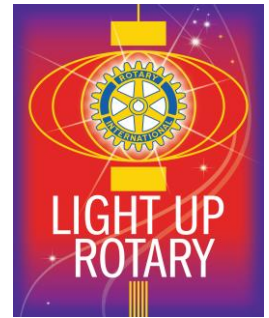


Rotary Club of Gungahlin (Inc)

District 9710

The Key

9 March 2015



Meetings: Mondays 6:30 for 7pm

Venue: Belconnen Soccer Club, William Slim Drive, McKellar [Disabled access available]

President: Ian Foster

Secretary: Sandra Mahlberg

Next Monday, 9 March, there will be no meeting due to the Canberra Day public holiday.

The following **Monday 16 March** AG Graeme Kinraid will be speaking to us about Rotary International. We will meet in the Soccer Club's dining room.

Last Monday night we enjoyed hearing about Pegasus Riding for the Disabled. Jane Thompson, who also happens to be a Rotarian with the Rotary Club of Canberra City, told us about the organisation which supports over 100 people with developing abilities and their families.

Pegasus, based in Holt, has been around for 42 years providing therapy for children and young adults with disabilities. Hippotherapy (literally meaning "treatment with the horse") aims to improve the client's posture, balance, mobility and function, while doing so in an enjoyable environment. As well as hippotherapy, Pegasus provides horse therapy (riding & equestrian activities), and 'Horsing Around' which provides vocational training for young adults with disabilities. They also have early intervention programs, scholarships, and they are developing a sibling support program.

Currently, Pegasus has 17 horses and 268 volunteers, but they also have a very extensive waiting list of clients! Jane explained that one of the biggest challenges is finding suitable horses, and of course there are the ever-present financial demands on the organisation.

There are a variety of ways to support Pegasus: you can Adopt-a-Pony; Rezorc-a-Horse; support a scholarship; participate in fundraising activities; make a donation; or volunteer your time or your skills. Pegasus doesn't only need people with horse knowledge or experience – they would be pleased to hear from anyone who can share their skills in areas such as administration, IT, communications (eg. social networking) and human resources. For more information about this excellent and long-standing organisation, visit <http://www.pegasusact.com.au>



Jane Thompson, Executive Officer of Pegasus Riding for the Disabled, with Ian Foster, President of Gungahlin Rotary

