



The Bulletin

Wake-up at Orange Daybreak

ROTARY THEME CALENDAR December 2023

Disease Prevention and Treatment

Next meeting
Wednesday 20th December
Club meeting and Christmas Party

December Birthdays
nil

ROTARY VISION STATEMENT

Together, we see a world where people unite to take action to create lasting change - across the globe, in our communities and in ourselves.

PRESIDENTS REPORT

It was great to see a good turnout for the last club meeting for 2023. Thank you to Anne and her helpers for the Christmas theme and decorations.

We had a fantastic Christmas present from the Ex-services Club today courtesy of Graeme Fleming. The club is giving us \$19,000 to be distributed to projects in Eugowra. The board will be looking at appropriate projects over the holiday period to see where the money can be best applied. The Ex-Services has a great deal of faith in the ability of our club to distribute funds in a timely manner. Something all members should be proud of.

I visited the Bowen Technology Centre on Tuesday and was thanked most profusely for our donation of \$5,400. The money will enable the Centre to keep operating over the school holiday period which is a critical time in the Bowen area. Meanwhile we will look at lobbying for a more permanent source of funding for the Centre. I've asked Stuart Smith to see if we can organize a vocational visit to the Centre so members can see first-hand how it operates.

Our first Board Meeting of 2024 will be held on Monday 15th January. The first club meeting will be on the 17th followed by the 24th and 31st January. We will then return to the first 3 Wednesdays of the month in February.

Ellen joins me in wishing all our members a happy and joyous Christmas and a safe and productive New Year.

Cheers Charlie



(above) Popular after-school activities at the Bowen Community Technology Centre which provides access and training with computers and I.T , School holiday programs also.

Nepal Project – Student Testaments



18 November 2023

The Dream Cricket session in Ratnanagar was an amazing experience and quite emotional for me. Our five ‘Schoolies’ from Wellington NSW and others in our group played various activities with differently abled children in a rough, treeless paddock across from the school they attended. We were told that the children would not normally have access to any sporting equipment or fun experiences like this. Many parents were there with their children - more mums than dads. One of the very positive aspects was the opportunity for them to see their children actively and successfully participating in new and quite challenging activities in a fun and supportive environment. They also clearly enjoyed the chance to mix and talk with other parents. Some mothers spoke of the continuing shame and guilt they were made to feel because of their child’s developmental needs.

At first, some of the children and many of the parents were hesitant to join in. But with the enthusiastic encouragement of the schoolies and others, they were soon batting, bowling, throwing, catching and running with great gusto. It was wonderful to see the proud looks on the faces of children and parents when bats connected with balls and successful runs were made.

Squeals of delight filled the air and by lunchtime, the biggest challenge was to get the kids to leave their game and go for a meal. We all went across the road to the school where the parents and their children were provided with their regular meal of vegetables and rice. But, as a special treat for the day, Rotary had supplied chicken as an addition to the meal. Such a happy, inclusive and for me, heart-warming and enlightening day. Well done Rotary and Team Nepal 2023.

Aileen Power



Nepal Project – Student Testaments



From Liam Miller – Schoolie from Wellington NSW

When presented with the opportunity to go to Nepal earlier this year, I was excited to gain a whole new view of the world.

Words cannot explain the impact this trip has had on me.

With Mary and her teams' guidance, we were shown around the wonderful country of Nepal and we got to participate in many activities like Dream Cricket, painting of schools and the donation of items to further benefit the education of the Nepalese children.

The ability to experience this was truly mind-blowing and I would seriously do this again.



(above) Liam is pictured with Her Excellency, Felicity Volk, Australian Ambassador to Nepal

And (right) about to clean and dress a Nepalese child's injured foot which was accidentally cut by a scythe in the fields.

From Beckie Plant - Schoolie from Wellington NSW

Namaste

As a volunteer on the trip to Nepal November 2023 with RAWCS I was involved in the distribution of resources.

This began before the trip with many people working in their own communities to raise money, request donations resulting in seeds, glasses, blankets, books and funds to take on the trip.

When the donations were pooled together they felt both enormously generous and at the same time humbling with the reality of how much we take for granted and how little many people in Nepal have. Handing over the resources in various villages, schools and health places was beautiful, seeing a mother wrap herself in a new blanket, a man hold his head high as he waves when wearing glasses on our way home, watching children just open books and choose to sit and read in their lunch play time and piles of seeds being shared between families where they respected each other and ensured everyone had a fair share are just some of the things which will sit in my heart forever.

The people I met were welcoming, proud, honest and grateful with a feeling that the resources, while without a doubt will make lives a little easier and will be cherished for many, many years, the humbling sense that it wasn't what we took but more that we cared, listened and made new friendships. Thank you from the bottom of my heart for the opportunity to make a difference with the Nepalese people we met and in myself.



(above) Beckie and the Ambassador

Meeting Pics thanks to Paul Rowland







Christines Kitchen

Stuck on ideas for sweet treats and snacks this festive season? We all get stumped sometimes when we are asked to bring something to a Christmas party. Why not try turning a household cereal into an easy to make and tasty festive snack? This recipe is quick, delicious and sure to be a festive season hit with the whole family.

