



## Tuesday 1st September - Clare Stockdale - Daisy Yang Chu – A Women Ahead of her Time

A contribution from PP Clare on the history and achievements of her mother - Daisy Yang Chu - born Shanghai, China, September 27, 1916 and passed away in Canada in 2011.

OOZOO

## Thursday Morning Breakfast Meeting 10th September

**Attendees:** Derek, Charlie, Barry, Chris, Suri, Richard & Mark.

**Venue:** Mosman Rowers

**Topics:** Among other things there was a discussion around the possibility/desire of returning to face to face meetings. The general consensus is that a large portion of the members would like to return to our lunchtime meetings & for those who aren't so keen we could possibly look at having some sort of hybrid meetings!?! Some people feel that we might start to lose some members who have been absent from the Zoom calls as just too hard etc. It was proposed that Mark (me) looks into possible venues so I will be talking to Mosman Rowers & The Mosman Hotel. It really boils down to whether the venues can legally accommodate say 25 people in one group. I had a quick discussion on leaving with Sam (G.M Rowers) who said he'd be happy to consider this upstairs in the bar area as it doesn't open till 4pm each day. [PE Mark]

Thank you to those that attended & remember that the Brekkie meeting is on the first Thursday of the month at 8am until 9.00am

Rotary Club of  
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**NORMAL MEETINGS SUSPENDED DUE TO COVID-19  
VIRUS - REPLACED BY E-MEETINGS AT 6PM VIA ZOOM**

## Following up on our \$2000 donation to Mosman Community Gardeners

Could all members please note that there will be another session on Wednesday from 10-12am at the garden. Members can help with the creation of new garden beds based on the IBCs purchased with our donation. All members are welcome to attend. Active participation in the process of transferring soil from one bed to another is encouraged but not obligatory. The active work will be followed with tea and biscuits as well as the opportunity to chat in a socially distant way.

## Picnic at Clifton Gardens on Tuesday 22nd September from 1.00pm onwards

Whilst PE Mark is looking into the possibility of resuming face to face meetings [at least from time to time] we will be holding an informal gathering at Clifton Gardens Beach. This will be strictly BYO and CYO [Consume your own!]. BBQ facilities are available at the beach but you would need to bring coins to operate them as well as all utensils.

Our club is one of the 16 clubs awarded a citation by District. PDG Kalma has agreed to attend the gathering and will make the formal presentation.

## THOUGHTS FROM PRESIDENT RICHARD

In 2019 Rotary International launched a 5 year plan to create a stronger future for Rotary. Here is a summary of the key aspects of the plan and I recommend we each think about how we can contribute to making changes to how we operate.

As People of Action, we share a strong sense of purpose and understand that fulfilling our vision requires a plan. This is Rotary's plan for the next five years:

**•To increase our impact:** Let's seek out new ways to translate our expertise into making a difference—in our communities and across the globe. Let's prove that our impact on the world has only just begun.

**•To expand our reach:** Let's build connections and opportunities that will allow people who share our drive to do the same.

**•To enhance participant engagement:** Let's recommit to putting the needs, expectations, and growth of our participants at the centre of all we do.

**•To increase our ability to adapt:** Let's stay true to ourselves and stay ahead of change in our next 115 years.

By helping to realise the goals of this plan, you ensure a stronger and even more effective future for Rotary—a tremendous legacy. It is clear-eyed about the challenges that Rotary and the world face. It protects the value of human connection in an age of technology. It lays out a path for bringing great ideas to the forefront of the global imagination of what's possible. And our plan will provide us with a continuity of vision from year to year, keeping us moving toward fulfilling our shared purpose.

The attached link can provide you with more detail.

<https://my.rotary.org/en/action-plan-frequently-asked-questions>

**What is the link between R.I. President Holger Knaack and Barry Starr ?**

Visit our website: [www.mosmanrotary.org.au](http://www.mosmanrotary.org.au)

Excerpt from RI President's September 2020 commentary. ***Rotary youth exchange — one of the many programs for youths and young adults that we celebrate this month — was my path into true engagement in Rotary. My wife, Susanne, and I began hosting exchange students soon after I joined, and the experience helped me go from simply being a member of my Rotary club to being a true Rotarian. Now Rotary Youth Exchange is a family tradition, and a strong one: Over the past 24 years, we have hosted 43 students.*** Of course, in the Rotary Club of Mosman we have Barry Starr – surely one of Rotary Australia's most successful organisers of student exchange!