ABN 38 130 861 289 | Box 678, Gungahlin, ACT 2912 |

secretary.rcgungahlin@gmail.com

<http://www.rotarygungahlin.org> | www.facebook.com/RotaryGungahlin

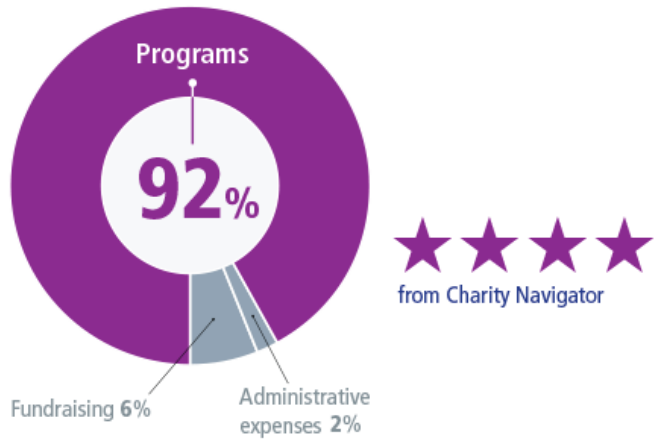
The Key

9 March 2015

The Rotary Foundation – our own charity

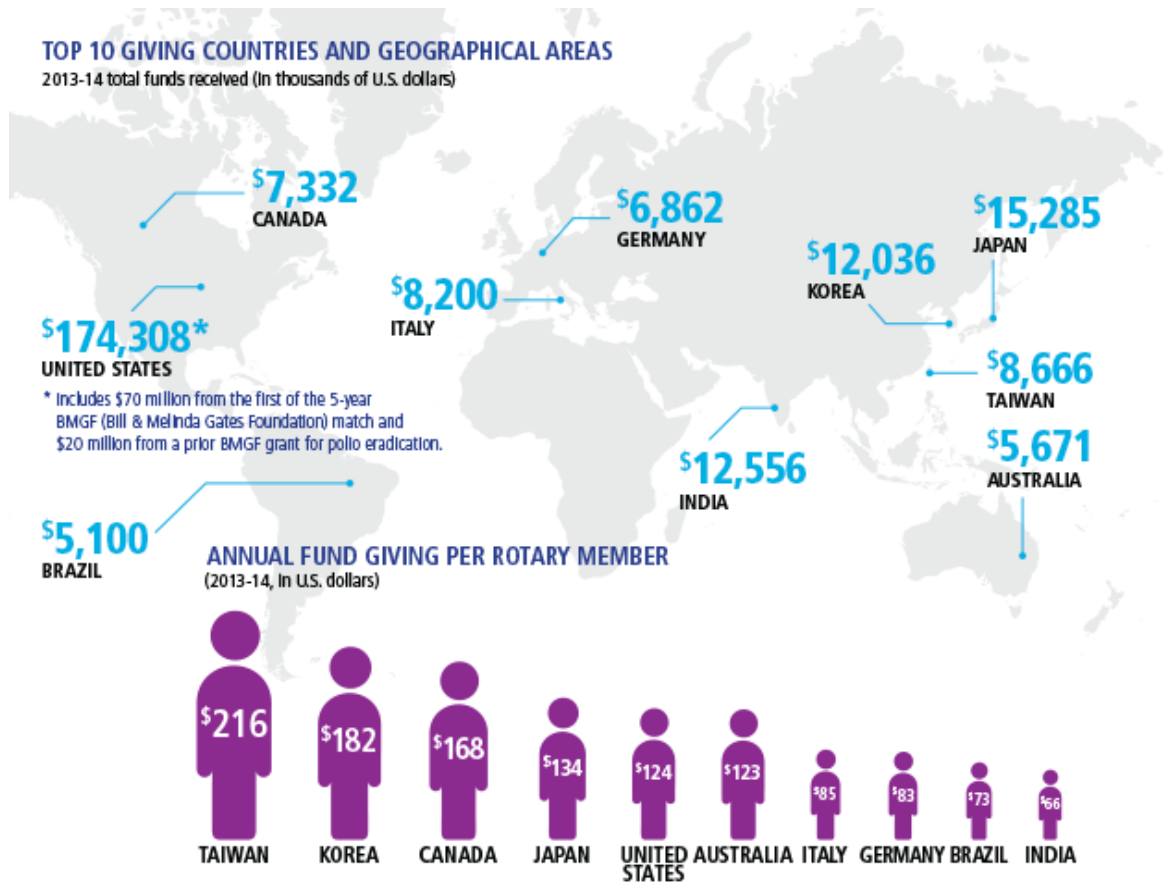
Pres Ian reported that the Gungahlin Rotary is a generous and reliable contributor to the Foundation - both to its Annual Fund and to Polio Plus. This is the money that actually goes out into the world to do good - as direct aid, grants for projects, scholarships, etc. Two accompanying diagrams show how important characteristics of the Rotary Foundation; its efficiency and its diversity.

THE ROTARY FOUNDATION'S EXPENDITURES WENT TO ...



Members are recommended to consider making a more personal contribution using the online payment system (on District 9710 and RI websites), with all payments over \$2 being tax-deductible.

The payment of US\$1000 results in recognition as a Paul Harris Fellow. Many Rotarians achieve this relatively painlessly over 10 years by contributing \$100 a year - about a tank of petrol - though currency fluctuations can result in the need for an extra payment. Such contributing Rotarians are known as Centurions.



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ROMAC Fundraiser in Canberra 26th April

The Woden Rotary Club is again running the Five Peaks Challenge on 26 April 2015, in and around Canberra. It is similar to previous years with two distances (118 km and 83 km) but this year in addition to the five peaks (Mt Stromlo, Red Hill, Mt Pleasant, Mt Ainslie and Black Mtn) they have added Dairy Farmers Hill (in the Arboretum) for a sixth peak. All peaks can be by-passed if desired. This is fun day which is non-competitive and raises money for designated charities. All funds raised from the ride go to community projects that Rotary supports. This year the major charity beneficiary is ROMAC (Rotary Oceania Medical Aid for Children).

Please note that all registrations made before 22 March can get a 12.5% discount by entering PIN code CC2015.

