



Rotary

Club of Strathfield



STRATHFIELD ROTARY BULLETIN

DISTRICT 9675
4th May 2022

www.strathfieldrotary.org.au

info@strathfieldrotary.org.au

<https://www.facebook.com/strathfieldrotary>

Rotary, United Nations and Australian Themes

<i>Year 2022</i>		
-	UN	International Year of Basic Sciences for Sustainable Development
-	UN	International Year of Glass
-	UN	International Year of Artisanal Fisheries and Aquaculture
<i>Month of May</i>		
-	Rotary	Youth Service Month
<i>Weeks of May</i>		
1st Apr-31st May	Aust	Australian Heritage Festival (National Trust)
1st -7th May	Int	International Composting Awareness Week
<i>Days of May</i>		
4th May	UN	World Portuguese Language Day [UNESCO]
8th May	UN	World Migratory Bird Day
8th May	UN	Time of Remembrance and Reconciliation for Those Who Lost Their Lives During the Second World War
10th May	UN	International Day of Argania

President's Report



Thaya Ponniah
President

My fellow Rotarians and friends of Rotary,

ROTARY DISTRICT ASSEMBLY - 14 MAY
2022

When we attend Rotary meetings above
the club level, it provides us with more

knowledge about Rotary. It will motivate
us and our club to become stronger and
more effective. We can also expand our
personal and business networks with
Rotarians from across the district, and we
enhance our personal leadership skills.

The District Assembly is providing an
opportunity for all Rotarians in our
District 9675 to meet with other
Rotarians, exchange ideas and learn about
how our Rotary club can be an inspiration
to our communities. There are so many
aspects of Rotary that could interest and

excite us. The annual District Assembly will allow all Rotarians to explore the best practises of Rotary and share the latest and greatest ideas on how to serve our communities, grow our clubs, engage our youth, obtain grants, and have fellowship and fun with Rotarians according to our shared interests.

WHEN: Our District Assembly will be held from 9:00am to 4:00pm on Saturday, May 14, 2022.

WHERE: It will be at the William Inglis Hotel, 155 Governor Macquarie Dr, Warwick Farm, NSW, 2170.

FREE: The District Assembly is a free-of-charge event sponsored by our District for many Rotarians to participate and benefit.

JOIN: To Book / register (click the link below)

<https://www.trybooking.com/events/887697/sessions/3104678/sections/1585948/tickets>

- To provide members of Rotary clubs the opportunity to learn more about the different programs of Rotary and to have the opportunity to become involved at club and/or district level.
- To provide fellowship experience for members of District 9675's various Rotary clubs.

Who needs to attend?

- Rotary Presidents, Presidents elect, Committee to assist with transition planning for the upcoming Rotary year.
- Club Treasurers and Secretaries will receive annual training.
- Club Foundation Chairs will be required to attend mandatory training in order to receive District and Global Grants.
- Incoming and prospective club board members can learn what Rotary has to offer beyond the club level.
- Rotaractors will be invited to attend special sessions designed specifically for them.
- Any Rotarian who wants to know more about our great organization.



Purpose of the District Assembly

- To prepare incoming club leaders for their year in office and build their leadership team.
- To give the District Governor Elect and incoming Assistant Governors and District Committees the opportunity to motivate club leadership teams and build their working relationships.

We should also recognise the huge role that our Rotary Foundation has if our clubs are to be successful. Our club can choose to participate in, or even lead, a Global Grant that provides funding for a large international project. It is good to note that we have done two global grant projects this year.

Finally, I would encourage all the members to book/register and participate, as it gives us the opportunity to learn more about the different programs of Rotary and to have the opportunity to become involved at club and/or district level. It will be a great benefit and a great fellowship experience for the members of the different Rotary clubs in District 9675. annually.

See you at the District Assembly,

"Rotary provides training at all levels so that those who have been selected for leadership positions have the opportunity to learn and apply leadership principles to their jobs"

-Ron D. Burton

Rotary Service to you,

Thaya Ponniah

Event from three weeks ago: Member Induction Evening





Event from two weeks ago: ANZAC Day commemoration



ANZAC Day Ceremony 25th April, 2022



Carnarvon Golf Club was the host for the 2022 Strathfield Rotary ANZAC Day Ceremony. 44 Rotarians, friends and guests were in attendance at the Ceremony, with the weather clearing to allow the service to travel to the flagpole.