**We are often told “to be nice to people”. Heres why:**

Providing service to benefit other people, is an aid to our mental well-being. Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. The feeling of reward from providing service to others also lowers our stress levels. In the current environment where people everywhere are feeling anxious about their health, their families, their jobs, and their futures, any help in lowering our stress levels should be gratefully received.

Here is a bit more information behind the science. MRI tests showed that “giving” correlated with reduced stress and enhanced active in the brain's reward centres, with stress levels reduced as cortisol is released. The test also showed that “giving” had greater health benefits than “receiving”. Other studies established a connection between volunteering and improved health. In the brain, acts of kindness release powerful chemicals like oxytocin, serotonin, and dopamine, elevating our mood, increasing reward stimuli, and reducing stress. Compassion evokes lower heart rates and reduces coronary distress. Oxytocin is also connected to social bonding, so as it is released, the ties that bind us are strengthened.

Surveys also show that people who have been volunteers report greater well-being than non-volunteers. So the message to us all in Mosman Rotary is to keep doing what we do so well with our volunteering efforts!

**MORE FASCINATING FACTS\***

- Human beings had been keeping sheep for 7,000 years before it occurred to anyone to use their wool.
- A whole orange will float on water but sinks if you peel it.
- Vladimir Lenin owned nine Rolls-Royces
- All the ants in the world weigh about the same as all the people.
- Bananas have more trade regulations than AK-47 assault rifles.
- Humans are not at the top of the food chain but near the middle, on a level with pigs and anchovies.
- J.R.R. Tolkien was rejected for a Nobel Prize in Literature on the grounds of his poor storytelling.
- The last English woman tried for witchcraft was convicted in 1944.
- The Greek god Atlas had an aunt called Doris.
- Two-thirds of bagged salad in supermarkets never gets eaten
- Source: QI Elves.

Visit our website: [www.mosmanrotary.org.au](http://www.mosmanrotary.org.au)

## **MY FAVOURITE READ OF THE MONTH**

If like me you despair of finding a beautifully-written book with a great story line then I recommend "A Gentleman in Moscow" by Amor Towles. It's a real cracker and is easily my favourite read so far this year.

## **UPDATE ON CLUB PROJECTS**

### **Jigsaw fund-raising program**

James Humphery presented the program status to the Board on 10 September and this was on behalf of his committee - Dieter Beck, Vaan Daglan, Ross Webb and Therese Webb. The project is now very well defined with a manufacturer having been selected following a process to gather quotes; the financial risks are well understood and documented; we have a reserved place in a manufacturing queue for late February (due to unprecedented demand for jigsaws there is a long wait time to get made-to-order product); and the process is underway to finalise the jigsaw pictures and the artwork and design of the boxes. As you are aware, the theme of the jigsaw will be Mosman. We expect to have the artwork designs completed and deposit paid to the manufacturer by the end of October for March 2021 delivery. The Board expressed its great appreciation to James and his committee for the work they have done to date.

### **Bushfire Rehabilitation Project**

Charlie Barnett and Blair Leslie have initiated a program to assist in rehabilitation of 2020-2021 Bushfire affected areas in (i) the Upper MacLeay Valley (upriver from Kempsey) where one life was lost; 67 houses, 170 outbuildings and 2 facilities were destroyed and dozens more were damaged; and (ii) the Mid-West and Lithgow areas where 64 houses, 133 outbuildings and 3 facilities were destroyed and dozens more were damaged.

The purpose is to assist affected families to restore domestic garden and home paddock areas, and to assist affected communities in building or repairing community garden facilities.

#### **Main Objectives:**

- To support three MacLeay Valley Clubs as well as the Rylstone-Kandos Club by agreeing that Mosman Rotary would match funds which they raise
- To apply for a rehabilitation fund from our Rotary Zone to match funds raised by the 5 Clubs (3+1+Mosman)
- For the local Rotary clubs to work with "The MacLeay Valley Recovery Hub" and the "Step-by-Step Recovery Service" (in the Mid-West) to prioritise families or communities in most need.
- For Mosman Rotary to assist local Clubs in delivery of product from local sources (nurseries and retailers) including purchase of plants, shrubs, tools, fertilizer etc.
- To identify assistance which can be provided by the Mosman community including provision of seedlings from the Mosman Community Garden; collection of unwanted tools from our community; collection of donated shrubs and plants from our community; and
- if appropriate and agreed to by the bushfire-affected areas providing personal assistance (eg labour) from Mosman Rotary Club members or friends.