Full details and registration are on the web site www.rotaryrides.org.au. Further queries contact John Widdup (Ph 02 6230 4137 email jwiddup@netspeed.com.au) or Jeff Ibbotson (Ph 02 6281 5920 email ibbo@netspeed.com.au).

NYSF (National Youth Science Forum) and MUNA (Model United Nations Assembly)
31st May is the closing date for application to both NYSF and to MUNA. It would be great if we had participants from our local schools.

Dates for personal diaries

Celebrate Gungahlin Day – Sat 11th April 10am to 4 pm, Gungahlin Town Park.

The January Board Meeting authorised our participation in this local event, being run by communities@work. Club coordinators Clare & Sandra. More details are available at <http://celebrategungahlin.org.au/>

District Assembly 18 & 19th April

The next District Assembly will be held in Tumut, a beautiful town in the Riverina region of New South Wales, situated on the banks of the Tumut River. Tumut is at the foothills of the Snowy Mountains and is referred to as the gateway to the Snowy Mountains Scheme.

This is an excellent opportunity to plan a relaxing weekend away, approximately 2 hours from Canberra. The Rotary Club of Tumut have provided a website link to a wide range of tourist activities, accommodation and facilities in the Tumut region, so please have a look at <http://www.visittumut.com.au/events/autumn-2015/rotary-district-assembly.aspx>

Raffle – Win a Thermomix!

A reminder that members of Gungahlin Rotary are selling raffle tickets to raise money for HIAM Health – saving malnourished children in Timor Leste. Tickets are \$5 each with the first prize a Thermomix valued at \$1989, as well as Chefs Toolbox packages as 2nd to 5th prizes, and a mobile phone as 6th prize. HIAM has developed a unique program, delivered to mothers by their peers in a “hands-on” approach to break the malnutrition cycle.

Mothers are taught how to grow crops and how to prepare and cook a balanced diet for themselves and their children. Educating mothers in food and nutrition is the sustainable way forward for a healthy nation. To purchase raffle tickets, please contact the club at pr.rcgungahlin@gmail.com.

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Club Calendar

March Literacy Month: Speakers Program: Shaun

| | |
|-----------------------------|---|
| Mon 9 th Mar | Canberra Day – Meeting Cancelled |
| Mon 16 th Mar | Guest Speaker: AG Graeme Kinraid, speaking about Rotary International (Soccer Club Dining Room) |
| Sat 21 st Mar | BBQ Magnet Mart (Coordinator: Ian. Morning: Robyn, Bob, Holly) |
| Mon 23 rd Mar | Club Assembly/Board Meeting (in the Soccer Club Boardroom) |
| Sunday 29 th Mar | Trash & Treasure Clean Up (volunteers needed) |
| Mon 30 th Mar | Guest Speakers: Carolyn Smith & Chris Barry, from Communities@Work (in the Soccer Club Boardroom) |

April Magazine Month – Speakers Program - Emma

| | |
|----------------------------|---|
| Mon 6 th April | Easter Monday – Meeting Cancelled |
| Sat 11 th April | Celebrate Gungahlin Day – Sandra & Clare (BBQ volunteers needed) |
| Mon 13 th April | Meeting and we will also have a special visitor, Michelle Jester, our Club Ambassadorial Scholar from five years' ago, visiting from the US |
| 18-19 th Apr | District Training Assembly in Tumut |
| Mon 20 th April | Meeting TBA |
| Mon 27 th April | Meeting TBA |

Roster for Meeting Toasts:

| Meeting | National Toast | Rotary Toast |
|------------------------|----------------|--------------|
| 16 th March | Emma | Robyn |
| 23 rd March | John | Anna |
| 30 th March | Shaun | Ian |

2015 Magnet Mart BBQ Dates (please note in your diaries & volunteer asap)

| Date | Coordinator | Volunteers |
|----------------------------|-------------|--|
| Sat 21 st March | Ian | Holly, Robyn, Bob (am). |
| Sun 26 th April | John | Clare (am), Bob (am), Liz. (Not available – Sandra, Robyn, Ian, Terry) |
| Sat 23 rd May | tba | |
| Sun 28 th June | tba | Clare (am) |

This week's edition of The Key has been edited by Emma Hales, pr.rcgungahlin@gmail.com. Contributions from members are very welcome. Please send them to me so they can be inserted on Wednesdays and edited on Thursdays, for distribution before the weekend.