 PM



Join Zoom Meeting

<https://us02web.zoom.us/j/89057480094>

Meeting ID: 890 5748 0094

Passcode: 032761

PDG Paul Reid Chair District TRF Polio Plus Committee



World Polio Day is on 24th October and our guest speaker next week is **PDG Paul Reid** who is the Chair of the District Rotary Foundation Polio Plus Committee.

Here is a link to a short video by Rotary International President Shekhar Mehta about the progress towards eradication of polio.

https://cdn2.webdamdb.com/md_gyP5KRWPpwG81MtT.mp4?1633384545

The gift that saves lives...

October 24th

#WorldPolioDay



CELEBRATIONS THIS WEEK



David Binskin -16th October



Diane Gordon -17th October



Ian & Wendy White 12th October (30years)



LAST WEEK - GREG ROSS



To coincide with Hat Day on 10th October our guest speaker last week was **Greg Ross**, Past Chairman of **Australian Rotary Health**. Greg has been a Rotarian since 1976 and joined the Board at ARH in 2013. He created "Lift the Lid on Mental Illness", a national campaign to reduce mental illness through prevention research.

It was great to see members celebrating "Lift the Lid for Mental Illness" by wearing their favourite/funny hat and also making a contribution to Australian Rotary Health for mental health prevention research.



Greg is perhaps best known to Australian audiences as one of the cops in the long running television series *Cop Shop*. He has many other acting credits in television and theatre in Australia. He entertained us with a couple of short verses.



Greg is also a fanatical AFL follower and has supported Melbourne Football Club his entire life. To say he was ecstatic about Melbourne's recent premiership victory would be an understatement. In recognition of Melbourne's win Greg wrote a poem which is attached.



MenTAL HEALTH MATTERS

Friday 22 October 2021
1pm - 2pm online

 Leon Ruri
Founder, Haka for Life
  Brad Hannagan
CEO, Lifeline Macarthur and Western Sydney
  Darren Flanagan
'The Gun', Beaconfield Mines

Let's have the conversation!
Men's mental health and how we're really coping.

Tickets: \$39.00 per person (plus online ticketing booking fees)- To purchase click [here](#)

DISTRICT 9675 CONFERENCE 2022
MARCH 18-20
THE CHANGEMAKERS

Registrations for our District Conference 2022 are now open <https://www.trybooking.com/events/landing?eid=808939>

The event is being held at The Warwick, 355 Hume Hwy, Cabramatta NSW 2166

Full registration *Very Early Bird* tickets are available up **until 31 October** 2021 at \$195pp or \$390 for a couple.





Australian Rotary Health