White Christmas

PREP TIME: 10 MIN

INGREDIENTS

- 3 cups Kellogg's® Rice Bubbles®
- 1 cup desiccated coconut
- ¾ cup icing sugar, sifted
- 1 cup powdered milk
- 1 cup dried mixed fruit
- 250g Coha
- Glacè cherries for topping

1. Combine dry ingredients in a mixing bowl.
2. Melt Coha® slowly over low heat.
3. Cool slightly, pour onto dry ingredients. Mix well.
4. Be sure to work quickly, spoon the mixture into either paper patty cases or press into a lamington tin.
5. Freeze until set (about 15 minutes), then store in the refrigerator.
6. Serve cut into fingers and topped with glacè cherries.





The Bulletin – keeping Orange Daybreak members informed

Duty Roster

If you are not available to do the duties assigned please find your own replacement.

Duty	November	December	January	February
Audio Visual	Lynette Bullen	Jo Deering	Jo Deering	Kate Fealy
Bulletin Editor	John Spencer	John Spencer	John Spencer	John Spencer
Fee Collection & Attendance	Adie Myles & Ken Hind	Lois & John Willing	Roger Duff & Robert Webster	Karen Schultz & Grahame Fleming
Guest Speaker Notes	Murray Paterson	Ken Hind	Rob Parker	Michael Milston
Intro & Thank speaker	Rob Parker	Karen Schultz	Mary Brell	Sonia Battye
Sargent	Neil Ford	Rob Campbell	Paul Rowland	Greg Butler
Set up	Karen Schultz	Graham Denney	Stephen Kay	Lynnie Lambell
Welcome and Cleanup	All	All	All	All

Club Calendar We meet on the first 3 Wednesday mornings of each month

Date	Event	Time	Speaker/Details
Wed, 27 December	No Club Meeting		RCOD is in Christmas Recess until 17/1/2024
2024			
7 th -11 th January	Rotary International assembly		Orlando, Florida, USA
Sat 13 th January	Orange Farmers Market		
Mon 15 th January	RCOD Board Meeting		
Wed 17 th January	First Club Meeting 2024	7.00am	Lynnette/ Michael Newman
Wed 24 th January	Club Meeting	7.00am	To be advised
Wed 31 st January	Club Meeting	7.00am	To be advised
Wed 7 th February	Club Meeting	7.00am	To be advised
Wed 14 th February	Club Meeting	7.00am	Vocational Excellence Awards
Wed 21 st February	Club Meeting	7.00am	To be advised
Fri 23 rd February	Barefoot Bowls	TBA	Ex-Services Country Club
Wed 28 th February	No Club Meeting (4 th Wed of Feb)		
25 th -29 th May 2024	Rotary International Convention		Singapore

RCOD Board and Directorates 2023-2024

President	Charlie Fisher
Secretary	Christine Miller
Executive Secretary	Adie Myles
Treasurer	Roslyn Cousins
Assistant Treasurer	Joh Deering
Immediate Past President	Michelle Duncan
President Elect	Adrienne Myles
Bulletin Editor	John Spencer
Duty Roster	Diana Smith + Ruth Thompson
Grievance Officer	Graeme Fleming
Guest Speaker Program	Anne Mooney
Website Manager	Diana Smith
Welfare Officer	Lynnie Lambell
District Governor	Andrea Grosvenor

Club Administration	Director: Anne Mooney Members: Yvonne Davis, Kerry Denney, Joh Deering, Ann Dib, Jill Everett, Robyn Murray, Val Randahl, Monika Rickli, Diana Smith
Membership	Director: Peter Roan Members: Sonia Battye, Rob Campbell, Neal Ford
Rotary Foundation	Director: Karen Schulz Members: Lynette Bullen, Roger Duff, Lynnie Lambell, Bob Parker, Ruth Thompson, Bill and Nancy Walsh
Service	Director: Deidre Fowler Members: Bob Derrick, Ray Fleming, Ken Hind, Stephen Kay, Russ Martin, Adie Myles, Paul Rowland, David Watkins,
Public Image	Director: Greg Butler Members: Mary Brell, Bruce Smith, John Spencer, John Willing
Vocational Service	Director: Stuart Smith Members: Graham Denney, Graeme McLean, Michael Milston, Peter Perriman, Robert Webster
Youth	Director: Mark Hansen Members: James Deering, Kate Fealy, Jara Lovecek, Murray Patterson, Joan Raftery, Lois Willing
Past Presidents' Advisory Committee	Co-Chaired by: Ray Fleming and Bruce Smith Bob Derrick, Graeme McLean, Murray Paterson, Peter Roan, Lynette Bullen, Graeme Fleming, John Willing, Russell Martin, Jill Everett, Peter Perriman, Michael Milston,
Harley Raffle Committee	Bruce Smith, Peter Roan, Peter Perriman, Stuart Smith, Steve Kay, Ruth Thompson, Ken Hind
Coordinator Western Care Lodge Dinners	
Coordinator Market Van	Ray Fleming
Farmers Market Committee	Chair: Deidre Fowler Members: Rob Campbell, Mark Hansen, Ken Hind, Lynnie Lambell, Russell Martin, Michael Milston, Bruce Smith