Keynote speaker for the event was Martin Shaw from Wounded Heroes. Wounded Heroes Association is a national community organisation providing support to Australian servicemen and women and their families, to ease the financial, emotional, and personal hardships of contemporary military life. Martin has been President (Volunteer) of

Wounded Heroes since 2011. Over the last 11 years Wounded Heroes has supported over 10,000 veterans and their families in financial crisis or at risk of homelessness around Australia. They are the first responders and operate 24 hours per day 365 days a year. For further information on Wounded Heroes:

<https://www.woundedheroes.org.au/>

Liam McRae sounded the Last Post and Rouse – thank you again to Liam.

A raffle was held, and poppies sold by donation, with all proceeds being donated to Wounded Heroes. The raffle, sale of poppies and support by Strathfield Rotary Club enabled a donation of \$1,000 to be made to Wounded Heroes.

Congratulations to the raffle winners:

1st prize: Ying Ho

2nd prize: Danielle Aravanis

3rd prize: Cheryl Ayres

As always, an event does not just happen. Thanks are given to the following:

Raffle Prizes

Johanna and Domenico Alvaro

Pat and Paolo Giammarco

Peter van der Sleesen

Poppies

Johanna Alvaro

Elaine Eyre

ANZAC biscuits and Lamingtons

Pat Giammarco

Sponsors

Jenny Davis

Peter van der Sleesen

Behind the scenes

Alexey Prokopenko

Rod McDougall (always)

....and the many other Rotarians, partners, and friends for their continual SERVICE ABOVE SELF.







It's in there somewhere!

Speaker for this week: Luke Borreggine

Born 1st June 1961, a young Borreggine was at school in Ashfield playing school basketball and was looking for a way to improve himself in the sport. A friend of his suggests weightlifting. At the time there were about 5 to 8 kids at the school throwing weights around and they also looked big, strong, and good.

That appealed to Luke, and he decides to give it a go. The gym he decides to head for, which is in the next suburb of Burwood, is the PCYC (Police and Community Youth Club). Luke's description of this gym comes across as almost sheer survival of the fittest and toughest. He recalls on many an occasion that he was tested, and tested constantly, and had to rise to the challenge of the test or be eaten alive. This was the beginning of Luke in weightlifting. Bruce Walsh, who

ran Burwood PCYC, was known as "CHIEF" and was the icon and a mentor for Luke Borreggine.

Luke was about 16 or 17 when one day Bruce told him, "*We feel that you have a lot to offer in the future for weightlifting, not as a lifter but as a coach.*" "*We have found you to be a man of reliability and trust, the passion and love for (weight)lifting seems to just pour out of you.*"

After Australia failed miserably at the 1976 Olympics and received no gold medals, the Australian government decided to pour some money into Australian sport, with weightlifting being one of them. Also, as a result, the Australian Institute of Sport (AIS) was created in Canberra.

At the age of 21 years old Luke took over Burwood PCYC.

There are over six full pages of Luke Borreggine's achievements, records, and coaching statistics, from world championship to Commonwealth Games and Olympics. A few notable

achievements include, National and international coach for the Australian Weightlifting Federation since 1993, coaching Australia at 14 World Weightlifting Championships during his career, Head Coach for the Australian weight lifting teams in 1996, 2000, and 2004.

