

CLUB BUZZ

7th March 2024

Rotary Club of Warringah

LET'S CELEBRATE

International Women's Day

Thursday 7 March, 2:00 PM - 5:00 PM

Location: The Suite, Westfield Warringah Mall

Ground Level, Located near Sephora (P1, Blue Car Park, entry via Old Pittwater Road)



Support & services information stalls

Free afternoon tea

Free mini beauty treatment

Raffle fundraiser



All proceeds will be donated to Women's Resilience Centre
(www.womensresiliencecentre.com.au)

Rotary Club of Carlingford

Save the Date – Pavilion Theatre Wednesday 3 April

Theatre for a Cause - raising funds for Parramatta Domestic Violence refuge.

To members & friends of the Rotary Club of Carlingford

We are pleased to invite you to join us for a comedy and lots of laughs for all to enjoy at:

Pavilion Theatre,
Castle Hill Showground,
10 Doran Drive,
Castle Hill.

This play is on Wednesday 3 April 2024. The Rotary Club of Carlingford looks forward to seeing you for a night of excellent theatre at the cost of \$30 per person. **Cash** payments will be collected on the night .

Caravan

By Donald McDonald Directed by Bernard Teube



Hell is other people. Stuck in a caravan.

From actor and playwright Donald Macdonald comes a quintessential Australian comedy that takes a light-hearted look at relationships, ageing ... and the holidays that should never be taken.

Parkes Robinson loves his "luxury" caravan almost as much as his wife Penny. Eager to show it off, Parkes invites their good friends Rodney and Monica Rice, and single gadabout Pierce, on a two-week vacation at a secluded beachside spot. But a storm is on the way – and we're not talking about Pierce's much younger new girlfriend Gwendolyn.

Trapped by horrific weather in the cramped caravan, the best friends, (and Gwendolyn), attempt to enjoy their holiday with the help of a libation or three. But in the confined space, heads are banged, tensions rise, indiscretions are revealed, relationships crumble and the laughs begin.

We will be serving cheese and wine in the foyer before the play, as approved by the Board of the Pavilion Theatre.

The doors will be open from 7:30pm, with the play starting at 8:00pm. As those who have attended previously will know, parking is extremely easy. For those who are uncertain about directions, the theatre is in the Castle Hill Showground precinct, off Showground Road at Castle Hill.

Can you please let us know how many of you and your friends are coming by **Thursday 28th March 2024**? We look forward to seeing you there!

Fay Kitto

Roary Club of Carlingford

ifaykitto@yahoo.com.au

*****The Pavilion Theatre is a registered COVID Safe venue with the NSW Government. We have enhanced health and hygiene measures in place to keep our visitors to the theatre safe.***

The Mural on the Water Tower – it's finished!



FREE

Creative Arts Workshops For People Living with Dementia and their Carers

Music Mindfulness Art

1st and 3rd Wednesdays of the month
Commencing Wednesday 7th February 2024
at Kincumber Neighbourhood Centre.

For more information & bookings contact
Maggie Vincent on 0434315327

or email maggieandjamie@gmail.com
Bookings essential.



Proudly sponsored by:



Rotary
Club of Terrigal
is turning

50

Join us to celebrate!

12 noon
Saturday 9 March 2024

Breakers Country Club
64 Dover Rd Wamberal

\$56.50 per person,
3 course meal,
drinks at bar prices.

RSVP & BOOKINGS
call Maggie 0434 315 327
by **24 February**
or **click on ad for tickets.**

Declutter Challenge for The Rotary Foundation



Central Blue's project in March is all about donating money to The Rotary Foundation by selling stuff that is cluttering up your home.

The cash from just one quality item can make a difference.



Our Rotary Foundation Directors, Allan and Viv Byrnes, say "Everyone has stuff in their home they could get rid of.

"Golf clubs, a kitchen appliance, books, old tools, perhaps a bicycle, or an older type vacuum cleaner. Stuff that has not been used for years, or may never have been used.



"All of us can find at least one item that will appeal to those bargain hunters out there.

"If you haven't used something for a year, we challenge you to get rid of it during March and raise money for the Central Blue Mountains Rotary Foundation Challenge."



Here's how it works

Simply arrange to sell your item, then inform the buyer of the Central Blue Rotary banking details and include the word "Foundation" in the transaction. Bank details can be obtained by emailing vivbyrnes@gmail.com

"If you haven't used something for a year, we challenge you to get rid of it during March, and raise money for the Central Blue Mountains Rotary Foundation Declutter Challenge."