At the Board meeting on 10<sup>th</sup> September it was agreed to provide a matching grant of \$5,000 to support the \$5,000 committed by the 3 Rotary Clubs in the Upper MacLeay area and to proceed with a request to the district to match the \$10,000. Discussions to include Rylstone-Kandos Club are still continuing and if that occurs our matching grant (and request to District) would also be increased.

Visit our website: [www.mosmanrotary.org.au](http://www.mosmanrotary.org.au)

## Proposed significant changes to update our club website

As older members will recall our club has had a dedicated website for a number of years. In 2017 the site was substantially amended to remove extraneous content that made it extremely difficult to maintain. As a result we ended up with a simple website that provided background information on our club in an easily navigated and read form.

President Richard is proposing that we again carryout a make over of the website to permit various features to be added. Although most, if not all, could be added by expanding the existing website it is probably more efficient to start afresh. Community Services Director Suri has volunteered to do this on behalf of the club and is now looking for feedback from members on possible content.

*Please let me know what you would like to see in a proposed revision of the website. You are free to write down your own feature or choose from the following or do both.*

- (A) one page for each project with any blogs and photographs*
- (B) a calendar of events showing all upcoming events*
- (C) join us form that prospective members can fill out to express their desire to join our club.*
- (D) contact us form whereby anyone can contact us via our website*
- (E) donation page where any one can make a donation to the club using their credit card*
- (F) Subscribe to our newsletter where anyone can ask to get on our mailing list to receive club newsletter via email*
- (G) online ecommerce shop where anyone can buy club merchandise e.g. Jigsaw puzzle*
- (H) member payment page where members can pay their dues using a credit card*
- (I) about us page which tells general public about our club*
- (J) our sponsors, a page listing our sponsors and supporters e.g. Kennards hire*
- (K) a facility to allow project leaders to upload their projects/blogs via a user id/password*
- (L) links to other relevant websites e.g. Rotary Australia*

*Please choose any of the items listed above and if the feature is not listed above then describe it.*

*You can look at any website to develop your thoughts about what else can be put on our website. An example public website which has some but not all the features is <http://www.cremorneprobus.com>*

*We may also need to develop some guidelines as to what information can go on the public website and what should not. Any suggestions in this regard are also welcome.*

Suri would welcome your feedback; he can be contacted on [surifilms@gmail.com](mailto:surifilms@gmail.com)

Visit our website: [www.mosmanrotary.org.au](http://www.mosmanrotary.org.au)

## DATES FOR YOUR DIARY

**15th September** - Clare Stockdale - Daisy Yang Chu – A Women Ahead of her Time

**19/20th September** - Spring into Alice Conference

**22nd September** - Picnic at Clifton Gardens Beach

**29th September** - Jenny Horsfield - Honeysuckle Creek and the moon landing

**6th October** - Ross & Therese - New Member Talk

The Rotary Club of Mosman wishes to thank Kennard's Storage Artarmon for their generous on-going support in providing storage for our Club

### Front desk roster

September 2020 N/A

### Board members

**President:** Richard Vahtrick,  
**President Elect:** Mark Wallis, **Treasurer:** Derek Andrew,  
**Club Service:** Mark Wallis, **Secretary:** Graeme Robinson+Dom Rabu,  
**International Service:** Richard Vahtrick, **Youth:** Sarah Harding,  
**Community Service:** Suri Jain, **Vocational:** Halyna Koscharsky,  
**Membership:** Di McKenzie, **Fund Raising:** Mark Alderson,

**Immediate Past President:** Graeme Robinson

**Sergeant at Arms:** Barry Starr  
**Public Relations:** Clare Stockdale  
**Speaker Coordinator:** Ruth Thompson

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Visit our website: [www.mosmanrotary.org.au](http://www.mosmanrotary.org.au)