Dates for the Calendar



<i>Rotary Events</i>				
<i>Day/Date</i>	<i>Event/speaker</i>	<i>To introduce</i>	<i>To thank + Speaker write-up</i>	<i>Venue</i>
Wed 4th May	Luke Borreggine Weightlifting	tba	tba	Golf Club
Wed 11th May	Chris Haseldine Domestic Violence Initiatives	tba	tba	Golf Club
Wed 18th May	Steve Goldsmith Climate change	tba	tba	Golf Club

<i>Birthdays</i>	
-	-

<i>Anniversaries</i>	
1st May	Roger Vince
3rd May	Christopher and Christine Haseldine (wedding)
3rd May	Steven Argyris
10th May	Mathew Elias and Navya Mathew (wedding)



The Rotary Statistics

Attendance last meeting (20-04-22) – in person	19
Club membership	48
Partners	4
Guests	10

<i>Funds raised</i>	
Raffle	\$230.00
Sergeant's session	\$152.10

Attendance ANZAC Day (25-04-22) – in person	14
Club membership	54
Partners	9
Guests	20

<i>Funds raised</i>	
Raffle	\$465.00
Knitted Poppies	\$165.00

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## *Your committee 2021-22*

|                          |                 |              |                    |
|--------------------------|-----------------|--------------|--------------------|
| President                | Thaya Ponniah   | Secretary    | Nick Hamilton-Kane |
| President Elect          | Andrew Aravanis | Sergeant     | Keith Byrn         |
| Immediate Past President | Usha Garg       | Treasurer    | Rod McDougall      |
| Youth                    | Ying Ho         | Community    | Rick Vosila        |
| International            | Roy Ellis       | Vocational   | Alexey Prokopenko  |
| Public Officer           | Rod McDougall   | Club Service | Arie Pappas        |

|                  |                   |                |                     |
|------------------|-------------------|----------------|---------------------|
| Bulletin Editor  | Bradley Ayres     | Web master     | Raymond McCluskie   |
| Bulletin Printer | SelectPrint       | Apologies      | Peter van der Sleen |
| Social Media     | Alexey Prokopenko | Programs Chair | Gulian Vaccari      |

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Upcoming event: Gala Ball

Sunday 29th May

Save The Date

Strathfield
Rotary
Club



Rotary Charity Ball

Sunday 29 May 2022 

6:30 for 7:00 pm
Le Montage Function Centre
\$150 per person - all inclusive

All Proceeds To
The Rotary Foundation
Strathfield Rotary
Local Community Projects



Enquiries
Andrew Aravanis
info@strathfieldrotary.org.au



Upcoming event: Youth Achievement Awards
Thursday 9th June



NOMINATIONS NOW OPEN

The Strathfield Youth Achievement Awards recognise the outstanding achievements of young people who go to school, live, work or train in the Strathfield Local Government Area. Running since 2003, the Awards are organised by the Rotary Club of Strathfield, and feature categories of Arts and Culture, Environment/Community Service, Science and Technology, and Sport.

**Do you know an exceptional young person who deserves
their achievements to be recognised?**

Enquiries: info@strathfieldrotary.org.au

Nominations close 5:00pm Wednesday 18 May 2022



For those that enjoyed Patricia Giammarco's Anzac Biscuits, here is the recipe

Anzac biscuits

Makes about 30

Prep 15 mins (+ cooling time)

Cooking 20 mins

125g butter, chopped

2 tbs golden syrup

½ tsp bicarbonate of soda

2 tbs boiling water

1½ cups (135g) rolled oats

1 cup (150g) plain flour

1 cup (220g) caster sugar

1 cup (80g) desiccated coconut

1. Preheat oven to 180°C and line baking trays with baking paper. Combine the butter and golden syrup in a medium saucepan over low heat. Cook, stirring, for 2 mins or until the butter melts and the mixture is smooth. Remove from heat.
2. Combine the bicarbonate of soda and boiling water in a small bowl. Add to the butter mixture and stir to combine. Transfer to a large bowl. Add oats, flour, sugar, and coconut and stir to combine.
3. Roll 1-tbs portions of the mixture into balls and place on the lined trays, allowing room for spreading. Flatten the balls slightly.
4. Bake, swapping the trays halfway through cooking, for 12-15 mins or until golden brown. Cool completely.

PER BISCUIT

Energy 487kJ/117 Cals (6%) Protein 1g (2%) Fat 6g (9%) Sat Fat 4g (17%) Sodium 25mg (1%) Carb 15g (5%) Sugar 9g (10%) Dietary Fibre 1g (3%)

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