Decluttering is also good for your mental health

If you're looking for an easy way to reduce stress, decluttering your environment may be a good place to start.

Recent university studies have shown that getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control.

Clutter isn't just stuff on the floor, it's anything that gets in the way between you and the life you want to live.



The Rotarian Minute

100 Rotarian Quotes
#35



"Rotary is a catalyst for change, bringing people together to address the world's most pressing challenges."

Mark MALONEY
Rotary International's
2019/2020 President



The Rotarian Minute

Did you know?

From the Rotarian year 2025/2026, there will no longer be an annual presidential theme





International Women's Day

Norwest Sunrise

Rotary



Invitation to International Women's Day Breakfast

THIS YEAR'S THEME: *'Invest in Women: Accelerate Progress'*

The Rotary Club of Norwest Sunrise is proud to host this **special event** to inspire members of our local community to more fully understand their impact and value the incredible women in our community.

WHERE: Maurice's Café, The Hills Shire Council Chambers,
3 Columbia Court, Baulkham Hills

WHEN: Breakfast from 7.00 am Friday 8th March
Speakers commence at 7.30; concludes by 8.40.

COST: \$35 including breakfast and tea/coffee

Our keynote speakers are:

- **Cheryl Landon-Jones** - Team Leader, Castle Hill Days for Girls.
<https://www.daysforgirls.org/australia/>
- **Ellen Kulbicki** - Service Director, Fit Kidz Foundation; Hills Shire Citizen of the Year 2024. <https://fitkidzfoundation.org.au/>
- **Lara Perrett** - Empowering Women Through Family/Work/Health Balance

Those attending will leave this event having been **inspired** by three **outstanding** keynote speakers who create hope in the world.

RSVP by 6 March. To book your tickets securely, go to <https://www.trybooking.com/CPEJY> or use the QR Code (credit card or PayPal options) or call Robert on 0425 233 783.



CREATE HOPE
in the WORLD



DIEGO TORRE
TENOR



SOPHIE SALVESANI
SOPRANO



JOSÉ CARBÓ
BARITONE

PEARL BEACH
Opera
IN THE Arboretum

SATURDAY 23 MARCH 2024 3.00–5.30pm

PATRICK BRENNAN
CENTRAL COAST CHAMBER ORCHESTRA



SHIKARA RINGDAHL
MEZZO



BOOK NOW

www.trybooking.com/CNBTX

 [operainthearboretum](https://www.facebook.com/operainthearboretum)

Rotary

Club of Woy Woy Inc





ROTARY DISTRICT 9685 CONFERENCE

Good Vibrations
BEACH PARTY

FRIDAY 15 MARCH 2024

CROWNE PLAZA, TERRIGAL

6.30PM FOR 7.00PM

Come dressed for a Beach Party!
Dress up with your Club members and
have some fun by the beach!

Rotary
District 9685



2024 District Conference
Central Coast

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



Bobbo 2024 radio
jingle.mp3



RIDE TO SAVE LIVES

24 MARCH 2024

104KM
80KM
57KM
27KM



#bobbinsheadcycleclassic



Ku-ring-gai
St Ives
Turramurra
Wahroonga
Upper Northern Beaches

Official Partner



Raising funds for

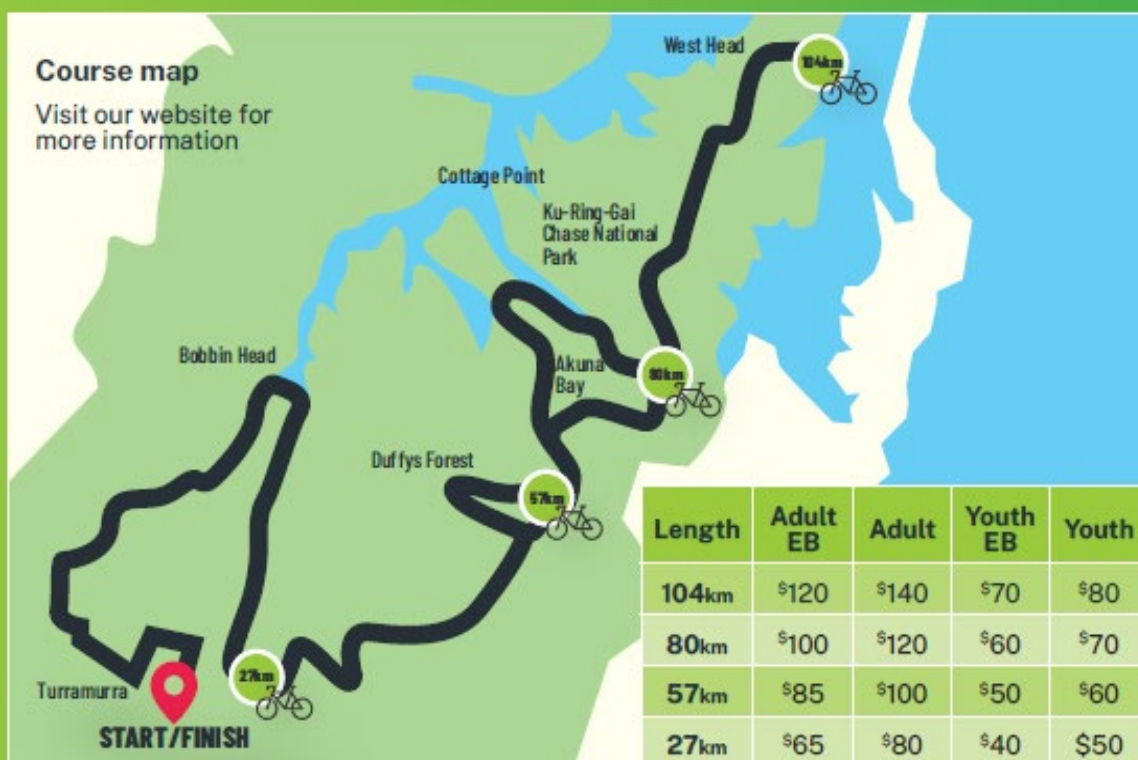


JOIN US FOR ONE OF SYDNEY'S STUNNING CYCLE CHARITY RIDES.

Starting and finishing in Turramurra (in Sydney's Upper North Shore), the four distances take in some of the most beautiful scenery in Sydney. The course runs through Bobbin Head, taking in the amazing scenery of Ku-ring-gai Chase National Park and the breathtaking coastal views from West Head.

There are four distances to suit every rider level and goal. You can challenge yourself on the 104 km, 80 km or 57 km course or take the scenic 27 km route.

With funds going to support Lifeline and other charities, you not only get to experience the ride of a lifetime but also help save lives.



SIGN UP HERE
BOBBO.ORG.AU
to be the first to know
when registrations open

Team registrations

Either register as a team straight away, or register as an individual and join / create a team after registration. Either way, we'll walk you through the simple process.



Ku-ring-gai
St Ives
Turramurra
Wahroonga
Upper Northern Beaches

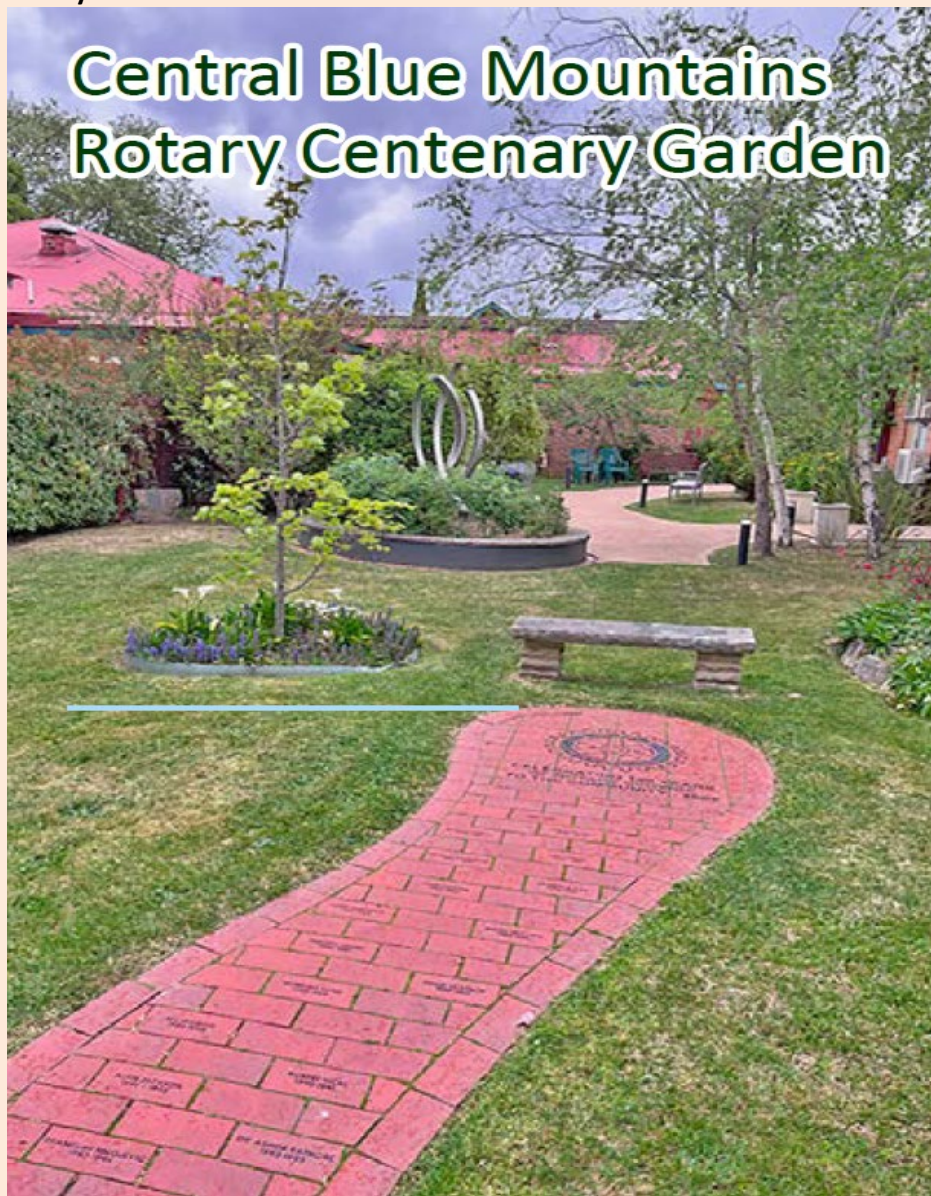
Official Partner



Raising funds for



Central Blue Mountains Rotary Centenary Garden



Established in 2005 as a special project to recognise the 100th anniversary of the foundation of Rotary, the Central Blue Mountains Rotary Centenary Garden at Blue Mountains District ANZAC Memorial Hospital, Katoomba, provides continuous pleasure for patients in the palliative care and rehabilitation wards.

The fountain, a work of art in stainless steel, was designed by local sculptor Terrance Plowright.

A Presidents Walk, constructed with pavers, contains names and dates relating to presidents since 1976.

*We're still on the job.
A Central Blue Mountains Rotary gardening crew will be busy Thursday morning 29/02 mowing, clipping, cleaning, doing maintenance on the fountain, and generally attending to whatever is necessary to create a pleasant and relaxing environment for the hospital patients and staff.*

the 4 way test

of the things we think, say, and do:

is it the

truth?

is it

fair

to all concerned?

will it build

goodwill

& better friendships?

will it be

beneficial

to all concerned?

IT'S ON AGAIN

Rotary 
Club of West Pennant Hills
& Cherrybrook

2024 ANNUAL GIANT BOOK SALE

Cherrybrook Uniting Church
134 New Line Road, Cherrybrook

Friday 8th March
9am to 5pm

Saturday 9th March
9am to 5pm

Sunday 10th March
11am to 2pm

CLEARANCE SALE

We are looking for donations of books
(preferably less than 10 years old), in good
condition, original CD's, DVD's, records &
sheet music.

Simply call our hotline (0468 330 667)
for a convenient drop off point.

Donations accepted until 12 noon Saturday 2nd
March.

Please note: we are unable to accept text books,
encyclopediae, dictionaries, damaged or
dirty/mouldy books, magazines, coffee table books,
Readers Digest & condensed books.

Proceeds go to Domestic and
Family Violence Charities, and
other Rotary Charities.

Through your donation and purchase of Books,
you can help save lives.

Gold Coin
Donation Entry



Card Payments
Accepted



0468 330 667



wphc.rotary.events@gmail.com



@wphcrotaryclub



www.wphcrotary.org/2024-book-sale



Good Rescued
and Rehomed

